

Transport

Cycle or walk short distances to reduce transport emissions, which have risen in recent decades. Take the bus or train rather than using your car. Plane travel is an increasing major source of carbon emissions. Lots of places in Europe can be reached by train and the journey can be part of the holiday. If you do need a car, make it as energy efficient as possible and move to electric when next you change.



Food

Eat less meat and dairy - meat and dairy produces 60% of agriculture's greenhouse gas emissions. Going vegetarian could save up to a tonne of carbon dioxide a year.



Buy more locally sourced, seasonal food or grow your own so it will travel fewer 'food miles' before it makes it to your plate.

Throw less food away - food waste in landfill releases methane, another greenhouse gas. Recipe planning can help you manage your food supplies more effectively and save money. Visit

<https://www.foodsavvy.org.uk/>

Reduce, reuse, recycle

Every product we buy has a carbon footprint: the energy used in making that product will almost certainly have caused some carbon emissions. You can reduce emissions from products of all types within the home by buying less stuff, using second-hand items, re-using wherever possible and recycling when you no longer need something.



Climate Emergency explained and what we can do about it



Scientific evidence paints a clear picture: **Climate change has been happening for decades and is now becoming climate breakdown.**

Greenhouse gas emissions from **cars, power plants** and other **man-made** sources are the main cause of climate change. These emissions include **carbon dioxide** — the main greenhouse gas — which has reached a concentration level in our atmosphere that the Earth hasn't seen for over a million years.

Greenhouse gases stay in the atmosphere for a long time. Although plants and the ocean absorb carbon dioxide, they can't keep up with all the extra carbon dioxide that people have been releasing. So, the amount of carbon dioxide in the atmosphere has been increasing over time.

Please read more inside to find out how greenhouse gases cause Global Warming, and the **things all of us can do to help**

Greenhouse gases act like a blanket, trapping the sun's warmth near the earth's surface causing Global Warming which affects the planet's climate system in the following ways:

- **Heat waves, Drought and Fire.** As the Earth warms, more areas are at risk for hotter and more frequent extreme heat waves. The warming also increases the risk of drought in many areas, and increases water demand and evaporation, stressing water supplies. Many places in the world are suffering from water shortages already. Taken together, these factors explain the increase in large wildfires and in the length of the wildfire season recent decades have seen.
- **Sea-Level rise.** Sea level has risen by about 8 inches because water expands as it warms and because of melting glaciers and ice sheets. The rate of rise is increasing now because the ice melt is getting faster and faster - many scientists think the rise could be over 3 feet by 2100.
- **Heavy rainfall.** As the atmosphere gets warmer, it can hold more moisture so heavy downpours are becoming more common in many locations causing flooding.
- **Ocean acidification.** Extra carbon dioxide in the atmosphere is absorbed by the oceans, making them more acidic. This kills corals and microorganisms that form shells, disrupting the food supply for other sea animals and preventing them from absorbing carbon dioxide for the air.



According to the Intergovernmental Panel on Climate Change (IPCC) **if we don't manage to dramatically reduce carbon emissions by 2030, we may lose the chance to prevent a catastrophe.**

The more substantial the change we all make, the more we signal the need for change. Ordering the veggie burger even though you're a meat lover, walking or cycling instead of driving, or taking a train instead of a plane reduces your own carbon emissions and delivers a message that fossil fuels are dangerous and that climate change requires an urgent response. Our actions reveal what we value and, alongside intense political engagement, they can lead to the larger political and industrial changes we want to see.

What can you do to help?

Gardens & green spaces

Trees. Planting native trees in our gardens and communities means they will absorb carbon, fight flooding, reduce pollution and nurture wildlife. The woodland trust has advice and sells trees. <https://www.woodlandtrust.org.uk/>



Grass. Any gardener can turn their lawn into a wildlife haven that locks away CO₂ by cutting it less, not using herbicides or fertilisers, leaving the grass 4cm long and removing clippings.

Ponds. Even tiny ponds are great for wildlife and suck much more carbon out of the atmosphere than grassland or woods.

Small is beautiful. Even a window box provides space for nature. You can cram wild flowers into a window sill and hang bird feeders.

Volunteer. If you haven't got a garden you can volunteer to help with community spaces. Persuade local schools, councils, and industrial estates to leave some patches of long grass.

Energy



40% of the UK's greenhouse gas emissions come from households.

Insulate your home. Draught-proofing doors and windows and insulating lofts on a large scale would see a big drop in our energy consumption. That's an easy action to take without involving a professional.

Washing. Choose an energy efficient appliance. Avoid washing half loads and try lower temperatures as they use less energy.

Heating. Turning your thermostat down by 1°C could save you £80 annually.