



When you turn the lights, kettle, or TV on at home, you pull electricity from the national grid that might be contributing to climate change. **Ask your electricity supplier if they buy 100% renewable electricity. If they say no, have a chat with them and then find one that does.** You will save around 3 tonnes of emissions – that’s like 3 double decker buses worth, going up into the atmosphere, every year. Those emissions saved are a big deal, done by you, directly helping slow down climate change and what they are trying to do at COP26 and helping us transition to the inevitable low carbon economy.



We need to rethink our eating. How long can you last without food? Discuss. The soil we grow a lot of our food in is in big trouble. Sometimes we buy it from too far away or is mass produced. We have forgotten our parents and grandparents ate organically, yet for us, it’s a treat. We wonder why 1 in 2 get cancer, yet we only have to look at our food and see how it gets to our plate, to realise what an impact it has on our bodies and the climate. Food in security due to climate, population and bad soil is a major issue. **Try buying two complete seasonal meals a week, from local suppliers.** You’ll love it and won’t want to waste any of it, you’ll have a nice chat with who you bought it from and bump into others. Frequently it can be the same price, but the value for money is better. Know where your vitamin C and protein comes from, know the supplier, support that soil and your body by buying what you should be eating according to the time of year. Help children to understand what seasonal foods are. In 2019, Climate Vision spoke in 17 schools, getting all pupils to take home these 10 things to do, using the children’s artwork, free to you at the bottom of this page <https://climatevision.co.uk>. Only one child knew what seasonal food was. Some people say, ‘Why does this not say go Vegan?’. By pledging to eat seasonally and locally, you will connect with what is right for you, your choice and make a huge impact on emissions and soil while becoming more resilient to climate change. When the first lock down happened, the ones who didn’t suffer with food security, were the ones who were customers of a local supplier and understood what was freely available, in-season. Get resilient, buy seasonal and local food.



You probably didn’t have lessons in Climate Change, the majority haven’t either. How come you suddenly must understand this BIG thing and be expected to know what to do? You don’t. These 10 things have been put together for you, based on lots of scientists’ opinions and research spanning many years. They are in a special order for you to enjoy the first two. They guide you to get a little bit more into why you have to work hard to change some deeply rooted habits. You really need to know what is happening, so YOU can decide WHAT climate change we must deal with and how to get yourself ready. **Educate yourself about the science and impacts of climate change,** to be in a better position. You can go online, have a google, go to the library, join a course or watch this <https://vimeo.com/604706855> Anyone needing a treat? Complete this [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/444659/LIT\\_4112.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/444659/LIT_4112.pdf) and tell Climate Vision about it, and you’ll likely get one.



When we talk with others about action, it’s so easy to make a knee-jerk reaction; “What about China? What about everyone else?” Well, there’s a lot of amazing things going on and by doing these, all of them, a few weeks down the line, you’ll be naturally avoiding buying things that mean emissions go up into the atmosphere as a result. Soon you’ll be saving tonnes of emissions from going up and making everything worse. Do remember where you were at the beginning, and know that at Climate Vision, every week, and almost every day, someone says “What do you mean?”. Help them to understand, **ask your friends and your local MP to do these things too,** by offering them this placemat poster or the artwork free at the bottom of the page here <https://climatevision.co.uk>. There’s artwork for everyone; this placemat poster, one for children, one for holiday businesses and you can do them online and have an option to keep in touch. From our research, from a decade of asking why people did these actions, the most frequent answer was “Because my friend told me about it”.



Another “low hanging fruit” emissions cutter is to **at least once a week, walk, cycle, safe car share or use public transport instead** of the car. There are so many initiatives to help you do that now; new cycle routes planned/developed, rentable e-bikes, cleaner buses. Check it out, plan it in, take the time to really enjoy a different way to make your regular journey with a feel-good factor 10! We all need to look after ourselves, get out in the green stuff, have time to relax and enjoy a journey on foot if you can, noticing all the good things around us while you do. You might take it a step further and get involved in nature and combined with educating yourself about climate change, find out what natural capital is or how you can enjoy helping the Wildlife Trust?

