



# eco LIVING<sup>®</sup>

- **Nature Matters**

An interview with the CEO of WWF, Tanya Steele

- **Primal Adventure**

Push Your Limits and Step out of Your Comfort Zone

- **Electric Vehicle Festival**

The Celebration of All Electric Vehicles

- **Competition**

Your Chance to Win the Climate Change Cook Book

- **Subscriber Offer**

Gift Set Of Eco-Friendly beeswax wraps From WaxWrap



Photo Credit: WWF



## WELL-BEING

Bamford Wellness launches a new space in the Cotswolds. This extended space has allowed Bamford to create a unique wellness destination that is unlike any in the UK.

## GOOD NATURE

This year, Selfridges will be inspired by nature; making the world brighter through the creative exploration of pleasure.

## PROPERTY

Berkeley West Thames has officially launched its first homes for sale at the Green Quarter in West London, aiming to be one of the most biodiverse in the UK.

## A Word from the Editor

Welcome to the first edition of ECO LIVING – a magazine with a purpose, working towards saving our planet for future generations to enjoy.

More than just another lifestyle magazine, Eco Living is delivering a real message, helping its readers to make discerning choices when it comes to purchasing homes, holidays, food and goods that will, by their nature, help nurture and, ultimately, save our planet. This is reflected in features on preserving wildlife, organic farming, sustainable fashion, restaurants which resource food thoughtfully, holistic spas, and eco housing.

My vision came to me for Eco Living whilst I was a guest at Monestevole, perched on a ridge overlooking forty-five hectares of stunning Umbrian countryside, in Italy. This 15th century hamlet has been transformed into three traditional and sustainable holiday apartments.

Passing through many hands over the years, including over fifty residents at one time, the hamlet was added in the 1960s and resurrected in 2013, when Tribewanted Monestevole restructured it into a model sustainable community, and fully-fitted eco-lux vacation rentals.

I was pleasantly surprised with what was being achieved. It made me think that eco sustainability can work and how I could make a difference. Well, my background has been in publishing magazines, so I took my pen and began writing in my journal; the first phrase that I wrote was 'Heal the World'.

It was at Montervole that I saw Leonardo DiCaprio's epic documentary 'Before The Flood'. How far have we gone and is there anything we can do to stop climate change? These are the questions that gave life to Before The Flood – a documentary produced and interpreted by Leonardo DiCaprio, and directed by Fisher Stevens (producer of the award-winning documentary 'The Cove'). The Hollywood star's commitment to protecting our planet is anything but new. After having produced Cowspiracy, a documentary on the impact of animal farming, and donating millions of dollars for the protection of the environment, he decided to make a movie on the dramatic consequences of climate change.

The documentary features the terrible effects of rising temperatures, and follows DiCaprio as he travels the country to meet some of the world's most influent people, including Barack Obama, Pope Francis, and Tesla Motor CEO Elon Musk. The documentary has been released by National Geographic and has been screened in 171 countries, and translated into 45 languages. "The world is now watching, and we ask you to protect it," UNM Messenger of Peace DiCaprio said during the 2014 Climate Summit in New York. Through Before the Flood, DiCaprio urges action by the world, again, by underlining the need of having "leaders who believe in the science of climate change and who have the courage to take a stand for our planet".

There are plenty of actions each of us can take in our own lives to help achieve this.



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Equip the next generation to see lasting change

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*“Nature is our life support system and saving it is not an act of charity – this is about our own survival and that of generations to come.”*

**INTERVIEW**



Photo Credit: WWF





## Nature Matters: Fighting for Our World

Our love of nature helps unite and inspire us. Over this past year, time spent outside has helped us appreciate the wonders of nature even more. We've come to value what's on our doorsteps, be that the songs of birds, the sight of wildflowers or simply the variety of the changing seasons. It's clear that both our mental and physical health are linked to the health of our planet – our one shared home.

This year, the World Wildlife Fund (WWF) celebrates 60 years of vital conservation work alongside local communities, governments and other like-minded organisations. The WWF is proud to have helped endangered species come back from the brink. Wild tiger numbers are on the rise, after 95% of the world's population was lost, and Antarctic blue whales and bowhead whales have made regional comebacks in polar waters. Despite these successes, though, right now our natural world is under threat as never before. Nature is in free-fall and our climate is changing, putting our planet in peril. Across the world, there has been an average drop in wildlife populations of 68% since 1970 and, in the UK, some of our best-loved species such as hedgehogs, dormice and turtle doves are disappearing.

However, all is not lost. We still have time to halt and reverse the destruction of our natural world. To do so, the world must take urgent action to set nature on the path to recovery within the next ten years. Conservation is no longer just about saving one species, or one habitat – it's about change in every part of the economy and across the globe. This means rethinking how we use our land and the way we produce and consume food, both in the UK and overseas – ensuring that the products we buy aren't driving deforestation in critical places like the Amazon rainforest. In the UK, we must ensure that our farms make space for nature and wildlife, and that we reduce greenhouse gas emissions from farming.

### **Choices we make now will impact all of our futures.**

There are actions that we can all take to make a difference, including measuring our own environmental impact and taking steps to reduce it. At home, for example, switching to a 100% renewable energy tariff helps to reduce pollution and environmental harm caused by burning fossil fuels.

We can also drive change through the way we spend and save our money, by challenging companies and brands to reduce their impact on nature and supporting those which do this. Some banks and pension providers invest in oil, coal and gas companies, or those that are responsible for deforestation. We should ask questions about where our money is invested and change to better, more sustainable providers if we're not happy with the response.

We can also call on government to turn existing environmental commitments into actions, to create a stable climate, cut deforestation out of imports and protect nature. 2021 is a critical year for the environment – with a series of key global meetings, including Climate COP26 here in the UK. It's never been more important that we speak up and show world leaders that we care.

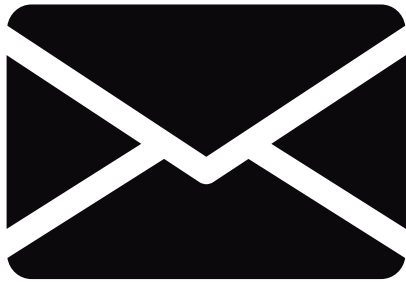
Nature is our life support system and saving it is not an act of charity – this is about our own survival and that of generations to come.

**Tanya Steele, CEO, WWF**



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## WaxWrap

Sustainable Food Storage

WaxWrap are offering the first 80 subscribers a free WaxWrap set with a retail value of £16.

WaxWrap, eco-friendly beeswax wraps - newly launched in the UK, the full range includes pre-cut sheets, handy bags and on a roll format. Roll out the wrap and play an active part in the war against plastic consumption by switching to WaxWrap, a sustainable, re-usable beeswax wrap designed to keep food super fresh. [www.waxwrap.uk](http://www.waxwrap.uk)

**\*Subscribe for 4 issues at £12.00 RRP £16.00**

## SETTLE UP

.earth

We are working in partnership with SettleUp Earth to fund the planting of 1 tree for every magazine or subscription sold. This directly funds the reforestation of mangrove forests in Mozambique.

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## The Green Providers Directory

**There remains debate surrounding the question of whether consumerism can ever be accommodated within a sustainable framework. In other words, is it possible to produce goods and services in a fair and ethical way, without dam-aging the environment? The question is not straightforward. For example, some fair trade products, such as coffee, can be ethically produced, but can also have an adverse impact on the environment. There is no universally accepted definition of what actually constitutes green consumerism.**

This lack of consensus does not mean, however, that we should abandon the notion of green consumerism far from it. There is an increasing collective awareness that our purchase choices directly affect the health of the planet, such as the single-use plastics polluting our oceans. More people are seeking eco-friendly alternatives. The increase in demand for fair trade products and switch to clean energy suppliers are two areas that are testament to this. Other people see sustainable living as an effective way of reducing costs and saving money – for example, insulating the house or car sharing.

Having decided to adopt a greener lifestyle, reduce our carbon footprint and save money into the bargain, the question then arises of how we go about finding green products and services amongst the myriad of confusing

claims, greenwashing and different alternatives! There are suppliers of everything goods and services from fair trade clothing to green insurance policies, but these have historically tended to be fairly disparate, involving lots of internet searches and shopping around niche websites.

A genuine desire to help protect the planet, encourage sustainable living and make it easier for eco-conscious shoppers to find greener products and services were the motivations behind the launch of the Green Providers Directory in 2005. The idea was that the directory would provide a one-stop shop for all things eco-friendly and sustainable – all under one roof. The directory is free and easy to use, providing links to eco fashion retailers, organic health and beauty products, energy saving devices, ethical gifts and organic wines, as well as updates on environmental issues and related topics.

The directory is also involved in areas such as helping to protect the world's rainforests and endangered species, writing articles for green blogs and publications, and providing support for environmental causes and campaigns.

In the 15 years since the Green Providers Directory was launched, we have seen progress in many areas such as the growth in renewable energy, fair trade products being stocked in major supermarkets, electric cars, charges for plastic bags, climate change agreements and banning of bee-harming pesticides. However, we've also witnessed continuing increases in carbon emissions, deforestation, species extinction and loss of wildlife habitats.

**We would like to think that the directory has made its own small contribution to protecting the environment, and that it will continue to play a role in building a more sustainable future by promoting eco-friendly goods and services and making them more accessible to the general public.**

[www.green-providers.co.uk](http://www.green-providers.co.uk)



**All businesses are like complicated ecosystems – lots of aspects have to be actioned together and efficiently to enable a successful business to work. A business tends only to be as strong as its weakest link.** Pro-actions work across all areas of business to help ensure that each area is fit for purpose and working well.

Pro-actions helps SME business owner-managers achieve two big things:

- The results that they have set for the business.
- Set up the business so that they run it efficiently rather than it running them.

Problems often manifest in different areas from their root causes. Pro-actions advisors specialise in taking the time to understand owners and their businesses, to get to the root causes and then fix them.

Some specific issues that are regularly encountered and dealt with are the following::

- Lack of clear direction and goals.
- Muddled strategy about how to achieve these goals.
- Ineffective marketing / insufficient leads or opportunities for sales.
- Ineffective sales / insufficient turnover.
- Cash flow problems.
- People issues.
- General lack of grip and control.
- Inability to raise finance.

Sometimes there are exceptional issues and decisions where Pro-actions' advisors also assist by rolling up their sleeves, such as:

- mergers, acquisitions and divestments;
- crisis resolution;
- emergency financing;
- exit or sales planning;
- distress resolution and turnaround;
- potential insolvency situations.



The well-being of your company and staff is paramount and a high priority to Pro-actions; a healthy workforce means a healthy business, pro-active and resilient. This is highly rewarding for both the company and staff, and reflects largely on how it operates. How clients tend to work with the advisors depends slightly on the nature of the situation. Pro-actions' approach is very flexible, but there tends to be four broad types of engagement:

#### RETAINED ADVISORY

The advisors work alongside the owner-manager on a retained bases as a mentor, guide and experienced pair of hands. The focus is on 'governance' – i.e. how they set the business up so that it can be managed without the owner being the glue to everything. When you are up to your neck in alligators, it's easy to forget that the goal was to drain the swamp - this is all about getting the owner off the treadmill so that they can focus on really driving the business forward.

#### INTERIM SUPPORT

Pro-actions steps into a specific role in the business to help cover a gap – for example, as a result of sudden personnel loss, maternity cover, etc.

#### PROJECT SUPPORT

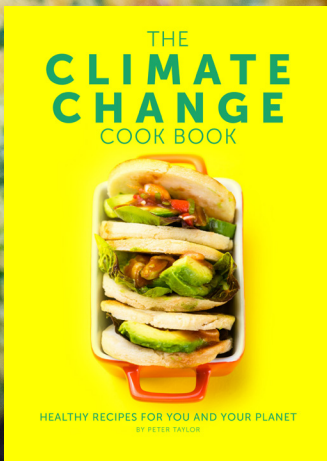
Pro-actions work to help deliver a specific outcome. These tend to be shorter engagements defined by a project plan and, by their nature, can be very varied.

#### MINI MBAs

Pro-actions runs group learning workshops, over a twelve-month period, which cover all of the key disciplines of running an SME. These comprise up to ten like-minded (but, importantly, not competing) business owners coming together each month to work through materials and challenges supported by one of the advisors.

**Find out more by quoting ECO to enquires@pro-actions.com, or phone 0204 519 2763.**





## Competition

Win a copy of 'The Climate Change Cook Book, Healthy Recipes for You and Your Planet', published by Meze Publishing ([mezepublishing.co.uk](http://mezepublishing.co.uk)). This 160 page book, RRP £18, is available to purchase from Amazon and good bookshops, including Waterstones, but we have TWO copies to give away.

### What's the book about?

Climate change is one of the biggest challenges of our time, and "What can we do about that as individuals?" is a common question. When nutritionist and author Peter Taylor began to research solutions, he found that making relatively small changes to what we eat can collectively reduce greenhouse gas emissions. He created 'The Climate Change Cook Book', which has a wealth of information about how the food we eat affects our planet, and includes a wide range of delicious recipes, specifically developed to use more environmentally-friendly ingredients. From desserts to dishes with which you can entertain, these recipes will help you embrace a more plant-based diet, discover new ingredients and flavours, and expand your cooking or baking repertoire without the extra environmental cost. This is not a vegan cook book, but one that uses the EAT-Lancet Commission's 2019 report on how to collectively change our diets and tackle the climate crisis, as the basis for meals that feature plenty of wholegrains, vegetables, pulses, beans and nuts, alongside small amounts of animal products like cheese, eggs, fish and meat.

### Recipes

Highlights include the 'Tomato and Wild Garlic Pesto Tart' in the brunch chapter, a speedy yet luxurious 30-minute meal with 'Salmon en Papillote', and 'Amaranth and Mixed Bean Burgers' for lunch. There's also plenty of homemade snacks, smoothies and store-cupboard essentials to try. The chapter on preserving, growing your own and foraging contains a wealth of useful information suitable for complete beginners as well as experienced environmentalists.

### TO WIN

Just send your name, address and telephone number by email to: [maryanne@ecolivingmagazine.com](mailto:maryanne@ecolivingmagazine.com), with the subject heading COOK BOOK COMPETITION, before 31st July 2021. We will then choose two winners and pass on your contact info to Meze Publishing. They will contact you direct to send your copy of 'The Climate Change Cook Book, Healthy Recipes for You and Your Planet' to you.

### Crunch with a Conscience

If you're looking for this year's picnic essentials, the UK's first crisp brand with a 100% plastic-free packet, Two Farmers, is definitely on the list. Farmers Mark Green and Sean Mason have successfully launched a sustainable crisp brand using the UK's first biodegradable crisp packet. With each Herefordshire-inspired flavour, using local produce and production powered by waste from the farm, these two farmers have found a way for us to crunch with a conscience.

However, this innovative pair are always looking at what they can do next. Mark comments: "We are hoping to clean the gas produced by our AD plant and run the crisp fryers from the energy, and would also like our distribution vehicles to be electric in the future. We can't wait to see our Two Farmers' vans travelling around the countryside to our customers around the region!" **Find your nearest stockist at [twofarmers.co.uk](http://twofarmers.co.uk), or order direct.**



## FOOD & DRINK

### Have You Tried Tempeh?

Previously only available to top chefs, traditionally made tempeh is now available to order online from Bristol-based independent producer Tempeh Meades, delivered nationwide.

A plant-fuelled staple from Indonesia, tempeh is made up of healthy low GI protein, made by forming cooked soya beans into a block and adding a culture to initiate a fermentation process. The end product has a firm texture, a nutty taste and is highly valued for the protein and fibre content, as well as being packed full of vitamins and minerals. "Tempeh has always excited me because it can be used in so many dishes: from starting your day with scram-bled or pan-fried tempeh and added to a salad for lunch, or even made into a burger – there are just so many possibilities," says Benedict Meade, founder of Tempeh Meades. The health benefits of tempeh make it a reliable source of protein in a ve-gan or flexitarian diet. As well as being gluten-free, it has been known to improve digestive health. Tempeh absorbs and re-tains flavour extremely well, so many choose to marinate it first and then bake, fry or simmer in their favourite dishes. **Available to order online from [www.tempehmeades.com](http://www.tempehmeades.com) in various sizes, starting at 250g (approximately three servings) from £4.50.**



### Drink Gin to Help Elephants...

Elephant Gin Founders Tessa and Robin Gerlach were in-spired to create their range of premium gins, following their adventures in Africa. As with the entire range, 15% of the profits from every bottle of Elephant Orange Cocoa Gin sold will be donated to African elephant conservation, in an effort to support the preservation of African wildlife and their magnificent habitat. Their newest creation, Orange Cocoa, is an ode to their favourite flavour pairing – orange and chocolate. They have combined their award-winning London Dry Gin with fresh, organic Spanish oranges and roasted cocoa beans, to create a bright, zesty and velvety flavour profile.

Handcrafted with the highest quality production standards, each batch of London Dry Gin is distilled using fourteen botanicals, including rare African ingredients, to create its distinctive flavour profile. Elephant Gin has gone the extra mile by vacuum-distilling the whole orange to create an intensely aromatic distillate that adds an extra kick of freshness and complexity. **Elephant Orange Cocoa Gin is available from [elephant-gin.com](http://elephant-gin.com), priced at £31 per 500ml bottle.**



### Vegan Chef Course

Vegan Chef Day Radley, founder of The Vegan Chef School, wants to help more people learn how to cook vegan recipes. Her mission in 2018 began with a quest to create more vegan chefs for the world, and so she launched a fast-track vocational course, designed to propel keen home cooks into their first job as a professional vegan chef. During Spring in 2020, she launched her first online home cooks course for novice vegan cooks, covering the basics.

Separated into seven sections, in each you will find a guide to ingredients, techniques and equipment used within that specific section. Key recipes give information on troubleshooting, tips for recipe success and highlight every technique you have used.

**The next online course starts on 1st July and places are limited to 20 students, so that individual tuition and support can be given to all. Students should aim to complete the course within six months, and it takes just a few hours a week.**

**Price: £140 Find out more at [theveganchefschool.com](http://theveganchefschool.com).**



## Restaurants Which Source Responsibly



### Street Food That Doesn't Cost the Earth

The co-founders of Mexican street food brand Wahaca have always strived to prove that they can create and grow a successful business with sustainability at its heart. Evidence of this achievement is shown in their winning the Sustainable Restaurant Association's 'Most Sustainable Restaurant' Award three times and, currently, they are the only carbon neutral restaurant business in the UK. Their Mexican dishes are 50% vegetarian and they use free range British chicken and pork. As a founding partner of the Marine Stewardship Council (MSC), you will only see sustainable fish being served up.

London is home to most of their restaurants but Brighton, Cardiff and Edinburgh also serve customers with an array of fresh, tasty and vibrant sustainable street food, inspired by the food markets of Mexico. [wahaca.co.uk](http://wahaca.co.uk)

### Pick of the Peak District

The George at Alstonefield is a pub-turned-restaurant offering fine dining in a relaxed setting, within the White Peak area of the Peak District National Park, known for its outstanding beauty, wildlife, and walking and cycling trails. Owners Siobhan and Graham, and their team, use organic herbs and seasonal vegetables from the restaurant's kitchen garden, eggs from their hens and homemade honey from the bees that pollinate in the garden. Where possible, all ingredients are sourced within a 15-mile radius. The pork is reared locally and fish is delivered daily from their sustainable suppliers along the UK coastline, from Orkney to Cornwall.

[thegeorgeatstonefield.com](http://thegeorgeatstonefield.com)



### Lerpwl Supports Local

Lerpwl is the vision of Ellis Barrie (Great British Menu and Ready Steady Cook) and his brother, Liam, founders of the much-acclaimed Marram Grass in Anglesey. Located at the Grade I listed Royal Albert Dock, Liverpool, Lerpwl prides itself on supporting responsible local agriculture and sustainably-sourced seafood, which come directly from small farms and fisheries to offer the highest-quality produce from around the British Isles and beyond.





Lerpwl's style of cooking is accessible and modern, offering the finest sustainably-sourced seafood from Cornish day boats, mussels and oysters from the Menai Straits of Anglesey, or home-grown pork and vegetables from the brothers' Fat Pig Farm. They offer an à la carte and a second, relaxed menu, as well as cocktails.

[lerpwl.com](http://lerpwl.com)

**Responsible Decisions**

Michelin-starred restaurant The Old Stamp House, in Ambleside, in the Lakes, is already known for championing the use of Lake District iconic sheep breed The Herdwick, in their menus. In addition, head chef Ryan Blackburn works with local gamekeepers, farmers and fishermen to showcase the best of local produce and the passion and care taken by these producers. When designing menus, a huge variety of factors in the decision-making processes are taken into account, too, including the purchase of environmentally friendly and resource-efficient foods, and the reduction and avoidance of food waste.

[oldstamphouse.com](http://oldstamphouse.com)



Image Credit: Jenny Jones Photography

**Top Pastry Chef Leaves Acclaimed London Kitchens to Start Vegan Cookie Business, Floozie**



**Floozie is an exciting new vegan cookie business delivering stuffed treats around the UK.**

Floozie, inspired by the rebellious 1920s, is an all-vegan 'stuffed cookie' concept, knocking out plant-powered treats by ex-Claridge's Pastry Chef Kimberly Lin.

Kimberly worked in some of London's most acclaimed kitchens, but now the innovative chef is going it alone, and vegan.

Utilising her pastry knowledge and professional training, Kimberly channelled her energy into creating the very best vegan cookies – stuffed for extra deliciousness.

Floozie's luxury vegan cookies are now available for delivery nationwide, as well as takeaway from the chef's Covent Garden outpost in London.

Currently, the stuffed cookies come in five indulgent core flavours, including cinnamon crunch, chocolate chunk, celebration cake, pecan pie, and peanut butter and jelly. There is also a sixth rotating seasonal option – so keep your eyes peeled for this season's cookie!

Visit [flooziecookie.com](http://flooziecookie.com)



## Supermarkets Still Aren't Doing Enough to Reduce Plastic - but Who's Making the Most Progress?

Up to 12.7 million tonnes of plastic enter the oceans every year, and plastic pollution is now the biggest killer of marine life. Supermarkets are playing a major part in this tragedy, but they can also be a major part of the solution.

They've been talking the talk when it comes to reducing plastic – making pledges and commitments – but, more importantly, have they been walking the walk?

For the third time, Greenpeace has teamed up with the Environmental Investigation Agency (EIA) to dig deeper into what supermarkets are really doing to cut plastic.

Overall, supermarkets still aren't doing enough to reduce plastic. In 2019, UK supermarkets produced 896,853 tonnes of plastic packaging. This is a slight decrease from 2018 (less than 2%), but it's way off the progress that our planet really needs.

