

PLEDGE FOR THE PLANET




***Let's act together
to save our home***

Our way of life is seriously disrupting the planet's ecosystems, on which we all depend. If everyone lived like an average Briton, we'd need 2.7 earths to provide what we currently consume.

Individual actions will reduce the disruption, but work best if others join in. And together, we can push governments and businesses to protect the earth's vital systems.

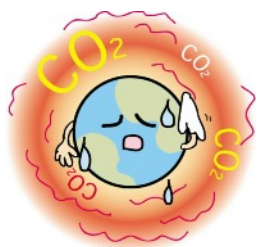
Join our campaign, pledge actions
and wear our badge to encourage others.



How the Pledge Works

In the checklist below, tick any actions you're currently doing & try to pledge some new ones. Each pledge is worth 1-3 points (or ). Try for at least 10 points of new pledges.

Set yourself a date to complete them. Maybe ask a friend to pledge too and check each other's progress. Take care not overwhelm yourself by trying to do everything at once.

If you score 40 points or more, or if you commit to 10 points of new actions, you'll earn a pledge badge. Wearing it will help to start conversations and spread climate action further. Pick up your badge from Henley library or see www.stratfordclimate.org/pledge



Points add up for similar actions: e.g. if you give up ying or become a vegan, you also get points for reducing ying or being vegetarian. This is because these are some of the most effective changes you can make.

An asterisk (*) by a pledge action means there is more information towards the end of this booklet.

Pledge Choices

General Pledges

Read a book about the climate crisis*

Work out your carbon footprint*

Use Ecosia for internet searches*












Unsubscribe from email lists you ignore*

Other pledge - tell us*









Score



In the home











Turn off lights in rooms that aren't in use		<input checked="" type="checkbox"/>
Change all your lightbulbs to LED*		<input type="checkbox"/>
Put on warmer clothes before turning up the heating		<input type="checkbox"/>
Heating off or low when you go out		<input type="checkbox"/>
Use modest heating and cooling*		<input type="checkbox"/>
Wash most of your clothes at 30 degrees or less*		<input type="checkbox"/>
Switch to a low flow shower head*		<input type="checkbox"/>
Improve your home insulation*		<input type="checkbox"/>
Draught-proof your home*		<input type="checkbox"/>
Get a quote for solar panels*		<input type="checkbox"/>
Install solar panels or other green tech*		<input type="checkbox"/>

In the garden and out of doors









Plant bee-friendly flowers in your garden*		<input type="checkbox"/>
Let part of your lawn grow longer*		<input type="checkbox"/>
Only use peat-free compost*		<input type="checkbox"/>
Get and use a home composter*		<input type="checkbox"/>
Install a water butt in your garden*		<input type="checkbox"/>
Plant a tree*		<input type="checkbox"/>
Persuade a landowner to plant trees or grow a grass patch longer*		<input type="checkbox"/>
Join a nature activity group*		<input type="checkbox"/>

What you buy






Carry a reusable cup/bottle/cutlery		<input type="checkbox"/>
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Don't buy bottled water - use re��ll stations*		<input type="checkbox"/>
Wait a week before buying non-essentials		<input type="checkbox"/>
For 1 month, buy only daily necessities		<input type="checkbox"/>
Only buy clothes you'll wear at least 30 times*		<input type="checkbox"/>
Buy mostly second-hand clothing		<input type="checkbox"/>
Don't buy more toys than your children need*		<input type="checkbox"/>
Try to repair before replacing anything*		<input type="checkbox"/>
Research e��ciency of all major purchases		<input type="checkbox"/>
Recycle using the bins provided		<input type="checkbox"/>
Recycle other di��cult products locally*		<input type="checkbox"/>

