

# New Year Resolutions

## May we help you to be **GREENER?**

### 1. European travel can be fun



Let the train take the strain and make your journey an enjoyable part of the holiday. Stop enroute and enjoy an interesting city. [www.seat61.com](http://www.seat61.com) has lots of advice about how to reach places quickly or scenically and how to book. [www.railbookers.co.uk](http://www.railbookers.co.uk) does it all for you!



### 2. A walk in nature walks the soul back home

Spending more time in nature can benefit both your mental and physical well-being. Doing things like growing food or flowers, or exercising outdoors can have lots of positive effects. Join your local wildlife group to get more involved

[www.wildmaidenhead.org.uk](http://www.wildmaidenhead.org.uk)

[www.wildcookham.org.uk](http://www.wildcookham.org.uk)



**CHILLI TOMATO & BASIL  
BAKED BEANS ON TOAST**

### 3. More joyful than 'dry' January!

**Veganuary** is also much more worthwhile.

[www.veganuary.com/](http://www.veganuary.com/) will send you their celebrity cookbook, meal plans, recipes and lots more – all for free! If not for all January then try 1 more veggie or vegan meal than normal.

### 4. Upskill to upcycle?

Try something new and celebrate new skills - like upcycling your unwanted furniture? Pop into our ECO Action hub and look at the items on display by our two associates for inspiration! You can buy them too!





## 5. Use that windowsill

A salad/ herb pot will give you fresh herbs for months. ECO Action will have seed and seedling swaps in the early Spring.

[Maidenhead Veg Growers](#) Facebook site offers valuable help.



## 6. 'New' Clothes are so 'yesterday'

Pre loved sites like [www.vinted.co.uk](http://www.vinted.co.uk) and local charity shops will make you an individual and save you money.

The ECO Action Repair Cafe can help you make fabric repairs.




## 7. Save parking costs!

Discover your local cycle routes. Cycling makes you fitter and saves money on petrol (no parking costs either). Maidenhead Cycle Hub will service your bike or sell you a reconditioned one

[www.cyclehub.org.uk/workshop](http://www.cyclehub.org.uk/workshop)!

Find us on:

-  [ecoactionhub.co.uk](http://ecoactionhub.co.uk)
-  [ecoactionhub](#)
-  [ecoactionrbwm@gmail.com](mailto:ecoactionrbwm@gmail.com)



**The Main Atrium  
Nicholson's Centre  
Maidenhead  
SL6 1LB**

**Opening times**  
Thurs 11am - 2pm  
Fri 10am - 4pm  
Sat 10am - 4pm  
Sun 11am - 2pm



By the community, for the community