



PLANTING TREES

REFORESTATION IS AN IMPORTANT STEP TO TAKE IN THE FACE OF THE CLIMATE CRISIS

THE HOLY PROPHET (sa)

‘Anyone who plants a tree and waits patiently for it till it bears fruits, that will be on his behalf an act of a charity whenever anything benefits from this tree.’

Musnad Ahmad



THIS IS WHY WE ARE PLANTING TREES TO CELEBRATE THE LAJNA CENTENARY.



WALKING

WALKING IS A STEP IN THE RIGHT DIRECTION FOR REDUCING YOUR CARBON FOOTPRINT AND IS GOOD FOR YOUR HEALTH!

THE PROMISED MESSIAH (as)

In a sermon delivered on 6th Feb. 2015 our beloved Huzoor explained that the Promised Messiah (AS) 'used to say that walking in the open fresh air is of great benefit for the brain.'



A 2021 STUDY SHOWED BRISK WALKING IMPROVES BRAIN HEALTH AND THINKING IN AGING PEOPLE WITH MEMORY IMPAIRMENTS.



BEES

PLANTING BEE-FRIENDLY FLOWERS IS AN EASY WAY TO HELP PROMOTE BEES.

BEES ARE VITAL FOR GROWING FOOD. ALLAH HAS SINGLED OUT A WHOLE CHAPTER IN THE HOLY QUR'AN – AN-NAHL – IN WHICH HE MENTIONS BEES AND THEIR BENEFITS

THE HOLY QURAN

**'Then eat of every kind of fruit, and follow the ways of thy Lord that have been made easy for thee.'
There comes forth from their bellies a drink of varying hues. Therein is cure for men. Surely, in that is a Sign for a people who reflect..**