You might not realise YOUR impact on the planet, but it’s worth a look and is very easy to do and by seeing it visually, through a trusted source like WWF, you can go back in a few months and see how many planets we need to keep you going, hopefully closer to 1! Some things might be terrible, don’t panic, just work at it, you’ll probably find the answer in one of these 10 on the placemat poster. Even if you can’t fix it or do all the things on this straight away, you can work towards it or do better with others (like have 4 meals a week of seasonal local foods). **Work out your carbon footprint using a carbon calculator,** e.g. <http://footprint.wwf.org.uk>



We all know there are many things we can do at home too, but do they stack up to be worth it? YES! Plus, they save you £££money. Take some time to **find out how you can save energy in your home by exploring this <https://energysavingtrust.org.uk>** or ring them up freephone 0800 444 202. If you are ready and know what you need, you can make a start, but also be aware of what you ideally need, should any grants come up to help you. Most of the things are chores you would do sometime anyway; we just need to move it along. By doing this, you are also helping the Government as they try to cut emissions by 78% over the next 15 years. This means new jobs, major innovation, much needed students developing ideas at school, college, and university, you can help make that happen. We all need to help make it happen, US. Cornwall has been pivotal in previous industrial revolutions; you can cleanly ignite this Green Industrial Revolution today.

Autumn is upon us and winter coming soon, let’s set our minds now to be ready to live through it without excessive heating. What do you want for Christmas? A nice new jumper? Perhaps one for other times too, not just Rudolph on the front! If you are thinking “But what about Granny?” Brilliant, you are right, you need to think about those around you, but Granny will be the first to suffer in the heatwaves if we don’t cut our emissions. Have her and elderly neighbours in mind when you might need to take them water, food or help in a flood. So, if you are healthy and fit, **turn your thermostat down or use a thermometer to reach the lowest comfortable temperature, typically between 18-21°C & think about putting on a jumper instead.**

Flying? Well, many are desperate to get away or to see family overseas. Technology is moving on, there have been electric flights, aviation fuel is getting cleaner, but there is a long way to go and its worth researching. Try to **reduce your holiday air miles by 50%.** This way you can make a big impact on your contribution to climate change each time. Most people have survived without the annual overseas holiday, plus you have an opportunity to explore holidaying in different ways. Remember, we won’t be holidaying at all, if we don’t cut emissions now. It is important to ground ourselves occasionally in the facts and then have something nice to think about; perhaps a train journey through Europe, up Snowdon or to Looe?

Saving the best until last – driving! Electric vehicles are fun and affordable. There are MANY myths about it. “Too expensive!” – If you consider a monthly payment and have the car for 3 to 4 years, and ask what the whole cost will be, and divide that up by the months, you’ll probably find its cheaper than your car + fuel + repairs + tax. Hang on! Work it out. This is the point where we are uncomfortable with the unknown. We will panic to provide a good reason why not to engage. But if we don’t try it we are not up to date. The Government legislated cutting emissions by 78% over the next 15 years. This is going to happen! SUPPORT IT. Help those jobs get created and shape the markets for a cleaner future for your family. “Where will I charge?” Every electric vehicle has a map showing all the charging points around the UK. There are plenty, plus you if you have one at home if you have space, you won’t need them as much, leaving them for others who do not have space for their own. How to offer them to people without space is being worked on now – get excited! “There’s not enough electricity!” Generate some? Do you have roof? Does it face South? Have you had a quote? Again, how much will it cost over a period? Facts about payback are key. “The range isn’t long enough!” Having driven EVs for 5 years, from 80 to 105-mile ranges, it’s only been a problem twice needing to use a public charger. Who drives more than 100 miles in a day? Cars in 2021 are boasting 300+ miles. Don’t wait, test drive today, you will be surprised as all your answers flow your way as you glide along in the 21st Century enjoying the torque and smooth ride, planning when it is possible for you. “What about my caravan?” It’s time for you to be innovative about that and let us know. Is it possible to leave your caravan somewhere you like to holiday? I’d like to think you’ll avoid stormy journeys and flood risk long term. The best thing you can do is **research/google ‘Driving in a greener way’ or book a driving lesson to learn reduced-emission driving techniques (called eco-safe driving by the DVSA)**

**COP26**

**UN CLIMATE CHANGE CONFERENCE UK 2021**



# BUT WHAT DO WE DO?

You must take emission cutting action, today.

Discuss with your family and friends around the table, but it must result in action. Find the most important circles you’ll ever tick.

