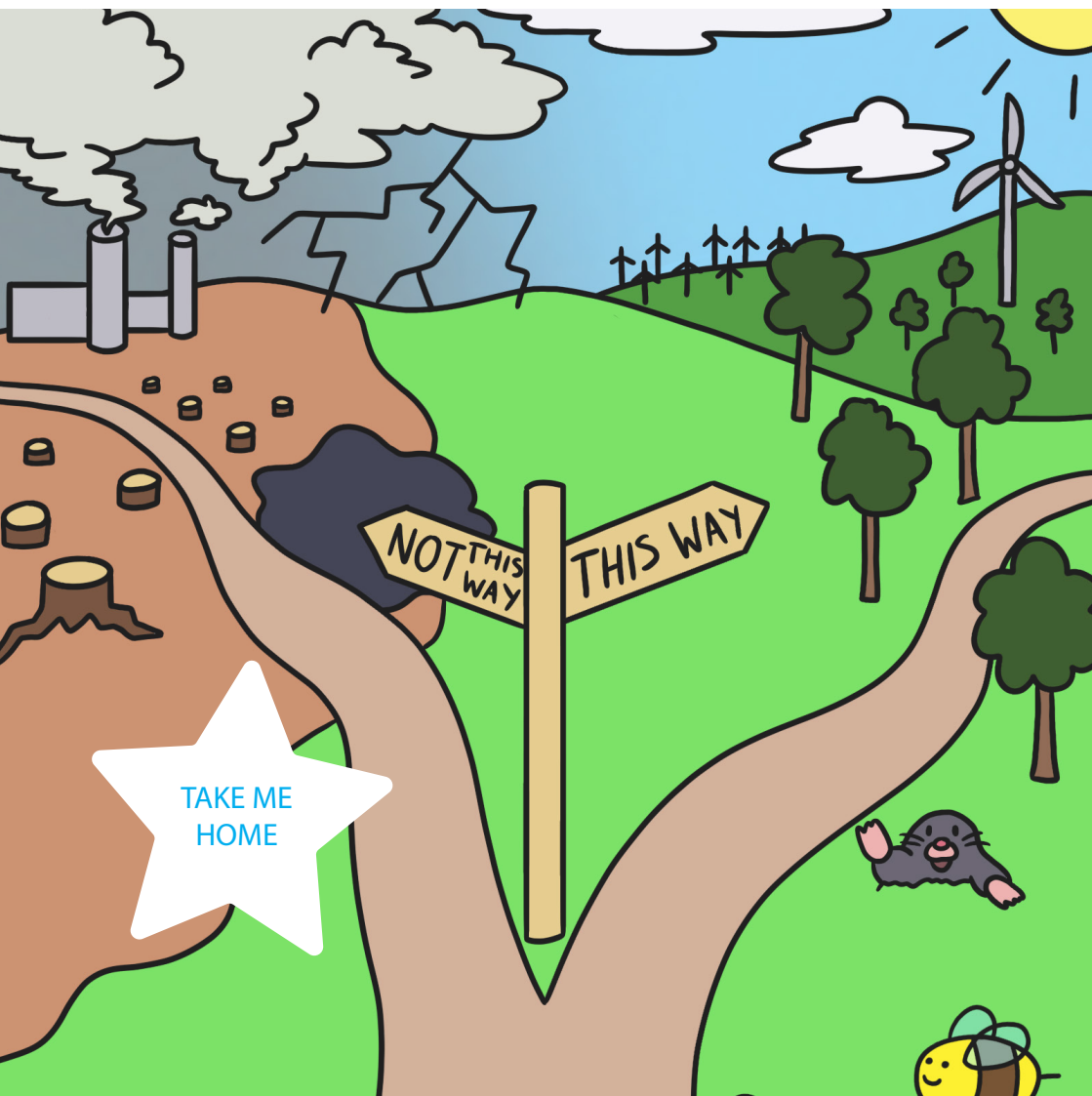


YOUR CHOICE FOR THE CLIMATE



A simple guide to living more consciously

By Dorking Climate Emergency
<https://dorking-climate-emergency.net>



TOP-RATED EASY ACTIONS FOR ALL BY DO-IT DEBBIE FROM DORKING



1

CHANGE YOUR ELECTRICITY SUPPLIER TO A GREEN ONE.