Aldi climbed from last place to second. The retailer has reduced its overall plastic footprint, removed single-use plastic carrier bags and committed to halve their plastic footprint by 2025.

Morrison's slipped down to ninth place, as their plastic use increased. A significant rise in plastic bags and water bottles is a particular area for concern.

Waitrose has remained top of the league table for the second year in a row. It reported a big reduction in plastic use (in relation to the company's size), showed good engagement with brands and suppliers, and have committed to increasing reusable packaging and unpacked ranges.

### Online Shopping Could Mean Less Plastic

One change you might have guessed was a big increase in online shopping, which is expected to remain after the pandemic. It's a huge opportunity to reduce plastic. Just last year, Tesco partnered with Loop, which uses completely reusable packaging – it is returned, cleaned and reused. If supermarkets replicated this on a large scale, they could ditch thousands of tonnes of plastic.

It's fair to say that covid-19 has been a setback in the fight against plastic pollution but, from what we can tell, there's still an appetite from supermarkets to reduce single use and unnecessary plastics.

Trials in reuse and refill are picking up pace across all UK supermarkets. Last year, Asda opened a sustainability store in Leeds, which uses refill stations to give shoppers groceries free of plastic packaging. The store stocks big brands like PG Tips, Kellogg's, and Persil, as well as own-brand staples like pasta. Asda says that the store will cut around one million pieces of plastic per year.

If Asda and other supermarkets roll out schemes like this across the UK, it will go a long way to properly reducing plastic packaging.  
[www.greenpeace.org.uk](http://www.greenpeace.org.uk)



## Blue Coffee Box Brings Gourmet Coffee to Letterboxes Across the Uk & Beyond

Blue Coffee Box, the luxury, sustainable coffee subscription club, introduces its members to coffee varieties, countries, regions, and roasters of a quality not found in supermarkets. Every box of pure 100% Arabica coffee is curated to personal taste and delivered fresh to the front door.

As part of the Blue Coffee Box experience, members are taken on a voyage of world coffee, using specially sourced beans which are lovingly hand-roasted by the UK's best craft roasters who extract the maximum flavour from every bean.

It is not just the taste that stands out, though; the beans are all ethically sourced directly from farmers and local cooperatives using the Direct Trade model, which means that farmers are paid 30% more than Fairtrade prices.

Blue Coffee Box was founded by father and son team Jon and Harvey Butt, who came up with the idea and started the business whilst Harvey was studying for his A-Levels. Jon Butt commented: "A great coffee is like a great wine – with the right climate, altitude, soil, landscape, processing and storing, the taste can be quite amazing. We know people have access to outstanding coffees from talented baristas, but what about at home?"



We are proud to be able to offer the highest quality, ethically sourced coffee and deliver it straight to front doors – our aim is to surprise and amaze our members, month after month."

A subscription to Blue Coffee Box could not be easier to set up, with only the following choices to be made:

- A subscription for yourself OR a gift for a coffee-loving friend, family member or colleague.
- One Blue Coffee full sized bag (227g) with each delivery OR a Blue Coffee Box containing two full-sized bags.
- Beans to grind at home for the freshest possible taste OR pre-ground beans available as course, medium and fine grind, depending on at-home coffee making preferences.
- Light, medium, OR dark roast – decaf is available, too, or a mixture of decaf and standard.
- Delivery every fortnight, month, OR every two months.

The Blue Coffee single bag options start at £7.99 per month and the Blue Coffee Boxes at £15.49 per month – a small price to pay for the best coffee roasted to personal taste and delivered in letterbox-friendly boxes, with accompanying origin and tasting notes. Interested in discovering rare and single-origin loose leaf teas from across the world, too? Try the Blue Tea Box curated by the UK's speciality tea merchants, and also delivered in a sleek, letterbox-friendly box. Prices start from £6.99 per month. [www.bluecoffeebox.com](http://www.bluecoffeebox.com)

## Noughty Wine

British entrepreneur Amanda Thomson has launched the first organic, vegan and alcohol-free sparkling chardonnay. With almost half the sugar content of traditional alcohol-free sparkling wines and just 14 calories per 100ml glass, it revolutionises the way in which consumers enjoy alcohol-free options. It is called Noughty. Produced with 100% organic Chardonnay grapes from southern Spain, this delicious bottle is de-alcoholised using a historically patented method and avoids adding any unnecessary sugar or artificial aromas to the bottle, making it as pure as it can be.

Noughty has already been praised by Tamlyn Currin at [jancisrobinson.com](http://jancisrobinson.com) – arguably one of the world's top wine experts – as “... hands down, the best alcohol-free sparkling wine I have ever tasted, and one of the best alcohol-free wines I've tasted overall.”

The global non-alcoholic market is anticipated to reach an estimated \$1.6 trillion by 2025. Sales of non-alcoholic drinks are exploding. Millennials and Gen Zs are drinking less than older generations, in part because they live their lives online and want to retain control of their image and social standing.

Thomson recognised several years ago that people were becoming increasingly concerned about what was in their food, but no one was asking what was in their wine.

The company has created an entirely new sector in the drinks' industry. Other brands are racing to keep up with Thomson & Scott's strong connection to the changing attitudes of young-minded drinkers looking to know what's in their glass, demanding purer wines that shun animal by-products and avoid heaps of unnecessary sugar from the production process.

[www.thomsonandscott.com](http://www.thomsonandscott.com)



## Sedlescombe Organic

Sedlescombe Organic, located just outside the village of Sedlescombe in the heart of 1066 country, East Sussex, is proud to be the oldest organic vineyard in the UK, established in 1979. It produces distinctive, flavoursome and unique wines that reflect the company's estate and values. It is a unique wine destination with over 100 acres of vines, woodland and pasture – boasting abundant wildlife, natural streams and picturesque scenery.



### THE ETHOS

The building is designed to incorporate the natural elements into everyday life – from the replacement steel roof, which has a rainwater harvesting system, to the bio-bubble water treatment system, saving precious rainwater that is used in the building and on the land. Underneath the newly planted Pinot Noir is a ground source heat pump which heats the building from beneath the floors in the cosy tasting room and bar.

### THE VINEYARD & WINERY

The natural beauty of the land is preserved in every way possible; this is by not using chemicals, pesticides or synthetics on the land or during the winemaking process. Increasing soil fertility and promoting healthy vine growth is key to creating wines that are full of flavour and character. They are not only organic but also biodynamic, certified in 2010 – one of the first vineyards to become biodynamic in the country. As part of biodynamic farming, the lunar cycle is followed and preparations are used to increase the biodiversity and microbial levels in the soil. Sedlescombe Organic boasts a wonderful collection of organic, still, sparkling, pét-nat, all-natural wines and cyders, perfectly reflecting the estate and ethos, and staying true to the company's sustainable roots. It is open all year round for tours, tastings and events. [www.sedlescombeorganic.com](http://www.sedlescombeorganic.com)





## Beet-top and Millet Chopped Salad with a Whipped Tahini and Dill Dressing

*Sophie Gordon is a chef, home cook, caterer and soon-to-be author with her first book, 'The Whole Vegetable', being released in January 2022. Sophie has a huge love and passion for creating a variety of dishes for all occasions and she works with simple seasonal ingredients, which allows each dish to be refined, full of flavour and vibrant.*

*Her recipes are dedicated to a veg-centric table, from the earth fresh to the table, aiming to create a spread that is not only environmentally friendly but a joyous experience. Keeping with the seasonal theme, she encourages people to be mindful of their waste along the way, using the whole vegetable to create meals, using leftovers and getting creative in the kitchen.*

**Serves approximately four as a side or two as a main.**

### Ingredients

#### For the salad:

- 4 small beetroots or 2 larger – tops included
- 1 tbsp olive oil
- 1 bunch Swiss chard – finely chopped (you can also use any other green: kale, cavolo nero, spinach)
- 1 lemon – juiced
- 200g millet
- 1 shallot – sliced thinly
- Large handful of fresh dill – finely chopped
- 1 apple – finely sliced/slithered
- 6 fresh figs – quartered
- 2 heaped tbsp sunflower seeds – lightly toasted
- 2 heaped tbsp sesame seeds – lightly toasted

#### For the dressing:

- 4 tbsp tahini
- 1 lemon – juice of whole, zest from half ½ tsp apple cider Vinegar
- 2 tbsp of either coconut aminos or soy/tamari sauce
- 1 tbsp pure maple syrup (or any other sweetener)
- 1 heaped tbsp wholegrain mustard
- large handful fresh dill
- 2 cloves garlic – minced
- salt and pepper
- water to thin

**Notes:** If in season and available, you could also add some sliced avocado for an extra plant-based healthy fats boost. The creaminess of the avocado works really well with the dressing and the earthy beetroot tones.





Most of the ingredients will be relatively easy to source in terms of seasonality. However, if you wanted to make any further substitutions, based on preference, feel free to swap as you wish. Couscous is a great alternative to millet; you still get the subtle bite in terms of texture and it is often easier to source. Pears are the perfect substitute for the apples, or even a combo. If you can't get hold of figs, you could add some dried ones for variety or another fruit of choice; stone fruits are a great option here. Lastly, if you wanted to substitute dill for another herb, parsley is great here – full of flavour and complementary to the other ingredients.

#### What to do

1. Preheat the oven to 200°C. Prepare your beetroots by chopping off the stalks and leaves, as close to the top of the beetroot as possible. Place the tops to one side whilst you prepare the bulbs. Scrub the beetroots well, removing any excess soil or dirt. Lightly brush the beetroots with the olive oil, seasoning with a pinch of salt and pepper. Pop them into the oven, on the middle rack, to cook for approximately 45-55 minutes; depending on the size, the time will vary. You want them to be soft all the way through when you pierce them with a knife.
2. Whilst the beetroots are roasting, wash the beetroot tops, again removing any dirt or soil. Finely chop them along with the Swiss chard. Place both into a large mixing bowl and squeeze over the juice from your lemon. Add a good pinch of salt and pepper, and begin to massage with your hands. This will help them to soften and also take out any bitterness from either. Put to one side and allow them to wilt further.
3. To a pan, add your millet grain and water with a pinch of salt. Bring to the boil and then lower to a simmer, cooking until soft and fluffy – approximately 12 minutes. Drain any remaining liquid through a fine sieve and add to the bowl with your beetroot tops, greens and chard.
4. To the bowl, add the sliced shallot, chopped dill, apple, half of the fig quarters, and half of the sunflower and sesame seeds. Season with salt and pepper, and gently mix to combine.
5. Once cooked, remove your beetroots from the oven and set aside to cool slightly.
6. To make the dressing, simply whisk together the tahini, lemon juice and zest, vinegar, coconut aminos/soy sauce, maple syrup, mustard, fresh dill and garlic. Season with salt and pepper. It will start to thicken as you whisk, forming peaks (as if you're whipping cream). If you want your dressing a little thinner, add a dash of water. You can also do this in a blender for a smoother consistency.
7. Remove any overly-charred parts of the skins from the beetroot and throw them on to your compost. Chop into chunky quarter-sized pieces and add to the salad. Pour over  $\frac{3}{4}$  of the dressing and gently mix, coating everything nicely.
8. To serve, dish up with the extra slices of figs, toasted seeds and a drizzle more dressing.

**Waste tips:** This is a great way to not only get in some extra nutrients from the green, but to use otherwise discarded parts of the vegetable. You can sauté them in a little oil, to remove the bitterness, and they work great as a side like that – with salt and pepper and a dash of lemon. You could use dried figs or another dried fruit here, too, if you can't find or don't have access to fresh figs. If you're making in a slightly different season, stone fruits are also great. You could have this dish as a side with some freshly baked bread or flatbread, adding a dollop of pesto or harissa on the side, or occasionally some hummus for additional protein. Again, feel free to swap the grain for what you have available. This dressing is one of the author's favourites and she often makes a bigger batch of this, storing it in the fridge and adding it to salads when desired.

@soph\_gordon [www.sophgordon.com](http://www.sophgordon.com)



## Klean Kanteen

Klean Kanteen, the Climate Neutral Certified family and employee-owned leader in sustainable drinkware, is pleased to introduce new food box storage solutions and improved food canisters.

The new Klean Kanteen Food Boxes are reusable, conveniently sized and ideal for meals on the go. Made from BPA-free, durable 18/8 stainless steel with food-grade silicone, the new plastic-free Klean Kanteen Food Boxes are perfect for packing a snack, taking lunch on the road or storing leftovers. The Snack, Lunch and Meal size boxes all have leakproof silicone lids that seal tightly when pressed, with a flexible corner for venting. The new boxes are easy to clean, dishwasher-safe, rust- and shatter-proof, and will not retain flavours.

“We’re well established in the drinkware space and know it’s time to take our extensive knowledge and plastic-free expertise to expand our offering within the food realm,” said Jeff Cresswell, co-owner and CEO of Klean Kanteen. “We’ve offered a cylindrical food canister for years, and now we are excited to give our customers a full range of food solutions for easy and sustainable on-the-go eating.”

The new TKCanister now includes Klean’s TKClosure™ internal thread design for increased thermal performance, and a newly designed bowl-shaped base with a wide mouth for easy eating and filling. The updated lid locks with a quarter turn and Climate Lock™ double-wall vacuum insulation traps heat and cold for longer. Available in 8, 16 and 32 ounce sizes, all TKCanisters have an easy-carry swivel loop.

TKCanisters are available for individual purchase and retail for \$24.95 for 8-ounces, \$29.95 for 16-ounces and \$34.95 for 32-ounces. Food Boxes are available for purchase as a set of three for \$59.95, or \$24.95 for the Lunch Box only, and \$29.95 for the Meal Box only. The Snack Box is not available for individual purchase.

For more information, visit [www.kleankanteen.com](http://www.kleankanteen.com)



## Juneberries

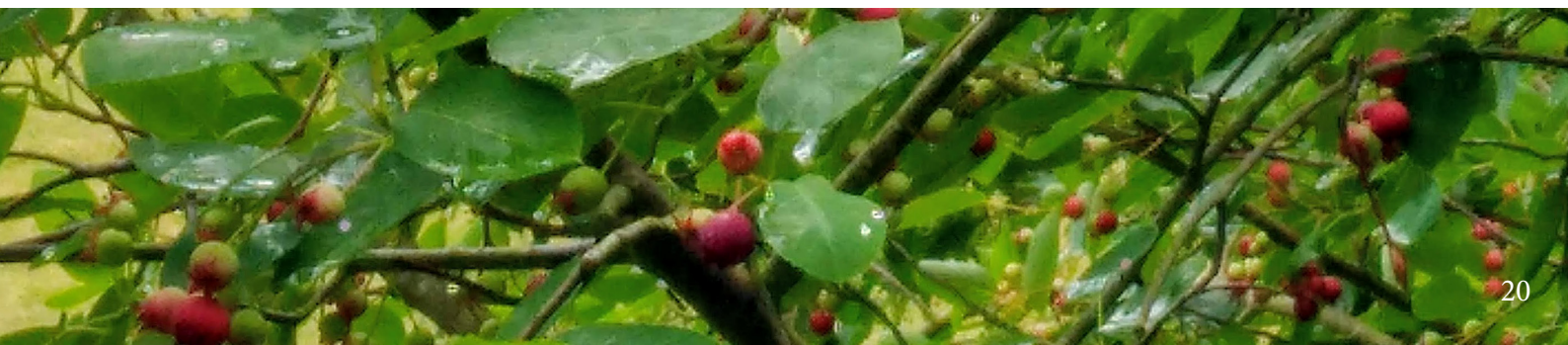
“A garden should be a holistic experience, feeding all of your senses and your mind. I believe food gardens can be about more than just eating - that they should also be visually appealing, biodiverse, and appeal to other senses such as touch and smell,” said the author of this article. Here he will be talking about Juneberries or the Amelanchier species. The species mentioned here are Amelanchier lamarckii (Apple serviceberry) and A. Alnifolia (Saskatoon or Juneberry – this is the main species from which fruiting cultivars are derived). Prized for their flowers and foliage colour as much as their fruit, dozens of species of Amelanchier are cultivated mostly as garden ornamental plants. Species occur throughout North America, Europe and Asia, so the plants have a pretty wide range and are adapted to most habitats. These are fantastic fruiting plants, producing some of the most delicious berries – a pleasure to eat; truly outstanding! Amelanchier is included in all of the author’s forest garden designs, as they have so much to offer.

He first tried Juneberries in a park in Essen, Germany on a visit to his in-laws, with his wife and children. He had read extensively about this member of the Rosaceae family, but had only managed to find plants which had already been stripped clean of fruit by the birds (they really like these berries, too), until that wonderful July day. By chance, he noticed that the trees in the park were Juneberries and that they were laden with fruits - so, his wife, the children and himself, much to the bemusement of several dog walkers, proceeded to gorge themselves on the fruits – they were hooked!

One of his particular favourites in this family is the Apple serviceberry (Amelanchier lamarckii), a tree Juneberry growing to somewhere in the region of 6m by 4m. Although Amelanchier alnifolia is pretty tasty, too, in April the plants explode with a profusion of white blossoms and make a welcome additional to the spring garden. The flowers are then followed by delicious fruits from very late June through July (he knows that they are called ‘June’ berries, but the fruits are rarely ripe in the UK until July). As autumnal winds begin to blow through the garden, these fantastic trees just keep on giving as they put on a dazzling display of fiery hued leaves.

On top of all of this, Amelanchiers are self-fertile and they are not fussy about soil. The plants prefer slightly acid and neutral soil, and they can grow in semi-shade. The fruit of the Apple serviceberry, which is blackcurrant-sized, is sweet and succulent, with a subtle taste of apples and a hint of almonds from the seeds. They can be eaten straight from the tree, but they can also be dried for later use or made into a superb liqueur or jam.

Propagation: Seedlings are most commonly grown. Clones are produced from suckers, root cuttings or softwood cuttings. Rootstocks: Usually not used, as seedlings are grown on their own roots.





## Mindful Chef

The Mindful Chef was born in the summer of 2014, when the founders – Myles, Giles and Rob – worked on a friend’s fishing boat off the Devon coast.

Watching villagers line up to buy the day’s catch, they were inspired by how fresh the food was, compared with the food you buy in the supermarket. The founding trio felt that freshness and sustainability were of equal value to health and nutrition and, with a growing demand for convenience products, Mindful Chef was born.

Giving consumers access to fresh meat, fish and produce sourced from independent UK farms, Mindful Chef sends weekly healthy recipe boxes, filled with recipe cards and pre-portioned ingredients, to its subscribers.

Knowing how incredibly difficult the market would be, with such well-funded competitors, the founders realised that they couldn’t be another copycat brand and set about carving out a sector of the market for themselves – with the aim to create a product and service that was better than any other currently available.

Working several jobs, seven days a week and plunging their life savings into the business, all three founders have taken a risk to build Mindful Chef. There have been times when they haven’t been able to pay themselves, only staff and suppliers, but have believed so heavily in the ethos and values of Mindful Chef that they’ve persevered.

[shop.mindfulchef.com](http://shop.mindfulchef.com)

## Transforming London's Fire Hoses

In 2005, Kresse Wesling had a chance meeting with the London Fire Brigade and a very emotional response to their damaged, decommissioned fire hose. It was too heroic and too beautiful for landfill. Somebody had to do something, and that somebody was the business partnership Elvis & Kresse (Kresse and her partner James, 'aka Elvis' Henrit).

They mounted a rescue, and over the last 16 years have saved all of London's fire hoses, transforming them into a range of luxury accessories and donating 50% of the profits to The Fire Fighters Charity. From the first day, Elvis & Kresse had a unique DNA: rescue, transform, donate.

Elvis & Kresse don't recycle per se – they redefine materials by cherishing them, honouring them, and embedding craftsmanship and design into them, ensuring that their next life is a full one. They are re-engineers who design for utility, not for seasonality. They are also committed to repairing any of the products, prolonging their life as much as possible.



50% of their profits are donated to charity



Elvis & Kresse has rescued and transformed all of London's damaged fire hoses since 2005

Over the last 16 years, Elvis & Kresse has grown to tackle more than ten unique materials, from tea sacks to printing blankets, always with the same methodology. They have developed a unique voice in the luxury industry.

They are now tackling their greatest ever challenge, the 800,000 tonnes of leather off-cuts generated each year by the global leather industry. Even when the patterns for leather goods are carefully planned to maximise the hides, the process inevitably creates small offcuts. These are high quality, unused, freshly tanned and dyed leather, but fall to the workshop floor as seemingly unusable pieces. Elvis & Kresse has designed a system that transforms these fragments into components, which are then hand woven into a new kind of hide that is unrestricted by size or shape.

Elvis & Kresse launched a five-year partnership with the Burberry Foundation in November 2017, to scale their leather waste solution. To mark the announcement, Kresse said: "When we decided to tackle the much, much larger leather problem, we knew we would need a brave partner. We are grateful for the support of the Burberry Foundation and are truly excited to scale this solution and magnify its impact. This is the kind of work we are made for and this is the kind of partnership that will change the future of luxury."

[www.elvisandkresse.com](http://www.elvisandkresse.com)

## Naira Blazer £149



**PEOPLE TREE**  
Truly Conscious Clothing

## People Tree: The Sustainable Fashion Pioneers

People Tree has been known as a sustainable fashion pioneer for almost three decades, having showcased the slow fashion model as the fairest way to operate within an industry that has become well-known for its devastating negative environmental impact. With core values and ethos at its heart, People Tree continues to lead the way within the sustainability field, offering products which do good for people and the planet. Partnering with Fair Trade producer groups in India, Bangladesh and Nepal, the female-led company embraces traditional and artisanal techniques which can be achieved by hand when designing its collections.

Not only does People Tree offer beautiful products with minimal environmental impact but the company encourages the consumer to make a connection with its clothing by appreciating the time-consuming hand techniques which went into making each garment. With an ongoing rebrand for the SS21 collection, the brand hopes to continue to prove that sustainable products can be both stylish and desirable.

“We continue to create a brand look with vintage-inspired tailoring and feminine print separates contributing to the longevity of our styles that the customer can add to their capsule wardrobe each season,” says Tracy Mulligan, Creative Director at People Tree.

The rebrand introduces a fresh new logo and strap line: ‘Truly Conscious Clothing’, which encompasses the company’s founding values of Fair Trade and environmental sustainability. ‘Truly Conscious’ subtly nods to sustainability’s saturation of greenwashing and links to People Tree’s stance on setting a standard within the industry, by being certified and transparent at every stage of the supply chain.

