

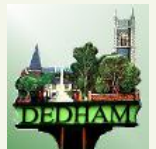
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WAYS TO REDUCE YOUR CARBON FOOTPRINT

Guide to your poster



SUSTAINABLE
DEDHAM



ABOUT THIS GUIDE

This guide gives you details behind the enclosed poster which has been produced by Sustainable Dedham, a grouping of residents, based on material produced by PACE (Practical Actions for Climate and the Environment) Manningtree. The aim of the Poster is to help households in our local area consider what they can do to reduce their bills and their carbon emissions.

Each point you score on the poster represents a reduction of about 100kg of carbon emissions per person per year. An average UK resident is responsible for about 7,700kg of carbon emissions per year – some residents less: some a lot more. To meet our UK's international commitments towards keeping global warming to 1.5°C, we must reduce that average by at least 6,000kg by 2050. This means each of us aiming to score a total reduction of about 60 points. There are many different ways that you can achieve this.

This guide has been produced to provide advice for Dedham residents and suggests ways we can all reduce our carbon footprint.

YOUR FOOD

At least 25% of the carbon emissions for an average UK resident relate to their food. The emissions associated with animal products are particularly high – partly from pasture land, partly from arable crops used to feed livestock and partly from the large quantities of soya imported as animal feed, particularly from Brazil.



Meat and dairy. For each day in the week that you choose to go meat free you score 1 point – so 7 points if you are a vegetarian. And an additional 2 points if you are reducing dairy products significantly. This is because rearing animals results in much greater carbon emissions than growing plants, and milk products produced by cows and other ruminants also result in high carbon emissions. Score 0 to 9



Checking food labels and choosing local food. Not all of us will choose to go fully Veggie, but we can achieve a big reduction in food miles by eating meat and vegetables which are produced locally or at least in the UK. Score 2



Using microwave, slow cooker or induction hob. These will reduce your energy use – and your energy bill. Score 2



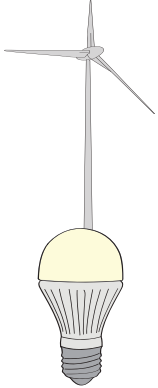
Checking fish for the Blue Tick label (certified by Marine Stewardship Council MSC) or the "Good Fish Guide" (certified by Marine Conservation Society MCS). Both will show you which fish are sustainably sourced with minimal damage to fish stocks. Score 2



Growing some of your own fruit or veg. Growing food in your garden or allotment takes a bit more of your time, but it's very satisfying, healthy and very low food miles. Score 2

YOUR ENERGY CHOICES

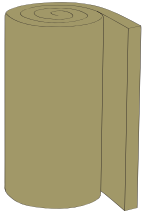
Energy is the big one - both in terms of carbon emissions and costs. Over 25% of the average person's emissions result from their need for energy in the home. Good national progress has been made to reduce emissions from UK electricity generation by phasing out coal and by increasing renewables from solar and wind. However, electricity generation still relies heavily on gas power stations - so your choices are important.



Switching to an energy provider which supplies renewable energy.

Some providers offer electricity and/or gas from renewables - such as Ecotricity, Good Energy, Green Energy UK, Octopus Energy, SO Energy. If it is time for you to switch, please take into account that not all energy providers invest in renewable sources, and some rely on purchasing REGOs (Renewable Energy Guarantees of Origin). If your provider supplies you with 100% renewable electricity - Score 8

Light bulbs all LED. LEDs use a lot less electricity so are cheaper and greener. Score 2

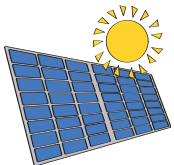


Insulating your loft or roof. One of the most cost-effective improvements is to get at least 25cm of insulation in your loft or roof space. Use loft legs if you need a storage floor on top of insulation. The payback through reduced heating costs is usually within 5 years. Score 4

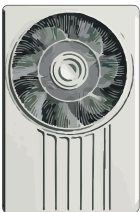
Good wall insulation and double glazed-windows. Cavity wall, external or internal insulation will make a big difference to heating costs particularly when combined with double or triple glazing. Score 4



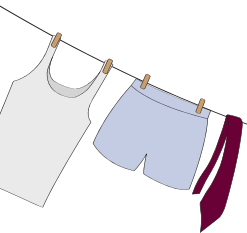
Room thermostat set at 20°C or less. You may need to wear an extra layer but you will achieve big reductions in carbon emissions and costs. Score 2



Installing solar panels. The payback is currently about 6 years. As aspects of Dedham are in conservation areas, installing solar panels may not always be possible. Some will not be able to afford the capital, although there are grants to help. Solar remains a good investment, particularly if you include ways of utilising the surplus electricity on those sunny days with battery storage, solar water heating or electric car. Score 8



