



HOW TO REDUCE YOUR CARBON FOOTPRINT

FOR A SUSTAINABLE FUTURE

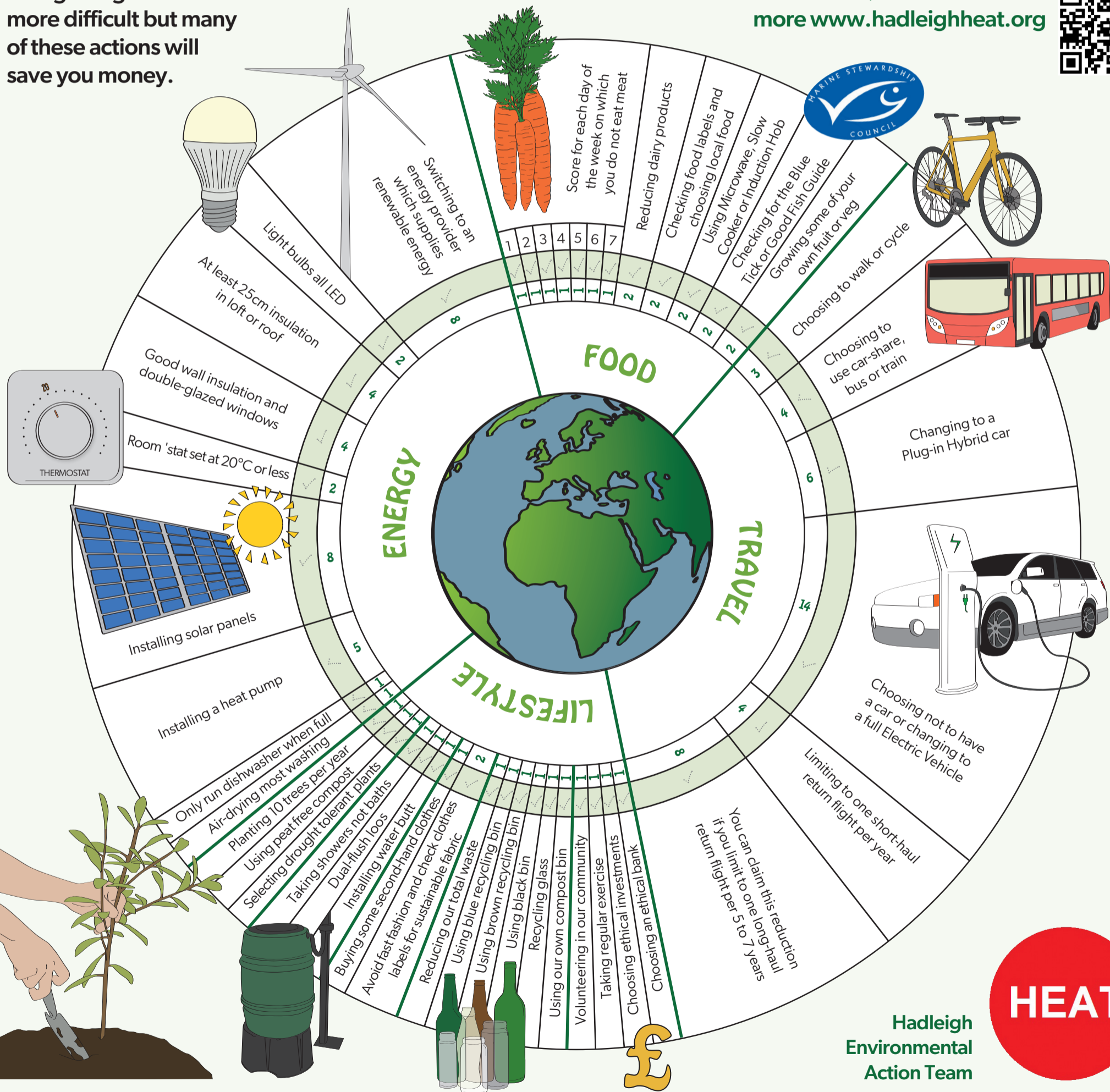
Tick the actions you and your family are already doing – start anywhere on the circle.

Add up your total score. 30 is good; 45 is better; 60 or more is excellent.

Look for one or more other changes you can make. Add up your score again.

Rising living costs make life more difficult but many of these actions will save you money.

Use this QR code to find out more www.hadleighheat.org



Each sector has a score – 1 point is a reduction of 100kg of carbon emissions per year. A booklet giving more detail comes with this poster. A total score of 60 is about 6,000kg of carbon per year... this is roughly the reduction needed from an average UK resident to keep global warming down to 1.5°C.

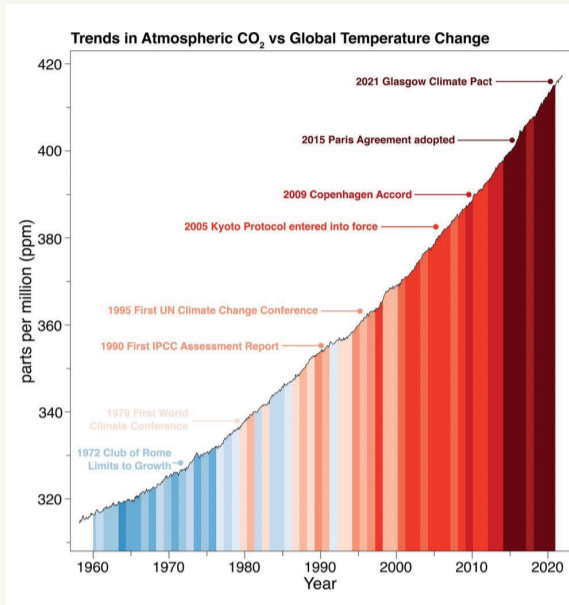
HEAT is a local community group. Working to help people and organisations in Hadleigh to always take climate change and the resilience of the natural world into account when they make decisions.



