



Environmental Report

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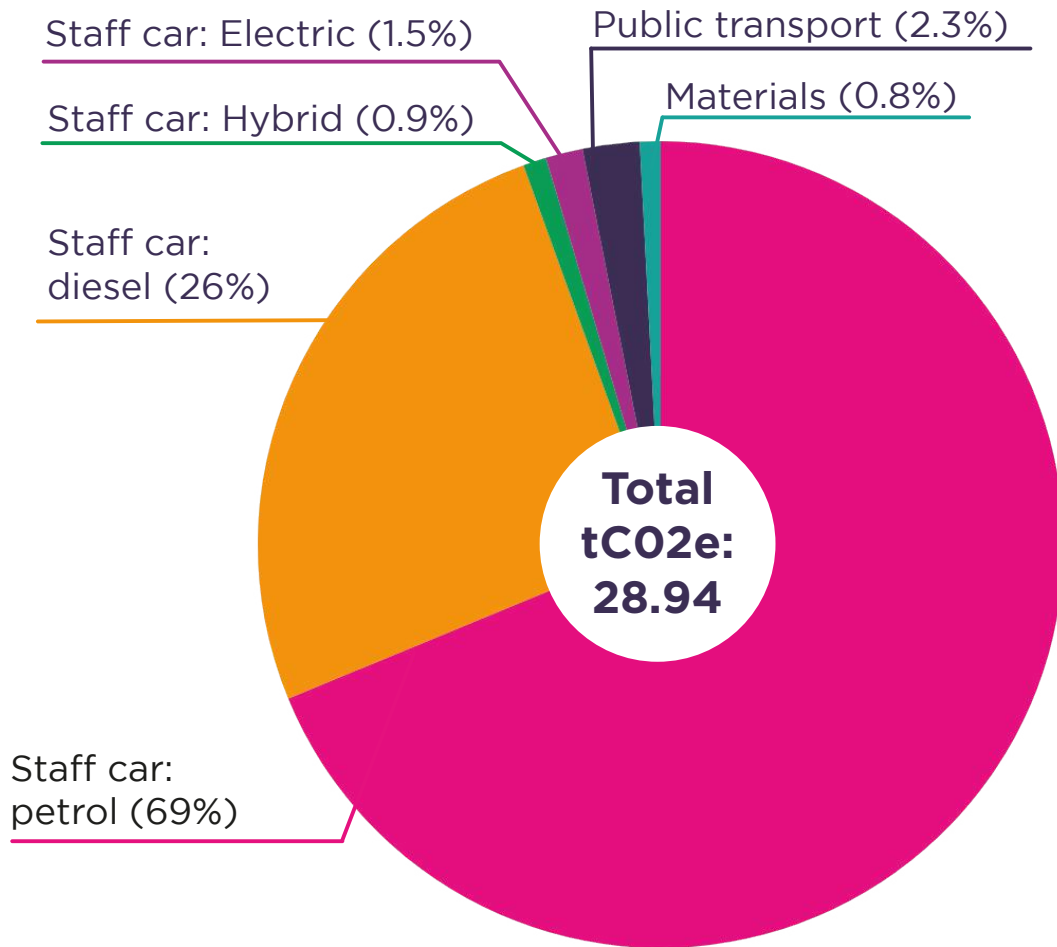
Introduction

The world continues to experience a climate and health emergency, with climate change described in the Lancet as “the greatest threat to global health of the 21st century”.

At Chiltern Music Therapy we have made a commitment to reducing our impact on the environment and to act in an environmentally sustainable manner (Environmental Policy and Action Plan, September 2021; Environmental Policy 2025).

This report outlines the results of our third full year of carbon emissions data (April 2024 – March 2025), which will be compared to the baseline figures that were reported from April 2022 – March 2023.

Overall performance



Source	24/25	22/23
Staff car: petrol	19.91	30.99
Staff car: diesel	7.44	5.15
Staff car: hybrid	0.27	0
Staff car: electric	0.43	0
Flight	0.00	1.83
Bus	0.01	0.02
Train	0.63	0.36
Underground	0.02	0.04
Materials: metal	0.21	0
Materials: electric	0.00	0.04
Materials: paper	0.01	0.01
Materials: plastic	0.01	0.00
Materials: IT	0.00	0.17
Total (tCO2e)	28.94	39.14

N.B. tCO2e = the total amount of all greenhouse gases emitted, measured in metric tons of carbon dioxide equivalent

As can be seen from the table, our carbon footprint has reduced from 39.14 to 28.94 tCO₂e between 2022/23 and 2024/25, a **decrease of 26%**. This change has mainly come about from a large reduction in staff petrol car emissions, no flights being used, and no longer having a permanent office.

Staff travel

Our main area of impact continues to be staff travel, with staff-owned vehicle emissions amounting to 96.9% of our total carbon footprint, and a further 2.3% coming from the use of public transport. This marks a slight shift towards public transport use compared to previous years.

Comparing this year's figures to our baseline, overall staff travel related emissions have dropped from 38.39 to 28.7 tCO₂e, a **reduction of 25%**.

This is due to staff travel reducing by over 17,000 miles, which has contributed to a **reduction in average mileage per session of 5%**.

	2024/25	2022/23
Staff travel (miles)	121,761	139,048
Number of sessions	7,001	7,624
Average mileage per session	17.39	18.24

These changes will be at least in part down to the staff driving reduction strategy that was outlined in last year's report. The drop in emissions is also thanks to petrol car miles dropping and the emerging use of electric and hybrid vehicles.

Further energy efficiency actions

The following actions have been implemented over the past 12 months:

- Reducing our carbon footprint is now embedded in the organisation's strategy documents, with a stated aim of **reducing our carbon footprint per session by 5% each year.**
- Since February 2025 staff have been able to **claim expenses for using their bicycle for work travel**, at the same rate as people who use their car, and from the first mile. We are also now able to capture bicycle mileage data, which will be included for the first time in next year's report.
- We continue to offer **sets of second hand instruments** for staff to leave at their clinical settings, if it enables them to use public transport or active travel rather than their own vehicle.
- Our latest Environmental Policy includes a section on food, with a commitment to provide **ethical, low carbon footprint food where possible** when catering for meetings and events. Staff are encouraged to go meat-free when providing their own food, although is still a personal choice.

Planned actions

Over the next year we intend to further reduce our impact on the environment in the following ways:

- Work will be done to tackle our **digital carbon footprint**, including our website, emails and cloud storage.
- We continue to aim to **change our bank** to a more ethical one.

Summary

Using the metric of carbon footprint per session, we can see that the measures and efforts put in place have been effective in reducing our impact on the environment, going beyond our stated aim of a 5% annual decrease.

	2022/23	2023/24	2024/25
Total tCO2e	39.14	32.29	28.94
No. of sessions	7,624	7,405	7,001
kg CO2e per session	5.13	4.36	4.13
Annual change		-15%	-5.28%

As has been the case with the previous two annual reports, almost all of our environmental impact at Chiltern Music Therapy remains directly related to the staff travel that is a necessity of our operation. There have been encouraging signs this year of a slight shift towards public transport and active travel, as well as the increasing use of electric and hybrid cars, but we acknowledge there is still room for positive change.

We continue to place the needs of our clients front and centre, and have no intention to cut back on our in-person sessions. Therefore we will continue to work to reduce car mileage through the driving reduction strategy in our Environmental Policy, and accept a certain level of carbon emissions as a necessity.



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