**Sustainable materials:** The SS21 collection features GOTS and Fair Trade certified organic cotton, TENCEL™ Lyocell and organic linen. People Tree refuses to use polyester, viscose, acrylic or nylon fabrics. In fact, not even plastic buttons are used, opting for coconut and vegetable fibre instead. Made by Fairtrade Producers, all products are verified by the World Fair Trade Organisation (WFTO), ensuring fair pay and working conditions throughout the supply chain.

Collection launches online at [peopletree.co.uk](https://peopletree.co.uk) and will also be stocked in John Lewis, ASOS and selected wholesale stockists. Prices range from £6 for a pair of organic cotton socks to £149 for a tailored blazer.



**Amita Trousers 100% organic cotton £109**



## Pippa Small Jewellery



With boutiques in London and Los Angeles, Pippa Small has worked for more than 20 years to pioneer a style of jewellery that respects the shape of the stones she uses. She works around their natural contours, rather than cutting, polishing and reworking them. It is this determination to retain the natural organic feel to her jewellery that sets her apart from others.

Behind the production of Pippa's jewellery is a belief that her work must be both ethical and bring benefits to her collaborators. It has led her to be one of the first jewellers working with clean gold - gold mined without impacting the environment, respecting labour rights and often produced by community cooperatives. In 2013, she was recognised for her extensive work by getting an MBE (Member of the Most Excellent Order of the British Empire) from the Queen for services to ethical jewellery production and charity. Pippa has also worked closely with indigenous, tribal and traditional crafts persons to develop lines of jewellery and other art works that draw on their traditions and yet help them to reach a new and demanding world market. It has resulted in projects with the Kuna Indians of Panama, the Batwa of Rwanda, the San Bushmen of Botswana, slum dwellers in Kenya, Afghan artisans and Aymara goldsmiths in Bolivia. Her work with indigenous peoples was honoured in 2008 by the human rights organisation Survival International, which named her as its Ambassador.

**"I believe that the art of jewellery making can enhance life, create opportunities, protect precious traditions, grow the confidence of craftspeople around the world and reverse the tradition of exploitation associated with the gem industry over the centuries,"**

[www.pippasmall.com](http://www.pippasmall.com)



## The Capsule Wardrobe: Build a Wardrobe to Last a Lifetime

Know which items are worth splashing out on and those that don't require a big budget ...

While some items are worth spending more on, others can be bagged at a bargain price - it's knowing where to put your pennies that will help you build a wardrobe to last a lifetime.

- A fitted, tailored blazer is worth investing in - the Dai Trail Blazer™ is one of our most popular pieces, because it pulls so many outfits together and works for various occasions: from work to weekends, to styling over an occasion dress. The tailored silhouette brings shape and confidence and, to get good quality here, it's usually worth spending a bit more.
- Tops can usually be bought at a lower price point – typically, you'll need more tops than bottoms and they are a great way to mix up your look without having to buy a whole new outfit. The most important thing with lower priced pieces is to look for quality and eco/sustainability of the fabric, and avoid cheap polyester and poly blends. You still want to make sure the pieces wash well and last.
- A pair of really great tailored black trousers, that keep shape, are machine washable and that you know fit you super well, are worth investing in. You'll wear them at least once a week with minimal planning in the morning, and know they will look good and make you feel confident.
- Invest in a couple of great dresses in timeless, versatile colours that work for everyday work meetings, with or without a blazer thrown on, and styled up for after-work events. You can balance this with a few lower budget dresses with colour, patterns and prints that show your personality and lift the mood. Bold colours and patterns don't usually stand the test of time over the next one to two years, so don't over-invest here.
- Buying jeans is all about knowing which brand and cut is the best fit, and going in a few washes from that brand. The author's current favourite pair are Levi's Ribcage Wide Leg. Her advice here would be to invest in classic shapes and washes. Denim silhouette trends do change every few years, so make sure that you are buying a style you really love and that really suits you – so that you still want to wear them when the trend is over.
- A really great tailored coat in a timeless cut, colour and quality material, that you will wear season after season, is a great investment. The most important thing is that the style is one you will want to wear year-on-year - cost per wear is key!



## Carden Park's Luxury Spa Re-opens

Winner of the 'Best New Spa' at the Good Spa Guide Awards, this five-star luxury Cheshire hotel, complete with AA Rosette awarded restaurant, two championship golf courses and a brand new deluxe spa, will be a must visit for many this summer. Fresh from a £10m refurb last year, the exceptional new spa challenges architectural design, creative, sustainability and experiential boundaries, and has one of the UK's largest spa gardens.

Here you can relax with an expansive multi-sensory experience of wellbeing with numerous thermal options and an all-weather Bollinger champagne bar. Enjoy a pampering break and immerse yourself in the Thermal Suite, where facilities include a vitality pool, Finnish and Bio saunas, salt steam room and experience showers. Spa treatments by Elemental Herbology enhance feelings of well-being and restore a sense of vitality. Book now at: [cardenpark.co.uk](http://cardenpark.co.uk)



Image credit: Carden Park Hotel & Spa



Photo by Breakingpic from Pexels

## Growth Opportunities for Spas

A pioneering study by Health Tourism Worldwide (HTW), to identify the main global and regional trends in wellness-motivated travel through 2025 to 2030, has been released. Called Wellness Travel 2030, post-covid19, the study is a joint initiative between the HTW and the Wellness Tourism Association. It is based on a survey of wellness industry experts and academics, who were asked to predict the future of wellness tourism.

### Among the key findings were that:

- spiritual practices and treatments based on local, natural resources represent the highest growth potential;
- wellness has several facets and the industry should be open to new products and ideas, e.g. spirituality/ wellness oriented festivals;
- resort spas, lifestyle-oriented resorts and eco spas and wellness centres can represent great growth potential, whereas workplace wellness trips should not expect significant development.

## Hot Tubs Go Greener

Many of us saw lockdown as a chance to indulge in some relaxation outdoors with the purchase of a hot tub. However, cleaning and sanitising to ensure your hot tub keeps clean and hygienic usually comes with a hefty supply of chemicals. Fortunately, SureSpa Ltd's eco3spa treatment system was developed by a company passionate about the environment, believing that a hygienic hot tub without harsh chemicals can be achieved. eco3spa is based on a proven and patented formulation of enzyme and surfactant technologies developed by a long-established US-based water treatment company, which has been in use for over 20 years, with excellent results. **Discover the difference at [eco3spa.com](http://eco3spa.com).**



Photo by Andrea Piacquadro from Pexels



Head at The Scarlet Hotel - Craig Davies

## Eco Spa The Scarlet Announces New Head Chef

Built to the highest eco-standards, The Scarlet Hotel is nestled into the clifftops, looking out over the golden sands of Mawgan Porth in North Cornwall. Arranged over five levels, the hotel has 37 rooms, each offering unique aspects over gardens, cliffs, beach, sea and sky. The hotel also offers a number of light, airy communal spaces for guests to unwind, from meadow gardens to cliff top hot tubs, an Ayurvedic inspired spa, relaxation lounges, fireside and poolside.

The design works around a cleverer use of levels, to achieve a glimpse of the staggering views from every angle. A central bronze 'wall' physically anchors the building to the cliff side, while the front is the organic façade of the building, with sea thrift roof and reclaimed groynes. The sensuous use of materials and sympathetic interior design offers an unmistakably Cornish finish that teams with both the stunning location and natural environs. Welcoming a new, innovative and creative young Head for the re-opening, Craig Davies brings with him more than 15 years' experience of working in renowned and award-winning restaurants. His spa offering will be a unique Ayurveda inspired menu to support the spa guests' journey toward better health and wellness, working in harmony with the Scarlet's philosophy. However, the highlight will be Davies' seven course tasting menu with paired wines, taking diners on a journey of discovery that pushes the boundaries of flavour and creates a memorable dining experience.

[scarlethotel.co.uk](http://scarlethotel.co.uk)

### A Platform for Innovative Beauty

Seekology, launched in 2019, offers a destination for customers to discover independent beauty and well-being brands. At its core, Seekology gives a platform to entrepreneurs who are bringing new thinking and innovation to the beauty and well-being space. Customers are coming to Seekology asking for eco-friendly, zero waste and sustainable beauty products from indie brands, and this has been spotted as a trend that only looks set to keep growing; searches for sustainable beauty are up 15% year-on-year. At Seekology, eight out of ten of the best-sellers are sustainable products, showing a real shift in consumer behaviour to make more considered purchases. When taking on new products at Seekology, the packaging is carefully considered and glass is used rather than plastic, and the fewer layers of outer packaging the better. An easy switch to make is to look for water-free cleansers or moisturisers, such as Cleanse & Be Nour-ishing Cleansing Balm by Rosalena Bio-Active Skincare. Haircare is another area where there is a lot of innovation in making products more eco-friendly. Solid Shampoo and Conditioner Bars last a really long time, and every time you use one you are saving the world from two plastic bottles! [seekology.co](http://seekology.co)



Image credit: Seekology



Image credit: Seekology

### Sip Smart

Sustainable and reusable bottle LARQ kills off germs and bio-contaminants with revolutionary UV-C tech for purified water on the go, while reducing dependency on single-use plastic. Using patented technology, LARQ eradicates 99.9999% of germs and bio-contaminants, meaning clean water with no unwanted odours, all the while reducing plastic consumption. To date, it has intercepted one million ocean-bound single-use plastic water bottles. LARQ also partners with Well Aware, so 1% of all sale proceeds go towards bringing water and hygiene training to communities in East Africa.

From £70 – [livelarq.com](http://livelarq.com)



Image Credit: Livelarq



Image Credit: SUN.DAY

### Botanical Candles Go 100% Plastic-free

Sustainability has always been a core pillar for aromatherapy home fragrance brand SUN.DAY of London and the company recently announced that it had sourced UK-made metal lids, too. 100% free from synthetic perfumes, chemicals and paraffins, SUN.DAY candles are housed in UK-made apothecary jars, using only non-GMO coconut and rapeseed waxes. Add in pure cotton wicks and a lavish dose of uniquely formulated blends of pure aromatherapy-grade essential oils, and you have candles that not only cleanly fragrance your home, but soothe and uplift both your mind and body.

BOTANICAL CANDLES: RRP £26 / 180ml / 45-hours burn time (also available in mini and large three-wick sizes). [sundayoflondon.com](http://sundayoflondon.com)

### Ikon Unisex Fragrance Launch

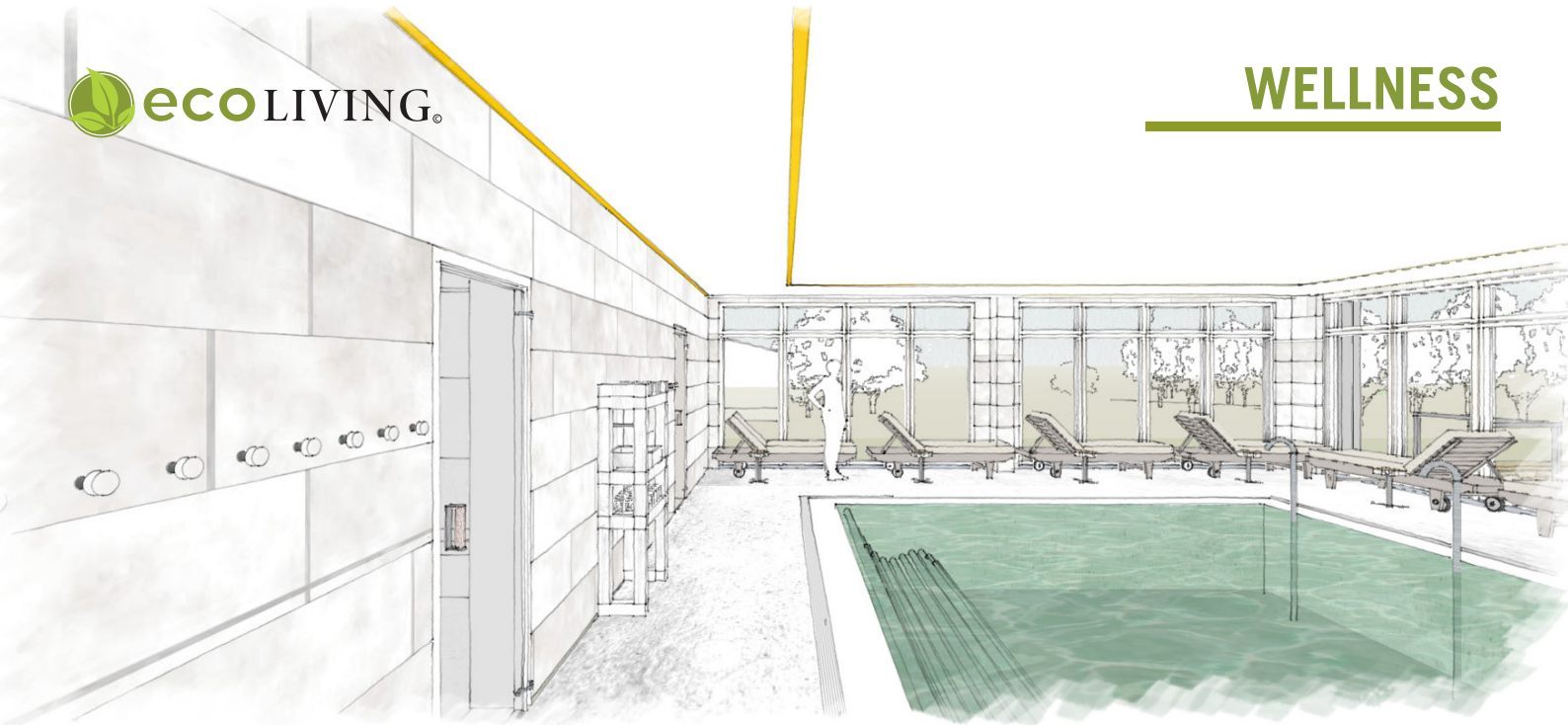
Whilst we may not have been out much this year, we have still enjoyed smelling gorgeous as we spend our days at home. A fabulous fragrance is always a mood-lifter and so Eco Living Magazine was pleased to get an introduction to IKON, a collection of six vegan, cruelty-free and responsibly sourced unisex fragrances, via an online launch. First impressions were that the packaging is unusual and kind of cute. The tube-shaped box is made from recycled cardboard and comes in two parts, designed to be re-used, perhaps as a pen holder or a trinket box.

The responsibly sourced ingredients can be traced back within the UK to the farm and the unisex fragrances are developed with a premium, sustainable and natural mindset. A personal favourite (predictably, although it was hard to choose just one) was 807, which promises a scent of precious sensuality and has notes of rosewood, neroli, jasmine, cardamom, saffron, patchouli vanilla, musk and amber.

Each EDP Spray is priced at £60 for 100ml and available at [www.thefragranceshop.co.uk](http://www.thefragranceshop.co.uk) – currently offering a free, try it first, sample.



Image Credit: IKON



## Bamford Wellness Launches a New Space in the Cotswolds

*"This extended space has allowed us to create is a unique wellness destination that is unlike any in the UK. The breadth of treatments and traditions offers the very best healing therapies from around the world, many of which I discovered in India years ago. But it is also a unique space - not simply because of its situation at the heart of an organic farm, but because the natural materials we've used to furnish the building recall our innate connection to nature and reflect bamford's philosophy that we need to slow our bodies and minds and live in harmony with our surroundings to enable that healing process."*

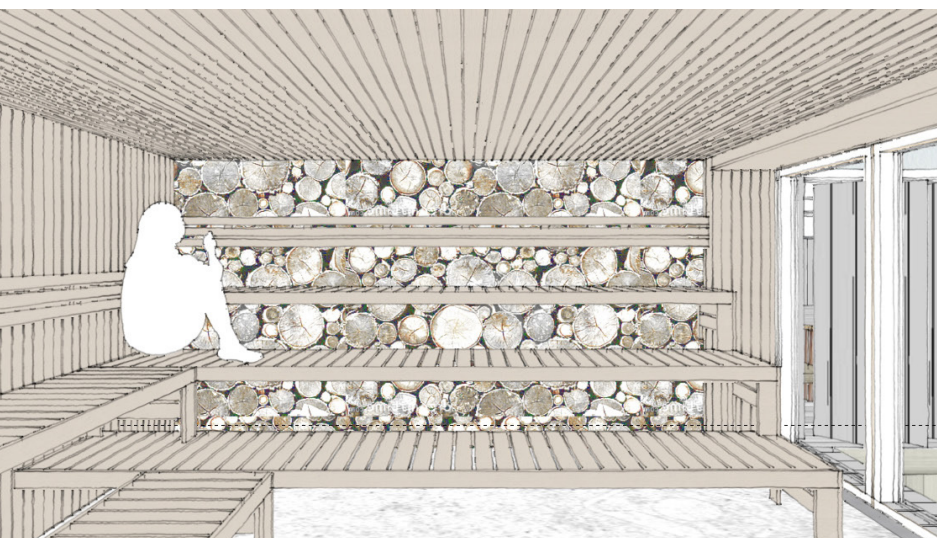
*Amoré Bamford*



Renowned for its authority and expertise in offering a holistic experience, Bamford takes influence from eastern and western practices, bringing world class practitioners into its wellness spaces. At the heart of the Bamford philosophy is a desire to reflect and combine the best of modern and ancient therapies, allowing you to slow your mind and reconnect with nature and your well-being. The extended space includes a wet area with a herbal steam room, crystal sauna and a wellness pool. New, larger studio spaces will offer extensive forms of Bamford yoga, gong therapy, meditation and Pilates. Bamford practitioners and visiting specialists will provide crystal healing, astrology and craniosacral therapy, nutrition and osteopathy

### The Treatments

Extended treatment rooms offer a selection of carefully-curated facial and body treatments, each devoted to restoring and nurturing your well-being through targeted, holistic methods. A fusion of ancient traditions, treatments work both physically on the body as well as calming the mind to harmonise your emotional and mental well-being too. They incorporate techniques such as shiatsu massage, healing jade stones, reflexology, acupressure, assisted stretching, LED light therapy and yogic breathing, all designed to an individual's needs.





### Outdoor Wellness Tents

Taking the mind and body outdoors and into nature the Heritage Orchard will host the Bamford Wellness Tipi, featuring yoga, Pilates, sound healing and a range of treatments. Further away from the orchard, tucked away in the peaceful greenery of the Bamford garden is the Bamford Crystal Hut where private sessions are held with crystal healer and clairvoyant Katie Wright, while a new programme of Wellness Walks will help teach and instil mindfulness and a connection with nature.

### The Eco Space

The extended eco wellness space is housed in a high-ceilinged, expansive agricultural barn. The architects have worked with the original features of the building to allow natural light to flood the rooms and air to circulate and flow. A full-height entrance creates a large, open focal point for the space and there is an emphasis on the use of natural and locally-sourced materials throughout to reflect the rural surroundings. In keeping with Bamford's pledge to have minimal impact on the environment, the site uses renewable energy and a biomass boiler to heat the building; design decisions have also been led by this aim – with the use of triple glazing and recycled fittings.

### The Wellness Café

The Orchard Bar, a new Wellness Café, will offer a wheat-free menu using seasonal ingredients from Daylesford Farm. In-house nutritional chef Dominique Park will create a daily menu with a focus on wholegrain, fresh, organic, balanced, local and seasonal foods, devised with optimal well-being in mind. BAMFORD BELIEVE THAT TAKING TIME TO SLOW THE MIND, RELAX, UNWIND AND BE CARED FOR IS NOT A LUXURY; IN TODAY'S FRENZIED WORLD, IT IS A NECESSITY, A VITAL PILLAR IN LOOKING AFTER YOUR WELL-BEING. IN THE UNIQUE AND TRANQUIL SURROUNDINGS OF THE COTSWOLDS OUR NEW SPACE ALLOWS YOU TO RECONNECT WITH YOURSELF. [www.bamford.com/uk/pages/cotswolds-daylesford-farm](http://www.bamford.com/uk/pages/cotswolds-daylesford-farm)

# CAUDALIE

P A R I S

The global cosmetics and beauty industry produces 120 billion units of packaging every year; the majority of this is not recycled. It is time for change.

## Introducing Vinoclean

### New clean and eco-conscious cleansers and toners from Caudalie

With the future of the planet at stake, Caudalie is taking action and doing more in order to meet the scale of today's challenges. Vinoclean's eco-designed packaging is made from recycled plastic, and is 100% recyclable, significantly reducing unnecessary plastic waste. With vegan formulas, no synthetic cleansing agents and up to 100% natural origin ingredients, the Vinoclean range is kind to both your skin and the planet.



97% to 100% natural-origin ingredients  
Silicon and PEG-free.



Caudalie's zero waste commitment  
100% recycled and recyclable plastic bottles.

Start every day with beautifully cleansed skin with Vinoclean, five indulgent cleansers and toners to suit every skin type:

#### MICELLAR CLEANSING GRAPE WATER

With hydrating grape water and soothing chamomile

#### CLEANSING ALMOND MILK

With sweet almond oil and grape seed polyphenols

#### MOISTURISING TONER

With natural rose extract and moisturising vinolevure

#### INSTANT FOAMING CLEANSER

With gentle grape water and purifying sage

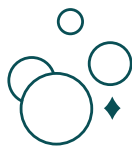
#### MAKE-UP REMOVING CLEANSING OIL

With nourishing grape seed, castor and almond oil

[uk.caudalie.com](http://uk.caudalie.com)



Free from animal-origin ingredients



An experience for the senses  
Foam, Oil, Milk, Water and Lotion.  
Five luxurious textures to suit every skin type.



## Ishga: Sustainably Sourced Skincare

Ishga is a certified organic skincare range, sustainably sourced and made on the Isle of Lewis in the Hebrides. Blending mineral-rich potent seaweed extract with organic ingredients and essential oils, its natural, results-driven products and professional spa treatments are found in some of the UK's leading spas including Glasgow's Kimpton Blythswood Square, Fairmont St Andrews and Coworth Park in Berkshire.



ishga has introduced its luxurious new Shampoo & Body Bar, combining ishga's unique seaweed extract with soothing aloe vera and natural spring water. Natural and vegetable-based, the Shampoo & Body Bar is formulated free from sodium lauryl sulfate. However, it still maintains an excellent lather and features a high glycerine content, providing a comforting, moisturising effect and a pleasant skin feel. Enhanced with lemongrass, geranium, lavender and juniper berries, this uplifting fragrance elevates the experience to an organic, aromatherapeutic daily cleansing ritual.

ishga has launched the Shampoo & Body Bar as part of its move to continually improve the brand's sustainability credentials. Soap bars last longer than liquid equivalents and use less water and energy to produce. They reduce the amount of plastic waste (the soap bar is packaged in recyclable paper) and are lighter to transport.

