# 13 Simple ways to help the Lifestyle Movement Continue — that you can do Today

☑ If you love what we do, what we stand for and want us to continue, here are 13 simple ways you can help secure the future of the Lifestyle Movement:

#### Subscribe

<u>Subscribe</u> to our magazine. When you've finished with the latest copy of Living Green, pass it on to someone else and encourage them to become a member too.

## Write

Write an article for your local parish magazine promoting us. If you're not a writer, don't worry! Jody has an article you can use. <a href="Email her now">Email her now</a>.

## **Speak**

Do you love a good conversation? Contact your <u>local radio</u> <u>station</u> and offer to tell them about the Lifestyle Movement.

#### Share

Contact your <u>local newspaper</u> (most areas get a free newspaper that are looking for stories). Tell them about the Lifestyle Movement and what it means to you.

## **Blog**

Start a blog sharing ideas on living simply and link to our site: <a href="http://lifestylemovement.org.uk/">http://lifestylemovement.org.uk/</a>

## Social media

If you're on social media, share some of our blog articles and link to our site.

## Run a workshop

Offer to run a talk or workshop at a school, WI group, art centre or local library. We can supply you with ideas for your talk and marketing materials.

## Hand out posters

Going to a festival this year? We have posters you can hand out. Alternatively, put these posters on local noticeboards, café and libraries throughout the year.

#### **Donate**

<u>Send a donation</u> to the Lifestyle Movement so we can continue our important work.

#### Meet us!

Attend our committee meetings. We need new volunteers to share the workload. Send a message to Ann Hyatt for more information. Email Ann here.

# Organise a meet up

Be the Change — set up a Lifestylers meetup in your home! We can provide everything you need to run a successful group. It's a great way to make new friends and support us.

## Advertise - for free!

Put our website in your email signature, so everyone you write to gets to hear about us.

# Join our mailing list

<u>Send Jody</u> your email address so we can add you to our mailing list.