It took me 10 minutes and was hassle-free. As I'm a techno-dinosaur, that's saying a lot. Ask an adviser as lots of companies claim to be greener than they are. Switching supplier | TD Solar Group (dorkingsolargroup.org) or bigcleanswitch.org.

2

VISIT COMMUNITY FRIDGE:

Cut food bills and save tonnes of food waste. I go each week and have saved LOADS! I also feel extremely virtuous as otherwise it would go to landfill. Find out when and where - Home - Mid Surrey Community Fridges.

3

CHECK OUT OUR 'GO FOR GOLD' PAGE AND SAVE UP TO £1000 PA.

I never realised how crazy our food supply system is until I looked into this. Onions from Thailand, for heaven's sake! When you have a few spare moments (!) browse the fresh veg section to see where it all comes from. A supermarket manager said: "If customers don't buy it, we won't stock it." Need I say more?

4

CYCLE SHORT JOURNEYS:

Avoid pollution, save money and time (no hunting for parking spaces etc). I always try to do this. Wear bright clothes, ALWAYS wear a helmet and invest in panniers so you can shop. Fitness benefits are AMAZING!

5

BECOME A LAZY GARDENER AND ENCOURAGE WILD LIFE. THAT'S ME!

Since going lazy I've seen frogs and a hedgehog in my small garden, insect life has quadrupled and it's bright with flowers.
Hint: plant nasturtiums – they're bright & bees love them. You can also eat the flowers and leaves in salads!

AND... Pop-in to the pop-up Climate Hub for loads more ideas and info

Visit the website: <https://dorking-climate-emergency.net>

Click on the code to go straight to Climate Actions for Individuals

POLLUTION KILLS:

COUGHING CHARLIE FROM CHALDON HAS FOUND YOU SOME LINKS

Check the links.

They're just a sample of what's out there. Aaaaagh.



CHECK YOUR KNOWLEDGE WITH THIS POLLUTION QUIZ:

20 shocking facts about air pollution | Friends of the Earth.

<https://friendsoftheearth.uk/climate/20-shocking-facts-about-air-pollution>

AIR POLLUTION

PEOPLE: 98 people in every 100,000 people in UK die from air pollution a year (inews.co.uk)

<https://inews.co.uk/news/health/air-pollution-kills-64000-people-in-the-uk-every-year-268508>

INSECTS: Air pollution making honey bees sick (theecologist.org)

<https://theecologist.org/2020/aug/11/air-pollution-making-honey-bees-sick>

PLANTS & TREES: The Effects of Air Pollution on Plants (healthfully.com)

<https://healthfully.com/the-effects-of-air-pollution-on-plants-4989069.html>

WATER POLLUTION

FISH: Somerset river pollution that killed 8,000 fish caused by 'sewage discharge', agency confirms - Somerset Live

<https://www.somersetlive.co.uk/news/somerset-news/somerset-river-pollution-killed-8000-5741611>

PLASTIC POLLUTION

ANIMALS: <https://www.greenmatters.com/p/how-many-animals-are-killed-by-plastic-pollution>

SEA AND RIVER LIFE: Plastic in our oceans is killing marine mammals – WWF-Australia - WWF-Australia

<https://www.wwf.org.au/news/blogs/plastic-in-our-oceans-is-killing-marine-mammals#gs.7w3d1d>



POLLUTION SOLUTION

NEED TO CHANGE YOUR CAR? ADVICE FROM RELIABLE REG OF REIGATE, CAR DEALER EXTRAORDINAIRE.

FACT 1:

You can't buy new petrol & diesel cars after 2030. So petrol stations will start to close & there'll be a huge network of electric car charging points. The missus says we gotta get one – and soon.

FACT 2:

Electric cars cost a bomb and you have to have a charging point. Still gotta get my head round it all. But the technology's getting better and they're cheap to run. Secondhand cars are a good deal as there's not a lot to go wrong and plug-in hybrid cars give the best of both worlds. Yeah, I've excellent bargains on special offer right now – 20% reduction to anyone who can say my name and pay cash.

FACT 3:

Why are SUVs so bad for the environment? (onehome.org.uk) - see this site for some pretty startling figures. Poor safety record, gas guzzlers: yet they're 30% of the new car market. Don't sell 'em myself...

SUSTAINABLE SUSIE FROM SALFORD SAYS:

SERIOUSLY, DO WE HAVE TO USE CARS FOR SHORT JOURNEYS?