Installing a Heat Pump. Your biggest demand for heating will be in winter when solar is low. Most UK homes are heated by gas or oil, however an Air Source Heat Pump ASHP will be the replacement for many of us - a "reverse fridge" which extracts a small amount of energy from the air outside and uses this to heat your home. A heat pump is only an option if you are well insulated and, at £8000 to £12000 is expensive, but there are grants of about £5000 so you should achieve payback in about 8 years. Score 5



Only run dishwasher when full. It will use less energy than hand washing up in the sink. Score 1

Air-drying most washing. Tumble driers take a lot of energy which could be saved by having an internal drying rack or outdoor washing line. Score 1

TRAVEL

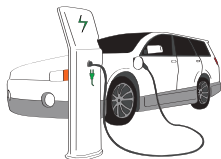
Travel is another big one in terms of both costs and carbon emissions - over 20% of carbon emissions for an average resident.



Choosing to walk and cycle more. We need to shift our culture to drive less. 60% of current journeys by car are less than 2 miles and many could be undertaken by bike or foot. It takes determination to get on your bike or walk to the shops or school even though the rewards for better health are well documented. Score 3



Choosing to use car-share, bus or train. These are crucial options which support all abilities. Arrange a car-share or choose the train or local bus at least sometimes. Score 4



Your car. We know Electric Vehicles (EVs) are not the silver bullet but they do give a major reduction in carbon emissions. Giving up a small petrol or diesel car doing about 8 – 10,000 miles will save about 1800kg of carbon emissions per year; changing to a full EV will save over 1400 kg; a plug-in hybrid would save about 600kg; but a hybrid saves very little carbon at all. As people wrestle with the decision, they raise concerns about EVs. “I’m concerned about the range.” “How quickly will it charge up?” “What if all the chargers are occupied?” These early fears are more in the mind than in reality. If you get over your early fears, you may have concerns about capital cost, life of the battery, lithium mined for batteries etc, however, these are concerns about the transition which we will need to make as fossil fuel cars are phased out. Score between 6 and 14.



Reducing your air travel. A short-haul return flight in Europe would count for at least 400kg of carbon emissions per person and a long-haul return outside Europe at least 800kg. Many people might be content with 1 flight per year but 15% of us in UK currently take several flights a year. Being blunt, that is unsustainable in the current climate crisis. The recommended voluntary limit is not to use short-haul where there is a train alternative (if less than 5 hours); to limit to 1 short haul-return per person per year Score 4; and 1 long-haul per 5 to 7 years. Score 8

LIFESTYLE

This sector includes a lot of small potential reductions to your carbon footprint. So if you can't afford some of the big-ticket items – you can achieve a large saving in carbon emissions by tackling many of these small reductions, and most will save you money.

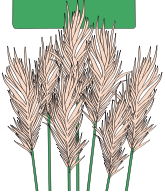
Three actions relate to Outdoors



Planting 10 trees per year. There is a lot of talk about offsetting carbon emissions by planting trees. Some of this is overstated because you need large forests of trees to really make a difference, and young trees take up little carbon - it is only when they are 10 years old or more that this becomes significant. However, trees and forests do have other important benefits such as providing habitat for rich biodiversity. If you can commit to planting 10 trees per year – Score 1



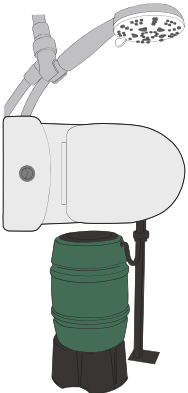
Using peat-free compost. There is a lot of carbon locked up in peat bogs which is released as carbon dioxide if we use peat in the garden. Peat bogs are a unique habitat and many have been destroyed by extracting peat for gardens. There are good peat-free alternatives. If you stop using peat products - Score 1



Selecting drought tolerant plants. There is a stunning example of a 'dry garden' at Beth Chatto's, Elmstead Market. Drought tolerant plants will not need watering. Score 1

Three actions relate to Water use

East Anglia is one of the driest parts of the UK - we only receive about 20 to 25 inches (520 to 630mm) of rain per year – less than Jerusalem. Most of our water is pumped from water treatment works to us – and as water is very heavy stuff, all this pumping takes a lot of energy. There are good reasons to reduce our water use – both to reduce our bills and to reduce the carbon emissions from pumping.



Taking showers not baths. This will half the water used for washing, particularly if you use a low-flow showerhead. Score 1.

Dual flush loos. This will halve the water you flush down the loo. Score 1

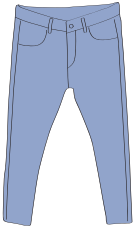
Installing water butt or Rainwater Harvest system. Gardeners are facing progressively longer dry spells. For about £50 you can install a 200-litre water butt and two of these would meet the needs of most small gardens - if you are growing vegetables, you will need more. Score 1

Two actions relate to your Clothes

Clothes account for about 5% of UK carbon emissions – we can reduce this and still enjoy our clothes. On average people wear an item of clothing only 7 times and then discard. So, buying fewer items and wearing them more times would be a good start.



