

PERSONAL ACTIONS TO MAKE THE IMPACT WE NEED

Remember: we need to reduce our greenhouse gas emissions by a minimum of 50% by 2030

Dept Medicine



Here are some simple but essential actions which we should all take

MEASURE YOUR CARBON FOOTPRINT

<https://www.carbonfootprint.com/calculator.aspx>

This only takes 15 minutes to do. Remember, 1 Tonne CO₂ is 1000kg, or about 520,000 litres. You need to be aiming for *zero*. The first bit is easy, so act at once on the big ticket items (pre-Covid flying?), then chip away at the other items. Redo your calculations every 6 months or so, and chart them to ensure that you ARE making progress.

MOVE YOUR ENERGY SUPPLIER

If you haven't already, move to a 100% renewable electricity supplier. For many reasons, much of what is on the market as a 'green tariff' is not going to make a difference. You might want to look at <https://octopus.energy/> or <https://www.goodeenergy.co.uk/> or <https://www.ecotricity.co.uk/>.

Make the switch *now* while thinking about it. It takes 5 minutes.

GET TOGETHER

Persuade 7 others to take all these actions. Get involved with UCL's actions. Join an activist group. Whatever you do, do it fast.

REDUCE BEEF & DAIRY

Ruminants (think cows) belch methane which is >83x as powerful a greenhouse gas as CO₂ in its first 20 years. So cut down (or stop) eating red meat, and reduce dairy consumption (consider substitutes such as Oat Milk).

EAT LOCAL VEG

Eat a diet based on *local seasonal vegetables*: this reduces air miles, and the massive CO₂ cost of refrigeration (e.g. an off-season apple has a massive carbon footprint, as it has either been flown in from Argentina/Spain or has been kept refrigerated).

MOVE BANK ACCOUNT

Move your current account to a bank that doesn't invest in fossil fuels: see, for example, <https://www.o-operativebank.co.uk/> and <https://www.triodos.co.uk/>. If you have an ISA or a pension, move it away from any investment in fossil fuel extraction, and seek a 'green' fund.

INSTALL SOLAR HOT WATER

This is different from solar PV, in that the water is heated directly- and *very* efficiently. Take a look at <https://energysavingtrust.org.uk/advice/solar-water-heating/>

INSTALL SOLAR PV

Panels are now inexpensive, and you make your own electricity- and get paid for it <https://www.ofgem.gov.uk/publications/feeder-tariff-fit-tariff-table-1-april-2021>. The value of your property is also enhanced or maintained.

TURN THE HEATING DOWN

Every 1°C reduction saves 7-11% of your emissions- and your BILLS. Remember: 16°C is still a warm spring day equivalent. Just add a jumper or bade layer if chilly.

TURN YOUR BOILER FLOW DOWN TO 60°C

This doesn't make your home colder at all, but DOES save money and emissions. There are YouTube Videos which show you how to do it.

INSULATE

Home insulation makes a BIG difference to energy loss: external (or internal) wall insulation, secondary or double glazing and loft insulation. There are grants available, too: <https://www.gov.uk/guidance/apply-for-the-green-homes-grant-scheme>

AT WORK

Lights off if you don't need them, and on leaving. Radiator thermostats down.

TRAVEL WISELY

Avoid travel if you can. Can you do that meeting or present on Zoom/ Teams? If you have to travel, then this order is preferable: walk or cycle; use mass public transport (bus or train); car-share.

Avoid flying if at all possible: think of a train trip is work or relaxation time.