



- **Clean Sailors' mission to help clean up sailing**
– an organisation set up to promote more sustainability in sailing
- **More people are taking action to limit climate disasters**
– people across Britain are embracing plant-based diets
- **A world without cardboard**
– how apocalyptic a world without cardboard would be
- **Subscriber Offer**
– gift set of eco-friendly beeswax wraps from WaxWrap.

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MEDIA

The Green Planet AR Experience, created by Factory 42 with BBC Studios and powered by EE 5G, has opened its doors at 55 Regent Street in London.

TRAVEL

Let's look at some of the benefits of staying local when travelling - how it can help save the planet.

HOME

People have been taking pride in their gardens for hundreds of years and, in that time, there have been countless developments.

A Word from the Editor

What is global warming? Global warming is the process that involves the earth's overall temperature increasing over time. This rise in temperature has effects that are seen and measured in everything, from ocean temperatures to average temperatures in climates around the world, to increases in weather-related natural disasters. Although there have always been fluctuations in the global climate, scientists are concerned that the earth has been getting hotter faster in recent decades, in large part due to human causes of global warming.

In this issue, we have 80 pages of inspiring ideas on how we can be more eco-friendly, which, in turn, leads to a more sustainable life.

L'Occitane and their green day initiative is the main feature in this issue. What a brilliant idea this is; the company encourages customers to make the switch from purchasing bottles to the more sustainable Eco-Refills which use, on average, 85% less plastic. They have also partnered with Surfers Against Sewage, donating £5 from every Eco-Refill purchased across the Green Day weekend, from 26th to 29th May. Surfers against Sewage are one of the UK's leading marine conservation charities, working on a variety of environmental causes, including plastic pollution and climate change.

The Eco-Refills, first launched in 2008, are one of the main ways L'Occitane reduces waste, because they use 85% less plastic, on average, than bottles and this saves them 200 tons of plastic a year. This makes a huge difference, because plastic takes around 1,000 years to degrade and never fully decomposes.

The picture on the front cover refers to pet-friendly spaces within the home – one of the best Pinterest interior trends. The full article is on pages 62 and 63.

This is our fourth issue and I am continually amazed at the ingenuity and clever ideas there are to help save mother earth – happy reading.



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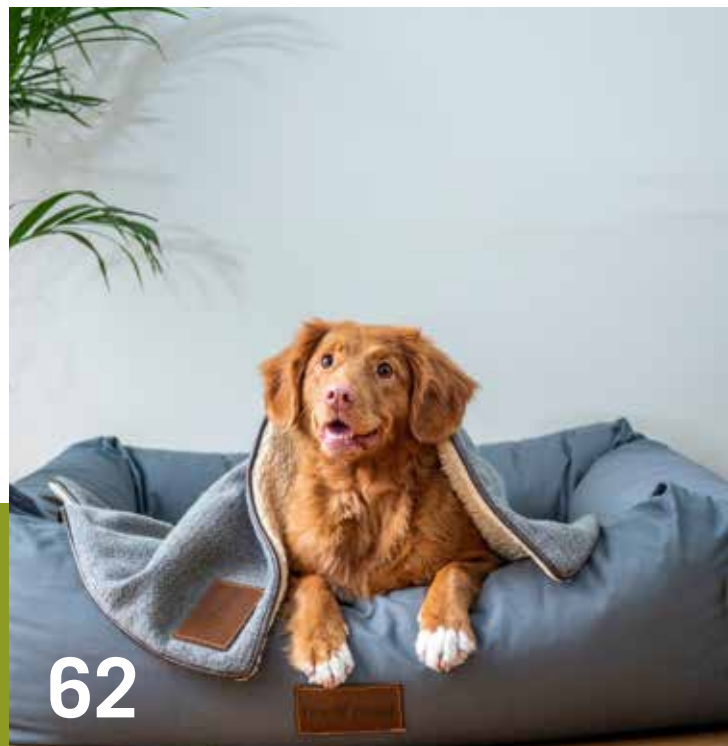
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GREEN day

26TH - 29TH MAY 2022

FILL FOR THE FUTURE



1 ECO-REFILL SOLD = £5 DONATED TO
SURFERS AGAINST SEWAGE®

L'OCCITANE
EN PROVENCE
(LOX-EE-TAN)



In 2019, L'OCCITANE decided to host its first Green Day encouraging customers to make the switch from purchasing bottles to the more sustainable **Eco-Refills which use on average 85% less plastic**. As part of this initiative, we partnered with Surfers Against Sewage, donating £5 from every eco-refill purchased across the Green Day weekend. Surfers Against Sewage are one of the UK's leading marine conservation charities who work on a variety of environmental causes, including plastic pollution and climate change. Today, three years on, we have eco-refills available across 26 product lines, an increase of 11 since 2019, and a Green Day weekend that is growing in popularity year-on-year. We recently added the 26th eco-refill product, with our multi award-winning skincare product Overnight Reset Serum, saving an incredible 95% packaging weight compared to the original.