16:70

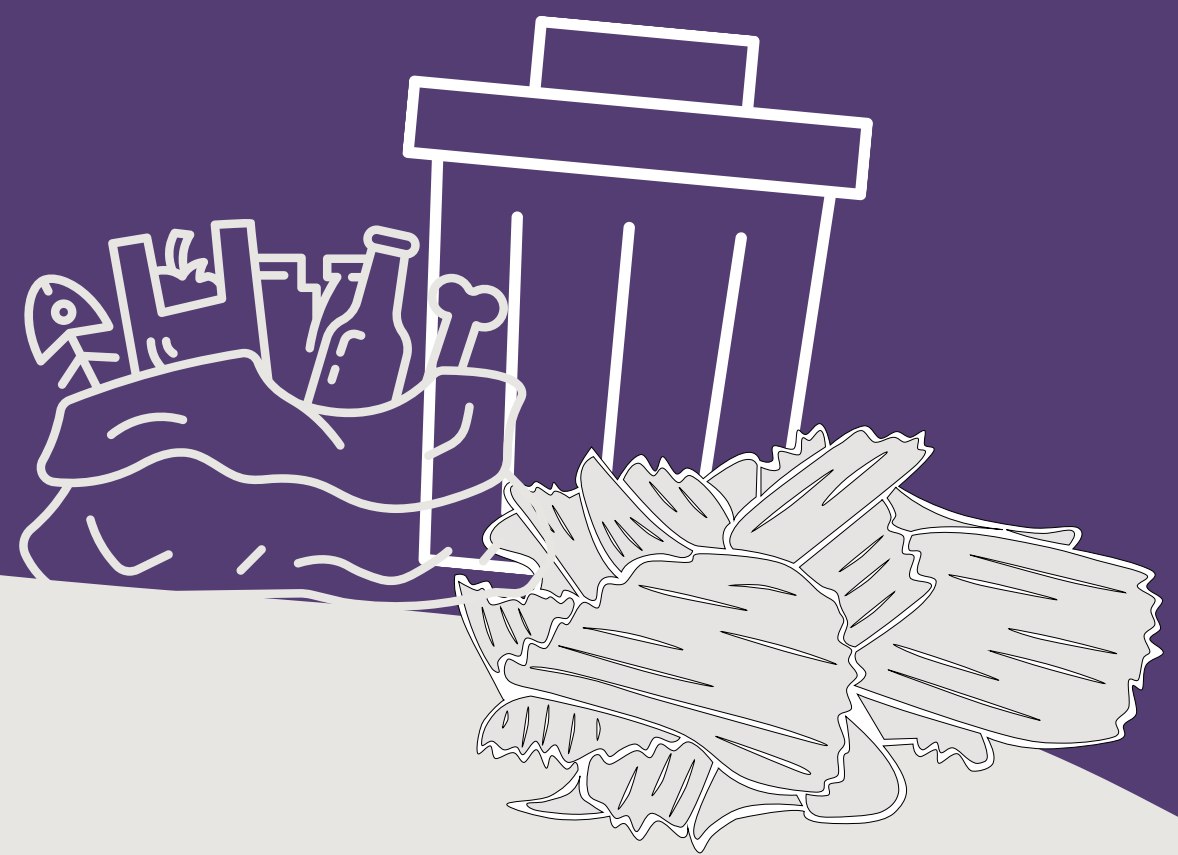


WASTAGE

AVOID SNACKING BEFORE MEALS AND ONLY PUT HOW MUCH YOU'LL EAT ONTO YOUR PLATE TO AVOID WASTING FOOD.

THE HOLY QURAN

**'..Eat and drink but exceed not the bounds; surely he does not love those who exceed the bounds'
7:32'**



THE UK PRODUCES 9.5 MILLION TONNES OF FOOD WASTE A YEAR.



RESTORATION

**CULTIVATING GREENERY IS AN EASY WAY
TO INCREASE HABITAT FOR WILDLIFE.**


THE HOLY PROPHET (sa)

**'He who revives a dead land will be
rewarded, and [when] any creature eats of it,
this will be counted as an act of charity for
him.'**

An-Nasa'i



**PLANT FLOWERS ON YOUR
WINDOWSILL OR IN YOUR GARDEN
TO ATTRACT WILDLIFE AND
INSECTS**

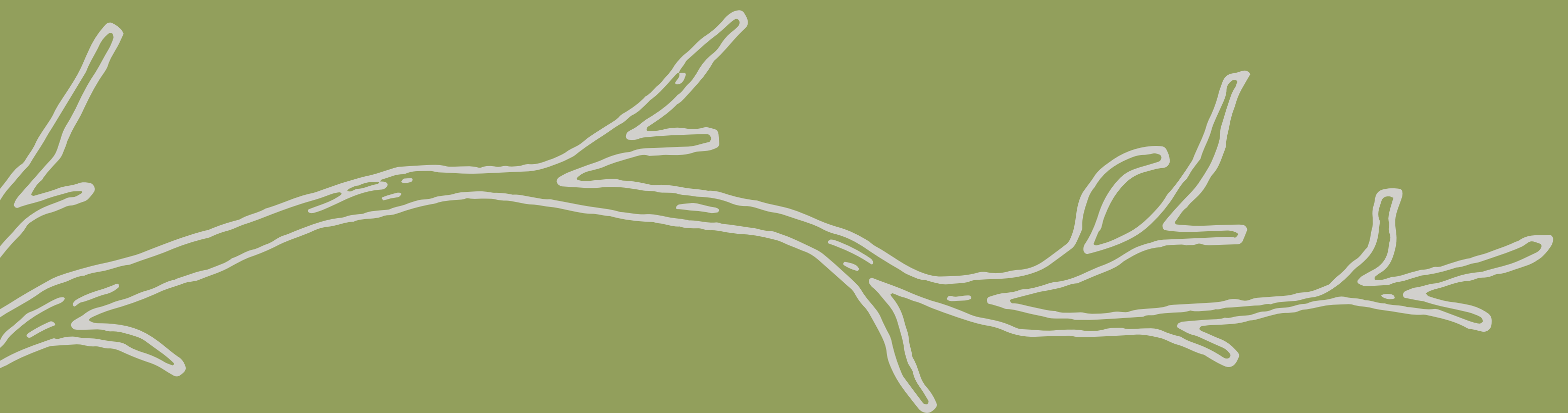


CLEANLINESS OF THE ENVIRONMENT

**AVOID LITTERING. IF YOU SEE ANY LITTER WHEN
YOU'RE OUT AND ABOUT PUT IT IN THE BIN.**

**Other ideas for keeping the environment
clean are:**

- **Litter picking initiatives**
- **Beach cleaning**
- **Using fewer single use plastics e.g.
having an apple instead of a cereal bar.**



**The Holy Prophet (sa) said: 'Removing harmful
things from the road is an act of charity.'**



KINDNESS TO ANIMALS

A GREAT WAY OF HELPING ANIMALS IS TO LEAVE FOOD AND WATER OUT IN YOUR GARDEN FOR BIRDS.

THE HOLY PROPHET (sa)

'He who kills a bird for fun will find this bird approaching him on Judgment Day saying, 'My Lord, this man killed me for fun and not for any benefit.''