Engines don't have a chance to warm up so shove out loads of pollution and as we often go on short journeys into town we add to traffic jams and pollution. Cycling or walking is healthier for us all and much better for the environment.

SERIOUSLY, DO WE HAVE TO TAKE CHILDREN TO SCHOOL BY CAR?

If so, fair enough but it's awful to see the number of parents who keep their engines idling, so adding to pollution. It's my children they're affecting!

IF WE HAVE TO USE OUR CARS REGULARLY, WHY NOT SHARE LIFTS?

Seriously, I don't use buses because they're not often enough, unreliable, go all round the houses and cost a fortune especially when my kids are with me. Authorities, take note!



USE LESS ENERGY AT HOME SAYS ENERGETIC ERNIE FROM EFFINGHAM.

INSULATE, INSULATE, INSULATE:

Be a winter softie and **INSULATE** your roof, your walls: expensive but you can get grants. All you need to know from [Insulation Grants - Which?](#) online magazine.

INSULATE YOUR FLOORS: A simple carpet will cover gaps in floorboards & reduce draughts.

INSULATE DOORS With a draught protector / curtain / cover over letterbox etc.

INSULATE YOURSELF: The ideal room temperature is around 19 degrees C (less for bedrooms) but experiment. Some of us are harder than others. Golden rule: wear layers, even indoors, and cuddle up with a snuggly – or a friend – to watch tv etc! Use a thermostat and **DON'T** heat your home when you're out for hours unless it's freezing cold.

SPEND LESS ENERGY: In the shower (just long enough to sing one song...)

SPEND LESS ENERGY: Washing clothes: only wash 'em if they're dirty (or smelly) which makes it easier to avoid using the tumble drier which is a beast for electricity AND water.

BECOME A LAZY GARDENER AND LET YOUR GARDEN BUZZ: WILDLIFE LOVES A MESS! LAZY LIL FROM LEATHERHEAD SHARES HER TIPS.



Have a look at this website – says it all. (And saves you reading the rest of this page!)

<https://www.themiddlesizedgarden.co.uk/wildlife-friendly-garden-tips>

DON'T MOW YOUR LAWN: Beautiful striped lawns are a wildlife menace. If you really really want to get your mower out (I resist the urge and have a cup of tea instead), leave large strips along the edges. Or mow 3x a year – spring, late June and September. And here's a stonking idea to protect roadside verges from mowing: Fetcham Blue Hearts Wildflower Verges – Fetcham Residents Association

DON'T USE PESTICIDES: They kill more than pests.

DO USE PEAT-FREE COMPOST and save peat bogs and moors from extinction.

DO CREATE GAPS IN FENCES, to let hedgehogs, frogs etc, move around.

DO HAVE BIRD FEEDERS / INSECT HOTELS ETC ETC.

DO PLANT / SOW INSECT-FRIENDLY FLOWERS

DO HAVE WATER: Even a tiny pond gives water to birds & provides habitats for frogs etc. I have a dustbin lid – does the job brilliantly and I didn't have to dig a deep hole. Yes!

DO HAVE A 'MESSY CORNER' with bits of rotting wood, leaves and garden junk. Mine's more than a corner!

DO GET THE FAMILY INVOLVED – then they can do most of the work!

NO GARDEN? TRY HERBS ON THE WINDOWSILL

DESPERATE TO GET YOUR HANDS DIRTY AND GROW YOUR OWN?

TAKE ON AN ALLOTMENT. Allotments | Mole Valley District Council
Costs c £40 per annum: share with a couple of friends if it's too big a leap into the unknown. Waiting lists are quite long so you'll have time to plan. Or offer to help someone with a neglected allotment.



REthink

Be mindful of your consumption, your
relationship with 'things' and with the Earth

REcycle

Close the loop
and remake

REfuse

Don't consume
what you don't
need to

REduce

Reduce
consumption
of energy and
materials

REcover

Hunt out materials
and up-cycle

REnewable

Use, Produce and
buy Renewable
Energy
and materials

REuse

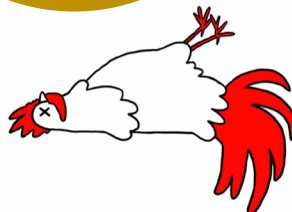
Share with others
Find new uses for
old objects

REgift

Share, and be
part of the gift
economy

REpair

Fix or upgrade
your objects rather
than throwing
them away



**DORKING
CLIMATE
EMERGENCY**

Web: dorking-climate-emergency.net
Join us.