Buying some second-hand clothes. This will slash your carbon footprint – many fashionable people take great pride in buying second hand - you will get some great deals. Score 1



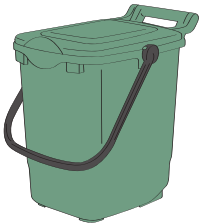
Avoid fast fashion and check the label before you buy. Some fast fashion is worn only once then discarded. When checking the labels think carefully about the fabric you might buy – man-made fabrics like polyester, acrylic and lycra are made from oil products whereas cotton, linen, viscose, and rayon are all plant-based. Cotton is good, but not the best because of the vast amount of water required to grow and process cotton. Score 2

Six actions relate to your waste and recycling

In a recent Survey, most residents thought that recycling was the best action they could take to help tackle climate change – it's important, but we will have to do more than recycling to address climate change.



Reducing our total waste. On average we each produce nearly half a tonne of waste per year – all needing transporting and processing. Reduce this by refusing excess packaging, buying at local shops, using your own bags and refill containers and by supporting the Colchester Council collection and recycling system. Score 1



Recycling food waste. Support the Council kerbside collection. Paper and card are used to make new products. Score 1

Recycling plastic and metal cans. Support the Council kerbside collection through which plastic bottles can be recycled into new products and cans are melted and remoulded into new objects. Score 1



Recycling glass. Support the Council kerbside collection. Glass is recycled through the Materials Recovery Facilities MRF and goes to make new glass or aggregates. Score 1



Using your own compost bin.

You can make great compost for your own garden from veg peelings, garden weeds and cuttings, leaves, shredded paper, chipped wood etc – remember NO cooked food. You can use a plastic composter or a wooden bin. Score 1

Four actions relate to you and your finances

It is challenging thinking about climate change and the changes we should make to our lifestyle, particularly at a time of rising costs and other serious pressures in the world. So don't try and make too many changes at once – choose a few important actions and work on those. It is important to look after your well-being during these changes, and look after your family and your community too.



Taking regular exercise – a regular walk or bike ride is good – even 15 minutes out in natural surroundings is known to reduce stress; or perhaps Yoga or Pilates or another sport. Whatever helps you relax. Score 1

Volunteering in your community – working as a volunteer is good for your well-being and helps others in your community. Score 1

Choosing ethical investments and an ethical bank. Some investments, pension funds and banks are known for their green ethical investments, others have a reputation for investments in oil, gas etc. You could consult a Financial Advisor or Ethical Consumer Magazine and choose to support those that have a good record. Score 1 for ethical investment and Score 1 for ethical bank



WHAT NEXT?

The Poster asks you to calculate two scores: 'Your Score Now' and 'Your New Score'.

Please enter your scores on www.pacemanningtree.org.uk so that we can understand how our community is improving. You do not need to give your personal details.

Thank you very much for taking part and for doing the best you can.



WHAT IS SUSTAINABLE DEDHAM?

Sustainable Dedham is a community group of local residents who are seeking to engage residents of the village and visitors with the aim of fostering understanding of the unique nature of the Dedham Vale as an Area of Outstanding Natural Beauty, now rebranded as National Landscapes, protecting the local countryside and encouraging more sustainable living.

The group was formed in response to the strategy for a Sustainable Dedham which was presented to Dedham Parish Council in 2023 and is available at:

www.dedhamparishcouncil.co.uk/assets/Village-news/Sustainability/Strategy-for-a-Sustainable-Dedham.pdf

The strategy makes reference to the following issues:

- Traffic and Transport
- Relevant existing policies by Colchester City Council and Essex County Council.
- Dedham Vale as an Area of Outstanding Natural Beauty
- What is meant by Sustainable Development
- Past Parish Plans
- Contribution of Dedham Vale Society
- Essex and Suffolk Pylons Campaign.

This leaflet and poster are seen as guides and ideas for you all to consider. They are aids to help you think through how we can all live more sustainable lives.

Dedham is a village with many listed buildings which can present challenges for adapting homes for more sustainable living, particularly older houses. The following link might be useful: www.spab.org.uk/advice/energy-efficiency-and-old-buildings-principles-and-priorities

Sustainable Dedham works closely with other local environmental groups. This leaflet has been adapted by one produced by PACE Manningtree (Practical Action for Climate and the Environment).

This leaflet and accompanying poster has been produced with the support and funding from Dedham Parish Council.



Dedham Church



Royal Square



Southfields

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 www.dedhamparishcouncil.co.uk/new-page-2/

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