HOW TO REDUCE YOUR CARBON FOOTPRINT

THE BACKGROUND

The UK's hottest ten years since 1884 were in the last 15 years. You will probably have experienced unusual drought, floods or storms close to where you live. You will have heard of concerning examples from around the world costing many lives and livelihoods: devastating floods in Pakistan, heat dome in Canada, wildfires in California, death of coral reefs in the Pacific, drought and crop failure in Africa, melting ice sheets in Antarctica and the consequent rising of sea levels. It is true that some events like these have happened in the distant past but never in such a short time scale - we are now facing an alarming increase of extremes which are linked to increasing levels of greenhouse gasses – mainly carbon dioxide. (1)



Warming Stripes – trends in atmospheric carbon dioxide and global temperature change.

The reasons are complex, but the increase of these gases is leading to a rise in average global temperatures with serious risks for life on Earth. (2)

In the last 100 years the average global temperature has risen by about 1.2°C. That does not sound like much when temperatures in the UK vary between freezing and over 30°C but 1.2°C is an increase in average global temperature and that is sufficient to disrupt major weather systems. This is why there is so much concern about preventing a rise of more than 1.5°C. The Earth's living systems are finely balanced just like our own bodies. If our body temperature rises by just 1°C we feel unwell, 2°C we are in bed with a fever, 3°C we would be in hospital, and we cannot survive a 4°C rise. A rise of 1.2°C reflects that our living planet is unwell and we all need to care for it.

SO, WHAT CAN WE DO?

All our circumstances are different, so it is crucial that you choose what you are able to do – we have different houses, different families, different jobs, different health, different money – particularly important in these times of rising living costs. However, climate change is not waiting for us, so everyone of us needs to do something. This Poster and Booklet are to help you choose. PACE Manningtree has constructed this Poster based on the research done by the University of Essex, through Prof Jules Pretty (4) and on other carbon calculators.

An average UK resident is responsible for about 7.7 tonnes or 7,700kg of carbon emissions per year. To meet our UK commitments towards 1.5°C, we must reduce that average by 3,700kg by 2030 and by 6,000kg by 2050. These are average figures, so at present some people will emit less than 7,700 kg and some much more, but for most of us a major reduction of carbon emissions is needed. Some may argue that “there is no point me doing anything unless the larger populations of places like China and India act” – but we must remember that people in many countries are currently emitting less than 2,000 kg carbon emissions per person per year. We have a responsibility to act. Everyone can make a difference.



Check the food labels when you shop – items in this basket are all low food miles.



Insulate your loft – at least 25cm of insulation.

THE INTERNATIONAL RESPONSE

In 2022 the IPCC Report (Intergovernmental Panel on Climate Change (3) and the UN (United Nations) warned “Carbon emissions are still increasing. We must all change course within the next 3 years or serious fires, violent storms, flash floods, unbearable hot spells, droughts, rising sea levels will be the norm – not the exception”.

Councils, Governments and International Treaties seek to address these massive issues – Suffolk County Council has its Climate Emergency Plan, Essex County Council has its Climate Action Commission, the International Paris Agreement of 2015 commits the UK and 194 countries to hold global temperature rise to 1.5°C. COP26 (UN Conference of Parties Session 26) in Glasgow 2021 reaffirmed countries’ pledges to reduce carbon emissions, but COP27 in Egypt 2022 reported that only 29 of 194 countries have confirmed their plans and that global carbon emissions continue to rise. Of course politicians and business do have a large part to play but they are powerless to act without the commitment of the majority of people like you – and me. We need to show our leaders that we understand and are prepared to act.



Coastal flooding and storm damage in East Anglia.



World leaders of 194 countries sign the Paris Agreement, 2015.

WHAT WILL YOU CHOOSE TO DO?

This Poster gives you a wide range of examples of what you can choose to do. On the Poster each action has a score where a score of 1 would give a reduction of about 100kg of carbon emissions per year. We ask you firstly to score what you are already doing “**Your Score Now**”. We then recommend you choose a small number of other actions, calculate “**Your New Score**” and then make a determined start on these. Some actions may be expensive – but many are not. Some actions do require investment but have short payback times.



Choose how you travel - cycle or walk when you can

- (1) Greenhouse gases let sunlight pass through the atmosphere, but they prevent some heat from leaving – like the glass in a greenhouse. Without them our planet would be too cold for life: but higher levels of these gases cause our planet to overheat. Greenhouse gases include water vapour, carbon dioxide, methane, ozone, nitrous oxide – increase of carbon dioxide is the most significant in relation to global warming.
- (2) World Scientists Warning to Humanity – a 3-page summary in Bioscience 2017, Vol 67 No 12 by W. J. Ripple et al, supported by 15,364 Scientists.
- (3) Intergovernmental Panel on climate Change April 2022.
- (4) Thirty for 30 – how to reduce your carbon footprint. Prof Jules Pretty January 2023 in East Anglia Bylines.

THANKS

Funded by donations from HEAT supporters and a grant from Hadleigh Town Council
University of Essex, Prof Jules Pretty and the Department of Environment and Society and their Carbon Footprint Schedule.
PACE Manningtree for allowing HEAT to use their poster and booklet.

WHAT NEXT?

Would your household like to be part of a pilot study recording your progress (anonymously if you wish) in trying to implement some changes and the issues you found? If so, then please go to www.hadleighheat.org/net-zero. We can all benefit from the lessons learned. HEAT will provide support and information.



Hadleigh Environmental Action Team