Green Day is hugely important to us here at L'OCCITANE because it celebrates our key commitment to Reduce Waste. L'OCCITANE has always sought to lessen its environmental impact on the planet. L'OCCITANE's founder Olivier Baussan was ahead of his time; in 1976 he encouraged his customers to refill and reuse their glass bottles, or return them to be recycled at a local recycling facility in Nice. The eco-refills, first launched in 2008, are one of the main ways we reduce waste because they use 85% less plastic on average than bottles, saving L'OCCITANE 200 tons of plastic a year*. This makes a huge difference because plastic is invading our oceans and infiltrating our food chains, with 20 tonnes of plastic being thrown into the ocean every minute**. With plastic taking around 1,000 years to degrade and worse still, never fully decomposing, we are running out of space on our beautiful planet to store this rubbish***.

We aim to ensure that **100%** of our bottles are made from **100%** recycled plastic by 2025

*Based on figures from 2020

**Source: Ellen MacArthur Foundation and 'Plastic waste inputs from land into the ocean', Jenna Jambeck et al. Science 347, 768 (2015).

***calculations based on number of L'OCCITANE Solid Shampoos sold globally from 13th May 2021 – 13th Jan 2022



Recycling empty bottles and eco-refills, to ensure that no plastic is single use, is another crucial way to Reduce Waste. We partner with TerraCycle to run our in-store recycling system, as they specialise in recycling 'hard-to-recycle' waste. Amazingly, since the beginning of our partnership in 2019, we have saved 143,000 units (4,300kg) of plastic packaging from being placed in landfill sites. During our 2021 Christmas period - November and December - traditionally one of the most wasteful times of the year, 2000kgs of waste was collected to recycle. This is the weight of 2 adult giraffes! Instead of clogging up landfill sites, this plastic waste is then repurposed and used to build things like public benches and play areas. So, this Green Day why not bring in your empty bottles to be recycled and replace them with our eco alternatives?



To go alongside your eco-refill, why not also purchase one of our beautifully decorated Forever Bottles. Composed of 100% recycled and recyclable aluminium, they can be filled with our eco-refill pouches or directly from our Refill Fountains at selected stores in the UK. We also launched Solid Shampoos last year, which are sulphate and silicone free and housed in a 100% recycled and recyclable cardboard box. Since launching in May 2021, they have saved 1007kgs waste packaging***. Finally, we are also offering customers a free Forever Bottle 250ml, when they buy any two Eco-Refills from 5th May - 8th June 2022. The aluminium Forever Bottle can be reused and refilled for years to come!



Eco-refills at L'OCCITANE use an average of **85% less plastic** compared to the original packaging!

ECO-REFILLS

FEATURE



Intensive Repair
Shampoo Refill
500ml • £24.50



Intensive Repair
Conditioner Refill
500ml • £29



NEW

Overnight Reset Serum
500ml • £65



Forever Bottle
250ml • £3
500ml • £4.50



Shea Verbena
Hands & Body Liquid
Soap Refill 500ml • £19



Shea Lavender
Hands & Body Liquid
Soap Refill 500ml • £19



Shea Ultra Rich
Hand & Body Wash Refill
500ml • £19



Lavender
Hand Wash Refill
500ml • £19



Shea
Shower Oil Refill
500ml • £29



Almond
Shower Oil Refill
500ml • £29



Verbena
Shower Gel Refill
500ml • £24



Citrus Verbena
Shower Gel Refill
500ml • £24



Lavender
Foaming Bath Refill
500ml • £20



L'Occitan
Shower Gel Refill
500ml • £24



Cap Cedrat
Shower gel Refill
500ml • £24

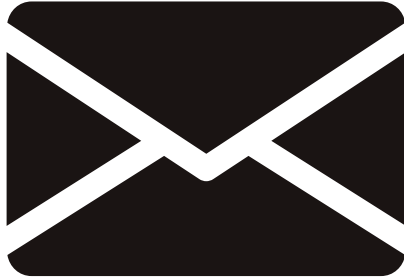


Almond
Milk Concentrate Refill
200ml • £36



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WaxWrap

Sustainable Food Storage

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

WaxWrap, eco-friendly beeswax wraps, are 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

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.earth



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

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Hannah Stodel with founder of Clean Sailors, Holly Manvell.

Clean Sailors' mission to help clean up sailing – new ambassador

An organisation set up to find, develop and promote more sustainable practices in sailing and the marine industry has strengthened its team with recent news that four-time Paralympian and world champion sailor Hannah Stodel is to become its latest ambassador.

Clean Sailors, a not-for-profit organisation, was set up in 2020 to create new standards of cleaner sailing within the global marine community, to campaign on legislative issues and to promote education and conservation opportunities specific to sailing, as well as the wider marine ecosystem.

Partnering with Hannah showcases the organisation's determination to encourage all fellow sailors – both professional and recreational – to motivate their global sailing community to contribute to the better protection and preservation of the oceans.

Sailor **Holly Manvell**, who set up Clean Sailors after witnessing, first-hand, the amount of rubbish and debris floating in the sea, is delighted to have Hannah on board. She said: "Partnering with Clean Sailors – our team and our mission – underlines Hannah's commitment to promoting a cleaner standard in sailing, and in inspiring every sailor to become an ocean ambassador.

To have a sailor such as Hannah, already so known for using her voice for greater change, join our team is just awesome. That she is committed to using her profile to help raise awareness of what we are trying to achieve and how important it is that our global sailing community strives to protect our oceans, raises our game even further."

