



A guide to the simple actions we can **all** adopt in our home, work and social lives to help combat the impact of climate change.

## Individual Actions

- Those marked 'A' cost nothing but a little time and thought;
- Those marked 'B' involve some small financial costs;
- Those marked 'C' may involve some learning, planning and investment

### I. Saving energy

- A. Don't leave electrical items (e.g. the TV) on standby
- A. Turn off lights off and reduce (or turn off) the heating in unused rooms
- A. Turn down the thermostat to 21° C (or less)
- A. Put on extra clothing instead of turning up the heating
  
- B. Install energy-saving lightbulbs
- B. Draught-proof the house
- B. Fit an insulation jacket to the hot water tank if you have one
  
- C. Switch to a green electricity supply
- C. Fit loft / cavity wall insulation
- C. Set yourself an annual target to reduce your CO2 emissions, and monitor progress

#### *And...*

- Use washing machine at 30° C
- Dry your clothes on a line (instead of using a dryer)
- Only boil as much water as you need
- Run your fridge at between 3 and 5° C
- Unplug rechargers when not in use
- Fit shelves above radiators under windows
- Fit thermostatic radiator valves
- Purchase energy efficient appliances

# Taking Simple Actions Can Make a Big Difference



## 2. Transport

- A. If you don't know already, find out where the local bus services can take you
- A. Make journeys on foot where possible
- A. Combine several purposes in one journey
  
- B. Use Public Transport instead of the car
- B Use a bicycle where possible (and get it serviced)
  
- C. If you use a car, plan to reduce your car use
- C. If you use a car, service the engine regularly and maintain the correct tyre pressure

## 3. Cutting waste and recycling

- A. Use your kerbside recycling collection and local 'bring' sites
- A. Avoid over-packaged products
- A. Use your own shopping bag
  
- B. Use rechargeable batteries not disposables
- B. Buy recycled products (such as paper products)
  
- C. Buy recyclable and repairable products where possible
- C. Send unwanted furniture and other items to reuse schemes, charity shops etc

### And...

- Buy non-perishable goods in bulk
- Reuse carrier bags
- Buy products that come in refillable bottles from stores that will refill them
- Buy products that come in reusable containers
- Buy vintage or secondhand clothing
- Set up a compost scheme for your garden and food waste
- Dispose of household products safely (pesticides, oils, chemicals, paints, batteries etc.,)
- Dispose of fridges/freezers at special facilities
- Recycle used motor oil at special facilities

## 4. Care for where you live

- A. Get active in an Environment or Conservation Group
- A. Report fly-tipping and abandoned vehicles
- A. Vote in elections
  
- C. Have a say in your local Sustainable Community Strategy or Neighbourhood Plan
- C. Stand as a local councillor

### And...

- Think about your garden (see section 8)

## 5. Ethical Shopping

- A. Take a shopping list (and only buy what you need!)

# Taking Simple Actions Can Make a Big Difference



- A. Use local shops**
- A. Avoid over-packaged products and buy loose fruit & vegetables**
  
- B. Buy fairtrade food & drink (and other products)**
- B. Buy more local and seasonal and organic food**

## **And read the labels and:**

- Reduce your 'food miles'
- Avoid fish from uncertified or unsustainable stocks
- Avoid Genetically-Modified foods
- Avoid products tested on animals
- Avoid unethical products
- Buy certified 'green' products
- Buy FSC-certified timber/products
- Buy 'Ecolabel' (EU) products
- Avoid products containing chlorine (eg. bleach)
- Shop at Farmers' Markets and support local breweries

## **6. At home**

- A. Drink tapwater rather than paying for bottled water**
- A. Put lids on pans when cooking**
- A. Cut down on meat and dairy produce**
  
- B. Use eco-friendly products for redecoration**
  
- C. Use ethical banks, insurers, pension funds etc.**
- C. Use a charity credit card**

## **7. Water Use**

- A. Don't leave taps running**
- A. Fit a water saver in your toilet cistern**
- A. Flush the toilet less often**
  
- B. Fix dripping taps**
- B. Repair any leaks (and demand rapid action from your water company on leaks)**
  
- C. Install dual flush or low flush toilets and spray taps**
- C. Fit a water meter**

## **8. In the Garden**

- A. Avoid buying peat compost**
- A. Use a watering can (not a hose or sprinkler) and water plants in the early morning or late evening**
  
- B. Use natural methods of combatting pests and avoid pesticides**
- B. Use native trees, plants and wildflowers**

## Taking Simple Actions Can Make a Big Difference



- C. Collect rainwater for watering pots and tubs**
- C. Grow your own food and perhaps get an allotment**

### **And...**

- Don't use a fuel-powered lawnmower
- Use locally produced charcoal
- Plant drought-tolerant plants
- Use mulch in beds and borders

## **9. On holiday**

- A. Avoid souvenirs made from endangered species**
- A. Don't change your hotel towels daily**
- A. Use local public transport**
  
- C. Use travel agencies and companies that promote 'eco-tourism'**
- C. Take holidays within the UK**