

Reminders for action 2023

Climate Change is a reality, and the effects are already being felt, here in the UK and, more extremely, in other places. It is a result of emissions of greenhouse gases from burning fossil fuels like coal, oil and gas, as well as from other sources, and from destroying greenhouse gas 'sinks' that absorb carbon dioxide, like rainforests, peat bogs and seagrass meadows.

People in rich countries, like the UK, produce much more in greenhouse gas emissions per head than people in poorer countries. Here are some reminders of how you can reduce green house gas emissions:

- 1) **Transport** – can you reduce your transport carbon emissions?
 - * by walking, using public transport or cycling rather than driving
 - * by shifting to a smaller, electric car, if a car is absolutely necessary
 - * by considering car sharing
 - * by taking fewer trips, including air travel.
- 2) **Home energy use** – can you reduce your heating, water heating and cooking energy use?
 - * by better insulating your home
 - * by turning down the thermostat, and wearing more clothes instead
 - * by finding out about sustainable home heating eg heat pump or hydrogen possibilities
 - * by cooking for multi-meals eg freezing (fuller freezers are more efficient).
- 3) **Waste** – can you REFUSE, Reduce, Repair, Recycle?
- 4) **Food** – can you eat more sustainably?
 - * by reducing your meat consumption (cows and sheep produce the greenhouse gas methane and forest is cleared overseas to produce animal feed, used for meat imported here or imported for animal feed)
 - * by buying locally- produced and seasonal food to reduce air miles
 - * by buying minimally-packaged food
 - * by not wasting food
 - * by using tap, not bottled, water.
- 5) **Consumption** – can you buy less stuff?
 - * by considering, before you buy things, whether you really need them
 - * by buying second-hand
 - * by passing things on for re-use
 - * by buying energy-efficient appliances if you have to replace.
- 6) **Money** – can you find out how any savings, investments or private pensions you have are affecting climate change (eg some banks are investing in fossil fuels)?
 - * by asking institutions about their investments
 - * by telling them that exacerbating climate change is unacceptable to you and that you are considering alternatives.
- 7) **Influence** – can you influence others: local government, government, friends and family?
 - * by informing yourself on climate change issues
 - * by having conversations about climate change
 - * by writing to the media
 - * by lobbying your politicians
 - * by joining climate change groups that are lobbying and taking action
 - * by supporting the implementation of a Green New Deal, as a positive, practical vision for change.

[Further information from the u3a](#) and the What We Can Do document from the Countdown to COP group

[u3a: Climate Change & the Environment: COP Group \(u3asites.org.uk\)](https://u3asites.org.uk)