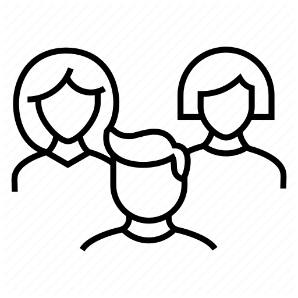
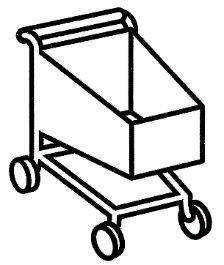
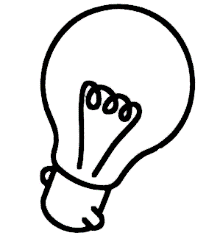
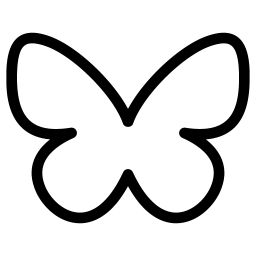
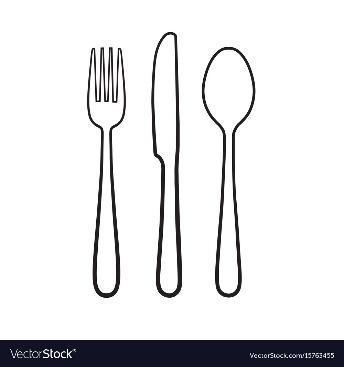
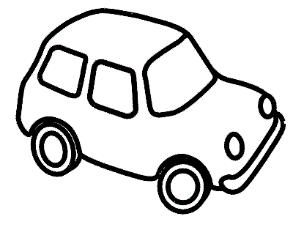
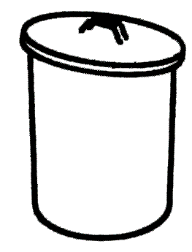
## Community Climate Action Programme



### CCAP Lifestyle Assessment – type \*\*\*\* on the line for your response

|  |  |  |  |
| --- | --- | --- | --- |
| Energy | Pre-CCAP | Response | Post CCAP |
| I have replaced traditional light bulbs with energy efficient ones. | **☐**  **☐**  **☐**  **☐** | -------- None --------  -------- Some --------  --------- Most ---------  ---------- All ---------- | **☐**  **☐**  **☐**  **☐** |
| When it’s cold, instead of turning the heating up I put on more clothing and I use an extra blanket or a hot water bottle in bed. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| I have researched and changed energy provider based on renewable energy generation. | **☐**  **☐**  **☐** | ---------- No ----------  ---- Researched ----  ------- Changed ------- | **☐**  **☐**  **☐** |
| The loft in my home is insulated with at least 10 inches (250 mm) of good quality insulation. | **☐**  **☐** | ---------- No ----------  ---------- Yes ---------- | **☐**  **☐** |

|  |  |  |  |
| --- | --- | --- | --- |
| Biodiversity | Pre-CCAP | Response | Post CCAP |
| Do you participate in any local or national organisations working to restore biodiversity? | **☐**  **☐**  **☐**  **☐** | -------- Never --------  ----- Hardly ever -----  ----- Sometimes -----  ------ Regularly ------ | **☐**  **☐**  **☐**  **☐** |
| Do you maintain your garden with biodiversity in mind? | **☐**  **☐** | ---------- No ----------  ---------- Yes ---------- | **☐**  **☐** |
| Do you consider biodiversity in your buying habits – for example around purchases of food, clothing or household products? | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| How many species of Irish birds can you name? | **☐**  **☐**  **☐**  **☐** | -------- None --------  -------- Five --------  ------- Fifteen -------  ---- Over twenty ---- | **☐**  **☐**  **☐**  **☐** |

|  |  |  |  |
| --- | --- | --- | --- |
| Travel | Pre-CCAP | Response | Post CCAP |
| I use public transport. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| For shorter journeys I cycle or walk. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| I share car journeys with family, friends and neighbours (school runs, going to work, etc). | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| I have researched and considered changing to a vehicle that uses less, or no fossil fuels | **☐**  **☐**  **☐** | ---------- No ----------  ---- Researched ----  ------- Changed ------- | **☐**  **☐**  **☐** |

|  |  |  |  |
| --- | --- | --- | --- |
| Water | Pre-CCAP | Response | Post CCAP |
| I know which foods and other products that I purchase need the most water for their production. | **☐**  **☐** | ---------- No ----------  ---------- Yes ---------- | **☐**  **☐** |
| I am mindful of the water that I use in the home and garden and try to minimise waste. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| I have checked that all the taps and toilets in my home are working properly with no leaks or drips. | **☐**  **☐** | ---------- No ----------  ---------- Yes ---------- | **☐**  **☐** |
| I am careful not to dispose of any medicines or other chemicals (including cleaning chemicals and gardening products) down the toilet, sink or drain. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |

|  |  |  |  |
| --- | --- | --- | --- |
| Food | Pre-CCAP | Response | Post CCAP |
| I am careful not to waste any food in the home and after preparing a meal plan for the week I check my fridge and cupboards and then make a shopping list. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| When I have a choice, I buy local products with the Fairtrade logo and/or organic products. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| How many servings of fruit and vegetables do you eat per day? | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ------- Three -------  --------- Five ---------  ----- Over Seven ---- | **☐**  **☐**  **☐**  **☐** |
| I eat meals that contain no meat or dairy products. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |

|  |  |  |  |
| --- | --- | --- | --- |
| Waste | Pre-CCAP | Response | Post CCAP |
| When shopping I am aware of excess packaging and make choices to buy products with less packaging. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| I use cloths and sponges for cleaning rather than wipes or paper roll. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| At home I have a storage system to make recycling easy and cut down on general rubbish | **☐**  **☐**  **☐** | ----------- No -----------  ------ Somewhat ------  ---------- Yes ---------- | **☐**  **☐**  **☐** |
| I try to repair or have someone else repair clothes, electrical items, and other items. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |

|  |  |  |  |
| --- | --- | --- | --- |
| Consumption | Pre-CCAP | Response | Post CCAP |
| Before purchasing new consumer goods, I consider the possibility of buying the item second hand and do so when I can | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| I choose eco-friendly household cleaning materials such as washing powder and washing up liquid | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| I use rechargeable rather than disposable batteries for domestic appliances and toys, etc. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |
| When purchasing consumer goods, I make choices in favour of reusable or good quality items that will last a long time and have the possibility to be repaired. | **☐**  **☐**  **☐**  **☐** | ----- Hardly ever -----  ----- Sometimes -----  ------ Most times ------  ---- Nearly always ---- | **☐**  **☐**  **☐**  **☐** |

|  |  |  |  |
| --- | --- | --- | --- |
| Community and Wellbeing | Pre-CCAP | Response | Post CCAP |
| How much time do you spend keeping active each day including exercise, walking at work, household activities and gardening? | **☐**  **☐**  **☐**  **☐** | ------- 30 mins -------  -------60 mins -------  ------- 90 mins -------  ------- 120 mins ------- | **☐**  **☐**  **☐**  **☐** |
| Do you volunteer with any organisations in your area working on environmental, social, and/or mental health issues? | **☐**  **☐**  **☐**  **☐** | --------- None ---------  ----- One to two -----  ----- three to four -----  -- more than 4 -- | **☐**  **☐**  **☐**  **☐** |
| How much time each day do you spend in conversation with family members or members of your community? | **☐**  **☐**  **☐**  **☐** | ----- 30 mins --  --- 1 - 2 hours ---  --- 2 - 4 hours ---  ---- Over 4 hours ---- | **☐**  **☐**  **☐**  **☐** |
| How often do you feel stressed in a typical week? | **☐**  **☐**  **☐**  **☐** | ----- Never -----  ----- Hardly ever -----  ----- Sometimes -----  ----- Regularly ----- | **☐**  **☐**  **☐**  **☐** |

|  |  |  |  |
| --- | --- | --- | --- |
| Attitudes | Second meeting | Response | Last meeting |
| How much do you know about climate change and biodiversity loss? | **☐**  **☐**  **☐**  **☐** | --- Never heard of ---  -------- A little --------  -- Medium amount --  -------- A lot -------- | **☐**  **☐**  **☐**  **☐** |
| Are biodiversity loss and climate change caused by human activities? | **☐**  **☐**  **☐**  **☐**  **☐** | --- mostly humans ---  - humans & nature -  --- mostly nature ---  --- not happening ---  ---- other causes---- | **☐**  **☐**  **☐**  **☐**  **☐** |
| Do you think people are currently being affected by climate change or biodiversity loss? | **☐**  **☐**  **☐**  **☐** | --------- No ---------  -------- A little --------  -- Medium amount --  -------- A lot -------- | **☐**  **☐**  **☐**  **☐** |
| Do you think you will be directly affected by climate change or biodiversity loss? | **☐**  **☐**  **☐**  **☐** | --------- No ---------  -------- A little --------  -- Medium amount --  -------- A lot -------- | **☐**  **☐**  **☐**  **☐** |
| Would eating less meat, fish and dairy products be beneficial or detrimental to climate change and biodiversity loss? | **☐**  **☐**  **☐**  **☐** | ----- Large benefit ----  ---- minor benefit----  ----- no benefit -----  ------- harmful ------ | **☐**  **☐**  **☐**  **☐** |
| Should reversing biodiversity loss be a high priority for the government? | **☐**  **☐**  **☐**  **☐** | ----- Very high -----  -------- High --------  ----- Medium -----  -------- Low -------- | **☐**  **☐**  **☐**  **☐** |