

CLIMATE AND ECOLOGICAL EMERGENCY TOOLKIT 2021



Dear South Woodham Ferrers residents,

In this Toolkit we have gathered as many useful ideas as we could so that you have something to refer to as we all try to do our best for the world we, our children and grandchildren will be living in. It has been divided into 7 main themes and each theme is broken down into 3 sections: Quick Fixes, Timely Repairs and System Overhaul. Quick Fixes are simple ways to make a difference and probably won't mean inconveniencing anyone greatly. Timely Repairs may be a bit more demanding in how you go about your daily routines and the choices you make. System Overhaul is for those who want to take things to the limit and will require a lot more effort and commitment. The great thing is you get to choose how far you go with any of these suggestions.

This version of the Climate & Ecological Emergency Toolkit is the first in what is hoped to be an annual release. Subsequent versions will show updates to information and any new technologies, developments and other advances. They will also provide new ideas to add to or replace the ones given within.

We hope you find the Toolkit useful and will dip in and out of it on a regular basis. Let's all work together for a better town and a better world!

Yours...Climate & Ecological Emergency Working Group Summer 2021

We thank Richard Birch for the brilliant artwork on the covers.

Transport

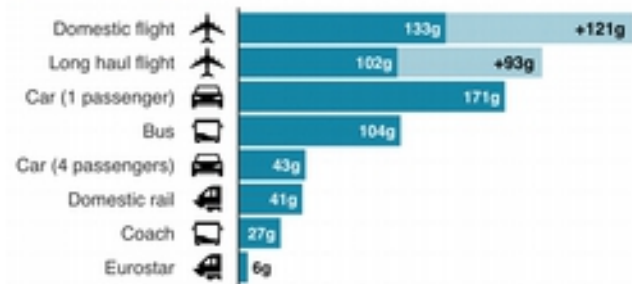
Interesting facts:

- All petrol and diesel powered vehicles will cease to be sold in the UK after 2030. All hybrid vehicles are due to be phased out in 2035.
- Although the UK's total greenhouse gas (GHG) emissions have fallen by 32% from 1990 to 2017, GHG emissions from road transport have increased by 6% over the same period. Around a fifth (21%) of UK greenhouse gas emissions came from road transport in 2017.
- Whilst road traffic has increased by 28% between 1990 and 2017, GHG emissions from road transport have increased by only 6%; this is likely to have been due to improvements in the fuel efficiency and emissions from newer vehicles.

Emissions from different modes of transport

Emissions per passenger per km travelled

■ CO2 emissions ■ Secondary effects from high altitude, non-CO2 emissions



Note: Car refers to average diesel car

Source: BEIS/Defra Greenhouse Gas Conversion Factors 2019



QUICK FIXES

Change: Switch at least one journey a week to a more active mode of travel. It's good for both your health and the environment.

Reduce: Spend one holiday a year in the UK instead of flying abroad.

Use local shops, producers and suppliers to reduce energy consuming food miles. Fresh local produce often has less packaging and if you use your own bags even less so. It can help local business, provide local jobs and you can learn where your food or product comes from and build up relationships with the producers or suppliers.



Take a stroll to your local shops and improve your health too.

TIMELY REPAIRS

Reduce: For short local journeys e.g. the school run, ditch your car and walk, cycle or scoot. Walk if you can by allowing extra time.



Use buses and trains whenever possible. The local bus services can get you around town and to Wickford, Chelmsford or Basildon without a change. Use the Park & Ride at Sandon rather than drive and park in Chelmsford. Train services run to Wickford (London/Southend) and Southminster. Only have one holiday abroad which requires air travel each year. Use the train to get to Europe

(Eurostar/Eurotunnel) rather than fly.

Pack sustainably. Only take what you need and plan not to leave waste (especially plastic) in the places you visit.

Consider keeping your car for another year or longer. A lot of resources (up to 25% of lifetime CO2 emissions) go into making a new car.

Reuse: Buy second hand suitcases, bikes, tents and other holidaying equipment rather than new.

SYSTEM OVERHAUL

Change: When you change your vehicle, downsize if you can. Smaller cars use less resources to make and run. Choose an Electric Vehicle (EV) that meets your driving requirements in terms of mileage and recharging. A hybrid may be more suitable if you do regular long journeys. Buy a power-assisted bicycle to replace a car.



Reduce: One household, one car if possible. While public transport isn't cheap it's cheaper than running a car and less polluting, especially if you are driving solo.

Reuse: Buy nearly new rather than new if you can but keep an eye on emission levels which may be higher on an older car.