- The power of RE -

GO FOR GOLD, HELP THE ENVIRONMENT & SAVE OVER £1000 A YEAR.

5* SAVING:

Buy food in season and AVOID 'fresh' flown-in foodstuffs.
Use frozen instead. They're also more nutritious.

- Food miles: The true cost of putting imported food on your plate | The Independent | The Independent . I always CHECK fresh food to see where it's come from –even the humble onion can come from Thailand.

Savings: eg 'fresh' green beans from Africa: £7.50 per kilo: frozen 99p.

Don't buy 2 lots of fresh per week: save a staggering £600 per annum.

Make items like grapes & peaches an occasional treat and save even more money.



BOTTLED WATER IS A WASTER!

Invest in your own bottle (or re-use a plastic one until it falls apart) and fill from the tap. Buy a water filter if you're worried. Bottled water can travel 00s of miles, uses LOADS of plastic and is skilfully marketed.

-5 Myths Debunked - Bottled Water vs Tap Water – Infruition

Save: £5 pw on bottled water adds up to a colossal £250 pa.

WIPES – UURRRGH!

Almost all contain plastic, they bung up sewers as people chuck 'em down the loo and they work out expensive. Small washable flannels do the same job and can be washed & re-used.

- Wet Wipes Are Polluting Water and Damaging Wildlife! - One Green Planet

Save: 25 wet wipes for £1: use 10 a day so 3650 per year: over £100

SANITARY PRODUCTS:

Work out the cost of all those tampons through your life. Menstrual cups work really well and last for years, so my partner tells me. I'm not an expert here but she is!

-Are Disposable Pads and Tampons Harmful to the Environment? | Earth Eclipse

Savings: costs £5 per month: a menstrual cup costs £15 and will last at least 2 years so £7.50per annum: Save £52.50 pa

IT'S WASHING TIME!

Do the maths. Washing powder costs c23p a load: washing liquid 20p. Laundry eco-strips 30p. The humble soap nut (available widely) costs 4 to 5p a load. Save £52 per annum. AND save by not washing clothes unless they're dirty enough to need it. If we had to pummel them ourselves, we'd be far more cautious! AND avoid using a clothes dryer.

Save your money and save massive transport costs, plastic production & recycling (if we're lucky: most becomes landfill or is dumped abroad) + damage to the environment.

More info: [stropky-shopper-power-of-your-purse-v2.pdf](#) ([dorking-climate-emergency.net](#)) We're all winners!



EMBRACE YOUR DARK SIDE ...

Check the cobwebby corners of your cupboards, the forgotten fathoms of your freezer(you get the picture!) and haul out all those jars / tins/packets that are near to (or even past!) their expiry date. Use them!!! (Unless their expiry date is 2017 or similar in which case, junk them.) If they're within date but you don't want them arrange a swap-shop with friends or give to Community Fridge.

LOVE YOUR LIQUIDISER...

Make your own smoothies (buy frozen ingredients from supermarkets or use up those 'starting to look slightly sad' fruit & veg): this avoids Tetrapacks which are dire to recycle and will save you loads.

Make soup out of (almost) everything: yesterday's leftovers, that mysterious vegetable from Community Fridge that you don't know what to do with, a half-used tin of something.

Invigorate the inner you by cooking your own food. Takeaways & supermarket meals are expensive, often have additives and always LOADS of packaging. Fine for a special occasion but the humble baked potato takes c 5 minutes to microwave. Make a few meals at once and freeze them (loads of room now you've embraced your dark side!)

