

I have written my column many times on how bad I am at abstinence which is why I don't do things that require me to "give up" something. Maybe this is because I was trying to give up the wrong things, ie those things I like! Well I have found something I don't like that I want to refrain from having in my life - single use plastics – and I am going to try and give them up for Lent.

This is harder than one might think. I can rid my life of the items that are in my control to give up such as bottles, bags to put vegetables in, takeaway coffee cups and so on. But giving up on items which are pre-packaged with plastic is going to be harder. Take for example how I nipped out of parliament earlier this week to grab a sandwich from a well know chain. There is plastic within the cardboard to showcase its contents. [Sensitive gentlemen feel free to skip this sentence] Female sanitary products are plastic wrapped. Milk, squash, children's magazines all come in plastic. After Christmas, there was enough plastic waste from Freddie's gifts alone that I feel personally responsible for the 1 in 3 turtles who have now eaten plastic.

It is hardly a surprise then that there are 6.3 billion, yes BILLION, tonnes of plastic waste on earth. If we carry on as we are plastic will outweigh fish by 2050. I might not be able to give all plastics up for Lent but I am going to have a darn good try and for every item out of my control I am going to keep a log and put a £1 in a jar. Lent starts on Valentines Day. Why don't you show you love the planet and join me and give up single use plastics for Lent.