Useful Links

For EVs see YouTube channels:

Fully Charged Show

What Car

CarGurus UK

RSymons RSEV

Food

Interesting facts:

- UK households produce around 70% of the UK's 9.5 million tonnes of food waste every year, according to the charity Waste and Resources Action Programme.
- Food waste is a contributor to climate change and one that we must tackle as a priority.
- Our food system accounts for a quarter of ALL greenhouse gas emissions making animal agriculture one of the largest contributors to climate change.
- Eating healthily overlaps with protecting the planet.
- Food labelling to show carbon footprint of what people are buying would inform our decisions.

Fight climate change with diet change

QUICK FIXES

Change: Any left-over food can often be frozen and used at a later date. Even leftovers from Chinese and Indian takeaways, (just make sure they are defrosted and reheated properly when reused). Store food correctly so that it isn't wasted. Fridges should be less than 5°C. Freeze sliced bread and only take out what you need for the day.

Cook with more fresh products rather than processed. "Best before" and "Sell by" dates mean food can safely be eaten after those dates but apply common sense; don't eat food after the

"Use by" date.

Reduce: Cut back on how much food you waste. Simple tips include planning your meals for the week and writing a shopping list as you do it. Remember to take the list with you or take a photo of it on your phone.

Is it on the list? Do I really need it? Only buy, use or cook what you need.

Try to reduce your meat consumption. Start by replacing at least one meal a week with a vegetarian or vegan option.



Reuse: Use a compost bin for vegetable peelings, etc. Your garden will then see the benefits of soil improver once the food has composted. Put other food waste in the food bin provided by Chelmsford City Council. This is taken to an anaerobic digester

where methane is produced which is used as a fuel to make electricity.



TIMELY REPAIRS

Change: Growing Your Own Food can be something as simple as a few herbs grown on the windowsill, a couple of tomato or strawberry plants in pots on your balcony or patio or planting a few vegetables in your borders. Children love watching plants growing from seed and picking them later in the season. Quick growers from seed include cress and lettuce and can be grown on the windowsill.

Eat meat as an exception rather than a regular part of your diet. Make sure you are getting a balanced nutrition by including other sources of protein, etc.



Give veganuary a try in January – or any month! Take a look at the [www.https://veganuary.com/](https://veganuary.com/) website for food ideas and recipes. The internet film “The Game Changers” is an interesting watch. **Reduce:** We’re all guilty of eating more than we should. Cut down your portion size and avoid snacking. Keep a check on what's in your food cupboards,

fridges and freezers. You may be surprised at the meals you may be able to make from what is already in your cupboards. Label any homemade meals with the date and try to rotate in your freezer.

Eating food in season and grown locally can help reduce carbon emissions from imported food and reduce food miles. Try making your own pickles, jams and other preserves.

SYSTEM OVERHAUL

Change: to a vegan diet.

Get an allotment or use your garden to grow as much of your food as possible.

As far as possible cut out processed food and use more fresh. Try your local market or farm shop.

Reduce: Cook batches of meals and freeze portions for future consumption.



Useful Links

lovefoodhatewaste.com

The Government's Eat Well Guide (search online)



Reading

Mike Berners-Lee, How Bad Are Bananas? Profile Books (provides CO2e footprint for everything we eat)

WRAP: Food Surplus and Waste in the UK – Key Facts

<https://wrap.org.uk/sites/default/files/2020-11/Food-surplus-and-waste-in-the-UK-key-facts-Jan-2020.pdf>

Wildlife habitats

Interesting facts:

- Paying farmers to do environmental goods will help restore areas to wildlife and improve natural carbon capture.

QUICK FIXES

Change: One in seven species of British wildlife is threatened with extinction. We can encourage and help wildlife in our gardens by simply putting out water (not milk) and food, and putting gaps in the bottom of fences for hedgehogs.

As the months become colder food for all wildlife becomes scarcer and they need help to survive, particularly if there is a prolonged cold spell. Bird feeders filled with peanuts, suet pellets which can be bought in several varieties, with insects, fruit and plain. Dried fruit such as currants and sultanas, and of course wild bird food. You can even buy feeders you can attach to the window. (Make sure you keep your feeders clean.) Put out a small bowl of water or fill a birdbath. Participate in the annual Great British Bird Watch run by the RSPB.

In the winter Holly, Photinia, Sorbus (Rowan), and other shrubs that bear berries can provide food for birds when fresh food such as insects are not available. They also give garden colour when most bedding plants and summer flowering shrubs have finished. Bug hotels are helpful for overwintering bugs, and they can be bought or made. Bees are under increasing threat, and they are essential for pollination of fruit, vegetables and

crops. They need nectar to feed on and the plants mentioned below can provide it.