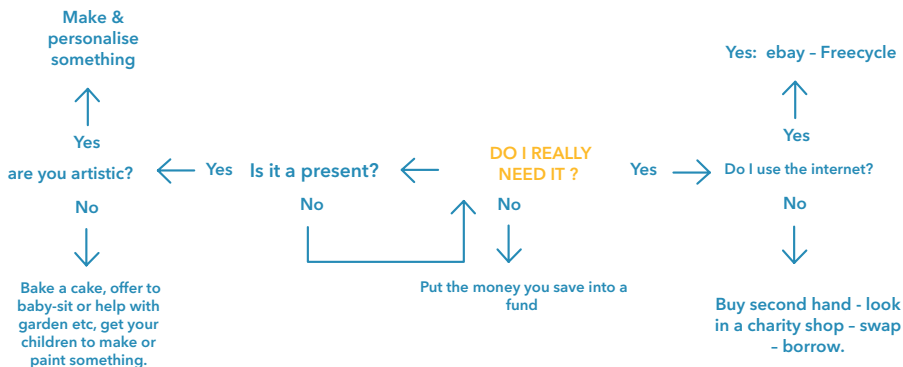
Thrifty Lesley | Cheap, healthy and delicious meals/ Easy dinner recipes - Simply Delicious ([simply-delicious-food.com](#))are two of very many websites.



LET'S TALK DIRTY:

CARBON CLAIRE OF CATERHAM WANTS TO WHISPER IN YOUR EAR ...

Sssssh – keep this quiet. Surrey is the 3rd dirtiest county in the UK. It's because of the huge amount of 'stuff' that we buy and use, the expensive cruises and long-haul flights that some of us take, the cars we run, etc etc. It all adds up to our personal carbon footprint and Surrey's adds up to colossal! Go with the flow to CLEAN UP OUR ACT and be proud of how we're saving the planet.



RADICAL SOLUTIONS TO REDUCE OUR CARBON FOOTPRINT BY RUTH THE RED-HAIRED REBEL FROM REDHILL

HOUSING: IS YOUR HOME TOO BIG FOR YOU? Then rent a room out (the first £7,500 is tax free!) or SELL YOUR HOME AND MOVE. My granny did this and has never looked back: she dyed her hair purple, bought a motorhome and spends half her life touring. Though most people would probably downsize.

CHILDREN: Your stake in the future. The average carbon footprint of a child in the developed world is HUGE for such a small person. Their carbon footprint is largely up to you, so restrain that (very natural) urge to buy everything new – and restrain relatives who'll want to do the same. Join Jen Gale's knackered mums club for loads of ideas (see link below). Dads welcome!

KEYBOARD WARRIOR: Write letters to your Council / your MP / the paper / whoever you can think of about things that matter to you. Doesn't sound very radical but I do it all the time – and I usually get replies. Saves standing in the rain outside a building. Website WriteToThem - Email your Councillor, MP, MSP, MS, MLA or London Assembly Member for free is so easy to use – just type in your postcode and off you go!

DON'T MAKE EXCUSES - STEP UP: YOU CAN MAKE A DIFFERENCE:

The excellent Jen Gale About Jen Gale: Sustainable(ish) (asustainablelife.co.uk) shows that everyone matters and gives cheery optimism to our struggles + loads of practical advice. AND join a group! Meet loads of friendly people who share your concerns and want to do something together...seek them out via <https://dorking-climate-emergency.net/surrey-climate-action-groups>

IT'S GRIM. IT'S SERIOUS. IT'S NOW.

The recent IPCC (Intergovernmental Panel on Climate Change) report says it bluntly.

WE'RE IN LAST CHANCE SALOON through human pollution of the Earth.

We can't stop the OCEAN WARMING for hundreds of years: leading to severe coastal flooding / storms / possible change in the Gulf Stream that warms the UK and moderates our climate. Expect colder winters, unpredictable summers and LOADS of heavy rain and thunderstorms.

We can't stop INCREASINGLY EXTREME WEATHER: sudden heatwaves, storms, flooding, droughts, wildfires, devastation of wild animal, insect and plant life, crop failure and famine in vulnerable countries.

The only hope is if EVERY COUNTRY IN THE WORLD agrees to TAKE ACTION NOW to reduce carbon emissions enough to limit global warming to 1.5%. By 2030. 9 years away. That'll limit (but not remove) the worst effects. Right now we're heading for 3% by 2100. That's less than 80 years from now.

This means EVERY PERSON IN THE DEVELOPED WORLD MUST ACT...
THAT'S YOU, ME AND EVERYONE WE KNOW.

The COP 26 CLIMATE CONFERENCE in November, Glasgow, is truly our LAST CHANCE SALOON where the world must unite and produce realistic action.

IT'S TIME TO GET INVOLVED:
JOIN THE MOVEMENT!

For more information head to...

[HTTPS://DORKING-CLIMATE-EMERGENCY.NET/](https://dorking-climate-emergency.net/)

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