Hannah Stodel, who is working towards becoming the first disabled female sailor to compete in the 2024 Vendee Globe – a single-handed, non-stop round the world yacht race – said that she was looking forward to working with Clean Sailors. "Having been a professional sailor for all of my life, I'm still astounded at how wasteful our industry can be, particularly on professional race circuits," she said.

She continued: "Each cycle, we build new boats to be faster, more technical and more spectacular, without full regard for old machines and their components, the recyclability and circularity of the high-performance materials we use.

Development without full regard for our oceans and our planet needs to be challenged. We can upcycle old boats, we can build truly recyclable boats, we can care about what we put into our oceans – we can make a difference, and that is why I am so, so proud to join Holly and Clean Sailors, and use my voice to do just that."

Hannah and Clean Sailors want to encourage other members of the sailing community to become ambassadors and help raise awareness of the issues facing the world's oceans.

For more information about Clean Sailors, visit: www.cleansailors.com

For more information on Hannah Stodel and her sailing career to date, visit: <https://www.hannahstodelracing.com>



Immaculate Vegan: new vegan fashion

Immaculate Vegan is a new vegan fashion and lifestyle platform for living beautifully and ethically. They're on a mission. They love fashion – they just don't like what it does to animals, people and the planet. So, they decided to help change the system, and offer an ethical and sustainable alternative, without compromising quality or style.

The vegan food revolution has been quickly gaining ground and momentum over the past few years. Vegan fashion isn't far behind the vegan food revolution – the global vegan women's fashion market size is anticipated to reach USD one billion by 2027.

Immaculate Vegan is spearheading this vegan fashion revolution. From vegan shoes, bags and accessories to ethical and sustainable clothing and homewares, they select the best and most beautiful vegan products in the world, and make it easy for others to discover and buy them.

Every single beautiful product from over 100 ethical brands that are showcased on Immaculate Vegan's website is 100% vegan – so no need for vegan filters. They insist on zero cruelty to animals, sustainable materials and manufacturing processes that are kind to the environment, and paying and treating workers fairly and respectfully.

They search the world for brands that share their values. Setting high standards, every product they sell has to pass their test of both aesthetics and ethics – without the greenwashing.

The concept for the store arose when Founder Annick Ireland became vegan several years ago and initially found it difficult to find beautiful, high quality fashion that was also vegan and sustainable. Undertaking extensive research, she realised there were many fashion-forward vegan brands out there, but they were hard to find. Immaculate Vegan started in order to help others looking for ethical and sustainable alternatives – and to elevate the profile of vegan fashion.

Annick is an expert at sourcing reputable brands with which to work and has a wealth of knowledge on sustainable vegan materials, such as Apple Leather, Cactus Leather, Grape Leather and Pinatex, as well as vegan alternatives to wool and silk. She said: "I'm really inspired by the growth in demand for vegan and sustainable fashion – and the businesses that are launching because of that. We've already seen a real revolution taking place in plant-based eating, fuelled by ever-increasing concerns about the environment, animal welfare and human health – which covid has accelerated. Vegan fashion and lifestyle is poised to be the next revolution, and it's already begun."

Immaculate Vegan launched with a strong offering in shoes and bags, and their bestselling categories are still in those areas, including boots, sandals and trainers. However, they've already developed a growing collection of ethical and sustainable women's clothing, as well as a vegan men's offering – and plan to launch Immaculate Kids later this year. Viva La Vegan Revolution!



Eco bridal gowns: With Love, Mirka

With Love, Mirka (WLM) is a British brand with the planet at the centre of everything it does – a love letter to brides and the planet.

Made using only recycled fabrics, and crafted sustainably and ethically at the Mirka Bridal studio in Kirkcaldy, Fife, each dress is made to order, further reducing waste. Just because WLM dresses feature recycled fabric doesn't mean that they are unfashionable or uncomfortable; quite the contrary, WLM are made to fit, made to flatter and made to last...

The 2022 collection from WLM is made to make brides feel beautiful, powerful and ultimately comfortable. They stretch, they hug the curves and they celebrate the female form, with just the right amount of give, in just the right places! Every bride should feel comfortable on their wedding day, so WLM dresses are made with no unnecessary boning.

Because WLM gowns are uniquely lace, lightweight and crumple-free, they are absolutely ideal for a wedding abroad, or for an elopement – from suitcase to beach in five minutes, if required. No hanging, steam pressing or wearing in required. In fact, WLM dresses are so versatile that they are perfect for any style of wedding, from traditional English with a boho vibe, a destination wedding in a super-hot climate or even a quick exchange of vows in Vegas!

Asked for the inspiration behind the company, **WLM head designer Mirka says:**

“The last couple of years made me look at the world differently. I saw nature that revived when we stopped destroying it for a while. Out of concern for our planet, I decided that my new brand needs to be made sustainably; there was no way I could justify any other way for a new product to enter the market. We have worked with manufacturers to create the most beautiful laces, using recycled materials, and I made a conscious choice to keep productions here, in Scotland.”

So, is there a typical WLM bride? Mirka says:

“She's wild and passionate. These dresses are made for a woman who seeks something different that will accentuate and not overpower her beauty and style. The dresses are easy to pack up for all the brides who want to get married abroad, making it a great choice for elopements! And because our dresses are so easy to pack up and ship, I wanted to make them available to brides around the world, which is why you can purchase these beautiful pieces online.”

