**Something for the weekend…..action #1: A 2 minute challenge, to challenge!**

The impact of political mass cannot be ignored. But you don’t always have to wait on a group or party; challenging the norm does not mean face to face confrontation or expertly prepared emails. You, as an individual, have the power to influence change; and even the busiest of us CAN make the time.

If you are reading this post, you have a sense of passion for change. You are already on Facebook. You have the freedom to comment. In the time it takes to scroll through your newsfeed after reading this post to find a next point of interest, or made a comment on it, you could have clicked ‘Message’ on your local supermarket Facebook page, written your concerns relating to their environmental impact and SENT! BOOM - DONE!

This might seem like a small gesture - but there are over 300 of us in this Group now. Imagine if Aldi received that many messages just from us this weekend? What if every chain supermarket on the Grove heard from each of us? It doesn’t have to be long, just a few sentences to voice your point or ask your question.

Let us know who you message - what was their reply? Is it what you expected? What could your next step be?