### Key Ingredients

**Fucus Serratus Seaweed Extract:** Contains natural antioxidants known as Polyphenols which help with hair conditioning, dry scalp and damaged skin.

**ishga Spring Water:** This pure natural spring water is rich in minerals and trace elements, and has a calming effect on the skin.

**Glycerine:** A humectant that draws more moisture to itself. It also helps slow down the evaporation of water from the skin, which helps keep skin moist and hydrated.

**Lemongrass:** Has skin healing properties and is an effective cleanser for all skin types. Its antiseptic and astringent properties make lemongrass oil perfect for getting even and glowing skin.

**Lavender:** Helps various skin disorders such as acne, wrinkles, psoriasis, and other inflammatory conditions. It is commonly used to speed up the healing process of wounds, cuts, burns, and sunburns, as it improves the formation of scar tissues.

**Rose Geranium:** Anti-inflammatory and helps promote healing, particularly of scars and wounds. Promotes healthy skin.

**Juniper Berry:** Has astringent, calming, purifying, antiseptic and skin healing properties that contribute to its health-promoting effects. **Price: £11** [www.ishga.com](http://www.ishga.com)



## An Award-winning Refill and Recycling Initiative from Purelakes



“Why should loyal customers be out of pocket for doing the right thing? ...”

Natural skincare brand Pure Lakes has won a National Recycling Award for its revolutionary refill initiative. The company’s pioneering progress towards ‘closing the loop’ has been recognised in the Circular Economy category at the National Recycling Awards. Owners Claire and Gareth McKeever ask customers to return their original, sugar-based biopolymer bottles to be refilled, rather than being sent refills in additional pouches, as is available with many brands.

“Having researched the options,” Gareth said, “we realised that, despite using less plastic than new bottles, pouches are not easily or widely recyclable. We have made Reduce, Reuse, Recycle a big part of our business but have gone two steps further and given the entire refill process a rethink.”

Pure Lakes Skincare is pioneering this new return and refill process and is the first brand to offer such a comprehensive service. Unlike other brands, the refills are available across the entire Pure Lakes range, with 30% off the cost price to help cover the return postage.

Gareth continued: “From a manufacturing business perspective, it is not the most efficient process as all batches are handmade – perhaps one of the reasons other brands don’t offer it. However, we don’t want our loyal customers to be out of pocket for doing the right thing; they should be rewarded for refilling and reusing, and the more people that do it, the easier it becomes for us to carry it out.”



Having consciously sourced all the packaging, a refill service that went one step further seemed like the obvious next step for Pure Lakes, which already has a strong reputation for being ethical and sustainable.

On receiving the empties, they are washed and refilled from small batches that the team handmakes in Staveley, adding a new date and batch number before returning them to the customer as good as new.

Since launching in 2006, the brand has been using 100% traceable, natural and biodegradable raw ingredients to make its products and all the formulas are free from synthetics, parabens and SLS.

This initiative is just one of many choices that Claire and Gareth have made towards carbon neutrality. They’re in the process of raising finance to build a new workshop which, if successful, will be powered by air source heat pumps and solar panels, where they’ll be able to grow their own ingredients. [www.purelakes.co.uk](http://www.purelakes.co.uk)

## Wellness Products We Love



### Squalane + Vitamin C Dark Spot Serum from Bioissance

Bioissance launched in 2020 and created high-performance skincare powered by squalane – a substance that has traditionally provided exceptional moisture to human skin – but at the cost of millions of sharks, which were slaughtered for their squalene-rich livers. Bioissance’s squalane comes from 100% plant-based renewable sugarcane, which is then bio-fermented to create eco-friendly squalane. Bioissance’s planet-first processes and conscious packaging combine with high performance, safe products that are renowned for their moisturising properties. The latest launch is a brightening serum that corrects and prevents signs of pigmentation, which can be caused by over-exposure to the sun. Ideal for those with sensitive complexions, the Squalane + Vitamin C Dark Spot Serum combines 10% vitamin C with squalane and white shiitake mushrooms, to fade and treat dark spots instantly and over time. **£49, [cultbeauty.co.uk/bioissance](https://cultbeauty.co.uk/bioissance)**

### Advanced Herbal Hormone Complex from Kانشa Alchemy

The latest addition to the ‘Wonder Women’ range is a completely natural herbal formula, with all the key ingredients to help support women through PMS and Menopause. It was specifically devised to combat female hormonal symptoms such as hot flushes, sleepless nights, low mood, lack of concentration, etc. It has been created with the highest quality herbal extracts that are known worldwide for their benefits and used by the ancients to balance female hormones; it is vegan, gluten free, non-GMO, Kosher, and with no added synthetic flow agents – a rare thing in the supplement world. **£24.99 (for a month’s supply of 60). £24.99 (for a month’s supply of 60). [kanshaalchemy.co.uk](https://kanshaalchemy.co.uk)**



### A Little Lift Serum from Angela Langford

Botanical super ingredient electric daisies are mixed with frankincense, pumpkin seed, argan and hyaluronic acid in this serum, to nourish, refine and hydrate your skin. “This is your recipe if your skin is losing elasticity or tone, in need of plumping or firming,” says founder Angela Langford. A keen chef, Angela’s passion for creating recipes in the kitchen inspired her skincare business, whereby her carefully created, handmade skincare products help a myriad of skin concerns. Not only are the products a delight to use, a feel good factor and personalised service are also offered from the brand. Product recipe cards, as well as an extra recipe card for a healthy dish that you can create yourself and explaining why the ingredients are good for you, are part of the package. It is recommended that you try this vegan, cruelty-free and award-winning skincare brand soon. **£31, [angelalangford.com](https://angelalangford.com)**



### Sun & Travel Collection from Green People

You may not be travelling far this summer but sun lotions and after sun are still an essential part of a British summer. Green People’s award-winning sun creams are blended with more than 84% certified organic agricultural ingredients, including plant actives and soothing botanicals, which absorb quickly on the skin for a soft, non-greasy feeling. Using soothing organic Aloe Vera at its core, it boasts around 200 biological actives, including enzymes and amino acids, that hydrate the skin. They’re also reef-safe and marine friendly.

- Sun Lotion SPF30 (Scent Free) (100ml)
  - Sun Lotion SPF15 with Tan Accelerator (100ml)
  - Hydrating After Sun (100ml)
- £39, (3 x 100ml), [greenpeople.co.uk](https://greenpeople.co.uk)





### Peach Blossom Cleaner from Method

Say hello to peach blossom. There's no denying that we've all fallen head-over-heels for sustainable cleaning brand Method's wild rhubarb anti-bac. However, the company is providing a little competition for its best-smelling fragrance... That's right, there's a new bac in town that has us peachy keen on squeaky clean: introducing the all-new and fabulously floral peach blossom.

Nothing feels quite as satisfying as a house that sparkles... other than a house that sparkles while diffusing the sweet smell of peach sorbet! You can now fill your home with notes of mango, green leaves, mandarin, vanilla and peach blossom, all while killing 99.9% of bacteria with its plant-based lactic acid formula.

Available for £3 (RRP), you can find Method's NEW peach blossom anti-bac from your local Waitrose, Sainsbury's, Morrisons, Ocado, Tesco and Amazon. For those that like a refill fix, a two litre refill is available through Ocado and Amazon.

### The KeepCup Brew Cork from KeepCup

The KeepCup Brew Cork features a natural cork band and is designed for you to enjoy the craft and sensory drinking pleasure of coffee on the go. It is a durable tempered glass cup with a press fit lid that is lovely to drink from – lid on or off. [uk.keepcup.com](http://uk.keepcup.com)



### Natural Hair Care from Tints Of Nature

It is believed that natural ingredients are better for you and your hair so the use of kind and gentle, natural and organic ingredients, that give the love back to your hair, are preferred. Synthetic nasties such as ammonia, parabens, resorcinol and sulfates are left out of this brand. The only time that synthetic ingredients are used in the products is if a suitable natural alternative cannot be found. The manufacturer also believes that beauty and feeling great should not come at the cost of animal welfare, which is why all of its products are cruelty-free and never tested on animals. In fact, the company is internationally recognised by animal welfare organisations PETA and Choose Cruelty Free, as a cruelty-free brand. Whatever your hair colour or care needs, give these products a try and rediscover your happiest, healthiest hair ever! [tintsofnature.com](http://tintsofnature.com)

### Vegan Skincare from EarthZest

EarthZest Organics luxury skincare was born from a simple ethos - that an ethical choice should be the most effective choice. Meticulously crafted for her, for him and for baby, the products are 100% organic, certified vegan and do not contain added water.

[www.earthzest.co.uk](http://www.earthzest.co.uk)



## Relaxing Candles from Mather Moment



Rosie Mather LOVES candles! Who doesn't, right?

Unfortunately for her husband, she has expensive tastes! Being a mum means that money is primarily going towards her daughter and not buying herself expensive candles. (Well, that and Prosecco!)

Fact of the matter is that she couldn't afford the upkeep of the expensive brand of candles that she was buying, and the cheaper versions didn't smell half as good or last as long. She decided to take the matter into her own hands; after attending hypon-birthing classes and learning about essential oils, she was HOOKED! She decided to make and create some amazing smelling candles using soy wax – so that they're eco-friendly, as well as including essential oils and fragrances, for a fraction of the price. The small family-run business Mather Moment was Born! The candles are themed for moments of the day when you need either a pick-me-up, relaxation or a calm atmosphere.

[www.mathermoment.com](http://www.mathermoment.com)

## Microgreens from Plant Delicious

No garden? No problem! You can still grow your own food. Plant Delicious by Courtney Elizabeth has newly launched a microgreen monthly subscription to help you create a beautiful flourishing edible windowsill garden all year round.

Microgreens are no longer the industries best kept secret, they are fast growing, need little space and water, great for beginners and a very cost-effective accessible way of adding a nutritional boost to your meals. Holding at least 40 times more nutrition than fully grown vegetables microgreens are super foods that you can add to salads, soups and smoothies. Windowsill growers, nutritionists and health coaches are all going crazy for them. Giving you different varieties of microgreens to try each month with a step-by-step guide, delicious recipes to get creative with your food. What is not to love about this new subscription box launch. For more information go to [www.courtneyelizabeth.co/subscription](http://www.courtneyelizabeth.co/subscription) or join us on Instagram @plant\_delicious.



## Luxury Milk Round from Circla

A new 'milk round' style beauty delivery service has launched, with the founder herself cycling round London delivering ethically made products to her customers. Circla sells a curated selection of beauty and home staples and luxury items from independent brands, including skincare, shampoos, conditioners and body lotions in glass and aluminium bottles. The end user can join the auto-replenishment service and, after notifying Circla a refill is needed, leave the empties on their doorstep to be refilled, much like the milkman. Deliveries are currently conducted in Zones 1 and 2 in London and customers can pick a designated delivery day that suits them. There is a large selection of products available on the site, including highly regarded circular beauty brand UpCircle, natural skincare from Malako and vegan-friendly shower essentials from Bramley. For every bottle returned, Circla awards points which are redeemable on your next order. All they ask is for you to keep your pumps and just leave your empty bottles in the replenishment bag provided with your first order. The auto-replenishment service is delivered by bicycle or electric vehicle to avoid pollution where possible – with founder Claudia Gwinnutt rising at 5am each day to do most of the rounds herself. Prices at Circla start at £2.99. There is no subscription fee but delivery is charged per refill. For more information, please visit [www.circla.co.uk](http://www.circla.co.uk)



## Plant Delicious

It all starts with a seed, the sacred seeds of life sustained by 6 inches of top soil and the fact it rains sometimes. It fascinated me to think, all life on the whole planet is sustained this way. If you learn the skills to grow you can help pass down this knowledge that has been forgotten even within urban communities. Passing down these skills will help to keep the soil healthy, the food we eat sustainable and highly nutritious through generations to come. Anyone can feed the soil and grow their own food when they know how.

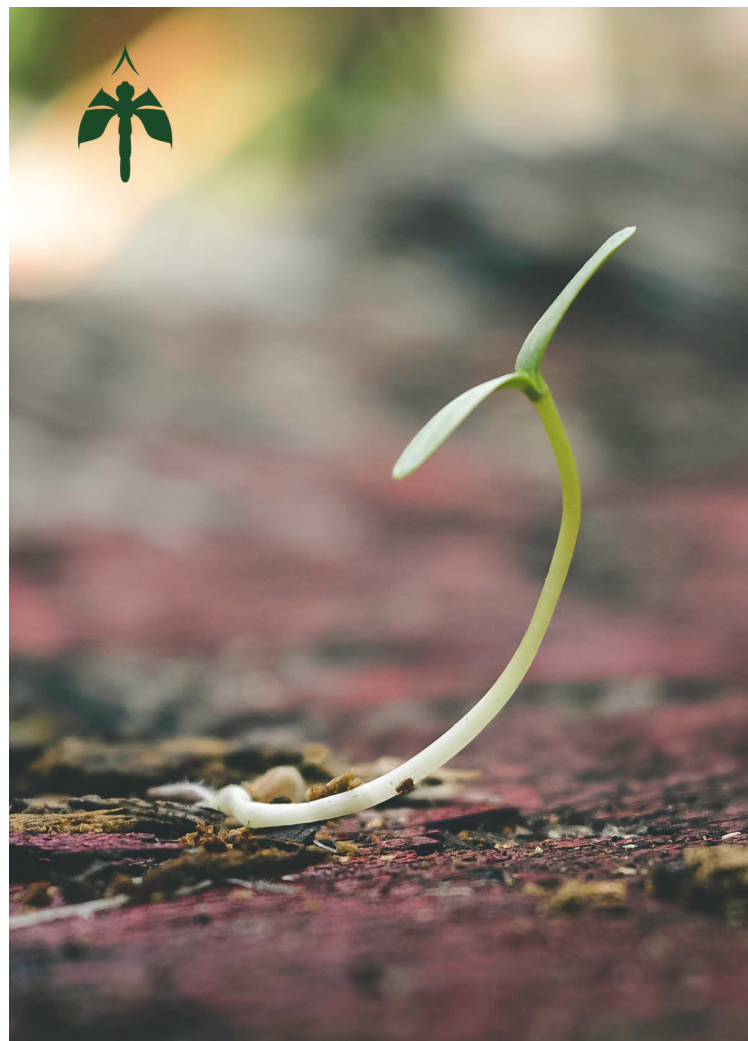
I started off growing food on my windowsill. I didn't have the space for tall tomato plants or fat round squashes in my pokey little flat share but I had space for microgreens, salad leaves and herbs. You will be surprised what you can grow on a well-lit windowsill with little experience or knowledge around plants. There are so many health benefit and space to be creative with your meals, but also so many planet benefits too. There is nothing more magical than growing from seed and witnessing life take form. Growing from seeds gives you such a deeper understanding around nature. Successfully growing from seed in a small space inspired me to share the knowledge and skills I had gained to encourage people to do the same.

Plant Delicious was created with no garden? No problem! Attitude. Becoming a gate way for beginners into the grow your own food world without feeling too overwhelmed. I started off selling microgreen seeds and teaching workshops. Microgreens are flavoursome vegetables or herbs you can eat the leaves off of, harvested at a certain point to get the optimum nutrition. They are basically like growing your own sustainable super foods. Microgreens take up little space, are fast growing and accessible for most households. As my knowledge for nature grew so did my business and I now offer more seeds for other variety of plants that can be grown indoors from windowsills such as herbs or salad leaves. All creating a beautiful flourishing edible windowsill garden. Which is perfect for grazing, bottomless brunches or nutritious dinners.

When you grow your own food, you are eating food that has less miles between plant to plate. This increases the nutritional value and is also planet friendly. Growing your own where you can, eating seasonal and local will make massive positive impacts on the planet. You can guarantee you will create less plastic waste when you grow your own food and your food will be pesticide free. Pesticides kill pest which are our pollinators food, it can also kill pollinators and is toxic to ourselves and the soil. When you grow your own food, it benefits you, your family, the community around you, the wild life and the soil. It all starts with a seed.

Plant Delicious sells high quality seeds in eco-friendly packaging and helps guide you through step by step of sowing, growing and harvesting. I absolutely love sharing my knowledge and guiding new growers. For more inspiration and tips on growing your own food and seeing what seeds are available in the seed shop.

Join my Instagram @plant\_Delicious or check out my website [www.courtneyelizabeth.co/plantdelicious](http://www.courtneyelizabeth.co/plantdelicious)



## Kuyabeh

Kuyabeh is an eco-sustainable community, with 375 hectares designed to preserve and protect the jungle. Permeable roads, the use of clean energy, green common areas, the use of natural resources from the region for the construction of homes, and the participation of the local people through their know-how make Kuyabeh a magical place come true. To leave the smallest possible footprint is its goal and, to achieve this, clean energies are used to preserve and care for the natural resources that are needed to live in harmony within Kuyabeh, thereby reaching a balance. They do this through teaching the entire community to live more sincerely and in accordance with their principles.

Kuyabeh is located 34 km from the Tulum - Cobá tourist corridor in the Mexican state of Quintana Roo, 25 minutes from the town of Tulum and ten minutes from the Cobá archeological ruins. Tulum is an ancient ecological town, world famous for being home to beautiful, pristine white sand beaches. There are Mayan ruins with pyramids and ancient archeological sites, natural reserves with clear blue water cenotes, as well as world class international cuisine and ambiance.

The intention behind Kuyabeh is to create a community where harmony is achieved between people, nature, and construction. They want to offer Kuyabeh landowners a place to live where the ecological impact is the least possible, to serve as an example for future generations, and they want to promote their ethics through commitment to preserving the environment.

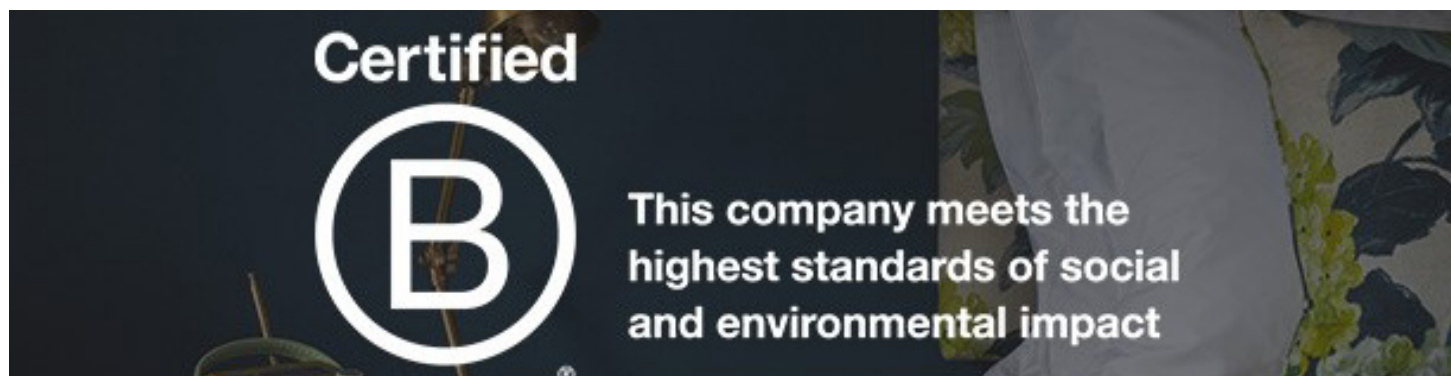
Kuyabeh is a place where nature, eco-technologies and ancestral wisdom give meaning to a project that puts forth the proposal of a life filled with conscious awareness. They focus on creating a safe place – a sacred space that teaches them to live differently; a quiet environment that provides more than an investment opportunity. It is an invitation to transform their future with quality of life, and a reality filled with natural wonders and, above all, peace.

Kuyabeh's master plan was conceived as an average lot size: 1.16 acres system of branches that stem from the main access road and takes on the shape of a tree, in the same manner that nature distributes water from rivers to deltas, or the way the structure of plants is formed. The reason behind this is not just for aesthetics or to mimic nature in appearance, but to follow the design of what nature does – following a natural path that achieves the highest level of efficiency on the surface to reach each individual lot. They offer an exclusive holistic area, located in the centre of the beautiful lush jungle and offer acupuncture, yoga, chiropractor, homeopathy and much more.

**To find out more, please contact**  
[maryanne@ecolivingmagazine.com](mailto:maryanne@ecolivingmagazine.com)



## Sawday's Announces Results of Impact Report and Creation of Travel B Corp Community



As travel starts to get back on track, the industry needs to adapt to a new, more conscious traveller, with 60% of consumers making more environmentally friendly, sustainable or ethical purchases since the start of the pandemic. Leading the movement towards better business in travel is the Sawday's family of companies, which includes glamping specialists Canopy & Stars, the first and only accommodation platform in the UK to achieve B Corp certification.

In this time of evolution for the industry and during B Corp month, Sawday's are calling for other travel companies in the UK to follow suit. Demonstrating how travel can be a force for good, Sawday's has released the results of its annual Impact Report, and has joined forces with a handful of UK based travel B Corps to launch [travelbcorp.co.uk](http://travelbcorp.co.uk), a site where the travel industry can find out more about the movement that puts people and the planet before profit.

B Corps are companies using business as a force for good – independently assessed under a rigorous process to ensure that they meet the highest standards of social and environmental performance, transparency and accountability.

### Highlights from Sawday's 2020 Impact Report include:

**Charitable giving:** Sawday's is 24% owned by a charitable trust that supports projects and organisations dedicated to improving the relationship between travel and the environment. In 2020, the trust offered their support to two organisations at the forefront of visionary environmental campaign.

**Tree planting:** Sawday's and Canopy & Stars announced their mission to plant 1,000,000 trees, launching with a Holiday Amnesty and a commitment to planting a tree for every Canopy & Stars booking and Sawday's review. Sawday's is working with reforestation campaigners Treesisters – a grassroots network planting trees in the tropics – and a community of owners to plant trees on their own land. To date, some 40,000 trees have been planted.

**Volunteering:** By the end of 2021, all employees will have taken part in the company's community volunteering programme. During 2020, Sawday's employees planted trees with the Forest of Avon trust, conducted a beach clean and befriended residents at Brunel Care Homes.

**Sustainability team:** Sawday's co-owners have set up a sustainability team that looks at the company's internal practices. That team has set up a partnership with C Level to offset carbon, conducted an audit of suppliers for ethics and sustainability, and set the company's impact goals for 2021.