DIY bug/bee hotel

In spring: Crocus, Snowdrop, Hellebore, Grape Hyacinth, Apple Blossom, Ribes (Flowering Currant), Primrose, Heather, Bluebell, Mahonia. For summer/autumn: Foxgloves, Hardy Geraniums, Lavender, Dahlia, Wallflowers, Cosmos, Scabious, Verbena, Marigolds, Honeysuckle, Viburnum, Lilac, Buddleia, Hebe. Bees are also attracted to many herbs such as Borage and Marjoram.

Reduce: Weed rather than use herbicide and use less chemicals to control pests.

TIMELY REPAIRS

Change: Hedgehogs need protection in the cold winter months and a hedgehog house would be very welcome for them. They will also need access to food and water. Tinned cat food and a bowl of water would be suitable. Milk should not be given at all as it gives them an upset stomach and can be fatal. Ensure they can get into and out of your garden by making gaps at the bottom of fences. Leaving a pile of leaves in a sheltered spot in your garden will give shelter to many species.



Bird boxes provide real interest in gardens

Consider providing nest boxes, ensuring that they are high enough to avoid constant disturbance and not facing into the sun in the heat of the day. The new resident birds will repay you by eating the pests such as greenfly (aphids) on your plants, reducing the need to use insecticides.

Swap to more sustainable or eco-friendly products. Replace your usual cleaning products with environmentally friendly or non-biological washing products. Buy refills to reduce waste.

Reduce: Switch to soaps rather than liquid gels to reduce waste plastics and buy soaps with less ingredients.



Ponds greatly increase biodiversity

SYSTEM OVERHAUL

Change: A wildlife pond can be fitted in most gardens as they don't have to be very big. They will attract dragonflies, water boatmen, and frogs. Make sure that there is a way for a creature to climb out of the pond if it should fall in.

Useful Links:

<https://www.rspb.org.uk/>

<https://www.woodlandtrust.org.uk/>

<https://rhs.org.uk>

<https://wildlifetrusts.org.uk/gardening>

The RSPB have a free garden pack Called “Wildlife in your Garden Guide “ (34 pages)

The Wildlife Trusts have guidance on building a hedgehog house, a bee hotel, making a hedge for wildlife, how to attract butterflies to your garden. How to build a wildlife pond, and how to grow a a wildlife patch.

<https://www.britishhedgehogs.org.uk/>

<https://www.hedgehogstreet.org/>

Home pages of the British Hedgehog Preservation Society and Hedgehog Street – all things hedgehoggy.

<https://www.froglife.org/>

Froggy ideas and how to make a wildlife pond.

<https://www.buglife.org.uk/>

Bug information and ideas about how to help our creepy crawly friends.

Wildflowers, grasses and horticulture

Interesting facts:

- The UK is one of the least wooded areas of Europe with only 13% (England 9.9%) of woodland cover compared to 37% for other European countries.
- Only a third of our woodland is native.



<https://www.woodlandtrust.org.uk/media/1827/sate-of-uk-forests.pdf>

- End deforestation and advance the restoration of forests. It's important to protect existing trees as well as to plant new ones.
- Peatlands are one of the greatest carbon sinks in the world. Restoration should be a priority and it's easy – just add water!
- There is more microbial life in a teaspoonful of soil than the human population of the world.

QUICK FIXES

Change: Many British wild flowers are becoming endangered. Grow wild flowers such as British bluebells and Meadow Clary in your garden from reliable sources. Plant wild flower seeds in a small patch in your garden & attract bees and butterflies.



In the garden why not plant a few vegetables in with your flowers or vice versa. It saves space, can reduce pests, attract beneficial pollinators and insects and can help prevent disease. A few examples of beneficial companion plants include:

Carrots & Rosemary: the rosemary deter carrot flies.

Lettuce & Chives: the chives can help deter aphids.

Nasturtiums and Cucumbers: nasturtiums add another edible to the same space and attracts beneficial insects.

Tomatoes & Basil: intercropping basil makes for healthier tomato plants.

TIMELY REPAIRS



Change: There is a big push to recover lost forestry in this country, but we may be able to help if we have a garden large enough to plant a tree. Trees store a lot of carbon so you'll be doing your bit for natural carbon capture. The Woodland Trust website offers advice on how, where and what to



plant and how to care for your trees:
<https://www.woodlandtrust.org.uk/plant-trees/advice/how-to-plant/>

Try making your own natural cleaner.