Mika Jankowska was practically born holding a needle and thread. Sewing has been a passion of hers from a very early age and designing is something she is passionate about. That passion was directed at evening and bridalwear at around the age of 16, which was when Mirka made her first evening gown. Since then, and since studying fashion design for six years, Mirka has gone on to launch With Love, Mirka, which also embraces her concern for the environment.



B_Boheme: stepping into a bolder, brighter future

B_Boheme, pioneers of the premium vegan footwear industry, have announced the launch of their latest collection, previewing their new visual identity with a bespoke edit of three key styles available to order now. Building on their 16-year wealth of knowledge within sustainable fashion, B_Boheme showcases their enhanced design handwriting for this collection with their most technologically advanced and ethically sound range to date.

To encourage ethical fashion choices, B_Boheme shoes make no compromise on design. The distinctive B_Boheme styles are inspired by nature, architecture, street style and vintage. The shoes are designed by a team of specialists in the UK and crafted in Portugal.

Establishing themselves as the antidote to fast fashion consumerism, B_Boheme now ensure that their production is sustainable by repositioning as a made-to-order slow fashion brand, ensuring no wasted stock or energy, both in their materials and in their processes.

Passionate about the importance and joy of slow fashion, the process of creating a pair of B_Boheme shoes is filled with a whole lot of love, and patience! From first sketch to final polish, the journey can take up to a year.

All their shoes are made from 100% vegan, sustainable materials. From water-based and animal-free glue, to recycled PET sequins, plant-based ultra-suede and biodegradable glitter, they make it their mission to work with the best materials, and they're continually looking for further ways to improve.

Materials used include polymers extracted from cereal crops (replacing crude oil) which are combined with viscose obtained from tree pulp, and recycled polyester textile obtained from recycled bottles. The resulting materials are hypoallergenic, anti-bacterial and temperature regulating.

THE RANGE:

- The Aimee flat: £225 – available in four colours: cobalt blue, black, rose and tangerine.
- The SCOUT Sneaker: £240 – available in two colours: black and multi-coloured.
- The MATILDA Chelsea Boot: £275 – available in two colours: black and silver glitter.

Alicia Lai, Founder and CEO of B_BOHEME said:

“I am so excited to have launched this new collection – we’ve gone bolder, brighter and having put our all into the design and sustainable credentials of this range, I am loving seeing it all come to fruition. Talking about sustainability and ethics is just one part of a campaign for change. I founded B_Boheme to show how sustainable and ethical shoes can be desirable. Since our inception, we have been consistently highlighted as one of the leaders of independent innovative vegan footwear, and I am incredibly proud to be the founder of this market leading global brand. This is just the start of our plans for 2022, with further lines, men’s range and more to come – watch this space for the next phase of B_Boheme!”

Alicia Lai is one of the pioneers of the vegan fashion industry, having worked in sustainable fashion for 14 years. She is passionate about using innovative and sustainable vegan materials and processes at every stage of design and production. B_Boheme unites Alicia’s passion for veganism, the environment with her experience as a qualified podiatrist and her love of fashion. She practiced podiatry for 15 years before founding B_Boheme, and her knowledge and expertise ensures that each shoe is designed for comfort as well as style and sustainability.





London Fashion Week: World's first dress made from chestnuts

Design house VIN + OMI has pioneered new sustainable processes in the development of leather made from UK chestnuts. This new material was featured at the fashion show ART on 17th February, at The Dorchester. The new process, which has been seven years in development, shows a new way of working with waste plant material.

With science scholars and designers, VIN + OMI has developed a way of fusing chestnut pulp together to make a durable, waterproof plant leather. Most mushroom and fruit leather requires the addition of artificial additives. The chestnut leather offers a breakthrough in sustainable fashion.

This show also featured new innovations from the designer's ongoing collaboration with Prince Charles. This project looks at the ways in which UK country estates utilise their waste and provide sustainable solutions.

Willow rods pruned from the Highgrove Estate have been processed into textiles. The design studio has also developed a new use for hard-to-recycle plant pots from the Highgrove gardens, combining them with discarded elements from the guitar-making industry. These have been processed into jewellery that was shown on the catwalk.

VIN + OMI's Nettle fabric made from Highgrove nettles was also included in the collection.

The upcoming fashion show, called ART, also featured collaborations with VIN + OMI's partner brands:

- Print outfits are made from textile processed from discarded plastic paint tubes from leading art brand DalerRowney. The show also featured recycled art portfolios, canvases and upcycled garments, using DalerRowney products.
- On the catwalk, a look made from the production selvedge ends of fabric from leading Scottish fabric mill Johnstons of Elgin was shown. This continues collaboration to explore new ways of working with factory waste and also part of VIN + OMI's ongoing large education and sustainability programme, where UK students learn new ways of working sustainably.
- VIN + OMI's ongoing collaboration with Jagermeister featured an outfit made out of recycled promotional material from the drink's brand.
- The set from the show will be recycled and the hair accessories were made from recycled KMS waste salon plastic. Beauty preparation was from eco brand Adaptology.

VIN + OMI's sustainable designers are in residence at The Dorchester, and are working on a number of sustainability initiatives and projects with the hotel team. Included in this is the recycling of the hotel's plastic into fashion scarves, and incorporating plant waste into the hotel's textiles.

The show included guest models. Previous guest models have included Debbie Harry, Team GB Olympians, and a range of actors and public figures.