### Mike Bevens, Managing Director of Sawday's, said:

“Coming out of the pandemic, we have a real opportunity for the travel industry to lead the way in prioritising people and planet during the economic recovery. Collectively, we have a better understanding of the importance of building a sustainable future, more conscious consumers and, as an industry that provides one in five jobs globally, we have a huge part to play in promoting a better way of business. Joining and supporting the B Corp movement means standing up and committing to building a more inclusive and sustainable economy.”

### Certified B Corps

Since its launch in 2006, 3,682 companies in over 150 industries, across 74 countries, have become certified B Corps, all unified by one goal: to use business as a force of good. The process highlights the areas of weakness, providing a roadmap for improvements, and the positive sustainable and social practices that should be implemented to continually strive for good. Businesses must re-certify every three years and are held legally accountable to consider the impact their decisions have on their workers, customers and the environment.

## Why a Year of No-travel Hasn't Reduced Your Carbon Footprint

For those of us who have had travel plans cancelled since coronavirus, the sole comfort has been the thought: "At least my carbon emissions were lower last year".

However, before we get too trigger-happy booking trips this year, it's important to think about the creeping carbon impact of other aspects of our lives that has gone unchecked since lockdown.

While consumer spending on travel was down by 74% in March 2021, compared with two years earlier, spending on home furnishing jumped 20%, according to Barclays.

Many are aware of the carbon impact of flying, but few think twice when picking a new sofa. Flying from London to Athens would emit 0.436 tonnes of CO<sub>2</sub>, according to myclimate, a non-profit organisation. Yet buying new carpets for five rooms in a house has a carbon impact of between 0.425 and 1.53 tonnes – potentially, almost quad- ruple that of the flight.

This is based on calculations by Mike Berners-Lee, author of 'The Carbon Footprint of Everything', and data from the Royal Institute of British Architects on average room sizes.

A new double mattress, headboard, double bed, sofa, armchair, office chair, 1.6m x 1.8m desk and wooden filing cabinet would add a carbon footprint roughly equivalent to the return flight.

These figures come from research by the Furniture Industry Research Association (FIRA).

Some people have moved house altogether. Yet building the average four-bedroom detached home emits 53 tonnes of CO<sub>2</sub> – the same as flying from London to Cape Town and back almost 17 times. Thankfully, a new breed of designers are looking for solutions. Revive Innovations rescues CDs from landfill, transforming them into sleek bar stools and side tables. The CDs, which would otherwise spend over a million years degrading, are mulched down to create a robust new material, with a dappled appearance, like marble. Then there's Sebastian and Brogan Cox, who have a furniture studio, mill and workshop in Greenwich and woodlands in Kent.

When crafting their spindly chairs and sinuous coffee tables, they calculate the carbon footprint of every step – from fuel for transport to daily tea breaks. They weigh this up against the amount of carbon sucked from the atmosphere by the trees they grow to try to counterbalance the two.

They have also experimented with natural materials such as mushroom mycelium, a biodegradable fungal matter, to create items such as lamp shades.

Saving the planet shouldn't have to cost the earth either. "By taking action to reduce their carbon emissions, businesses can make substantial savings in their material and energy use, often resulting in considerable financial savings," FIRA's research concluded. These economies must be passed on to consumers – who also benefit from the fact that this new breed of homewares are designed to last a lifetime, not just until next season's collection.

**SettleUp Earth allows you to calculate your carbon footprint and offset it via a monthly subscription, which is roughly the cost of a coffee a week. Visit [www.settleup.earth](http://www.settleup.earth) for more information.**





## Primal Adventures



Photo By @johnalexanderphotography

### CONNECTION

As time went by, people became used to working from home, and a large majority of people became disgruntled about the constant Zoom and screen-time meetings. Lack of social interaction became a bit of a social norm; there was a real need for people to re-connect – connecting with nature, connecting with family and friends and, finally, connecting through amazing experiences and passing this on via technology through social media.

Connection is something that we have taken for granted, so during lockdown the need for connection had never been greater. Even if it was just a quiet walk in nature to find some head space, taking time to shut down the internal chatter, spending quality time with the family or getting out and trying new skills, it was important that we made time to connect, one way or another. No matter how bad things became, there was always something for which you could give thanks and be grateful.

### COMMUNITY

Social distancing, lockdowns and travel restrictions have made meeting up with people practically impossible. Removing one's basic needs to connect and come together with friends and business colleagues has always been the norm. Like our ancestors coming together in our tribes, we felt safe and secure, allowing us to collaborate together with like-minded individuals to achieve goals more easily – hunting, gathering, and protecting our lands, and sometimes taking others. Community has been key in our evolution and development throughout the ages.

Building a trusted community in business is no different. Whether through networking or via screen-time, the need to keep up-to-date with friends and business associates is essential for survival. Now everyone is in the same boat, the playing field has been levelled. Perhaps it is time to reach out to someone you thought in the past would be too busy to give you the time of day? You may be surprised to find out that they would be more than happy to collaborate. Building strong bonds, networking and collaborating in these tough times are sure ways to ensure one's survival.



## COMFORT

Coming together – connecting and collaborating with like-minded people – is a sure way to grow in life and in business. For our ancestors, only by coming together and feeling safe were they able to finally let their guard down and relax, hopefully with some comfort. Comfort means different things to different people. It could be something as simple as sitting warm and dry in a forest under a makeshift shelter, with a hot drink as the rain falls. Alternatively, it could be chilling in a five-star luxury castle with a few cocktails and some good company. Whatever it is, having the ability to relax and unwind after a hard day's work, or treat your family and friends to an awesome experience, is a sure way to finish off the day.

There is also another form of comfort and that is stepping out of one's comfort zone. Upon reflection, after 22 years in the military, the author of this article found that some of his most profound experiences were when he was uncomfortable. He didn't enjoy it at the time but, once the event was over and he was comfortable once more, he would often reflect and find that it's only when we are out of our comfort zones that we truly learn and grow. When was the last time you pushed your limits and stepped out of your comfort zone?

Photo By @angusblackburn

## CONCLUSION

It is not the best, but one thing is for certain and that is that covid is here to stay. All we can do is give priority to what we can control within ourselves. Our own thoughts and actions, looking after ourselves physically and mentally and taking care of loved ones. There is always positivity and good out there but we have needed to look a little bit harder to find it. Keep making those connections, finding those like-minded individuals who are going to help you grow and make you and your business stronger as you collaborate together in a positive way. Ultimately, we will survive – we will get through this.

[www.primal-adventures.com](http://www.primal-adventures.com)

“To achieve personal growth, it is sometimes necessary to move outside of a comfort zone. Unjustified fears can constrain exploration and positive development.”

- Eleanor Roosevelt



## Patina Maldives, Fari Islands: Seeding Next-gen Sustainability In the Maldives

*From zero-waste kitchens and recycling marine plastic to offering free dive lessons to children to nurture next-generation respect for the environment, this new luxury resort is driven by its commitment to perpetuality.*

Opening in 2021, Patina Maldives, Fari Islands, will advance the well-established trend of purposeful travel with a hands-on, data-led approach to positively impacting people and place, reflecting a brand-wide commitment to the pursuit of perpetuality. From addressing waste in its supply chain and boosting the health of its guests, neighbours and local environment, to ensuring energy-positive operations - including becoming the first resort in the Maldives with 100 percent solar-powered kids' club, recreation and dive centres - Patina Maldives is dedicated to making a lasting difference in everything it does.

Patina Hotels & Resorts' interpretation of perpetuality is rooted in its belief in effecting and empowering lasting change - starting with nurturing sustainable values in tomorrow's travellers. Embodying this future-thinking approach, Patina Maldives' pioneering kids' centre, Footprints, is a place of discovery and inspiration, engaging programming and exceptional facilities - all powered entirely by Swimsol, a company specialising in marine offshore solar panels, and also the leading solar panel provider in the Maldives.

At Footprints' Fab Lab, kids can turn recycled ocean plastic into models, using 3D printing and laser cutting technology - echoing the energy-saving prefabrication techniques used in the modular construction of the resort's villas. While in its culinary studio, hungry young minds can discover the benefits of local, organic sourcing and can enjoy the best of sustainable plant-based cuisine. Shark spotters and budding marine biologists can sign up for free diving lessons, while free PADI dive certifications are also offered for local Maldivian children - helping to raise next-generation awareness of the local ocean environment.

Reflecting a firm belief in seeding opportunity and empowerment through the creation of a healthy, balanced, economic ecosystem, one percent of Patina Maldives' gross operating profits will be used to fund a range of charitable initiatives, focusing on supporting Maldivian women and children, and those local communities most heavily impacted by global climate change.

### Oceans First

Patina Maldives, Fari Islands has set ambitious goals to tackle marine plastic pollution and implement a comprehensive coral propagation project, helping to establish the Fari Islands as a new standard-bearer for marine conservation in the Maldives. In addition to these longer-term projects, Halevai, founder and long-time Parley for the Oceans crew member Frank Heidinger is collaborating with Fari Islands to bring a disruptive creativity to the environmental awareness of guest programming within the archipelago. For example, Patina Maldives will lead regular guest and team beach clean-ups, both on-resort and on neighbouring local islands. For every stay, 10kgs of marine plastic will be collected, cleaned and repurposed into Parley ocean plastic material.





The resort has also formed a strategic alliance with the Olive Ridley Project, a charitable organisation that provides rehabilitation to injured turtles from the Indian Ocean. Sea turtles are vulnerable to ghost nets and have a habit of consuming plastic waste, mistaking it for sustenance and leading to general ill-health and malnutrition. In addition to a donation effort earlier in the year, guests will also be encouraged to adopt a turtle during their stay at Patina Maldives, and dive deeper into understanding the threats to these peaceful ocean dwellers.

The culinary concept on the island is based on the nose-to-tail, root-to leaf principle – not only minimising waste but, at the same time, advocating the benefits of a plant-based diet. Roots, the signature dining experience at Patina Maldives, Fari Islands, is the manifestation of the latter. It is a conscious and conscientious lifestyle and plant-based concept, created responsibly for curious foodies seeking nutritional food and drink without compromising flavour and quality, all in an environment that is ethically produced.

The resort has also built an on-island organic permaculture garden, where fresh produce will be cultivated for various departments, reducing greenhouse gas emissions during the supply chain process. Guests are encouraged to explore and forage the variety of vegetables and herbs, available within the garden, at their leisure. All off-island ingredients will be sustainability-sourced and accredited by EarthCheck or the International Pole and Line Foundation, with local provenance a clear priority.

All drinking water on the island will also be produced and bottled in-house, with on-island water bottling plant Nordaq. In addition, every cocktail and spirit served at Patina Maldives, including in the Fari Beach Club, will eliminate 30 grams of carbon emissions in comparison to drinks crafted at beverage outlets with conventional labels. This is thanks to the world's first low carbon, low waste spirits distribution technology, ecoSPIRITS, which nearly eradicates packaging and glass waste from the spirits' supply chain.

As part of Patina Maldives' commitment towards reliance on renewable energy, plans are in place to expand its Swimsol solar plant to provide 50 percent of the resort's energy needs by 2030. The resort's energy-positive ethos is further demonstrated by participation in global carbon sequester programmes that neutralise its carbon output. Future plans include investing in long-term Blue carbon partnerships and a solar-powered transportation fleet.

During construction of the Fari Islands, energy consumption was reduced by an estimated 12 percent through sustainable practices such as the use of prefabricated materials, which significantly reduce waste and carbon emissions versus conventional construction methods.

Patina Maldives, Fari Islands, is well aware of the global challenges that are affecting the worldwide carbon footprint. Our archipelago at Fari Islands provides us with a scalable opportunity to positively impact our construction, supply chain, operational standards, marine biosphere and, most importantly, community, directly. This has been our driving intent and the main inspiration for perpetuity, our ethos. It will continue to help us identify targeted and innovative collaborations in the near- and long-term future. We are humbled and impressed with the global knowledge and support that we have received from our partners thus far, and remain positive about their perpetual contributions to Patina Maldives now and in times ahead.

– Marco den Ouden, General Manager, Patina Maldives, Fari Islands Images by Mohamed Rizhan

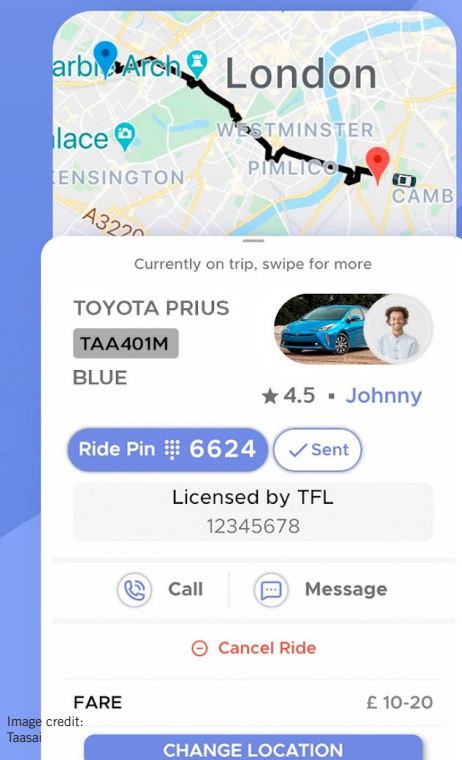
## A Green Alternative for Urban Transportation

Taasai is a revolutionary transportation technology ecosystem that has been designed to combat environmental problems through the process of carbon offsetting, and still providing a world-class ride booking service. Since inception, Taasai has made concessions towards carbon offsetting, to make every ride green in the UK. In 2020/21, it has been able to offset 13.481 tonnes of CO2.

Taasai's mission is to help cities to take small concentric steps to improve people's wellbeing and health. Focusing on the security of their users, they have a unique pin authorisation code for every trip, which protects the rider and the driver from unauthorised trips; this also puts trust in their ecosystem. The rider is only encouraged to share the pin code with the driver when they feel comfortable that the driver and the car details match what was already shared in the app.

The apps are available both in the Apple Store and Android Play Store.

## RIDE PIN PROTECTION FOR ALL RIDES



## MOTURING

### Households to Own Fewer Cars?

Research from DS Automobiles has shown that more than a third of multiple car owners in the UK are considering owning fewer vehicles in the future, as a result of the Covid-19 pandemic.

Surveying 2,000 UK households, DS Automobiles found 36% say that the pandemic has caused them to consider down-sizing their fleet, with 23% stating that they now have less need for multiple cars than before the pandemic. According to the Department for Transport, 35% of all households in the UK own two or more cars or vans.

The research comes as DS launches its new DS+ on-demand service, offering the chance to rent the use of a second DS model direct from the brand. The service is open to new and existing customers, with current DS customers automatically receiving exclusive offers on their rental, with the aim to help fill the gap when households and families need the convenience of an extra vehicle.

To find out more visit, [dsautomobiles.co.uk/services/ds-plus](https://dsautomobiles.co.uk/services/ds-plus)



### Electric Vehicle Leasing Launch

Octopus Electric Vehicles is launching a new 100% electric vehicle leasing service – Electric Dreams – offering salary sacrifice to companies of all sizes, saving employees thousands and supporting the switch to cleaner transport. The launch comes in response to an 'EV tipping point' brought about by rapidly falling costs, government incentives and changing attitudes towards zero emission vehicles. Almost a third of employees want the option of an EV as a company car and Octopus has seen a seven-fold jump in salary sacrifice enquiries in the last year; it deals with over 100 new enquiries every week.

#### Electric Dreams:

- Similar to the popular cycle-to-work scheme, Electric Dreams allows staff to pay for a brand new EV from their gross salary, saving thousands of pounds on both national insurance and income tax.
- Octopus has designed its scheme to be low effort and zero cost for a business to set up. Employers can give their staff a highly valuable benefit that is also good for the planet.
- Drivers already signed up are saving an average of £14,445 over three years, by sacrificing some pre-tax salary in return for a brand new electric car.
- Fifteen companies are already live on the scheme, including Huel and Purplebricks, making it available to 1,491 employees across the UK.

Find out more at [octopusev.com](https://octopusev.com)



Image Credit: DS Automobiles

## Electric V Festival

Many passionate people on social media and the internet have a passion for electric cars and renewables. They may be keen to share their experiences, but each only having one voice means that they can be lost within a crowd. By bringing these people together for one special day out, the magic truly begins.

There are many misconceptions associated with going electric; equally, many people find it difficult to adapt to change. By bringing these people together, with those who have already gone electric, many of those misconceptions suddenly start going away. Buying a car can sometimes be as daunting as buying a house, especially if you're not a car expert. Many will possibly make a decision based on size, design, petrol or diesel. Throw into the equation about going electric and, without the support and guidance of those who have discovered the many great benefits of it, including zero emissions, it would be hard not to find the task a daunting one for some from the outset.

Everyone by now knows about the ban coming in for brand new normally aspirated petrol and diesel cars from 2030. This only adds to the pressure when deciding what car to buy next. Seeing and witnessing many of these problems first hand, and equally seeing the huge opportunity there was in bringing together many passionate people - to be seen, to be heard and to be a help and support to others – was something that the writer of this article wanted to grab with both hands and go and create something special. So, in early 2019, The Electric Vehicles Festival was born.



The first event was held on Sunday 28th July 2019, at the British Motor Museum. It brought together many individuals, families and businesses from right across the UK.

The founder did not want to stop there! In the same way as bringing owners and those curious about going electric together, he wanted the festival to become much more than this. He wanted it to offer a platform for schools, colleges and universities – they are the future generation. Many of them offer courses to train the skills needed within the electric vehicle sector. They also get involved in electric and solar challenges, some competing around the UK and even worldwide. Many of these sadly go unnoticed to the vast majority of the population. Once again, this gives an opportunity for them, too, to stand together at one event to be seen and heard. It helps inspire the generations of tomorrow into the many fantastic career opportunities available within the growing electric vehicles' sector.

Interested in becoming involved? The festival returns on Saturday 7th August 2021, at The British Motor Museum in Gaydon, Warwickshire. All fully pure electrics (BEV) are welcome to join in this celebration of all electric vehicles, to display your vehicle within the grounds of the British Motor Museum. Electric cars, e-commercials, e-bikes, e-buses and e-coaches are all welcome, providing they are all full electric; no hybrids are included within the displays.

Everyone else is welcome, too, whether EV curious or not; separate car parking is available. So, come and enjoy a fantastic day out. Your entrance tickets include full access to the brilliant British Motor Museum and Collections Centre. It's time to go electric and zero emissions. Let the Electric Vehicles Festival help guide you, while experiencing a great day out this summer. Tickets are available now through the following website:

[www.ElectricVehiclesFestival.com](http://www.ElectricVehiclesFestival.com)



## Eco-Warrior of the Year: Ferrari SF90 Stradale



Ferrari's long-standing success in the BBC TopGear Magazine Awards has continued with an award in 2020 for the Ferrari SF90 Stradale (Eco-warrior of the Year). This brings Ferrari's impressive tally of BBC TopGear Magazine Awards to 18 Awards in 17 years.

The hybrid LaFerrari was a toe in the water, but the SF90 Stradale makes a bigger splash. As years go, 2020 was many things, but brought with it a new Ferrari halo car in which one can commute to work on electric power, with something explosive in reserve for the weekend. The SF90 Stradale is not a limited-series car but a completely new addition to the Ferrari range: The SF90 Stradale has created a completely new segment for the brand, with a 1000hp hybrid supercar now available within the standard Ferrari product range. The vehicle is also covered by the Ferrari Genuine Maintenance package, which covers all servicing costs for seven years.

## Electric Zoo Flex E Lease

Over the last 12 months, during the world pandemic, Electric Zoo has been focusing on a product and service that will change car ownership to electric car usership. Electric Zoo helps you "To Go Electric The Easy Way" with the Flex E Lease, as it allows the consumer to design their own electric car user journey through accessibility, affordability and flexibility. With only one-month advance payment and three- to 36-month options, there are only three steps to follow:

**1: Choose your vehicle 2: Choose your term 3: Make the payment**

It really is that simple and all accessible from your computer or mobile device, to complete all the stages to get you into the future of transport. Electric Zoo is not tied to any franchises or brands and, therefore, can supply any make or model of electric vehicle for you or your business, making Electric Zoo your one stop shop to take you on your journey into the world of fully electric vehicle. The company also offers a bespoke service for charge point installs in your home and workplace, to make transitioning to electric even easier and more affordable. If you would like more information to help your transition into the future of electric vehicles, you can email Electric Zoo at [hello@electriczoo.co.uk](mailto:hello@electriczoo.co.uk) or call on 02476 158448 ... to "Go Electric The Easy Way".



## New Vegan Refill Shop Opens in St Ives, Cambridgeshire

The Vegan Refill Shop hopes to make eco-friendly and plant-based living more accessible. The Refill Shop of Ikigai, on White Hart Lane in St Ives, is an essential store, selling food and household cleaning products from a variety of local and eco suppliers. Shop owner Martin Cooper says: “Opening a vegan-friendly refill shop has been something I’ve been thinking about for a while, so when I was made redundant in November, after a 20-year career, it felt like it was now or never!”

The former engineer set up the refill store to help people reduce the amount of plastic waste that they accrue when shopping in supermarkets, as well as allowing people to buy the amount of products they need, to help reduce food waste. The word ‘ikigai’ in the shop name comes from Japan, but has no direct translation. ‘Iki’ means life and ‘gai’ means purpose or reason for being.

Martin adds: “I chose the shop name as it encompassed the aim to help people buy the products they use regularly, but have no way of purchasing without plastic – and generally single use plastic, such as for pasta and rice. Everything sold is vegan and is in a refillable or reusable container, or a compostable and biodegradable bag – even our loyalty cards are made from seed paper and can be planted when they’re finished with!” “We are all aware of the impact we are having on the planet and I hope that the Refill Shop of Ikigai will help make it easier for people to make small changes and do their bit – and find their purpose.” Everything in the shop is vegan, from the milk and dandelion honey to the cleaning products and the pick and mix. [www.therefillshopofikigai.co.uk](http://www.therefillshopofikigai.co.uk)



## Julie Swan Art



Julie Swan spent years feeling unfulfilled despite a successful career. As a holistic therapist, she was always advising clients to “find their joy” but hers eluded her and so she spent years searching for her purpose and passion. In hindsight, she remembered being asked “How are you creative?” during spiritual readings, but she never considered her artistic side that had last seen the light of day in the 1970s. In 2017, she attended a one-day watercolour workshop and surprised herself. She was hooked and couldn’t learn quickly enough! Attending courses and learning online, she began to explore different mediums and styles, mostly focusing on soft pastels and oils. In February 2020, she exhibited her first 30 paintings in a local community centre, resulting in the sale of 25 artworks and bookings for workshops and commissions. She now tutors and is honoured to be an Associate Artist for Unison Pastels. In February 2021, Julie was made redundant from her career of 30 years. What a blessing that has been! She now has a full-time art career and she has to pinch herself every day because she is so happy doing what she loves.

