

# Make a difference, make a pledge, or two...



If you would like to take some practical steps towards making a difference then do as many of the top ten pledges below as you think you can achieve.

## Pledge ONE

I pledge to ring my electricity supplier over the next 24 hours and see if I can switch to green energy (if not I will find one!) ☐

## Pledge TWO

I pledge to buy local seasonal produce as much as possible – starting with at least 2 meals a week ☐

## Pledge THREE

I pledge to educate myself about the science and impacts of climate change. ☐

## Pledge FOUR

I pledge to contact my MP and my friends and make these pledges too ☐

## Pledge FIVE

I pledge to walk, cycle, use public transport or register with <https://liftshare.com/> 08700 111199 to travel to work or regular journey at least once a week. ☐

## Pledge SIX

I pledge to work out my own carbon footprint using one of the many easy to use carbon calculators eg, <http://footprint.wwf.org.uk> ☐

## Pledge SEVEN

I pledge to do a 'home energy check' to find out how I can save energy in my home. [www.energysavingtrust.org.uk/resources/tools-calculators/home-energy-check](http://www.energysavingtrust.org.uk/resources/tools-calculators/home-energy-check)  
If you don't have internet ask the Energy Saving Trust on 0800 512 012 ☐

## Pledge EIGHT

I pledge to turn my thermostat down or use a thermometer to reach the lowest comfortable temperature, typically between 18-21°C & think about putting on a jumper instead. ☐

## Pledge NINE

I pledge to reduce my holiday air miles by 50%. ☐

## Pledge TEN

I pledge to research 'Driving in a greener way' by google/research or by ringing up a driving instructor and booking a lesson to learn eco-drive ideas. ☐





**Working together  
as individuals and  
families.**

**CO<sub>2</sub>** - Reduce carbon by cutting down on meat and dairy consumption, throwing away less food, switching to renewable energy sources, installing energy efficient lightbulbs, reducing (or eliminating) air travel, insulating your home, and drying your washing on the line.



- Promote biodiversity by planting wildflowers, creating homes for bugs, birds and other wildlife, leaving wild areas in your garden, avoiding the use of chemicals in the garden, buying organic food or growing your own.



**Working together  
as members of  
our community.**

**CO<sub>2</sub>** - Reduce carbon by contributing to community energy projects, sharing your knowledge with a neighbour, helping an elderly person clear their loft before insulation is installed, joining a car sharing initiative.



- Promote biodiversity by helping with a tree-planting project (*such as Forest for Cornwall*), or joining in with community growing projects.



**Working together  
as part of a  
democracy.**

**CO<sub>2</sub>** - Let your elected representatives know you want policies introduced that will reduce carbon emissions, such as changes to planning laws, taxing aviation fuels, promotion of public transport, making it easier to walk and cycle in towns like ours.



- Lobby for controls on pesticides, and promotion of afforestation and rewilding. Demand international action to protect and restore tropical rainforests, and to keep fossil fuels in the ground.