VIN + OMI is unique in the fashion world by working on a range of sustainable collaborations that challenge brands to think differently. Alongside the design work, VIN + OMI has developed new sustainable processes since 2004.

VIN + OMI also does creative and sustainable consultation for global brands and city masterplans outside the fashion industry.

Full information about VIN + OMI's work: www.vinandomi.com



Products we love



Pinter launches 'refreshing' recycling scheme

Pinter, a world-first, precision-engineered technology that allows anyone to brew 'Fresh Beer' at home, has launched a new 'refreshing' recycling scheme.

Embracing its commitment to environmental stewardship and sustainability, the fastest growing brewery in the country, Pinter, is allowing customers to recycle their pre-loved Pinter 1s through the 'Refresh your Pinter' initiative.

Customers can return their original Pinter 1 in exchange for a £50 voucher to redeem against a brand-new, re-engineered Pinter 2. The scheme will ensure that all returned Pinter 1s are broken down and their materials sorted, separated and reused for anything from new parts to renewable energy.

Compared to one-use beer products, Pinter uses 70% less packaging. When you make Fresh Beer with the Pinter, you're also making a 50% reduction in CO2 emissions, compared to old school beer production methods. Pinter has already saved over five million beer cans from entering the waste stream. pinter.co.uk

Plastic-free sanitary products

After discovering menstrual products are the fifth largest ocean polluter, Anushka and Abi Mukherjee conducted in-depth research to create the ultimate range of biodegradable, high-absorbing and plastic-free products. Within two years, they launched Plastfree – an eco-ethical brand championing affordable, plastic-free periods for all.

Plastfree products are made with 100% organic cotton and are chemical-, dioxin and fragrance-free. Suiting a variety of menstrual needs, the high-absorbing tampons and sanitary pads are available in different sizes for everyday use, alongside a maternity pad for new mothers experiencing high blood loss.

On average, plastic menstrual products take around 800 years to biodegrade. The Plastfree's range take only two years for sanitary pads and six months for tampons in humid conditions.

The founders donate five per cent of their monthly profits to food banks, the homeless and women shelters across London, India and Gambia. You can learn more about Plastfree's mission and products by visiting their website: plastfree.co.uk



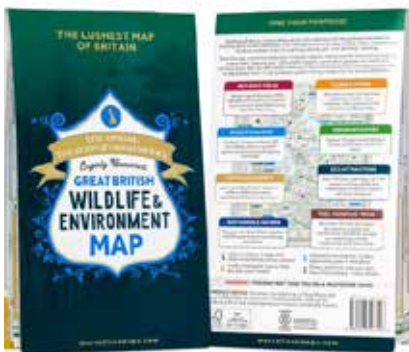
Brand New Great British Wildlife & Environment Map

Celebrate Britain's incredible species and habitats with ST&G's Great British Wildlife & Environment Map!

From Orkney's orcas to the seals of Scilly, Britain's kaleidoscope of natural wonders is ripe for exploring, adoring and – most definitely – restoring.

Featuring over 1,500 wildlife hotspots, conservation projects, eco events and gloriously green days out, with handy summaries of key environmental issues and steps you can take to help address them, it's the grassroots guide to having a whale of a time around wild Britain!

ST&G's eagerly beavered Great British Wildlife & Environment Map is available from marvellousmaps.com (from £14.99).



Munchy Seeds

If you're looking to give your meals, snacks or bakes a big nutritional boost, look no further than Munchy Seeds, the perfect health-packed companion to your cooking.

Whether you fancy a delicious sweet or savoury addition to your porridge in the morning, a light and healthy snack to get you through until dinner time, or a healthy addition for your cakes and bakes, Munchy Seeds have it all!

The Munchy Seeds range is packed full of vitamins, minerals and fibre, and is not only amazing for your gut health and immune system, but also a great source of protein. Ideal for vegans and meat eaters alike, Munchy Seeds has a range of products to cater for all kinds of occasions with its 'Just Add', 'Just Snack' and 'Just Bake' ranges. Munchy Seeds are available in Ocado, The Co-op, Amazon and online from: www.munchyseeds.co.uk/.



Vendula London

Vendula London launched in 2003 and has grown to be one of fashion's funkiest brands, with one guiding philosophy – to make others ask.... "Where did you get that bag?!" Their ever-growing list of fans (Vendulettes) are across the UK, Europe and North America. Vendula London is quirky and ethical; they are passionate about slow fashion and their vegan-friendly bags and accessories.

Each Vendula London piece is created by highly skilled 'artisan' workers with many years of experience and care going into every item.

Vendula London offers free shipping on orders over £50. For more information, please check out: www.vendulalondon.com



Stainless Steel Soap

Clean Living's new Stainless Steel Soap is an innovative, zero-waste way to eliminate odours from your hands.

Shaped like a bar of soap that perfectly fits into the palm of the hand, the stainless steel binds the molecules that create odours together, removing it from the skin and leaving hands free from unpleasant odours, using just water.

Ideal for keen cooks, it removes strong scents such as garlic, onion, ginger or fish after cooking. It is also the perfect choice for those with sensitive skin, as it is simply rubbed around the palm of the hand and fingertips under cool water.

After use, the Stainless Steel Soap should simply be left to dry and placed back in the velvet pouch provided, ready for its next use. Consumers can be assured that they have a trusty product that will banish bad odours and reduce their waste.



