



# September 2024

## Simple ways you can help reduce your impact on climate change

### Make your voice heard

We know we are destroying the world, and we could be the last that can do anything about it. Speaking up is one of the most powerful things we can do especially if it's to the right people. Your voice is powerful. It's not just about speaking to the people in charge. Talk to your friends, neighbours and colleagues and get them to make positive changes too. Speak up, speak to everyone, and make your voice heard.



### Keep yourself informed

The more you know the better. It leaves you better equipped to have conversations with your friends and family and the people you want to influence. Stay up to date with recent news on the state of our natural world and work out what you can do. Research organisations that are working to make our planet a better place.

### Travel well



Cut your carbon footprint by travelling responsibly. Choosing a more sustainable way to get from A to B. How walk or cycle when you can, use public transport, next time you buy a car get a hybrid or electric car (always research first). Transport is one of the most polluting sectors in the UK.

Holidaying closer to home can make a big impact on your carbon footprint. One short haul return flight can account for 10% of your yearly carbon emissions, and long-haul flights can completely determine your carbon impact. Travel on trains to European destinations to cut your carbon footprint. Get creative and try to find alternate ways to travel.

### Watching what you buy

We can all do more to be more conscious about what we buy, and where we buy it from. Buying less will save you money, reduce waste and improve your environmental footprint. Living a less consumerist lifestyle can benefit you and our planet. Use your purchasing power and make sure your money is going towards positive change. By supporting eco-friendly products which are less damaging to the environment, you're encouraging companies to source and produce their products in a sustainable way.