Evening Take Off is a soft pastel painting created from a reference by amateur photographer Jayne Innes. It was taken in Summer 2020 on a lake in Thames Estuary, where Julie lives. She plans to organise a joint exhibition displaying the work of local artists, alongside their reference images by local photographers, as there is so much creative talent locally.

To learn more, go to [www.julieswanart.co.uk](http://www.julieswanart.co.uk).



## Epsom Reach

REAP THE REWARDS OF THE GREAT OUTDOORS AT EPSOM REACH

Research by leading mental health charity Mind has revealed that getting outdoors regularly can have a positive impact on our daily lives, by improving mood, reducing feelings of stress and boosting energy levels. Homebuyers keen to capitalise on these health benefits, by finding a home near open green space, should look to Epsom Reach in Epsom, by Shanly Homes. Offering a rich fusion of surrounding rolling fields, a famous racecourse and idyllic parks, this charming collection of one-, two-, and three-bedroom apartments is ideal for first time buyers and downsizers in search of a home that combines the tranquillity of a rural setting with the buzz of a busy town centre.

Greg Kaye, Head of Sales at Shanly Homes comments: “The allure of having picturesque green space on the doorstep, where you can freely roam and explore what nature has to offer, is a growing priority for many home-hunters. Residents at Epsom Reach will benefit from apartments that have been completed to a high specification and with flexible layouts that lend themselves to home working, whilst still providing plenty of space to unwind. Epsom Reach is well positioned for residents to take full advantage of the superb range of green space not far from home.”

Alexandra Recreation Ground is just a short walk away. Here, home owners will be able to take advantage of the local cricket and football pitches, martial arts centre, bowling green, basketball and tennis courts, as well as an outdoor table tennis facility.

Rosebery Park is also close by – ideal for those with children, there is a children’s play area and duck pond, creating a picturesque spot for a stroll. For those who like a longer walk, Epsom Downs is less than two miles away and offers fantastic walking routes, while residents who enjoy horseracing can take advantage of The Epsom Downs Racecourse, famous for the Epsom Derby. Epsom Common is just a short drive away. It is home to a variety of idyllic walking or running routes, Epsom Lake and a range of country pubs.

Epsom Reach’s recently unveiled a show apartment, stylishly showcasing the specification of all apartments on offer. Upon entering the home, residents are greeted by an expansive hallway, complete with built-in storage - ideal for storing coats, umbrellas and re-usable shopping bags. At the far end of the home, the kitchen / living / dining area forms the focus of the property. Completed to a high finish and



benefitting from integrated appliances, the room provides the perfect space for entertaining friends and family, or relaxing at the end of a long day. The apartment’s private outdoor terrace is accessed via floor-to-ceiling height sliding doors, ensuring that the living space basks in light whilst also creating a bonus area during the spring and summer months.

The master bedroom is the jewel in the crown of this home. Built-in wardrobes provide plenty of space for clothing and shoes, whilst the room is flooded with light, thanks to the full height window.

Prices at Epsom Reach start from £330,000 for a one-bedroom apartment, £399,950 for a two-bedroom apartment and £495,000 for a three-bedroom apartment. For further information, please visit [www.shanlyhomes.com](http://www.shanlyhomes.com) or contact our Sales Consultant on 01372 885 303.

## Award-winning Sustainable Housing Development Nears Completion

Fairbrook Grove, the sustainable housing development in Faversham, Kent, is nearing completion. The site, which comprises 14 detached and link-detached homes, recently won the award for Best Sustainable Development at the WhatHouse? Awards. The sustainable housing project received the Gold award by judges, who described it as “exemplary for a number of reasons”.

Among the reasons is Fairbrook Grove’s forward-looking approach to sustainability, including using heat pumps in advance of new regulations banning new gas connections. WhatHouse? described the Passive House project’s approach as “one that larger developers should follow if we are to meet our collective desire to limit climate change”.

Passive Homes saves on energy bills, compared to a standard home, through its eco-conscious design, which includes high performance triple glazing, solar panels, air tightness, ventilation and space heating.

The houses are built with meticulous attention to detail and rigorous design, according to principles developed by the Passivhaus Institute in Germany.



The award-winning Fairbrook Grove uses shared surfaces for cars and pedestrians, and a carefully designed landscape with no through or circular traffic – keeping its natural peace and quiet, and a safe environment for family life.

**The project began construction in July 2019.**

Commenting on the site’s progress, Gold Property & Construction’s Managing Director, Phil Todd, said:

*“It has been a privilege to be involved in Inside Out Architects’ incredible design. The 14 passive homes are built with natural materials, are incredibly energy-efficient, south facing and are perfect for those families yearning to be in touch with nature. There has been an enormous amount of high-quality craftsmanship to transform this landscaped, sustainable design into a reality. A peaceful and safe environment for family life.”*

[www.fairbrookgrove.co.uk](http://www.fairbrookgrove.co.uk)

## Facit Homes - Flower House

- Sustainable timber frame, high performance home
- Views over Graven Hill's ancient woodland + commutable location
- Contemporary home with charred timber and corten steel contrasted cladding
- 245m<sup>2</sup> family home with four bedrooms (one walk-in dressing room), fitted open plan kitchen + dining room, sitting rooms
- Graven Hill, the UK's largest self- and custom-build site · Flower House Granola created in the kitchen
- Interior furnishings chosen by the client, interior design by Facit Homes

[Photos by Martin Gardner - <https://www.martingardner.com/>]

Laura and Marc Marsdale wanted to build a light and spacious home, for their growing family, within commuting distance from their full-time jobs in Marylebone, London. This custom build site was in a commutable location and enabled them to get a home built in less time than a traditional site might take.

The Marsdales selected a plot on a quiet, rural lane, with views over the titular Graven Hill. The plot is slightly larger than some of the others and looks out on to an ancient woodland that won't be developed. It is on a no-through road, with easy access to unspoilt countryside views and idyllic walks.



Each self-build plot has a 'Plot Passport' which contains some design parameters, e.g. height of the home, to ensure that the community will have some coherence in its streets. The plot also comes with all services and utilities already present at the boundary, taking much of the initial complication of a self-build project away. On a separate note about the site, during the excavation phase of the Graven Hill site, remains of Roman field systems and other prehistoric and medieval artefacts were uncovered.

Discovering Facit Homes via Grand Designs, Marc and Laura were impressed by the digital process and relieved at the idea of one company handling their project from design to completion. Open to the Facit Homes' methodology of designing a home from the inside out, Marc and Laura had the opportunity to contribute to every decision, carefully curating a house that was designed and built especially for them.

They had no fixed vision of how they wanted their house to look but clear ideas about how they would live in the home, so we worked closely with the family to define how the internal layout could support their lifestyle, before deciding on the external look and feel. The charred black timber cladding that defines the outside of their home was something that Marc was very keen to use, and it combines beautifully with the bright colour of the contrasting corten steel. Chosen both for its slow ageing properties and aesthetic influence, corten steel naturally rusts to create a layer that acts as protection from the elements.

The must-haves for their new home included four good-sized bedrooms, a home office that could become a fifth and an open plan layout on the ground floor. Marc and Laura placed high importance on the impact of large windows so that they could feel part of the landscape. The final contemporary design was largely a product of their love for light, space and open plan living, three design elements for which Facit Homes are known.

Marc and Laura were open to ideas for the form of their home, so Facit Homes trialled different concepts and multiple ideas for each part, e.g. roof forms, until the striking sawtooth roof for the front elevation struck a chord. Using a 3D computer model to present the home, they were able to walk virtually through the property before making any final decisions. Slightly taller at the front, the back elevation of the Facit Home has a completely different roof form. The balcony on the front elevation creates a quiet spot overlooking Graven Hill, perfect for a morning coffee in the sun.

The interiors include a fitted utility room, sliding doors for sitting rooms, a fitted kitchen, chevron timber flooring, a fitted dressing room and a carefully designed staircase. Personalising the home, they painted the wall next to their fridge in chalkboard paint, to create a 'doodle wall' for their young family to get creative in the kitchen. The interior fit-out is part of the Facit service; they install kitchens and bathrooms, lights and plug sockets, wall colours, windows and doors - so the only things that they don't cover are the soft furnishings.

After living in the home since May 2019, Marc and Laura have said that they enjoy the 'spirit of shared endeavour' and the collaborative community culture at Graven Hill.

Each Facit Home is high performance and reduces energy consumption. Super-insulated walls, triple-glazed windows, airtightness, MVHR and underfloor heating mean that the property requires very little energy to run. This environmentally friendly approach appealed to the Marsdales - not just creating a sustainable home to run, but using digital technology, a timber frame and other sustainable materials to reduce the embodied energy of the build.

"We got to be part of the design team but then left the professionals to crack on and build our house. It was the best of both worlds. The house has exceeded all our expectations. It's so light and spacious, especially with the huge skylights over the stairwell and landing which are open most of the time, allowing fresh cool air to flow around the house."

· Marc Marsdale

"Sitting down with David, our architect at Facit Homes, and watching our house come to life, was without a doubt the most enjoyable and exciting part of our journey."

· Laura Marsdale

For more information on our digital manufacturing approach, you can learn more at [www.facit-homes.com/the-facit-home](http://www.facit-homes.com/the-facit-home)



## A Lesson in Sustainable Construction: Former School in Gloucestershire to be Transformed into Energy-efficient Residences

Boutique property company MELT Homes is celebrating the official launch of Lime Grove, a stunning new development in Tuffley, Gloucestershire. Complying with current social distancing regulations, the MELT team is inviting interested buyers to visit the new show home to learn all about the developments' 19 homes that are being built on the former premises of Tuffley Primary School. Alternatively, house hunters can carry out a virtual viewing. Prices start from £210,000.

Having stood empty since 2014, the dilapidated building, which also briefly housed the Tuffley Resource Centre, had been in dire need of a new purpose. MELT secured planning permission to create Lime Grove, a residential community that puts particular emphasis on sustainability. Already incorporating the government's Future Homes Standard 2025, which asks for new homes to be built without gas boilers, Lime Grove will be a completely gas-free development. In addition, all properties will utilise Ground Source Heat Pumps, a highly efficient, renewable energy source that has a low environmental impact and reduces carbon output by as much as 70%. Evan Maindonald, CEO and Founder at MELT, comments: "Integrating a new residential community into an existing neighbourhood is a delicate matter. We wanted to ensure that Lime Grove's design combines technical innovation with timeless exteriors that reflect Tuffley's surroundings. We are delighted that the feedback during our show home launch has been extremely positive and are looking forward to welcoming our first residents in the near future."



MELT's forward-thinking and sustainable approach hasn't gone unnoticed. Most recently, Lime Grove scooped up three awards at this year's UK Property Awards, including recognition for its architectural design and layout. Maindonald adds: "The existing structure of the school building is being protected and preserved but will benefit from a 21st century makeover, to feature seven stunning two- and three-bedroom apartments. Naturally, we have named these 'Schoolhouse Apartments' to pay tribute to the building's history. In addition to the apartments, we are creating 12 new family homes, using timber frames, one of the most sustainable building materials available."

Located on the surrounding grounds of the apartment building, the houses are part of either 'The Oak', 'The Lime' or 'The London' collection. The latter differentiates itself by consisting of four semi-detached four-bedroom houses, whereas 'The Oak' and 'The Lime' properties are detached and feature either five or four bedrooms. All family homes boast private gardens and the apartments benefit from their own outside space, as well. To celebrate the school's Victorian architecture and design, the exterior of the newly-built homes will feature a colour scheme mirroring that of the existing building.

Equal attention to detail is being paid to the properties' interiors, which flawlessly connect each room, to create a homely feel. Whilst the Schoolhouse Apartments embrace the building's Victorian architecture, with high ceilings and spacious layouts, the family homes are spread across three storeys. Branded fixtures contribute to the residences' high-quality feel, and they include stylish Paula Rosa kitchens with Siemens and Neff appliances, as well as bathrooms that are embellished with elegant Villeroy & Boch suites. For more information, please call the friendly team on 01452 346 174 [www.limegrovegloucester.co.uk](http://www.limegrovegloucester.co.uk).

## New Start-up Cube Haus Commissions Modular Houses



Property pioneer Cube Haus is launching in order to disrupt the existing housing market, delivering high design value homes at reasonable prices that can be configured to fit small and awkward urban sites.

The company is commissioning some of Britain's top architects and designers to create a series of outstanding modular home designs that can be customised for different shaped plots of land: Adjaye Associates, (whose principal David Adjaye was knighted in 2017 for his services to architecture); Faye Toogood (celebrated interior, furniture and fashion designer); Carl Turner Architects (winner of the RIBA Manser Medal for the Slip House); and Skene Catling de la Peña (winner of the RIBA 2015 House of the Year award for the Flint House).

The Cube Haus delivery model creates economies of scale that make innovative architectural design very accessible. People who might never have considered using an architect, let alone a renowned contemporary practice, will be available to buy as 'off-the-peg' solutions for self builders.

Modular construction will cut down on both waste and build time, and will mean that houses can be quickly and economically configured to fit any shape or size of land plot - back land sites, gap sites and rooftops. Components will be made off-site in factories located in the UK. The frames of the buildings will be made from cross-laminated timber and will be clad in sustainable materials.

**Paul Tully, one of Cube Haus' Directors, says: "Our background is in running unorthodox, creative companies but we have always loved great architecture. We looked around and realised that there was an opportunity to marry some of the awkward urban spaces we often come across unexpectedly in the city with great new buildings.**

**We are able to work at lower margins than the big house builders, due to our nimble approach. Importantly, we work with architects we respect, so that we can focus on the craft of making and building great looking, sustainable homes with an approach that is at once ethical and ground breaking."**

***Cube Haus is commissioning:***

***David Adjaye Associates, [www.adjaye.com](http://www.adjaye.com) / Skene Catling de la Pena, [www.scdlp.net](http://www.scdlp.net) / Faye Toogood, [fayetoogood.com](http://fayetoogood.com) / Carl Turner Architects, [www.ct-architects.co.uk](http://www.ct-architects.co.uk)***

## Where Beautiful Building Design and Sustainability Meet

Green Unit is a designer and builder of beautiful eco-buildings.

Green Unit's eco-buildings – known as the ARC – have a unique curved structure, incorporate lots of natural light through triple glazed windows, and have a living green roof. The company aims to use sustainable materials as much as possible, places importance on airtightness and quality insulation, and minimises the use of materials such as steel and concrete.

ARC buildings have a modular structure which the company's in-house design team uses as the starting point when designing bespoke solutions for each of its clients. Green Unit has worked with clients in a number of sectors, building beautiful spaces such as offices, holiday lets, classrooms, visitor centres, and healthcare spaces.

The company has been working recently with NHS Trusts to provide Wellbeing Units where hospital staff can time out of their busy working days to focus on their own health and wellbeing. The curved interiors create a calming and uplifting space that is a welcome change from the busy, clinical atmosphere of the hospital.



Green Unit builds offsite in Oxfordshire - in a factory that is powered by 100% renewable energy - and transports its buildings to the client site in virtually complete sections. Building offsite has a number of benefits over traditional construction including controlled conditions, less wastage, more predictable costs and timeframes, and better quality control.

The company is committed to regularly reviewing how it can make improvements to its buildings as well as the company's overall business operations as new sustainable technologies emerge, whether reducing the embodied carbon of ARC buildings or working with suppliers on more sustainable approaches. [www.greenunit.co.uk](http://www.greenunit.co.uk)





## Crest Nicholson

Crest Nicholson has constructed a specially designed 'hedgehog highway' at its Hygge Park development in Keynsham, to encourage wildlife in the area. The highway, which has been built in partnership with Tyler Grange ecologists, helps local hedgehogs roam freely at night between gardens, and keeps them safe by enabling them to avoid roads.

The hedgehog highway is complemented by a number of other initiatives at the development, including nesting boxes for a variety of bat and bird species, and a bug mansion. Preserving and supporting nature is an integral part of the work that Crest Nicholson does. At Hygge Park, residents have access to a plethora of stunning walks and outdoor activities on their doorstep, including Avon Valley Adventure and Wildlife Park, as well as the range of sports clubs available, from cricket and rugby, to bowling, fishing, swimming and even boating on the Canal.

**Tracey Gallacher, Head of Sales and Marketing at Crest Nicholson South West**, commented: "We take pride in building communities at Crest Nicholson, and that includes looking after the wildlife in and around our developments. A simple measure like the hedgehog highway is one example of the work that we're undertaking, and it will allow the hedgehogs to find food and shelter safely. The highways are a key part of our sustainability promise, so we're also introducing them to our other sites and hope that our residents enjoy the sight of one of Britain's indigenous animals."

**Dale Cooper, Associate at FPCR**, commented: "Hedgehogs are crucial to Britain's ecosystem, and are a very good biological pest control for gardens as they enjoy slugs, snails and insects. Unfortunately, multiple studies have shown that hedgehog populations have declined significantly in recent years, with road deaths one of the primary causes. The hedgehog highways, like at Hygge Park, can play a key role in their conservation by improving habitat connectivity and allowing hedgehogs to access more of the food and shelter needed for sustainable populations in urban areas."



The development is well connected; both Bristol and Bath are reachable in less than 20 minutes by car. Residents can also make the most of the easy public transport links, thanks to the bus stop on the edge of the development. In addition, Keynsham train station is just a five minute drive away, offering services to Bristol, Bath, Southampton, Brighton, Weymouth and Cheltenham.

**Three bedroom homes at Hygge Park start from £395,000, and four bedroom homes from £500,000. A selection of the homes will be available to purchase using Smooth Move and Part Exchange. To find out more, please call 01774 539650, or visit [https:// www.crestnicholson.com/developments/hygge-park-at-keynsham/](https://www.crestnicholson.com/developments/hygge-park-at-keynsham/).**





## How Good Place Making Leads to Friendly Neighbourhoods and Helps save the Planet

On a visit to the Cornish fishing village of Port Isaac, Bob Tomlinson came across a man sitting on a chair in a sunny spot outside an old fisherman's cottage and they chatted. He said that he rented the cottage every year for two weeks and spent most of the day sitting there and having conversations with people walking by. He liked doing this because it made him "feel human". For the rest of his life, he lived on a housing estate and drove to work, shopped in a supermarket and hardly spoke to anyone. For these two weeks, he left his car in the car park up the hill and didn't use it again until he headed home.

You might be thinking that this all sounds very nice, but what has it got to do with saving the planet? We must be aware by now that almost everything that we do has an impact on the environment, but not many of us live in an environmentally-friendly way; it doesn't seem practical or very much fun. If we go back to the man on the chair in Port Isaac, he was enjoying just being in that space and very happy to reduce his carbon footprint, even if it was just for two weeks.

What worked for him was the pedestrian-friendly layout of the old village, where people can stop and have a conversation on the street without feeling that they might be run over. The roads are safe for children and old people, and everything that you need on a daily basis is within easy walking distance. Without even thinking that he was doing good by putting the car away for two weeks, the man on the chair saved an enormous amount of carbon by not travelling to work or driving to a supermarket to shop. Admittedly, he was on holiday, but many of the aspects of this village that allowed him to live and feel this way can serve as inspiration for the design of new places, without being a pastiche of an old place.

Unfortunately, most housing developments since the industrial revolution don't deliver a good place to live. They have been designed around making life easier for motor vehicles, rather than making places pleasant for humans, so it's not surprising that we drive around so much and, as pedestrians, rarely linger on the roads and talk to neighbours. When starting to think about designing their eco-friendly neighbourhood at The Wintles in Shropshire, the developers' first thoughts were all about how energy efficient they could make the houses. As time went on, they looked at how they could also incorporate details like balconies and porches into the house design; they encourage people to relate to their neighbours. The way people live in a place has a big impact on carbon footprints. It became clear that they also needed to arrange the homes so that they were connected by human-friendly shared spaces, rather than access roads. This makes it safe and attractive to walk or cycle, meeting neighbours on the way. They also provided land for allotments, orchards and woodland connected to the houses to make the neighbourhood more sustainable. It is good to know that you're saving carbon with a super energy efficient house, but it is even more important to feel that you are part of a community and live in a place where you can work from home, grow your own food and share travel and resources with others.

Feeling safe and knowing your neighbours also leads to friendships, and other things that make life easier and more pleasurable. For instance, if you feel you can call on a neighbour in a crisis, or that you can trust someone to look after your cat or plants when you go away, you begin to feel part of a true community. At the Wintles, people come together for all sorts of reasons, with gatherings and celebrations throughout the year, as well as for maintaining their woodland and harvesting the fruit from their labyrinth orchard. Loneliness is not an issue at the Wintles. Building better buildings, with good design, insulation and renewable materials in their construction is very important in saving energy and bringing our carbon footprints down, but we need to be aware of the context and create better places to live, overall.

With many modern housing estates facing the road and being made more convenient for the car rather than for humans, urban designers and architects seem to have lost that ancient art of place making. In the days before we had access to cheap fossil fuels and modern building materials, we had to think more carefully about where and how we built our homes. The sensible thing to do was to take advantage of the sunshine (or shade if you're in a hot climate) and protect the house from the elements by building in a protected spot. Even with a modern eco-house, using the free energy from the sun and sheltering from cold winds will make a massive difference to the amount of energy that you use to keep your home comfortable. Most people think that this is all about fitting some solar panels on the roof, but it is much more than that. Building a house that has a sunny side means that you can take advantage of the passive solar effect. On the houses built at The Wintles sun spaces were included; places in the home that warmed up with the sun on bright winter days and transferred the captured heat to the rest of the house. In hot weather, the sun spaces act as a chimney, creating a natural gentle breeze through the buildings. The sun spaces also make for an 'inside out' space which can be enjoyed when the weather isn't warm enough to be in the garden outside, making the most of that natural daylight that is so important for our health.

Thinking about the setting of the houses and their relationship to the rest of the neighbourhood has other positive benefits. Simply having a home with a sunny side is very important. South facing outdoor spaces with sunny nooks and crannies, and seating encourage people to stop and chat. This is something of which home makers in the days before mass housing developments were well aware. Using their intuition and common sense, they built in a way that made the best use of the available land, with local materials, and used human scale building methods. This was a natural process which took into account the topography of a site and led to the creation of beautiful villages – places that are now often tourist hot spots with premium property prices, like Port Isaac.