Plant-based HAPPi Easter eggs

To give all chocolate-lovers their yearly fix, oat milk chocolate brand HAPPi has added a new White Raspberry egg to its Easter round-up.

Decadent and smooth, the new White Raspberry Easter egg will appeal to those with a sweeter tooth and join HAPPi's delicious range, which includes Plain Milk, Salted Caramel and Orange Eggs.

All of HAPPi's chocolate is made from single origin 47% Colombian cacao and oat milk, and has 35% less sugar than other leading chocolate brands. The packaging is 100% recyclable. HAPPi's Easter Eggs are RRP £11.99 and available to purchase from Selfridges, Amazon and www.happifreefrom.com



Transatlantic business owners on a mission to make bath time plastic-free

Two co-founders have told how they run their successful plastic-free kids' skincare brand business, despite living on different continents and only having seen each other twice in person since 2019.

Rowdy Kind's creators are sisters-in-law Anne Marie Wright and Kate Tilbury. Kate Tilbury is based in Shalford, Surrey with her husband and ten-year-old son, whilst Anne Marie, married to Kate's brother, lives in Montreal, Canada with her husband and two-year-old daughter. The idea for their business first originated from Kate's then seven-year-old son, who asked his mum, one bath time: "Why are we still using plastic bottles in the bathroom?" Touched by his concern for the environment, Kate set about looking for alternatives and couldn't find any suitable in the shops.

After experimenting at home with a successful DIY version, Kate believed so much in the vision for this product that she forked out £5,000 on a small production run of a shampoo bar prototype designed specifically for kids.

It was then that Kate decided to ask her sister-in-law to join her new business venture, at a family reunion in Canada in August 2019. Anne Marie's background in marketing was the ultimate ally to Kate's sales and strategy experience, so Kate was delighted when she agreed to come onboard. The 3,500 mile distance between them did not bother Kate, as she had a very specific partner in mind.

Kate Tilbury explained: "Anne Marie and I were friendly sisters-in-law but we weren't exactly close. However, I decided to ask her to join for a multitude of reasons. As well as her work experience in marketing, she also ticked all the boxes for someone who understood all the risks, would be passionate about the idea, and had the flexibility to work on the project."

Anne Marie Wright said: "It was perfect timing as I had my daughter three months ago and, during maternity leave, I was already starting to crave something new to challenge my brain away from nappies and feedings!"

At the Wrights' annual family reunion, the pair sat down and fleshed out the business around a kitchen table and spent a total of ten days together. They then worked remotely and launched the direct-to consumer website in March 2020, right when the global pandemic was starting to take dramatic effects on the world.

Kate said: "To be honest, I have always been an advocate of flexible working, so that is why running this business remotely with Anne Marie over such a distance didn't phase us. Once the pandemic hit, we had already been working remotely together for six months, so when we were all asked to work from home by the government, we barely felt any difference."

Anne-Marie continued: "We always make sure to communicate with each other as much as possible, whether that's a Zoom walk and talk or using instant messaging to discuss image edits."





The business is already booming, with a six-figure turnover and nearly 25,000 plastic bottles saved as a result. Rowdy Kind is the UK's first zero waste skincare brand for kids. It has a range of seven products, including the multiaward-winning Hair & Everywhere bars (shampoo and bodywash in one), shampoo, conditioner and solid moisturiser. Each bar equates to two 250ml plastic bottles worth of product and is cruelty-free and vegan friendly.

The co-founders are on a mission to make bath time plastic free, as Kate's son asked, and her story is one that they are finding many of their customers have experienced themselves. In fact, research now shows that almost three quarters (72%) of parents are reprimanded by their children for unsustainable practices.

Kate said: "I have so many parents saying they have come to us after their kids have questioned the eco credentials of their shampoo or other skincare products. It's so humbling to know our children are switched on when it comes to the climate crisis, and we want to do everything we can to try and build this brighter future for them and provide the right products to get there."

Kate and Anne Marie also found that lots of parents were using adult plastic-free products for their children but knew that they weren't designed to be gentle enough on younger skin. Rowdy Kind's all-in-one shampoo and body bars are free of palm oil, sulphates, parabens, and polyethylene glycols (PEGs). The bars tackle dirt whilst still being gentle on skin. All the products are 100% plastic-free, delivered in minimal 100% paper packaging that is home recyclable.

Kate continued: "We know so many people don't actually recycle products used in the bathroom as separating the rubbish is too much hassle, so our objective was to remove that element altogether. Rowdy Kind presents a total solution for a kid-friendly bath time, with as minimal impact on the planet as possible."

The future for Rowdy Kind is looking bright: it plans to offer even more exciting plastic-free bath time solutions and has a new focus on increasing distribution (to mainstream retail) so that more families can easily make the change to a plastic-free bath time.

Rowdy Kind products are available to purchase via its website – www.rowdykind.com; prices start from £10 for bars and £4 for accessories.



YesColours launches paint with fully recyclable pouch packaging

YesColours is tackling the UK waste paint issue head-on. Introducing radical new packaging, it aims to flip the industry on its head by removing the traditional paint tin in favour of a fully recyclable pouch – each one filled with astonishing colour.

With 55 million litres of paint waste generated each year in the UK, new feelgood eco-conscious paint brand YesColours is looking to make a change. Aimed squarely at the new generation of home improvers, its fully recyclable pouch is set to cut consumer waste and stop tricky-to-recycle paint tins going straight to landfill.