For a Scented All-Purpose Cleaner:

One part white vinegar

One part water

Lemon rind

Rosemary sprigs

Combine the above ingredients together, pour into a spray bottle, shake, and then let infuse for a week before using. Once done, you can use the natural solution to remove hard water stains, clean trash cans, wipe away wall smudges, and much more. Besides a fresh scent, the lemon rind may help boost cleaning power. Caution: Do not use acidic cleaners on granite, as they will etch the stone.

Useful Links:

<https://www.plantwild.co.uk/categories/>

<https://shop.plantlife.org.uk/>

<https://meadowinmygarden.co.uk/>

Information and online shops for wild flowers and bulbs.

<https://uksoils.org/>

Resources for things you and your children can do to better appreciate soils.

Dealing with waste

Interesting facts:

- Waste plastic can persist in the environment for hundreds of years.
- Microplastics have been found in every corner of the globe and are now getting into our food chain.
- It's important to value materials. They take a lot of resources to make and should not be thrown away without thought. Materials should be remanufactured, repurposed or reused *before* recycling.

QUICK FIXES

Change: Stop using face wipes. Use a flannel instead. For baby wipes (bottom end) use biodegradable types. Microcloths can easily be



thrown in the washing machine to clean.

Switch to plastic free sanitary products.

Reduce: Have a reusable (bag-for-life) shopping bag to hand so you don't need to buy a plastic bag. Avoid buying bags for life and disposing of them as single-use bags.

Minimise your effects on the environment by using eco-friendly products.



Take your own bags or boxes to put loose food, fruit and vegetables in. Ask your butcher if they will allow you to use your own boxes for meat.

Reuse: Plastic bags can be repurposed as bin bags. Wash the plastic boxes from your takeaways, they are often re-useable, dishwasher, freezer and microwave safe. Aluminium ready meal or roasting boxes can also be reused or recycled.

Recycle: Paper, tins, cans, bottles, most packaging and many more items can be recycled. In South Woodham Ferrers we have a comprehensive recycling scheme collected weekly and a local recycling centre. Take a quick look at the leaflet put through the door for recycling advice or the City Council website:

www.https://chelmsford.gov.uk/bins-and-recycling. Check the packaging for recycling advice. Make

use of the local recycling centre, ours is off Ferrers Road:

https://www.southwoodhamferrerstc.gov.uk/Recycling_Centre_16940.aspx.

If you are out and about take your litter home with you so it can be recycled wherever possible.

TIMELY REPAIRS

Change: Buy dry foods and other products from a retailer that fills your own containers if you have one locally. (There is one just opened in town, near the laundrette – please support it.)



Try using brown paper, ribbons, string or paper tape rather than sellotape to cut back on plastic waste.

Reduce: Consider whether you need to buy in quantity because of special offers. Will you ever get round to using the extras? Consider carefully before replacing large items. A lot of resources have gone into creating many of our household goods, so try to get the most out of them. Could they last another year or more?

Reuse: Can it be repaired or repurposed? Put items on your local buying, selling or free site. You may be surprised how someone else can use what you've finished with!

Save wrapping paper, etc. for another time.

Use a menstrual cup instead of tampons, etc.

These can be reused each month. There's also menstrual underwear which is more sustainable.

<https://shop.bodyform.co.uk/>

Recycle: Avoid cards and wrapping paper which has glitter or other additional decorations as they can't be recycled.

SYSTEM OVERHAUL

Reduce: Do not buy things you can borrow, you don't need, or you will never use. Live much more simply.

Reuse: Become crafty and turn waste into wonders.

Each child gets through 5000 disposable nappies on average. Try reusable cloth nappies at least for some of the time.

Take the Essex Plastic Pledge to reduce your plastic usage. Loveessex.org

Useful Links

<https://dev.ilovefreegle.org/> – don't throw it away, give it away.

Plastic free living – check out

<https://www.citytosea.org.uk/plastic-free-living/>



Clothes

Interesting facts:

- The fashion industry accounts for 10% of greenhouse gas emissions and 20% of wastewater.
- Fashion has a bigger impact on global warming than aviation and shipping combined.
- The UN estimates that a single pair of jeans requires a kilogram of cotton. And because cotton tends to be grown in dry environments, producing this kilo requires about 7,500–10,000 litres of water. That's about 10 years' worth of drinking water for one person.
- In the UK an estimated 350,000 tonnes of clothing end up in landfill every year.
- According to one survey, nearly half of the clothes in the average UK person's wardrobe are never worn, primarily because they no longer fit or have gone out of style.



What does ethical clothing mean?