Food

Make an 'eat me ��rst' box in your fridge		<input type="checkbox"/>
Give up beef (and other red meat)*		<input type="checkbox"/>
Try vegetarianism/veganism for 2 weeks		<input type="checkbox"/>
Become a vegetarian		<input type="checkbox"/>
Substitute some vegan for dairy products		<input type="checkbox"/>
Become a vegan*		<input type="checkbox"/>
Buy seasonal fruit & veg, from local growers*		<input type="checkbox"/>
Eat mainly seasonal fruit and vegetables*		<input type="checkbox"/>

Transport

Change one regular errand to walking/biking		<input type="checkbox"/>
Commute by public transport, carshare foot or bike		<input type="checkbox"/>
Choose leisure activities nearer to your home*		<input type="checkbox"/>
Turn off your engine when waiting in the car*		<input type="checkbox"/>
Reduce driving by 20-100% per year/month	 per 20%	<input type="checkbox"/>

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|---|---|--------------------------|
| If you have two cars, sell one and share |  | <input type="checkbox"/> |
| Make your next car electric |  | <input type="checkbox"/> |
| Give up domestic flights |  | <input type="checkbox"/> |
| Quit flying |  | <input type="checkbox"/> |
| Get your workplace to reduce business travel by videoconferencing, where possible |  | <input type="checkbox"/> |

Social

- | | | |
|--|---|--------------------------|
| Talk more about climate breakdown |  | <input type="checkbox"/> |
| Share your pledge on social media |  | <input type="checkbox"/> |
| Tell friends and family about this pledge |  | <input type="checkbox"/> |
| Persuade a friend to take a pledge |  | <input type="checkbox"/> |
| Hold an eco-coffee morning* |  | <input type="checkbox"/> |
| Canvass your school/workplace for pledges |  | <input type="checkbox"/> |
| Develop a climate plan for your workplace* |  | <input type="checkbox"/> |
| Write to your MP, local councillors & mayor* |  | <input type="checkbox"/> |
| Support politicians who promise the strongest action on the climate emergency |  | <input type="checkbox"/> |
| Volunteer for/donate to a green charity |  | <input type="checkbox"/> |
| Join a climate action group (like Henley or Stratford Climate Action*) |  | <input type="checkbox"/> |
| Write to a company whose products you use, to ask them to become more sustainable* |  | <input type="checkbox"/> |
| Switch to a bank that doesn't invest in fossil fuels* |  | <input type="checkbox"/> |
| Switch any investments you have to carbon free funds* |  | <input type="checkbox"/> |
| Ask your pension fund, former university, church, etc to divest from fossil fuels* |  | <input type="checkbox"/> |

Further Information



Books: are a great source of information about the science and the social, political and economic aspects of the climate problem. Try "**There is No Planet B**" by Mike Berners-Lee or see Stratford Climate Action's website for more choices:- www.stratfordclimate.org/resources. Maybe ask friends to join you for a reading group and give yourself another point (🌱).

Carbon footprints point to what's doing most damage to the climate. For a quick but approx result try <https://footprint.wwf.org.uk/#/> or for more detail <https://www.sw-consulting.co.uk/carbon-calculator>. Maybe compare your footprint details with a friend's.



Internet use: Internet servers use a lot of energy. An individual email only uses a small amount of energy but they add up.

Ecosia is a search engine that uses ad revenue to plant trees.

Your own pledge: Our list isn't exhaustive, so figure out your own action. Award yourself 1-3 points (🌱) based on difficulty. We'd love to hear about it!

Lighting: LED bulbs are much more energy-efficient than halogen and traditional incandescent lightbulbs. It saves money to switch now rather than wait for the old ones to die. Be sure to recycle the old bulbs, e.g. at a big supermarket.

Heating anything uses lots of energy. Each 1°C lower in room temperature saves about 8% on heating energy. Turn heating off or low in unused rooms and close doors.

Water: Purifying & pumping water into homes uses energy. Heating water uses lots of energy. Try to cut down on water use in general and especially in cooking, washing & laundry. Reuse washing up/ bath water on plants.