As well as putting people and the planet first, YesColours aims to inspire joy and optimism through colour. With a palette of feelgood shades - channelling joy, passion, electricity, freshness, friendship, calm, love and serenity – YesColours seeks to inspire freedom of expression, experimentation and imagination.

Suitable for both professionals and DIY first-timers, each YesColours hue has been carefully curated into simple collections and edits, making it easy to mix and match - or go rogue. The range has been designed using colour theory to promote wellness, but that's not all. These paints are sourced and made in the UK without adding harmful chemicals, such as VOCs, APes and NPEs. They are good for people and the planet. What's more, the pouches use 16% less fossil fuel, 26% less water and generate 21% less greenhouse gas emissions in production than traditional rigid packaging. Even better, they start at one litre in size, making it easy to order accurately and reduce waste.

YesColours was founded by John Stubbs and creative partner Emma Bestley, who are both dedicated to colour, innovation, inspiration and saving the planet, one paint stroke at a time. They epitomise the YesColours ethos: love colour + feelgood.

[yescolours.com](https://www.yescolours.com)



image credit ©Nigel Plant

Diggidy Dog Eats - sustainable dog treats

Diggidy Dog Eats make sustainable dog treats, using simple Fair Trade ingredients that are ‘dogtastic’ for dogs’ tummies, including dogs with allergies.

Many of the dog treats you find in your supermarket or pet shop are a disaster for your dog’s wellbeing. They’re often made from animal entrails and bulked up with gluten enriched grains, chemicals, additives and other nasties which dogs are unable to digest quickly, if at all. Overuse can mean poor nutrition – which can lead to anxiety, skin conditions and even cancers.

Did you know that dog food and treats are a growing problem for our planet, too? Pet food is estimated to be responsible for a quarter of the environmental impact of meat production in terms of land, water, fossil fuels, phosphates and pesticides. Growing use of human grade ingredients and raw meat diets is making the problem worse. On top of that, we’ve seen an explosion of dog ownership through the covid-19 pandemic. Your dog’s carbon pawprint is bigger than you think!

Diggidy Dog Eats launched four months ago to help provide a healthy, sustainable alternative. The original ‘Crunchy Vegan Treats’ made at their kitchen in the Calder Valley, West Yorkshire, have proved a hit on the internet and with local dogs. The company is expanding fast, with new exciting sustainable recipes, including ‘Bouncy Beet Bites’ coming very soon. They research and develop their recipes to ensure that they are irresistibly tasty to dogs, while being healthy, gluten free and vegan – made from all natural, sustainable ingredients that have a low impact on our soil and environment.

‘Crunchy Vegan Treats’ have just six ingredients: oat flour, bananas, carrots, peanut butter, coconut oil and chia seeds. Peanuts are little heroes of the plant world that fix nitrogen in the soil, meaning that they can be used by forwardthinking farmers to replenish depleted soil and reduce fertiliser use. Bananas, bought from fair trade suppliers, ensure that communities are able to earn a living wage from their harvest and look after their land sustainably. Oats are grown right here in the UK, and chia seeds are from the wild lands of Essex. The company has a no-waste policy – all skins and peelings are popped in the compost bin and dug back into the garden!

The packaging is made in the UK from kraft paper lined with starch, to keep the treats fresh. Packets decompose within ten weeks, so they can be placed in the compost or food waste bin, or with paper waste to be recycled. They post out online orders in 100% paper padded envelopes, which can easily be reused or recycled to prevent further waste.

Diggidy Dog Eats is part of a growing group of independent companies that want to change the way pet food is produced, using ingredients and processes that are sustainable for the long-term ecology of our beautiful planet. They hope that all pet owners will join this movement for change. Dogs: it’s time to address that carbon pawprint – one tasty crunch at a time!

www.diggidydogeats.co.uk @DiggidydogEats

Menopause: nip joint pain in the ‘rose bud’

International Women’s Day was a global day of celebration for all that woman achieve and overcome, as well as raising awareness of women’s health and wellbeing.

The menopause is an often overlooked aspect of womanhood that is shrouded in stigma, and all too often suffered in silence despite the profound affect that it may have on a woman’s life. Symptoms can last for many years, and may include hot flushes, night sweats, loss of libido and low mood – all impacted by changing hormone levels.

Less commonly acknowledged is the impact of the menopause on bone and joint health, despite joint pain affecting 40% of all menopausal women. Significantly more prevalent in women than men, joint stiffness is the most common contributor to impairment of quality of life and work in women of a menopausal age.

Menopausal joint pain is often mistaken as an inevitable part of the ‘ageing’ process and, whilst women may seek help for other symptoms, they struggle on with aching and painful joints. For many, this results in a downward spiral of taking less exercise, weight gain and further joint pain.

Dr Anne Henderson, Consultant Gynaecologist and accredited menopause expert, comments: “Women may overlook aching or painful joints as a natural sign of getting older, but it’s important to understand the impact hormonal changes can have when approaching the menopause. Oestrogen has a direct impact on the musculoskeletal system, particularly joints. It can decrease collagen which is found in muscles, tendons, ligaments and the joint itself, as well as helping the ‘synovial buffering’ fluid in joints such as the hip and shoulder. A reduction in oestrogen during the menopause helps to explain why women of this age are much more likely to suffer from musculoskeletal conditions.”