Abu Dawood

According to the RSPB, the numbers of house sparrow, starling and song thrush have gone down by more than half over the last 25 years, this is why looking after birds & local wildlife is really important.





RECYCLING

RECYCLING ISN'T JUST ABOUT SEPARATING YOUR RUBBISH, IT'S ALSO ABOUT FINDING NEW USES FOR ITEMS

THE HOLY PROPHET (sa)

Encouraged recycling and instructed us to utilise and benefit from whatever materials we have. Once a sheep died so the Messenger of Allah (sa) said to its owners: 'Why don't you remove its skin, then tan it so you can have something useful from it.'

Jami` at-Tirmidhi

CAN YOU THINK OF ANYTHING AT HOME YOU COULD GIVE A SECOND LIFE TO?





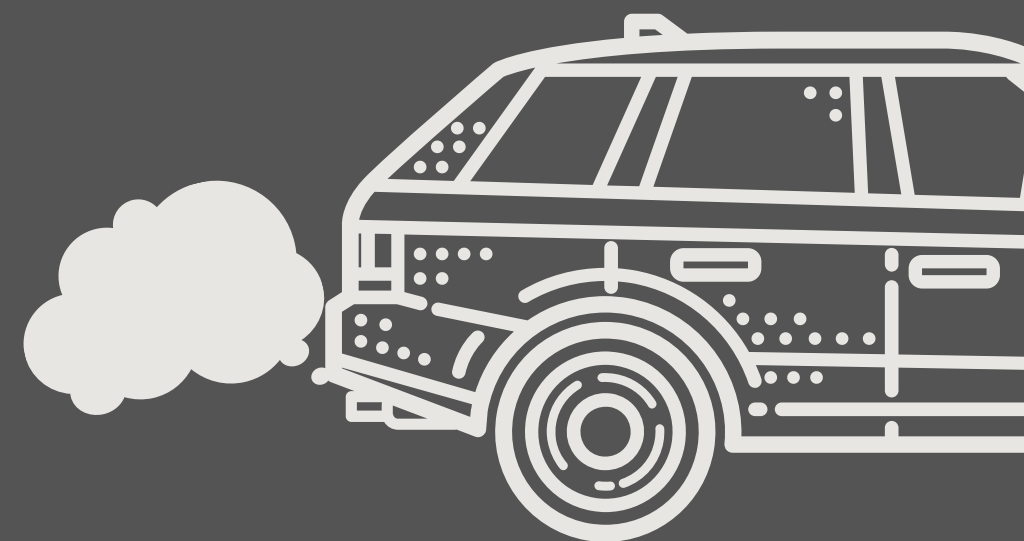
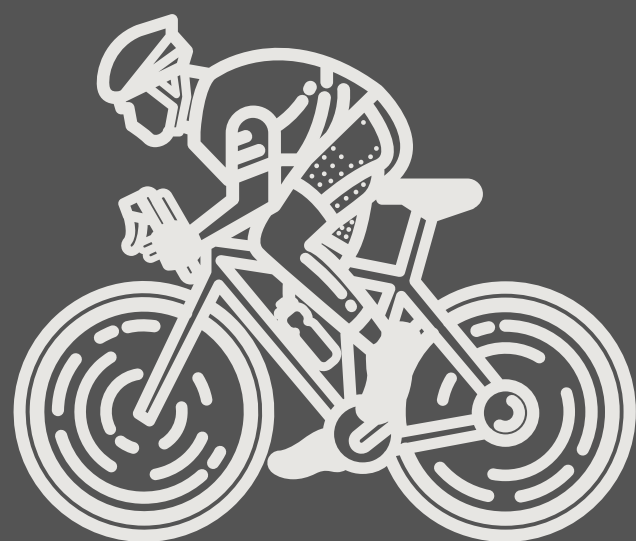
FUEL CONSUMPTION

OVER-CONSUMPTION OF FUEL IS LEADING TO ENVIRONMENTAL PROBLEMS ALL OVER THE WORLD.

HIS HOLINESS, HAZRAT MIRZA MASROOR AHMAD (aba)

'Fuel consumption should also be reduced. Now people have become so lazy that if they want to go from one place to the other place and the distance is only 100 yards or 200 yards, instead of walking to the place they use their motorbike or car. In this way, pollution is increasing.'

Meeting with Indonesia's Waqfe-Nau, Jan. 2021



Where possible, walk or cycle as much as you can. Not only is good for your health, it also helps the planet too!