It looks at the origins and methods used in making clothes as well as things like workers' conditions, product quality, waste generated and whether the materials used are sustainable.

QUICK FIXES

Reduce: Fast fashion is easy for consumers because it's just that: fast and inexpensive. Lasting for only a season or so, it's easy for us to end up with clothes that tatter and rip after just a few wears. When it comes to ethical fashion, the price tags for quality pieces can be daunting but buying one or two statement pieces may be more cost effective in the long run.

Reuse: Declutter and sort your wardrobes and clothes drawers. Donate to charity shops or use clothes recycling.



Consider buying second hand. For affordable options, check out [vintage and second-hand clothing shops](#).

Where ripped jeans become too ripped, cut some of the leg off and use them as shorts. Embrace blemishes and rips – they often bring back special memories.



TIMELY REPAIRS

Change: Only buy clothes to replace ones that have worn out or ones you can no longer wear.

Reduce: Consider where clothes are made and the number of airmiles taken to deliver. Cut down airmiles and reduce your carbon footprint by buying British or clothes produced by local producers and makers. Search on-line for British and local producers.

SYSTEM OVERHAUL

Change: Buy ethical clothes made with sustainable inputs. If you're making the shift to a completely ethical wardrobe, add a few [responsibly-made shoes](#) and [eco-friendly bags](#), too.

Swap clothes with your friends. It allows you both to refresh your wardrobe and draws you closer.

Make your own clothes.

Learn how to mend things. Get out your needles and threads and check out YouTube for how to do.

Reduce: Stop shopping and start loving the clothes you already have.

Useful links

Amnesty International have a sustainable shop which includes fashion products:
<https://www.amnestyshop.org.uk/>

Energy

international action under the Paris Agreement.

Interesting facts:

- Much of the reduction in UK household energy demand has been made by improvements in the energy efficiency of white goods over recent years.



- Between 30-50% of energy used in buildings is wasted.
- Starting community owned renewable energy projects such as micro solar and wind farms provides local people with both energy and an income from sales to the national grid.
- Heating and hot water for UK buildings make up 40% of our energy consumption and 20% of our greenhouse gas emissions. It will be necessary to largely eliminate these emissions by around 2050 to meet the targets in the Climate Change Act and to maintain the UK contribution to

QUICK FIXES

Change: Replace light bulbs with LEDs.

Switch to a green energy supplier. This is very simply done nowadays and you may even save money as costs to produce green energy have dropped significantly in recent years. (There may be a green energy tariff on your current supplier's offerings if you don't fancy switching.)

Reduce: Unplug all your electronic devices and appliances when not in use. Electricity is still consumed even when they are on standby or turned off and when left plugged in (referred to as vampire power or phantom load). Turn off lights as you enter and leave a room.

Fill your sink or bowl rather than leaving the tap running. Only run your dishwasher when it is full. Boil your kettle with only the amount of water you need and unplug it between uses.

Turn down your thermostat by one degree (unless you have a medical condition that dictates otherwise) and put on warmer clothes to compensate should you need to.

Clean appliances so they remain working efficiently e.g. washing machine and vacuum cleaner filters, radiators, coils at back of fridge.

TIMELY REPAIRS

Change: Buy the right-sized white goods to meet your needs when it's time to replace and choose best energy rated goods:

<https://www.gov.uk/government/publications/the-new-eu-energy-label-explained>

Fit movement sensor lighting for outside the house rather than lighting which needs to be manually switched on/off or is on a timer.

If it's possible get your white goods repaired rather than replaced.

Reduce: By improving insulation you can reduce energy consumption and may even save yourself money. Simple tips include drawing your curtains in the evening especially in winter, place a cushion or towel or blanket along the bottom of a door to reduce draughts. Place foil or insulation behind your radiators. For more information or tips go to: www.energysavingtrust.org.uk/ Turn down temperatures in rooms you use infrequently if you are able to. Reduce room temperatures when the household is in bed.



Use more blankets or higher tog duvets or even hot water bottles to compensate.

SYSTEM OVERHAUL

Change: If not already done, insulate your walls, floors or loft. Put covers on water tanks and insulate your water pipes. Check to see if you are eligible for the Government's Green Home Grant. (Make sure you ventilate your house, though.) Produce your own electricity through fitting solar panels, wind turbines and/or heat pumps.



Useful links

<https://www.ecotricity.co.uk/> Pioneering green energy supplier Ecotricity.

Octopus energy: <https://octopus.energy/>

Bulb energy: <https://bulb.co.uk/>

(100% green energy suppliers...there are more)

Reading

Dale Vince, Manifesto, Ebury Press