Although it's common knowledge that a poorly insulated home, that needs copious amounts of energy to keep it warm and comfortable, is damaging to the environment as well as to your finances. It is less obvious how much our lifestyle can damage the environment. Other big contributors to carbon are transport and food. For example, Science Magazine calculates that food contributes to around 16% of global carbon output. Your own personal contribution is going to vary according to your diet but, obviously, living in a place where you can grow your own food locally and organically is going to make a big reduction in your carbon footprint; it tastes better, and gardening can be great fun. Being able to work from home, or walking and cycling to school, shops and amenities are good for your health and the planet. According to Our World in Data, using a bike instead of a car for short trips would reduce your travel emissions by around 75% but, for this to work, you need to live somewhere with safe, pleasant and well-designed cycle routes. Simply providing these within new housing estates and retrofitting older neighbourhoods would go a long way in achieving our carbon footprint reduction targets.

People visit places like Port Isaacs because it makes them feel human and they can imagine what it would be like to live in a place like this. The Wintles has been lived in since 2003, and is living proof that it is possible to design and build new places that have the feel of a friendly traditional village and are also helping to save the environment. For more information visit our website [www.village-makers.com](http://www.village-makers.com)



## First Homes for Sale at Ambitious West London Regeneration Scheme: The Green Quarter

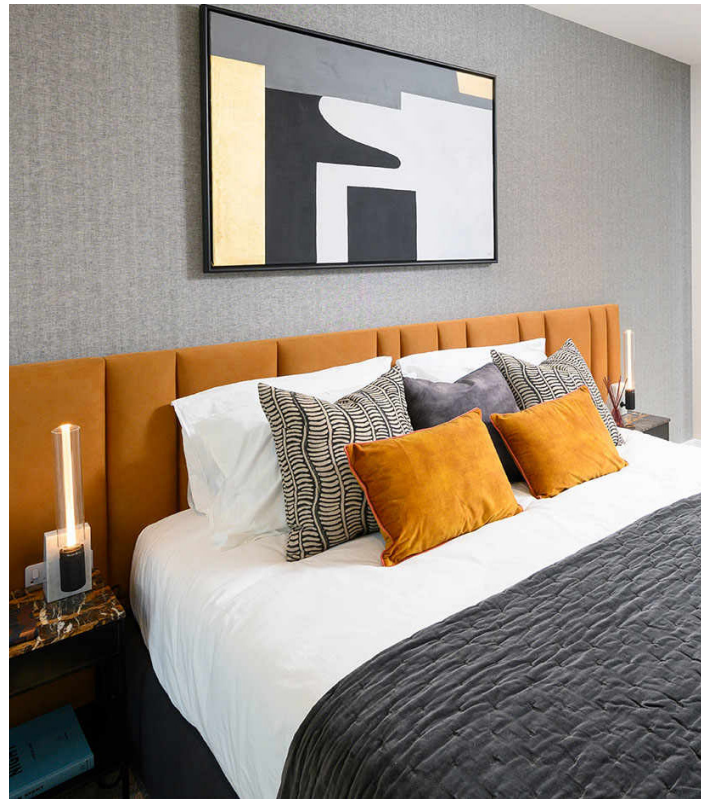
Berkeley West Thames has officially launched its first homes for sale at The Green Quarter, a significant new development in West London, aiming to be one of the most biodiverse in the UK. The 3,750-home scheme combines modern city life and outdoor living, with nearly 50 per cent of the 88-acre site comprising open green space; close to two-thirds of the homes overlook water or green areas. Located in the London Borough of Ealing, between Southall and Hayes, The Green Quarter benefits from excellent connectivity, with the arrival of Crossrail at Southall Station. It is opposite the development, providing direct services to Bond Street in 17 minutes, Canary Wharf in 31 minutes and Heathrow in just eight minutes.

The Green Quarter has nature at its heart. Once complete, it will provide access to more green space than St James's Park and Green Park combined. This includes over 13 acres of parkland across two new parks: Central Gardens, part of which will be open to the local community in the coming months, and an eight-acre wetlands being delivered in partnership with biodiversity experts London Wildlife Trust. Berkeley is also creating a series of footbridges to open up the neighbouring 90-acre Minet Country Park, enabling easy access for the whole community, while 1.2km of towpath along the Grand Union Canal has been reinstated to create a more attractive and enjoyable pedestrian and cycle route.

A new town square will welcome people to The Green Quarter and lead directly to a new commercial neighbourhood, which will provide a mix of day-to-day amenities for the whole community to enjoy. As part of the development, a brand-new primary school will be built, adding to the area's strong educational facilities, which include OFSTED Outstanding-rated primary and secondary schools, such as Beaconsfield High School and Dormer Wells High School. World-renowned universities, including Royal Holloway University and Brunel University, are also within close proximity.

So far, over 300 homes have been delivered at The Green Quarter, all of which are affordable; they have been offered to existing Ealing residents under either affordable rent or shared ownership.

Ashley Kensington, Managing Director at Berkeley West Thames, said: "The Green Quarter is a scheme that is remarkable by nature





A place that encourages healthy living while providing easy access to central London and beyond. It is one of the most ambitious regeneration schemes Berkeley has undertaken, transforming a redundant industrial site into, potentially, the most biodiverse development in the UK. A company representative said: “The sales launch is a significant milestone and we’re excited to showcase a product which we’re extremely proud of. With two new parks, a wetlands and new access to the neighbouring 90-acre Minet Country Park, The Green Quarter is perfect for those wanting local green space – at a time when this has never been more important to buyers.”

### First new homes available in Parkside

The first homes available for sale are in the Parkside neighbourhood. Looking out over the new park, Central Gardens, Parkside offers stunning views across landscaped grounds, trickling waterways and areas for recreational activity. Surrounded by the first of up to 2,500 trees to be planted at the development, Parkside smoothly combines modern life with the natural world. Each building benefits from podium gardens, with residents also set to have access to a swimming pool, gym, co-working space, screening room, concierge, and cycle store and hire. Parkside includes suites – one-, two- and three-bedroom homes – all of which have been designed for practical living, with smart heating systems and expansive French windows that open out on to a private balcony. Residents will be given the chance to personalise their home, with options for carpets, timber floors and overall style palettes (subject to stage of construction).

Homes at Parkside can be purchased in Arber, Edwin, Sibley and Watson House, named after local historical figures who inspired the design of the buildings.



### Prices and contact details

The Green Quarter will include studios, one-, two- and three-bedroom apartments. Prices start from £297,500 for a studio, £370,000 for a one-bed, £487,500 for a two-bed and £642,000 for a three-bedroom apartment. ‘Help to Buy’ is available on selected properties.

While social distancing restrictions remain in place, visits to the new Sales & Marketing Suite and Show apartments are available by appointment only. The developers continue to offer phone calls, video calls and, where possible, virtual tours of the homes. Appointments are available daily from 10am to 6pm (10am to 8pm on Thursdays); call 020 4502 3995 or head to The Green Quarter website to book an appointment. The Sales & Marketing Suite is located on Randolph Road, UB1 1BL – a short walk from Southall station. [www.berkeleygroup.co.uk](http://www.berkeleygroup.co.uk)

## Light and Wellbeing

### JOIN A GARDEN COMMUNITY IN PEMBROKESHIRE

This is a new development of five, four-bed, ultra-low energy homes, with home office. The Scandinavian styled design homes – clad in locally sourced Douglas Fir – are not only pleasing to the eye but help in the fight to reduce carbon emissions. Each home has South facing aspects designed with passive solar principles in mind, giving all-year-round natural light and space heating. There is parking for two cars with EV charging, and the homes are fully electric with the ability to export surplus. The rooms are spacious, with front and back private gardens and well-planted shrubs and fruit trees.

Each home has a 13 kW PV integrated solar roof system with a 13.8 kWh Tesla Powerwall battery to provide energy storage and backup in case of power cuts. Eleven inches of warm cell recycled paper insulation gives a top A-class EPC.

External Doors and windows are made from Accoya timber, with a life of 80 years. There is help for asthma sufferers, too, with a Swedish painting system named Tikkurila, which is low in carcinogens. Homes have the potential to save 70,000 tons of CO<sub>2</sub>, which is equivalent to planting 200,000 trees – all great for the environment. The properties come with a 12-year builder's guarantee backed by Checkmate.



## Affordable and Sustainable New Homes - Essex

A pioneering planning proposal for Kemps Farm, South Ockendon has been approved to create an innovative local housing scheme of 27 custom-build dwellings.

This self-build project has been designed in line with the Government approved 'Design Code' blueprint. This new strategy supports the delivery of neighbourhoods with a greater level of quality and variety. Each plot is allocated with planning permission authorised, with a condition for MP Architects LLP to custom design the internal layout of the home from a library of pre-approved and sustainable building materials. The new homes are designed with a range of stunning aesthetic finishes available, using stylish components like zinc and timber.

The exciting new model enables the buyer to design and build their dream home with originality and creativity, at an affordable cost.



Developer: LF100 consulting LTD Planning Consultants: Icen Projects Architects: MP Architects LLP [www.martynpattie.co.uk](http://www.martynpattie.co.uk)

## St. Modwen Homes

In 2020, St. Modwen Homes reduced waste on building sites by 15%. In addition, a target has been set to reduce waste by a further 15% over the next four years.

Stewart Court, Design Manager at St. Modwen Homes, said: “When designing and building new homes, we always consider the social and human impact of our work. Sustainability really is at the top of our priority list.

“Our homes are very well insulated, as the walls, roofs and floors go far beyond standard requirements, reducing energy wastage and the cost of heating the property overall. In addition, we also install water restriction devices to showers and dual flush cisterns in our bathrooms as standard, resulting in a 12% increase in water efficiency. All of our homes are twice as airtight as the standard required by building regulations, making sure that unnecessary heat loss and energy wastage is completely avoided by our customers. We design all of our homes with larger windows and high ceilings, in turn maximising daylighting and solar gains.

“In newer developments across the UK, electric vehicle charging points and solar panels have been installed to equip our customers with the very latest in sustainable living technologies.

“By using the most sustainable building materials, construction methods and energy sources, we know we’re doing the right thing for our customers, as well as the environment.” If you’re interested in finding out more about the sustainable features of their homes, visit [stmodwenhomes.co.uk](http://stmodwenhomes.co.uk).



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## Responsible Dog Care

K-9 Angels works to relieve the suffering of animals worldwide, but particularly in Eastern Europe, Cyprus and Asia. Over the last nine years, the charity has found homes for over 1,000 dogs and its spay and neuter campaign has sterilised over 2,000 dogs, preventing millions of puppies being born just to die on the streets. The charity has raised over £500,000, and funded a shelter built in Romania that houses 110 dogs, with vet facilities. After adopting a dog through K-9 Angels, Sue Barker OBE, became a patron and the charity has also had support from celebrities, including Simon Cowell and Ricky Gervais.

Victoria Featherstone Pearce is a K-9 Angels charity co-founder and is also an animal activist, fronting many PETA campaigns. Victoria and her colleagues also conduct educational school tours, to teach children responsible pet care and the importance of adopting as an alternative to buying a dog. Victoria attends regular meetings in Parliament, as a thought leader in positive change in dog welfare.

### Curbing the tide

During lockdown, thousands of families who were working from home for the foreseeable future, decided that it was a good time to adopt a puppy. Owning a dog is a huge responsibility but, sadly, many families can feel that they are unable to cope with a growing puppy after all. Dog rescues are now beginning to see an influx of puppies being passed over for rehoming, as family working situations have changed and/or people realise that having a puppy involves more commitment and responsibility than they envisaged.

K-9 Angels urge the public to adopt, rather than buy a dog, because every dog rehoused is a dog saved from a life of misery. More dogs will be put for adoption once people go back to work; that is a huge concern for K-9 Angels, as well as other dog rescues across the UK. Victoria says: “In the UK, we have over 100,000 dogs in shelter and yet people still breed prolifically, which I’d like to see changed.”



### How can you adopt a dog from a rescue?

All applicants will need to be home-checked, and to be able to pay the adoption donation, as well as provide on-going veterinary care for the dogs. During lockdown, home-checks had to be undertaken virtually and without adopters being able to meet their chosen dog. Fortunately, as the months of 2021 go by, rescues should be able to resume a more normal home-checking and adoption process.

### What is next for the charity?

Victoria says: “The main aim for our charity now is to sort the cause of the issue and carry on with our ongoing spay and neuter campaign. The numbers speak for themselves. By sterilising just one bitch and her offspring you can potentially prevent up to 67,000 puppies from being born within a six-year period. We’ve seen first-hand many pups dying or dead, in fields or streets of Romania. This sad reality can be sorted if we just sterilise all of the dogs and this is our plan. It’s relatively inexpensive, too, costing around 30/40 euro per dog to sterilise. We are a tiny charity, run solely by volunteers, and we desperately need donations for our sterilisation campaign to prevent mass suffering. We cannot wait to go and help again on the ‘front line’ of dog rescue when it is safe to do so.”

Find out more at [www.k-9angels.org](http://www.k-9angels.org)





## Pet Products We Love

### Camden Little Nap Dog Bed from Dog Co



This orthopaedic dog bed is suitable for dogs with short legs and long backs, as well as elderly dogs or those recovering from surgery. Dog Co was launched in lockdown and brings together decades of design knowledge and experience, in partnership with one of England's finest and longest-serving dog manufacturers, all the while ensuring that everything is sustainably British-made or British sourced. All suppliers are committed to ethical employment and a circular supply chain, ensuring the lowest possible carbon footprint. Dog Co is committed to supporting other British-made businesses – small family-run enterprises in their mission to offer affordable, practical dog bed ranges to suit everyday life. Dog Co is proud to be accredited by Made in Britain.

Camden Little Nap Dog Bed - from £79 and available at [dogco.uk/](http://dogco.uk/)

### Eco Pet Towel from Look Like Cool

These pet towels are made exclusively from 20 recycled plastic bottles and complete with a carry pouch, weighing only 330g. They are fast-drying, compact, and hair, sand and dirt resistant. Made from a unique microfibre blend which allows the towel to dry five times faster than a regular towel, these towels also hold twice their weight in water. They are pet hair resistant – just shake the towel and the hairs fall off. Because they are so quick drying, there are no lingering smells. GRS certified.

Available in pink or blue, price £22 [looklikecool.com](http://looklikecool.com)



### Sebon CI Dog Wash from Goodwash



With a natural flea and tick repellent and calming cruelty-free essential oils, this dog wash is 100% chemical free and excellent for sensitive skin. Made with lavender, rose geranium and tea tree oils, these also act as an antibacterial agent for the skin, fur and paws – ensuring that muddy paws are cleansed and free from infections after a walk or run. The product is free from sulphates and parabens, vegan accredited and has reusable, recyclable bottles. Suitable for humans with sensitive scalps (and also for dispelling head lice on children).

£16 for 250ml, [goodwash.co.uk](http://goodwash.co.uk)

### Leather Dog Collar from Pampeano

These are sturdy leather collars crafted from a meticulous process to ensure that, no matter the adventure they're taken on, leads and collars stay intact for years to come. They are designed with the iconic pampa diamonds, symbolising the peaks and silhouettes of the Andes Mountains in Argentina, in a multitude of bright colours. These intricate accessories are manufactured using sustainable premium-grade vegetable tanned leather. The vegetable tanning process means that no chemicals are used in the process, and the leather is being used as a bi-product of the meat industry, ensuring no wastage.



Caza Leather Dog Collar, £35, [pampeano.co.uk](http://pampeano.co.uk)



## Offset What You Cannot Avoid: Go Climate+

Going Climate+ starts with knowing your climate impact. You should then make efforts to reduce that impact as much as you can. Finally, you can take action by supporting Gold Standard Climate+ projects, which not only cut carbon but also deliver life-changing benefits to vulnerable communities, and help conserve local ecosystems.

### MEASURE YOUR CLIMATE IMPACT

Understand how your travel, energy use, diet and other lifestyle choices influence the climate. You can estimate your carbon footprint through the calculator offered by the organisation WWF.

### REDUCE YOUR IMPACT

Check out the following practical tips to reduce your carbon footprint in different dimensions of daily living:

#### HOME

1. Turn off lights
2. Turn down heating
3. Properly insulate and draught-proof your home
4. Switch to energy efficient light bulbs
5. Unplug devices
6. Line dry your clothes
7. Switch to paperless billing

#### TRAVEL

1. Walk or cycle to work
2. Switch to public transport
3. Choose electric vehicles
4. Reduce or eliminate airline travel



#### SHOPPING

1. Recycle and re-use wherever possible
2. Consume less – buy fewer but better
3. Try to avoid ‘fast fashion’
4. Buy sustainably-produced food and goods
5. Identify eco-friendly goods: The Ecolabel Index >> provides an extensive directory of environmental certifications for various products and services

#### FOOD

1. Eat less meat in favour of more plant-based diets
2. Buy locally-sourced, seasonal foods rather than food imported from overseas
3. Plant a garden and grow your own veggies
4. Reduce or eliminate your consumption of bottled water and other beverages

#### ENERGY

1. Switch to an electricity tariff supplied by renewable energy sources
2. Invest in your own sources of renewable energy – e.g. fit solar panels, where possible
3. Support energy suppliers that are working to provide 100% clean energy
4. Check out the RE100 list of global businesses committed to operating on 100% renewable electricity

## Food & Forests



Food & Forests is a social impact business founded by the father and son duo Julian and Ed Pycraft, in 2018. Their story began in London, where passion for African culture and regenerative agriculture grew into a mission to deliver an equitable solution to the impending climate crisis.

Currently, in the fourth year of accelerating nature-based solutions for rural farming communities, Food & Forests is launching a sustainable, agritech platform in Kenya that connects smallholder farmers to accredited organic, carbon and financial markets. Their mission is clear: plant 100 million native or naturalised trees, enhance biodiversity and rural communities' livelihoods and restore natural environments through building food forests. The alarming forecasts are their call to arms. With the world in a race to meet net-zero carbon, food systems that account for up to 37% of greenhouse gas emissions will, by 2050, without intervention, increase by 30-40% as the global population reaches ten billion. The universal challenge we all face is how to raise awareness and galvanise the counter-narrative towards direct climate action.

Climate change impacts the world disproportionately. No continent will be affected as badly as Africa, with their farmers among the most vulnerable. Extreme weather events – heatwaves, droughts, floods and soil degradation, along with mass migration – are wreaking havoc on smallholder farmers, upsetting yields, food quality and human safety. Increasing demand for healthy food, clean water and energy from a growing population are three of our greatest global challenges. Long before our anthropogenic crisis, food forests provided the necessary food and shelter for mother nature and her inhabitants. Sadly, these self-sustaining, productive systems, that once covered much of the planet, have diminished due to humans' insatiable consumption. To regenerate natural habitats once again, and ensure global food security, it is crucial to produce nutritious food in harmony with nature.



Starting with a 1.5-acre demo food forest at Manor House Agricultural Centre in Kitale, Kenya, Food & Forests put African smallholder farmers at the centre of the design. The turnkey solution that follows is the most holistic and sustainable route to market for farmers. Providing the micro-finance, the company's farming bundles include water management systems, security fencing, organic farming inputs and insurance. Farmers that follow the 'Food & Forests 5 step Journey' graduate as financially independent and self-sustaining. Food & Forests is now concentrating on harnessing the power of the 500+ million farmers worldwide to produce sustainably, heal the soil and reverse climate change. With constructive storytelling and targeted social media, Food & Forests also play a significant role in creating meaningful discussions and support for sustainable initiatives worldwide. Each week, with over 10,000 readerships, inspirational climate stewards, who have dedicated their lives to build climate resilience and mitigation across the globe, are interviewed. From ecological philanthropists training Kenyan farmers in agroforestry to the UN Coordinator of Humanitarian Affairs in Nigeria, the discussions focus on a wide range of climate and human-centric issues.

**Are you a climate-steward or an impact investor looking to support systems-change agriculture? Ed and Julian invite you to join their conversation. [www.foodandforests.com](http://www.foodandforests.com)**



## Seven Climate Myths - Busted

Did you know that we need to more than halve our emissions by 2030, if we stand any chance of meeting the Paris target of limiting climate warming to 1.5 degrees? This is a huge challenge and one that will require combined efforts by governments, all businesses, public policies and all of us as individuals - we all have a part to play. In this article, Vaughan Lindsay, the CEO of ClimateCare, addresses some of the myths that are currently out there regarding climate change and carbon offsetting, so that you personally can make an informed decision and do your bit.

### 1. Global warming isn't real

Despite the need to put on warm coats and the big freezes that we experience in the winter months, global warming is absolutely causing the Earth's average surface temperature to increase, and dangerously so. These changes are making extreme weather events both more likely and more severe, causing disruption and devastation for our infrastructure and wildlife.

### 2. Climate change is something to worry about in the future, not now

The science is clear – we need to act now to avoid climate breakdown. Wildlife aside, we're already seeing the devastating effects of climate change on our global food supplies, conflict, disease and global instability, and this will only get worse if we don't act now. Climate change is the biggest crisis of our time. As Mark Carney summed up recently, the world is heading for mortality rates equivalent to the covid crisis every year by mid-century, unless action is taken right now. "One of the biggest issues is you cannot self-isolate from climate," he said. "That is not an option. We cannot retreat in and wait out climate change; it will just get worse." In short, climate change threatens the future of the planet that we depend on for our survival and we are the last generation that can do anything about it.

### 3. We just need to reduce our carbon footprint, not cut emissions

Well, in fact, we need to do both. We all have a carbon footprint, regardless of how hard we try to reduce it. Even with the most determined efforts to cut emissions at source, we are all still responsible for some carbon dioxide and other greenhouse gases going into the atmosphere. These are causing global climate change. We could choose to ignore this. Taking no action to tackle the consequences of those unavoidable emissions, might dwarf everything we've been able to cut. Alternatively, we can take responsibility for them, by ensuring that an equivalent amount of carbon is either absorbed, or avoided elsewhere, through carbon offsetting.

### 4. Offsetting isn't going to tackle climate change

It is true that offsetting alone will not tackle climate change. However, as experts around the world agree, it is an essential part of our journey to Net Zero. We need to do something about the carbon emissions that we are all producing today. Funding an equivalent amount of carbon emissions reductions through voluntary carbon offsetting (such as when you take a flight or when you host an event) is an effective way to take responsibility for your carbon footprint.

### 5. Carbon offsetting is just a guilt-free way to carry on emitting

The most desirable outcome for the climate would be that we don't emit at all. Yet we all know this simply isn't possible right now. Take, for instance, flying. Ideally people would avoid flying altogether. However, if people have no choice but to fly somewhere, ideally those emissions would be measured and offset. Preferably, they would be offset by the airline on the consumer's behalf but, if not, on a voluntary basis by the consumers themselves. Ultimately, it is better to fly and take responsibility for those emissions by paying for a commensurate emission reduction elsewhere. If you fly and don't take responsibility for those emissions, this is by far the worst thing you can do. By making a choice to offset their emissions, people are making a great step to change their behaviour longer term and, indeed, educate others, too. It is only by everyone playing their part that we can tackle the climate crisis.