Severn Trent offer several free water-saving devices, like low flow shower heads: www.stwater.co.uk/wonderful-on-tap/save-water/free-ways-to-save. They also subsidise water butts. Bottled water is ridiculously high carbon. Keep a bottle and re-fill it from the tap. You can find water bottle re-fill locations at www.re-fill.org.uk.



Home insulation: Improving insulation will lower your heating costs. Act On Energy is a local charity that may be able to source free/ cheap insulation and boiler replacements for you, especially (though not only) if you are

living in fuel poverty: <https://actonenergy.org.uk/>. 01789 333169. Draught-proofing your home is equally important. There are lots of online guides showing how to do it.

Green energy deals: Surprisingly, most of these do not reduce UK carbon pollution. They reallocate how the available green energy is shared. Green customers get 100% green and everyone else's energy becomes less green.

Choosing a green tariff doesn't create demand for more green electricity because supply (currently 50%) exceeds demand (7%) and supply is growing very rapidly.



Green technologies include solar panels, heat pumps, and rainwater processing. Solar panels for a family house could cost around £5,000, and they eventually pay for themselves. Be sure to get several quotes.

Gardening: Many insect species are in decline, including bees and other pollinators that our food supply relies on. Drop the weed and bug-killer, and try planting flowers that bees like or just let part of your garden grow wild to encourage insect life.



Compost: Peatlands store massive amounts of carbon, so it's important to protect them by only using peat-free compost - sold at most garden centres. Home composters are available for £10 at www.warwickshire.gov.uk/green-waste/composting. However, a compost heap or two is just as good.



Trees: Trees take CO₂ out of the atmosphere, but established wild meadows also need protecting. If you can, try to convince anyone who owns suitable land to plant trees. Some government support is available. It takes an amazing number of trees to capture a useful amount of CO₂.

Nature activity groups: Warwickshire Wildlife Trust and Heart of England Forest both run volunteer activities for members in sites around Henley & Stratford.

Consumer goods: All production requires energy (=CO₂), water, and natural resources, and eventually produces waste. Buy only what you really need and will use. It's hard to get your head round it but spending money causes climate change (solar panels, insulation, etc, excepted).



Clothes: The fashion industry is one of the most wasteful industries. Less environmentally damaging fabrics include hemp, linen and tencel, but buying less is the best approach. Swap clothes with friends or at a clothes exchange, or try buying second-hand. Charity shops often have second hand clothes.

Children's toys: In our experience, children don't need endless new toys, and respond well to a simple explanation why our planet can't sustain this. Buying for novelty's sake just teaches children to view the world's resources (i.e. nature) as disposable.



Repairing: There's a monthly repair café in Henley Baptist Church Hall, see <https://www.repaircafe.org/en/cafe/henley-in-arden-repair-cafe/> or call Elaine on 792871. Also, see <https://netzerostratford.org.uk/> for one in Stratford. Some shops will repair shoes or, computers & phones. You can repair clothes in creative ways.

Recycling: Recycling uses energy, so try to avoid acquiring. You may have heard of the 3 R's or the 5 R's but now actually 6:- Refuse (to acquire), Reduce (use less), Repair, Reuse or Repurpose, Recycle, and Rot (compost) in that order. Check guidelines for local recycling. See www.stratford.gov.uk/waste-recycling/



Plastic bags, films, batteries, print cartridges and water filters can be recycled at some local supermarkets. Crisp packets and bottle tops are sometimes collected for recycling at other points. See www.terracycle.com/ for more information.



Meat and dairy production is extremely inefficient in use of energy, water and especially land (which could be reforested instead). Moving to or towards a plant-based diet is one of the best things you can do as an individual consumer. See veganuary.com.

Seasonal/local fruit & veg: Growing food, such as cherry tomatoes and soft fruits, out of season uses lots of energy. Imported soft fruits usually have massive carbon footprints due to being air freighted. With this exception, transport usually only accounts for a small portion of the carbon footprint of food.

