

# 40 days, 40 ways

40 WEE ideas to help you make  
BIG changes this Lent



**BIG  
CHANGE**  
6th FEB - 20th MARCH 2009

**SCIAF**  
Scotland's aid agency



**Climate change is currently affecting those most that have done least to cause it – the poorest people in the world.**

More droughts and floods mean crops getting ruined, leaving families with little to eat. Supporting SCIAF's WEE BOX, BIG change campaign this Lent means that more families (like Isadora's, pictured right) will learn ways of adapting to climate change so that they won't go hungry – whatever the weather throws at them.

Here are 40 ways to get involved this Lent – ways to fill up your WEE BOX, and ways to make WEE changes in your life to help protect our planet from further damage.

**Remember, a WEE change in your life really can make a BIG change for someone else!**



Left to right: Francisco, Sulma, Luis, Concepcion, Maria and Isadora (El Salvador).

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## DAY 1

Whatever you decide to give up for Lent put the money you save into your WEE BOX. You can even get family and friends to sponsor you. If you don't already have your WEE BOX, order one online at [www.theweebox.org](http://www.theweebox.org) or call 0141 354 5555.

## DAY 2

On the side of your WEE BOX, draw a picture or write the name of the thing you are giving up for Lent.

## DAY 3

Reflect each day during Lent using your prayer bookmark. Think about the importance of caring for our planet and all those who share it.

## DAY 4

Fill out a SCIAF climate change campaign postcard and put it in the post. You can also do this online at [www.sciaf.org.uk](http://www.sciaf.org.uk).

## DAY 5

Encourage a friend or family member to get involved in helping SCIAF this Lent. Suggest what they could give up and order a WEE BOX for them by calling SCIAF on 0141 354 5555 or visiting [www.theweebox.org](http://www.theweebox.org)

## DAY 6

To raise money for your WEE BOX, promise to sing a song to a family member or friend if they give you 50p for your WEE BOX.

## DAY 7

If you're not a good singer, demand 50p to stop you from singing a song to them!



## **DAY 8**

Climate change increases the frequency and intensity of natural disasters. Reflect on the fact that people in the world's poorest communities are three times more vulnerable to natural disasters than people in wealthier countries.

## **DAY 9**

Take control: the remote control. Charge family members for the privilege of watching their favourite television programme today.

## **DAY 10**

Give up an additional treat today (a chocolate bar or packet of crisps). Put the money you save into your WEE BOX.

## **DAY 11**

Reflect on how our society and individual lifestyles consume more and more energy, but it is people in developing countries who suffer the effects of climate change far more than we do.

## **DAY 12**

Hold a cake sale at your school, work, or local community centre. Get others to contribute cakes and add the proceeds to your WEE BOX fund. Yum.

## **DAY 13**

Re-use old plastic bags or take a rucksack or bag when going shopping. Add £1 to your WEE BOX for every new plastic bag you accept.

## **DAY 14**

Think about how an estimated 150,000 people worldwide die every year as a result of the changing climate.

## DAY 15

Hold a jumble sale or car boot sale – people will pay good money for things we no longer want or need. Get friends and family to donate their unwanted belongings too.

## DAY 16

Collect any spare change you receive from shops today and add it to your WEE BOX. See how quickly it adds up!

## DAY 17

Think about how natural disasters are increasing because of climate change. Reflect on how frightening it must be to live through a hurricane, landslide or drought. Find out more about how SCIAF helps communities prepare for disasters at [www.theweebox.org](http://www.theweebox.org)

## DAY 18

Wash up by hand instead of using the dishwasher and save energy. If you don't have a dishwasher, make sure you only put your washing machine on when there is a full load.

## DAY 19

Switch off taps and lights when they're not in use – this is a simple way of saving energy. Add 50p to your WEE BOX each time you forget.

## DAY 20

Hold a film night and invite a group of friends round to watch a DVD. Charge them for drinks, snacks and sofa space!

## DAY 21

Are you recycling as much as possible? Think about this today and make improvements if you can.



## DAY 22

Walk or cycle to work or school. Put the money you save on petrol, bus or train fares into your WEE BOX.

### **DAY 23**

Who doesn't do the housework at home? Sponsor them to wash up or vacuum the living room.

### **DAY 24**

Become a SCIAF campaigner – sign up at [www.sciaf.org.uk/campaignersignup](http://www.sciaf.org.uk/campaignersignup)

### **DAY 25**

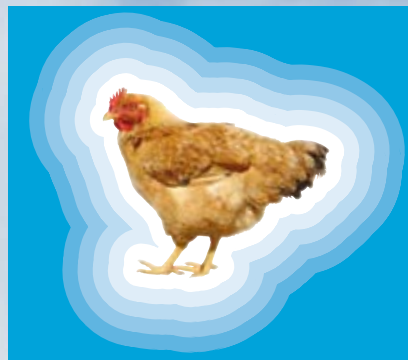
Have an X Factor night where everyone has to pay £1 to perform their own act. Put the proceeds in your WEE BOX.

