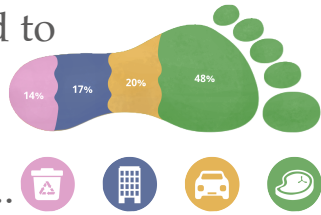


We need to tackle climate change...



...to protect ourselves from the consequences of climate disasters both here and abroad – and to reverse the awful decline of nature that we have caused.

We need to pollute less, use less, waste less, and achieve more with what we have.

We can learn from nature. Nature heals us. Nature feeds us. Nature clothes us. Nature houses us. We take it for granted at our peril.

In nature there is no waste. Everything gets endlessly reused. Only humans pollute. It's time to stop trashing our home planet, because it's the only one we've got.

10 years ago Wales introduced its pioneering 'One Planet' Development policy. This helps people (who are able to do so) to live the good life in proportion to what the planet can provide.

Because we now recognise that we have climate emergency and an extinction emergency it's time to mainstream this idea so that everybody can do it.

The most important measure for doing this is the ecological footprint. It checks whether the impacts of our activities are fair and sustainable. It does this by asking the question: if everyone lived like this would the planet be able to cope?

The Welsh Government introduced a calculator to support its 'One Planet' Development policy which anyone can use to measure their ecological footprint even though it's specifically designed for those wanting permission from planners to live on a 'One Planet' Development in the open countryside.

It's divided into these categories:

- Energy
- Housing and infrastructure
- Travel and transportation
- Food (purchased and homegrown)
- Consumable goods
- Services including water and waste
- Plus a proportion of what the state provides.

We must also include growing more plants. It's based on what you spend and every calculation is going to be approximate, but it does give a good indication.

How can you reduce your ecological footprint?



ENERGY

1. If you haven't already done so switch to a renewable energy supplier. The best are those who build their own renewable energy generators – most don't. These are Good Energy and Ecotricity. It's not necessarily more expensive.
2. Use less energy: switch things off when not used. Turn the heating down a couple of degrees. Try to do tasks with hand tools that use no energy, for example manual whisks and mixers when baking. Do your washing on a day you can hang it out to dry. Buy fewer gadgets that use energy & make sure they have the highest energy rating.
3. Make sure all your lights are LEDs.

HOUSING

1. Try to ensure your home has no draughts and as much insulation as possible to reduce heating costs. Whenever you do any maintenance work improve the energy efficiency at the same time.
2. Use materials made of wood or other products that have captured carbon dioxide from the atmosphere (which all plants do when they grow).
3. Don't use materials made of plastic because these emitted carbon dioxide into the atmosphere when made.

TRAVEL AND TRANSPORTATION

1. Combine the purposes of car trips to minimise them. Try not to drive faster than 55 mph or brake & accelerate unnecessarily.
2. Try to walk, cycle & use public transport more. Perhaps use car sharing: a carpool or community-owned vehicle.
3. If you can, buy an electric vehicle:

cycles, motorbikes, scooters, small cars and vans are now available.

4. Don't fly. Plan trips with seat61.com; offset essential flights with solar-aid.org.



FOOD

1. Try to reduce the amount of animal-based products you eat by having more days during the week when you do so.
2. Choose food with less packaging, that is fresh, seasonal and locally grown or processed if possible. Organic if you can afford it because this way of growing looks after the soil, and healthy soil is responsible for our very survival.
3. Try to grow some of your own food if you have a little space – even bean sprouts help!

CONSUMABLE GOODS

1. Buy less; repair more; buy from charity shops and swop shops; exchange more.
2. When buying a new product, pause and think about the effect of its whole lifecycle – because everything that passes through your hands has a story. Its components might have been mined and processed using lots of energy, shipped lone distances while being assembled, and delivered to you. Or it might have been simply made using little energy, nearby, in which case its environmental &

social impact will be less. After you finish with it will it go to landfill, is it recyclable, or can it be made into something else?

3. Whenever possible, buy from local suppliers – not chains or the internet – so your money is spent locally again, benefiting local jobs.

WATER

1. Fit spray taps that use less water, especially on hot taps and showerheads, to reduce the amount of hot water you use while retaining the same level of cleanliness.
2. Collect rainwater in butts for watering the garden.
3. Insulate all hot water pipes both to taps and radiators.

WASTE

1. Try to avoid and reduce waste in the first place making sensible choices when you buy.
2. In this order trying to firstly reuse things, secondly repair them when broken, thirdly send them to recycling, and only if you can't do any of these send them to landfill.
3. Especially avoid single use plastic!

NATURE

1. Grow vegetables, flowers, and fruit and nut trees whenever you can, inside and out.
2. Oh, pets – remember that cats kill birds and both cats and dogs might have a high ecological footprint when their food is factory-reared meat.
3. If you like animals, and can do so, keep bees and chickens – they give you affection and eggs!



WHAT IS THE ECOLOGICAL FOOTPRINT?

The surface of the planet has to both provide the things we need and absorb the effects of our pollution. This is called its biocapacity.

We divide the surface area of the planet by the demands placed on it by the world's population to get the fair share everybody would be allocated equally. This is the eco-footprint per person.

If everyone lived the way we do in the UK, we would need almost 3 Planet Earths. The human population as a whole is living as if we had 1.7 Earths.



Find out your own eco-footprint and how to reduce it by using one of the calculators below!

To get planning permission for a One Planet Development in the open countryside in Wales, applicants must show how they will reduce their ecological footprint to around one planet over five years.

Society as a whole must switch to use resources without waste and pollution and repair the damage to nature.

Try these calculators

www.footprintcalculator.org

The Welsh Government's One Planet Development spreadsheet: <https://bit.ly/2CB7weF>

Produced by the One Planet Centre
www.theoneplanetlife.com