Local grown is good if you do not make extra car journeys to get it. Organic is also good because it does not use fertiliser, a big contributor to the footprint of food.

Leisure activities near home: 33% of road miles are for leisure. Choose leisure activities and shopping venues nearer home to reduce leisure miles.



Electric vehicles cause less CO₂ than petrol or diesel, but since UK electricity isn't yet fully decarbonised, it's still important to minimise mileage.

Turn off your engine at traffic lights etc:

As well as wasting fossil fuels, car exhausts on tick over are toxic and can harm children's development. We shouldn't be poisoning kids as they walk past our cars outside the school gates.



Flying: Most flying in the UK is for tourism or visiting family and 70% comes from 15% of the population (20% from 1%). We can't always avoid flying, but we need to fly much less. <https://flightfree.co.uk/>

Talk more: Talking about the climate emergency can feel socially risky, but most people are worried. If you're unsure how to raise the subject, the "Talking Climate Handbook" is a really good guide.



Download it from www.stratfordclimate.org/resources.



Coffee mornings/small groups: Anxiety about the Climate is increasing. A regular climate coffee morning with friends or neighbours can help to turn this anxiety into something beneficial. Talking with others can help us make changes in our own lives. You may even

And you want to set up a climate action group in your village or local area.

Banks: The big banks invest billions in the fossil fuel industry. Switching your bank is an effective way of telling them that you disapprove. Switching is easy because the new bank picks up all direct debits, etc. and some banks offer a bonus payment for switching. Be sure to tell your bank why you moved the account. Nationwide and Cumberland Building Societies, the Clydesdale/Yorkshire Bank, the Co-operative Bank and Metro Bank aren't invested in fossil fuel companies and Triodos also invests in renewable energy.



Greenwash is false "low carbon" claims, obtained by committing money to tree-planting or other activities to cancel out the carbon emitted. However, there is not enough land on the planet for the amount of offsets being planned, so such claims shouldn't be taken seriously. One oil company has even said its petrol is "carbon neutral" ! If it sounds too good to be true, it probably is.



Politicians: Many are beginning to treat the climate emergency seriously, but their impressive sounding policies are not accompanied by credible plans to deliver adequate carbon reduction. Writing to them makes more of an impression than

we sometimes think, even when their replies are evasive. Following a legal challenge, the government was recently instructed by the high court to produce a credible carbon reduction plan. You could write in support of the Climate and Ecological Emergency Bill currently before parliament: www.ceebill.uk for more background. Or ask your MP to support the green new deal bill <https://publications.parliament.uk/pa/bills/cbill/58-02/0172/210172.pdf> or www.greennewdealuk.org.



Investments & pensions: The need to transition away from fossil fuels, will result in unexploitable and worthless "stranded assets". Fossil fuels are beginning to underperform against non-fossil fuel assets. Ask your pension provider how they will avoid stranded assets in your pension investments. Low carbon investments are a key part of the way to a liveable future for life on our planet. See <https://www.ethicalconsumer.org/money-nance/shopping-guide/fossil-fuel-free-investment-funds>.

Who We Are



Henley Climate Action (HCA) and Stratford Climate Action (SCA) are groups of people, promoting action on the climate emergency. We call for stronger action, highlight alternatives, and involve local people. HCA has updated this document from the original produced by SCA.

To contact HCA call Penny Stott 01564 792251. For SCA, www.stratfordclimate.org, or join SCA's Facebook group. If you would like to support our campaigns, please consider becoming a member of SCA. This costs £10 a year, and helps fund campaigns like this.



This campaign is also supported by :-
Friends of the Earth-Stratford,
<https://friendsoftheearth.uk/>
and by **Net Zero Stratford** who plan to open a climate information/community centre in Stratford when premises can be found. <https://netzerostratford.org.uk/>