### **DAY 26**

Find out a new fact about the effects of climate change today and share it with your friends. Spreading awareness of the impact of climate change is crucial to helping those most affected.

### **DAY 27**

Save energy by turning off all electrical appliances at the wall, rather than leaving them on standby. If you forget, add £1 to your WEE BOX collection.



### **DAY 28**

Set up a Real Gift list for your birthday this year. Visit [www.sciaf.org.uk/realgifts](http://www.sciaf.org.uk/realgifts) or call 0141 354 5555 for more information.

### **DAY 29**

Make your own Easter cards and sell them to friends and family.

### **DAY 30**

Make sure that the chocolate Easter eggs you buy this year are fair trade.

### **DAY 31**

Make packed lunches every day this week. Put the money you save in your WEE BOX.

### **DAY 32**

Organise a fair trade tea party with all proceeds donated to your WEE BOX.



### **DAY 33**

Reflect on how climate change challenges the human race. It is crucial that we all take action now to try to minimise the impacts worldwide. Visit [www.sciaf.org.uk](http://www.sciaf.org.uk) and find out more.

### **DAY 34**

Challenge yourself – get friends and family to sponsor you for completing a run, swim, or bicycle ride. Add the money raised from your hard work to your WEE BOX collection.

### **DAY 35**

Take a moment to consider how privileged we are to have such easy access to water, when a glass of clean water is an unimaginable luxury for one in six people worldwide.

### **DAY 36**

Put 50p into your WEE BOX each time you turn on a tap today.

### **DAY 37**

Write your own reflection on the problems and issues associated with climate change and send it to SCIAF at 19 Park Circus, Glasgow, G3 6BE – you may see it on our website!

### **DAY 38**

Have some fun, make new friends, and help to make a real difference by volunteering for SCIAF. Email [pmcmillan@sciaf.org.uk](mailto:pmcmillan@sciaf.org.uk) to find out more.

### **DAY 39**

Say a big THANK YOU to all your friends and family who helped you raise money for your WEE BOX!

### **DAY 40**

Congratulate yourself on helping to make a BIG difference to the lives of some of the poorest people in the world. Now, send the money you have raised to SCIAF at 19 Park Circus, Glasgow, G3 6BE or donate it online at [www.theweebox.org](http://www.theweebox.org)

# Thank you for all your help during Lent!

On behalf of all those with whom SCIAF works around the world, a **BIG THANK YOU** for getting involved this Lent. Your support is vital and helps many people living in extreme poverty in Africa, Asia and Latin America to combat hunger, learn new skills, become self-sufficient, prepare for emergencies and look forward to healthier and more sustainable lives.

Photos: Gonzalo Bell, SCIAF and Ami Vitale/Panos Pictures

## DIRECT DEBIT MONTHLY DONATION

Title:  Initial:  Surname:   
Address:   
 Postcode:   
Telephone:  Email:

### Data protection: Information will be treated in the strictest confidence.

Relevant data will be recorded on our database which is used to keep you up to date with the work of SCIAF and never released to third parties for their marketing purposes. If you do not wish to receive information from us whether by post:  email:  or telephone:  **please tick the relevant box(es).**

*giftaid it*

**(please tick)** I want all donations I've made since 6 April 2002 and all donations in the future to qualify for Gift Aid until I notify you otherwise. To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.

Tear off and post this form to SCIAF, 19 Park Circus, Glasgow G3 6BE.  
Thank you.

**SCIAF**  
Scotland's aid agency

Registered Charity Number: SC012302. Company No: 197327 Registered Office: 19 Park Circus, Glasgow G3 6BE

I would like to give a monthly gift of  £15  £10  £5  other £

The Scottish Catholic International Aid Fund. 19 Park Circus, Glasgow G3 6BE.

### INSTRUCTION TO YOUR BANK OR BUILDING SOCIETY BY DIRECT DEBIT

To the Manager   
Address   
 Postcode

Sort Code  Account Number

Name(s) of account Holder(s)

Originator's Identification Number

**600292**

Reference Number (Office Use Only)

**SCIAF**



### Instructions to your Bank or Building Society

Please pay SCIAF Direct Debits from the account detailed on this instruction subject to the safeguards assured by The Direct Debit Guarantee. I understand that this information may remain with SCIAF, and if so, details will be passed electronically to my Bank/ Building Society.

Banks or Building Societies may not accept Direct Debit instructions for some types of accounts.

Signature(s)   
Date

## The Direct Debit Guarantee

This guarantee should be detached and retained by the payer

- This Guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank or Building Society.
- If the amounts to be paid or the payment dates change SCIAF will notify you 10 working days in advance of your account being debited or as otherwise agreed.
- If an error is made by SCIAF or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to us.



