

What can I do?

6 areas of our lives where we can reduce carbon emissions

Home

- use the pawprint app to log your carbon footprint - <https://www.pawprint.eco/>
- insulate more and better
- draught-proof all doors and windows
- monitor energy use to identify “hungry appliances”
- use natural cleaning products or mix your own using bicarbonate of soda /lemon juice/ vinegar/castille soap
- save water in a bucket to use for rinsing things or watering plants - e.g. if you have to run a lot of cold water off before it becomes hot
- buy products that come in recycled / recyclable packaging and use shops and supermarkets that adopt this as the norm
- buy local produce whenever possible
- if you have an unused open fireplace, block the chimney with a woollen mat - www.chimneysheep.co.uk and stop heat escaping.
- turn down your central heating and put on an extra jumper instead
- divert rain water from your roof into a water butt with a simple kit obtainable from DIY stores
- replace your electric light bulbs and strip lights with LEDs
- don't buy bottled water
- use bags for life
- eat a no-meat main meal at least once a week
- fit solar panels / solar thermal (to heat water) / install a ground-source or air-source heat pump
- buy green energy - if possible, buy from companies who are generating it themselves

Garden

- compost if you can - if you can't write to Cornwall Council and urge them to bring in food waste collection sooner than 2023! (Other counties have been collecting this waste for many years)
 - mulch using grass cuttings or other organic material from the garden
 - use peat-free compost
 - provide a pile of small logs as homes for insects
 - install bat / bird / bee / boxes
 - plant flowering plants for every season to feed bees and other beneficial insects - even a pot of marigolds on a balcony helps
 - grow some veg - even if it's just a small tray of cut and come again salad leaves on your windowsill
 - use water butts to collect rainwater from sheds and greenhouses
 - re-use plant pots and seed trays for as long as possible - dry in the sun and brush soil out with a scrubbing brush
 - pull up a paving slab and plant perennial plants in the ground instead
- (The RHS estimates that If 30 million gardeners pulled up a paver and planted 1m² of perennial plants (either herbaceous, shrubs or trees) in their community, school, workplace or garden this could be equivalent to heating more than 86,000 homes for a year!)
- grow your own cut flowers

Personal

- buy natural personal hygiene and beauty products wherever possible
- use less - manufacturers want us to use as much of their products as possible, so experiment with how much you need to use
- re-cycle your clothes through a website like NUW <https://www.thenuwardrobe.com/>
- buy jewellery made with ethical or fairtrade gold

Travel

- walk whenever you can
- take buses and trains whenever you can. (and write to our MP and Cornwall Council if the lack of public transport makes this impractical for you)
- car share for church, work, school run and pleasure journeys
- buy an electric vehicle or hybrid

Money

- invest in green tech and proven carbon capture industries and ventures
- invest ethically
- ask your pension provider to confirm that they are investing your money ethically - companies are increasingly being influenced by the push from investors who want only ethical investments

Recycling

- take unwanted electronic and electrical products to PC World and they will send them for recycling for you (doesn't matter what they are or where you bought them)
- offer unwanted furniture in good condition to Cornwall Hospice Care / British Heart Foundation or local charity Hidden Help. <https://hiddenhelp.org>
- recycle crisp and snack packaging at the Co-op
- hold an unwanted / grown out of children's clothes auction with a group of friends - or a grown up unwanted clothes auction for that matter!
- join the local Freegle Group, where you can dispose of almost anything you have no further use for or find something for yourself - www.ilovefreegle.org. All you have to do is post items on their website
- decline to take a till receipt, if possible. (Some stores offer an e-receipt instead if you really need one). DO NOT RECYCLE the receipts you have. Most contain a nasty chemical, bisphenol A, which is released into the atmosphere.

Campaigning

- to keep the pressure on the fossil fuel industry - speak out against new coal mines and off-shore oil wells
- to get the UK to stop investing in destructive mining in South America - they are the biggest investor in the industry in that region!
- to get our Government to explain how the targets it has set are to be met