## Community Climate Action Programme



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

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| 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 ---------- |  **☐**  **☐**  |

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| 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 ---- |  **☐**  **☐**  **☐**  **☐**  |

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| 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 ------- |  **☐**  **☐**  **☐**  |

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| 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 ---- |  **☐**  **☐**  **☐**  **☐**  |

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| 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 ---- |  **☐**  **☐**  **☐**  **☐**  |

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| 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 ---- |  **☐**  **☐**  **☐**  **☐**  |

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| 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 ---- |  **☐**  **☐**  **☐**  **☐**  |

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| 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 ----- |  **☐**  **☐**  **☐**  **☐**  |

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| --- | --- | --- | --- |
| 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 -------- |  **☐**  **☐**  **☐**  **☐**  |