### 6. I'm not travelling right now so my footprint is low

Your digital footprint is a growing problem, especially in the light of the pandemic. In our rush to stream, send emails, run video calls, store data and update our social media posts, we've lost sight of how energy-hungry the digital industry really is. The internet and digital technology involve far more than just the energy required to run our devices. Rather, the storing of data, otherwise known to us all as 'the cloud', is one of the worst offenders of all. Far from being invisible, the cloud, and the technical components to run it, generate extremely high emissions. The carbon footprint of our gadgets, the internet and the systems supporting them accounts for 3.7% of global greenhouse emissions, similar to that of the airline industry. These emissions are predicted to double by 2025.

### 7. I won't make a difference, so why bother.

Anyone and everyone can make a difference in tackling the climate crisis. Climate change is the single biggest issue that the world faces today, and we all have to play our part in solving it. Solving the climate crisis is not just the responsibility of big businesses or government. We can all make steps to take responsibility for the climate, eliminating as many emissions as possible and for those that we can't eliminate, offsetting them.

**In busting these myths, we hope to empower everyone, no matter where you live or what you do, to take responsibility for your climate impacts. We ask you to step up to pledge your support and take action today. Ultimately, it is today's emissions that are causing tomorrow's climate change and we all need to take full responsibility for them right now.**

## Lumos Makes Major Environmental Commitment in Milestone Partnership with Hinckley Recycling

**The market-leading solar energy company becomes the first in its sector to recycle in Nigeria, addressing sustainable battery supply chains and fulfilling UN SDGs (Sustainable Development Goals).**

Lumos, Nigeria's market leader in home solar systems, making reliable, clean power accessible to all, has announced a major environmental commitment – via a new partnership with Hinckley Recycling – to recycle Lumos' batteries. As an already impactful company, via its solar energy business model, Lumos is the first company in its sector to make such a further, significant commitment to recycle and repurpose batteries - which is vital for a sustainable battery supply chain – and delivers on several United Nations' SDGs:

SDG 7: Affordable and clean energy  
 SDG 8: Inclusive and sustainable economic growth  
 SDG 9: Inclusive and sustainable industrialisation  
 SDG 12: Sustainable production patterns

Lumos was the first major company to introduce lithium-ion batteries as a standard in its solar home systems, providing users with a better energy storage solution. Africa's battery demand is forecast to increase sevenfold, from 2GW in 2015 to 15GW by 2030. Full energy access would require double the 2030 figure. Lumos believes that sustainability has to be proactively addressed and is proud to take the lead in its sector.

However, current battery end-of-life management across Africa is not environmentally sustainable, with limited lithium-ion recycling or repurposing. Hinckley's Nigerian facility is one of just two examples, across the entire continent, of local repurposing. The partnership will initially see Lumos' waste batteries recycled at Hinckley's facility in Ojota. Hinckley works with international blue-chip companies such as HP, ExxonMobil, KPMG and Nestle, and its Ojota facility has an annual capacity for 20,000 tonnes of e-waste.

Lumos has been instrumental in assisting Hinckley's expansion. In 2019, Lumos partnered with Taisen Company and Carnegie Mellon University Africa to support Hinckley's participation in the inaugural Global LEAP Solar E-Waste Challenge, which funds innovative approaches to e-waste management in the off-grid solar sector in sub-Saharan Africa.



Alistair Gordon, [Lumos Group](#) CEO, said:

“Energy is a core pillar of economic growth and will be a strong catalyst to sustainable economic recovery, post-covid-19. Africa's battery demand is growing hugely, as batteries are vital for the continent to achieve clean, reliable energy access. This requires a sustainable battery supply chain. It is extremely important, and we are proud to be the first company in our sector to take this major sustainability step. We have been an enthusiastic supporter of Hinckley's development, culminating in today's partnership. We hope it encourages the adoption of similar sustainable practices across Africa.”

Adrian Clews, Managing Director, of [Hinckley Recycling](#), said:

“We are delighted by Lumos' sector-leading commitment to sustainability, and we are honoured to partner with them. Lumos has been incredibly supportive of Hinckley and this partnership cements the relationship even further.”



## The Potential Cost Saving Benefits of a Sustainable Supply Chain

According to CDP, supply chain emissions are, on average, 5.5 times higher than the direct emissions produced by a corporation. Not only is a supply chain's impact on the environment severe, but it can also lead to financial issues for companies which don't take action to be more sustainable. In the present day, supply chain sustainability is no longer a luxury of choice. However, with necessity comes the opportunity to reduce costs by operating in a greener way. Today, we look at the potential cost-saving benefits of a sustainable supply chain.

### Reduced environmental impact

At the heart of sustainability is the environment and how it can be protected. Often there's a misconception that this comes at a cost. To highlight the benefits of an eco-friendly supply chain, let's take a look at what French dairy producer Danone has been able to achieve. In Evian-les-Bains, Danone worked with local authorities and farmers to convert 40,000 tons of organic waste into natural fertilizer, while also producing biogas to provide power for 1,200 inhabitants. The organic waste helped to avoid contamination of spring water and ensured that farming continues without disruption or damage to the environment. The switch from traditional farming to organic practices can see a 20% dip in milk production. In the long term, though, the benefit of being able to sell at a higher price is realised, while using fewer resources keeps costs down and profits high.

### Protecting against reputational damage

With information readily available online, your supply chain also affects your brand reputation, so it's important to make sure that a lack of sustainability across the supply chain isn't resulting in negative attention. In the world of sustainability, Swiss confectionery giant Nestlé felt the wrath of a palm oil scandal that left it unable to claim the use of certified sustainable palm oil in its chocolates and other products. In an age where consumers are more eco-conscious, it was a business headache that has led the company to publicly map-out what it's doing to ensure that palm oil is sourced sustainably, in an attempt to repair a damaged reputation that started over a decade ago.

### Attracting new business

The world of online retail has experienced a major boom over the course of the last 12 months, and growing demand is shining a spotlight on supply chains. According to a 2019 report, 85% of consumers are more likely to buy from a company with a reputation for sustainability. With so much worldwide focus on sustainability, green credentials can be the difference between winning new business and seeing it walk away.

### A sustainable summary

If your business reviews its supply chain and can make changes, the rewards can follow. For retail and e-commerce businesses, it could be something like using a reusable plastic pallet to reduce the reliance on single-use plastics. For those in the food and drink industry, it could be the introduction of rotating crops to improve soil fertility – a step that helped France become the world's most sustainable food country in 2019. Taking positive action can lead to big savings and better margins, along with reducing damage to the planet. A sustainable supply chain is no longer a choice, it's a necessity.







## Top Five Fastest-growing Renewable Energy Sources

Renewable energy sources are important when trying to win the fight against climate change. They allow us to stop relying on fossil fuels for our energy. The UK Government has pledged that by 2050 we will have net zero emissions, and renewable energy sources are a way this can be achieved. In 2019, UK emissions were 42 per cent lower than they were in 1990, which proves that the introduction of these energy sources is helping.

You may have already made changes in your home, such as getting an electric car and having an EV charger installation. But there are other things that you can do to make your home eco-friendly, such as getting solar panels and having a more economical form of electricity. Every little helps on the way to a greener UK.

Of course, it's not just in the UK where these electricity sources are being adopted. Renewable energy sources are going to account for more than half of global electricity production by 2035, but what will be powering this eco-friendly future?

In this article, we will show you five of the fastest-growing renewable energy sources across the world and how they are being used.

### Hydropower

Hydropower is the most widely used form of renewable energy in the world, producing 1,295 gigawatts of energy. This amounts to 54 per cent of the global renewable power generation capacity. The most common hydropower comes from water in dams. The water gets released from the reservoir to drive the turbines which generate the power. However, it can also be used by the natural running of a river or tide to drive the turbines.

In the UK, our biggest hydropower station is the Dinorwig in Wales. It produces 1,728 megawatts, which is enough to power 2.5 million homes. Plus, because hydropower can be generated quickly, it is used as a pumped-storage plant that can provide backup energy at short notice. In the UK, hydroelectric power is also used as our main backup power source. When there are big TV events on in the UK, such as the World Cup or a Royal Wedding, millions of people will use electricity at once to make drinks during breaks in the events. This is when hydropower can be used to deal with the spike in demand, as pumped-up power stations can be used in these moments. China has the biggest hydroelectric generation in the world. The Three Gorges generate 22.5 GW. China has made large investments in hydropower so that the country is not as reliant on coal. It gets around 15 per cent of its energy from hydropower. In Southwest China, many of its rivers are high above sea level, and China knows that hydropower is the only renewable energy that they can use on a big scale; therefore, they make big investments in the sector.

### Wind energy

Wind turbines are normally used to get kinetic energy from the wind to generate energy. Wind energy is the second most used renewable energy source in the world, producing 563 GW and produces 24 per cent of the world's total renewable energy generation capacity. The UK is a big producer of renewable wind energy which makes us the sixth biggest producer in the world, producing 13,603 megawatts. Offshore wind farms are constructed in bodies of water, and in the UK, wind farms power the equivalent of four and a half million homes. Onshore wind farms deliver less energy for the UK, only providing around ten per cent of UK energy by 2020, despite being the most cost-effective alternative for new electricity in the UK compared to traditional fossil fuels.

### Solar power

Solar power works by converting light from the sun into energy. These days you will see many people have solar panels on their homes. In fact, the UK is installing solar panels faster than any other European country. Even though it can be dark and rainy a lot in the UK, solar panels still work even when the light is reflected or partially blocked by the clouds. In fact, the Energy Saving Trust estimates that an average four kilowatts peak solar power system can help save you between £85 and £220 a year on your energy bills. Solar power has an annual average growth rate of 25 per cent over the last five years across the world. Spain is a major producer of solar power, contributing 75 per cent of the global concentrated solar power. The biggest solar power plant in the world is located in the United Arab Emirates. The Noor Abu Dhabi solar project produces 1.17 GW. It produces enough electricity to power the demand of 90,000 people. It will reduce their carbon footprint by 1 million metric tonnes a year, which is the same as taking 200,000 cars off the road, proving the UAE is making good progress in the fight against climate change even though the country is still oil-dependent.

### Bio-power

Modern biomass includes biofuels and wood pellets as well as traditional ones that were already used, such as agricultural by-products. These products are then burned to create steam, which powers a turbine that generated energy. China, the UK, and India accounted for more than half of the world's total bioenergy capacity expansion in 2018. Bioenergy provides 11 per cent of the UK's energy and bioenergy. Biomass boilers have provided 96 per cent of non-domestic renewable heat in the UK. It is also the biggest contributor to the decarbonisation of heat, which helps the UK's pledge to be net carbon neutral by 2050.

### Geothermal

Geothermal energy is thermal energy generated and stored in the earth. Global Geothermal production exceeded 13.2 GW in 2018. One-third of green energy that is made using geothermal sources is electricity. Iceland is one of the world's biggest producers of geothermal electricity, producing 26.5 per cent of the country's electricity and 87 per cent of their housing and building needs coming from natural hot water sourced underground. In the UK, geothermal energy is not the best viable option as the ground is not hot enough. But we have increasingly been using shallow resources from the upper crust of the earth that is heated by the sun. With the help of ground source heat pumps, the energy is extracted.

Overall, it is great that the world is using more renewable energy sources. The UK is making great progress towards achieving net zero and becoming carbon neutral by 2050 as can be seen by the Government announcing they will phase out the sales of new petrol and diesel vehicles by 2030. From the examples in this article, you can see that many countries across the world are making the effort to change their energy sources to be renewable and help combat climate change and move away from traditional fossil fuels.



## Green Industrial Revolution

Prime Minister Boris Johnson recently outlined his roadmap to command a “Green Industrial Revolution”, alluding to plans to “produce enough offshore wind to power every home”.

However, producing enough renewable energy is just one step; another is to convince UK households to make the switch to greener, more renewable energy. Uswitch.com discovered that, on average, 62% of UK households have switched to a greener energy tariff in the last two years. Moreover, Uswitch found that the “best green energy supplier UK” is up 50% from this time last year, indicating an invested interest by homeowners to at least learn about switching. To warrant more action from homeowners around the country, energy expert Will Owen from Uswitch.com has outlined several reasons why Brits should make the switch to green energy. How, and why, to switch to renewable energy ...



The first question that consumers often ask is “can I switch to a greener energy tariff?” The simple answer is “Yes!” These days, most energy suppliers offer at least one ‘green’ tariff, whilst there are several dedicated green-only suppliers. By entering your postcode into Uswitch.com’s green energy checker, you can find the relevant green energy suppliers in your area.

### 1. How can my current provider supply me with green energy?

There are a few different options available, depending on which energy supplier you use and what green tariffs it offers. The most common ones are as follows:

- Energy match: Your energy supplier matches some or all of the electricity you use by producing renewable energy that can be fed into the National Grid.
- Green investment: This means your supplier funds renewable energy infrastructure or projects. These days, most green energy suppliers do this in addition to the above.
- Carbon offset: Your supplier offsets the CO2 emissions from the energy that you use, by planting trees or investing in CO2 reducing projects.

### 2. Why should I switch to green energy?

Switching households to renewable energy supplies is one of the largest ways to help Britain achieve its momentous goal of net-neutrality by 2050. Also, no matter how your renewable energy is generated, the more households that switch to a green energy deal, the more renewable energy gets generated and the greater the investment in it.

### 3. Will I save money by switching to green energy?

Energy usage has increased in the last 12 months and, as fossil fuel reserves deplete further, energy companies have been forced to increase their prices. That is not the case for renewable energy providers, though. It’s a common misconception that renewable energy plans are more expensive than other types of tariff. Renewable energy, in theory, does not deplete in resources - and so suppliers will have little reason to elevate prices.

### 4. What are the types of renewable energy available?

Alternate energy supply technologies are constantly evolving, resulting in better, high-quality energy production. The most common generators of renewable energy are wind turbines, solar panels and hydro energy. To learn more about renewable energy sources in the UK, you can check out Uswitch’s guide which lists information on all of the types of renewable energy commercially available in the UK.



## Is All Palm Oil Bad and Should You Avoid It?

With climate change wreaking havoc once again, last August saw California devastated by the worst wildfire in 18 years, with global heating creating the perfect conditions for this disaster. Unfortunate events like this highlight the important conversations that need to continue taking place around our impact on the planet and its inhabitants. Palm oil is a controversial ingredient in terms of the environment and health, created from the fruits of African palms. Palm oil is found in around half of all packaged products. It is a highly versatile commodity used widely from processed foods to cosmetics, soaps, and detergents, as well as cooking oil, industrial lubrication, animal feeds, and fuel. For example, palm oil contributes to the texture and mouth-feel of things like biscuits – helping food become more enjoyable for you.



### Is palm oil an efficient use of land?

You're probably wondering why we use palm oil at all when it is so controversial, and there are so many other sources and variations. Palm oil yields around four to ten times more oil per hectare than other sources, including oil from soybeans or coconut palms. Simply using other sources of vegetable oil would shift the problem to other parts of the world, and threaten other habitats and species. The amount of product created from each piece of land makes it efficient and profitable. On the other hand, to grow palm trees, hectares of rainforests are burned, which destroys homes for indigenous populations, habitats for animals such as orangutans, and the already very fragile rainforest ecosystem. Oil palms now account for a combined area the size of Syria, the majority of which was previously covered with forest. Once palm trees that are being used to create palm oil grow too high, making it difficult to reach the fruit, they are cut down to grow new ones – in simpler terms, deforestation occurs. Both of these remove trees that are working to remove carbon dioxide from the air. In tropical areas, palm oil accounts for around five per cent of tropical deforestation.

### Does palm oil help economies?

Millions of people's lives depend on palm oil, placing high economic value on it as a commodity. Producing palm oil equates to jobs, infrastructure and tax revenue. According to Conservation, around 4.5 million people in Indonesia and Malaysia make a living from palm oil, and another 25 million people directly depend on its production financially. This means that palm oil plays a key role in reducing poverty, something that shouldn't be considered lightly for third world countries which have less economic advantage than the UK. Palm oil helps drive the gross domestic product (GDP) for these emerging economies. Similarly, fair trade products are used to ensure fair working rights for farmers, for many commodities such as fair trade organic coffee. Simply banning palm oil would put millions of jobs at risk. If you shop ethically and buy products that are fair trade, you probably care about considerations like this. Although, yes, orangutans' lives are important, so too are Indonesian and Malaysian people's.

### Does palm oil contribute to climate change?

According to research published in Nature Communications, cutting down rainforests and replacing them with palm oil plantations releases 61 per cent of the carbon dioxide stored in the forest back into the atmosphere. It was reported that Indonesia was releasing as much greenhouse emissions by deforestation as some of the richest countries were doing by burning fossil fuels. Climate change is one of the biggest threats to humanity, and we should be working to reduce our impact on the planet. Many publications encourage shoppers to buy products that include sustainable palm oil as this ingredient is virtually impossible to avoid completely. FairPalm aims to help protect the environment while supporting smallholder growers. Fortunately, more companies are acknowledging this issue and working to source sustainable palm oil with respect for both the environment and local communities. Plantations can be expanded into land that isn't occupied by forests – for example, cattle pastures – or planting palm trees among other trees and allowing them to grow naturally, removing the need to cut down millions of other trees to develop plantations.

**While there are clear arguments for and against palm oil, what action will you take, if any at all?**

Equip the next Generation to See Lasting Change



# SCOOP

**A feast of words and pictures for curious kids**

FEATURING  
GUEST EDITOR  
**Lauren  
St John**

*In a recent conversation with a presenter at a local radio station, it was mentioned that the younger generations view today's adults as Trump, and themselves as Greta Thunberg. Whatever your views are on the former President of the United States and the young Swedish activist, we can agree that today's children and teenagers generally do seem to have a stronger sense of urgency than many adults about the challenges facing the environment.*

This is part of the inspiration behind the recent edition of SCOOP, a children's magazine, which was set up in 2016. The focus is on oceans and why they mean so much to our lives and our imaginations – from mythical and monstrous beasts of the deep, to the real-life heroes of marine biology. The edition also includes pledges from top children's authors, looks at the young ocean heroes of today (some children are doing great things around the world) and offers insight on how its young readers can become ocean activists.

Though the theme was thought of a while ago, it coincides with an increased focus on our oceans across other media. For example, there's the recent release of the documentary *Seaspiracy*, which provides a startling insight on the impact that fishing industries have on the world's oceans. *My Octopus Teacher* is aimed at a younger audience, and captures the experiences of a filmmaker who spent a year in the Atlantic Ocean following an octopus in False Bay near Cape Town, South Africa. In addition, the UK government has recently funded a project monitoring marine life in ten British Overseas Territories. It's great to see such an important issue being given more attention. The reason that a host of authors and illustrators were rallied together is because it's important that children are given the information and credit to make a difference. Unlike other media forms, a magazine allows children to read in private, discover unique angles, discuss with their families and teachers and form their own views, rather than being bombarded with messages.

You are probably reading this magazine because you care about how your lifestyle impacts the environment. The challenge to you is to take this one step further and be mindful of how you can impact the younger people in your world, whether that's within your family and friendship circles, your neighbours, or even in your place of work. This can be through encouraging conversations which expose children to key issues and prompts them to think of their own response. Alternatively, encouraging simple acts of kindness which can save a life – e.g. putting fresh water out for birds on a hot day or saying no to a plastic toy or bag that will end up in the oceans.

*The changes we make to our lives are important, but lasting change will come from the next generation. [scoopthemag.co.uk](http://scoopthemag.co.uk)*



**Lauren St John**

# GOOD NATURE

## Pleasure for Our Own Good: A Theme for 2021 at Selfridges

Selfridges is more than a shop – it is a place for communities to come together, where everyone is welcome. This year, Selfridges will be inspired by nature; making the world brighter through the creative exploration of pleasure.

Good Nature is a celebration of pleasure in nature, conceived with optimism for a future of restoration and growth, offering visitors physical and digital experiences responding to the natural world

Selfridges imaginative approach to retail innovation is underpinned by its transformational five-year sustainability plan, Project Earth. In 2021 we continue to change the way we shop, showing our appreciation of nature as we work towards Project Earth targets for materials, models and mindsets.

A boom in outdoor appreciation shaped the collective experience of 2020 and so for 2021, Selfridges considers the intersection of nature and culture, through product, destinations and experiences, to be enjoyed within our stores and outside of them. From greenhouses to garden gnomes, green spaces in unexpected places, pre-loved outdoor kit to earth-friendly-only materials, a Selfridges-curated garden centre or picnic baskets for every (outdoor) occasion, all to look forward to.

Good Nature will present events throughout the year, making Selfridges a destination for escape and fun – pleasure for our own good. The theme itself will unfold and grow across 2021 and aims to be flexible and responsive in its development. ahead of the reopening of Selfridges stores, the first of a multi-perspective podcast, Good Nature: The Pleasure Series, led by contemporary “pleasure hunters” and intended to be enjoyed in nature, will be published. When Selfridges doors reopen, our stores will welcome the outdoors in, by providing everything needed to enhance an outdoor lifestyle..



Find technical gear from specialists like cult Japanese label Snow Peak, to kids’ “seed bombs” and “den kits”; the best in all-natural food and beauty, fashion to wear in and anchored by nature. The ongoing RESELLFRIDGES initiative will feature independent stores including Beyond Retro, Duke’s Cupboard and Trading Desk, each selling vintage and upcycled products from iconic outdoor brands (including the classic – and most-wanted – North Face “Nuptse” jacket in many rare and pre-loved variations).

Good Nature experiences will include a talks programme by Intelligence Squared to mark earth day, as well as unexpected recreational activities designed to make connections through nature and its diverse communities.

Selfridges’ distinct visual identity – including its world-famous windows – will be an ode to pleasure in nature, changing with the seasons. An exhibition by British artist Jonathan Schofield will take-over Orchard Street, W1. Digital art commissions by creatives including Maison de Sable and Sucuk und Bratwurst will bring nature to the digital space of Selfridges.com.

**“THIS YEAR, SELFRIDGES WILL BE A SPACE DEDICATED TO THE INCLUSIVE PURSUIT OF JOY AND PLEASURE; WE WILL CELEBRATE THE MAGIC OF THE GREAT OUTDOORS AND TRY TO CAPTURE JUST SOME OF THE RESTORATION IT PROVIDES.”** comments Selfridges Creative Director Hannah Emslie.

# CRYING EARTH



*act now!!!*