

New Year, New Me?

New Years Resolutions! We all have made them and I can hedge a bet that we all have at least broken one, or perhaps a few, in our time. As the never ending night of 2020 reaches its climax, we look toward the sunrise with the hope that next year will provide a new better world. As tradition dictates, many of us will think about what we can do differently next year to transform us into the person we've always wanted to be. Will it be to save money? Try a new diet? Take up running? Improving your mental health? All valid and worthy goals. But what if your New Years resolution were focused on bettering others, not just yourself?

We at Megaphone and the Young Norfolk Arts Trust, are calling on **you** to make a pledge about what **you** are going to do regarding Activism this year. The pledge could be about starting or developing your journey into activism on a whole, or a goal tackling a specific cause that means a lot to you. It could affect just yourself or could involve your entire community. The opportunities are endless!

No pledge is small as all action has an impact. The stone you cast upon the skin of the water can transform into a ripple that changes the very fabric of the horizon. The power is in your hands and I encourage you to use it.

To give you an example, I personally am very passionate about the environment and more specifically the effect that Fast Fashion has upon it. I, like many of us, have been a keen follower of trends and can be easily bought in by the glow of the sale sign and I have definitely made some impulse purchases that I have instantly regretted. According to 'Sustainyourstyle.com' a family in the western world throws away an average of 30kg of clothing every year. Only 15% of this is recycled or donated, while the rest goes directly to landfill or is incinerated. The majority of these clothes, 72% in fact, will be made from non biodegradable plastics and can take up to 200 years to decompose. I can hear you thinking, well how does that affect me? These fabrics are made from minuscule fibres that over time can worm their way into our oceans and water supplies- infecting the quality of drinking water, the animals who live in the ocean and as the food chain dictates, us. As I said before, I am not innocent and have definitely made

purchases that have contributed to the problem. But all that is about to change.

For 2021, I pledge to reduce my clothing waste by buying more second hand clothing whilst recycling and reusing old clothes to make new ones. I also pledge to always look at the composition of any clothing purchase I make, to ensure that I am not buying a product that contains materials that are none recyclable and that are not environmentally friendly.

To mark my pledge, I have created a patchwork made entirely from recycled clothes that I would have otherwise thrown away. It is a reminder that recycling can be trendy and that I don't always have to go out and buy a brand spanking new dress for an event. Whilst it may be rough around the edges, I actually find that I like it that way. It resembles where I am in my activist journey. I'm not there yet- my activism journey is still in its infancy and I still have so much to learn- but I will get there one day, and so will you.

So that is my pledge for 2021, now it's down to you. Come on, be bold! Be adventurous! Remember- **you** have the power to change **everything**. What's your pledge?