The symptoms of the menopause usually start to appear between 45 and 55 years of age. However, according to **Consultant Rheumatologist Dr Rod Hughes:** “Menopausal joint pain can start several years before other menopausal symptoms. This is due to oestrogen levels starting to decline several years before the menopause, causing a reduction in collagen, loss of cartilage and an increase in inflammation, leading to joint pain and stiffness.”

Fortunately, simple lifestyle changes, such as exercise, diet and taking supplements, may help. Experts believe that a key ingredient derived from rose-hips could help to reduce pain and tenderness in joints, without the risk of side effects.

Dr Anne Henderson added: “It is important to consider a full spectrum of treatment options, including lifestyle changes, diet and exercise, but also herbal medicine and supplements that are backed by scientific evidence. Rose-hip extracts have been studied in multiple scientific trials, mostly for their cartilage protecting properties. The active compounds found in rosehip, in particular the galactolipids known as GOPO®, have been shown to have anti-inflammatory properties which can relieve pain, whilst some clinical studies show it to be as effective as taking paracetamol. Drinking plenty of water also helps to retain joint flexibility, whilst staying active strengthens supporting muscles and keeps excess weight at bay – reducing the impact on load bearing joints.”

Dr Rod Hughes is in agreement, adding: “Rose-hip extracts have a long history of medicinal use, and their potential benefits in the treatment of joint pain conditions have relatively recently come to light. GOPO® has been shown to help protect, and may even repair, joints and should certainly be considered at the early onset of even mild joint pain or after joint injury. Not only do people report great benefit from these supplements, but good quality clinical research also shows GOPO® is an effective choice.”





GOPO® Joint Health is a powerful natural anti-inflammatory treatment made from 100% specially cultivated rose-hip, with a high level of the galactolipid GOPO® and rich in Vitamin C, a key component in the body's natural production of collagen. GOPO® has been shown in randomised, placebo controlled clinical trials to relieve joint pain and stiffness in women of menopausal age, contributing to improved activity levels. In one study, eight out of ten patients reported a significant reduction in pain after just three weeks of GOPO®.

GOPO® Joint Health is available from Boots, Amazon, supermarkets and independent chemists nationwide, and is priced at £20.48 for 120 capsules and £30.99 for 200 capsules. Visit www.gopo.co.uk for further information.



How to lower your waste as a vegan

Review your shopping habits

Some of our favourite foods take long journeys to reach us. For instance, although this popular fruit provides key vitamins and healthy fats for vegans, avocados are not so eco-friendly. Growing a single avocado can use anywhere from thirty to sixty gallons of water, which threatens farms in Mexico, Chile, or southern Spain that often experience droughts (BBC Future).

Vegans tend to consume more fruit and vegetables than the typical meat eater. Buying your produce locally and seasonally is a great place to start as, while you may have to wait until summer to enjoy certain items, this cuts down on the greenhouse gases used to import them. Find out if your local area has a food market, as not only does this support local vendors but you'll often find larger, fresher produce there that isn't wrapped in plastic.

DIY dinners

One way of limiting this extra waste is to start making your own vegan staples, such as veggie burgers, hummus, or even tofu. Homemade alternatives are less processed, can be stored in your own reusable containers and, in some cases, can save you money. You can even try making your own oat milk by simply blending oats with water and a dash of sweetener, straining through an old cotton t-shirt, and refrigerating in glass jars.

Similarly, growing your own herbs is not only a huge money-saver, but it is far more sustainable than buying smaller, repackaged portions.

Get creative

Sadly, the UK still produces around 9.5 million tonnes of food waste per year, 70% of which comes from domestic households (WRAP). Much of this could be saved by simply saving leftover portions in glass containers or getting creative with food that's about to go past its prime.

Buying 'wonky veg' is also a cheaper and more sustainable way to buy fresh produce, as it makes use of those rejected from the production line. When these need to be used up, you can't go wrong with a homemade soup; with a handful of onion, garlic, and your fresh herbs, any combination of veg can be made delicious.

Proper waste disposal

Brush up on your local waste disposal. Knowing what can and can't be recycled prevents us from 'wish cycling', which is putting items in the recycling bin that may be unsuitable, contaminated, or only partially recyclable (NLWA). It's also worth noting that store-bought vegan milks tend to come in Tetra Pak cartons, which aren't recycled by all councils; if so, keep them separate from your general recycling and take them to your nearest waste disposal site.

SkipsandBins.com is a leading online provider of waste collection and disposal services, working closely with suppliers around the UK to bring one-off and pay-as-you-go waste management to businesses of all sizes.

For more information, visit www.skipsandbins.com.





Plant Alternative: SHICKEN

Satvinder Bains is on a mission to make a positive impact on the environment and animal welfare, one curry at a time. Satvinder grew up as a vegetarian in Nottingham with a North Indian heritage and a passion for cooking authentic Punjabi food, inspired by her mother and grandmother.

Satvinder and her family founded Love Occasions in 2014, a successful Punjabi catering business serving traditionally-cooked authentic Indian food at events and wedding parties of up to 1,000 guests, across the UK, at a time when very few caterers were offering vegetarian options.

Since 2018, Satvinder has dedicated her time to developing Plant Alternative meals, bringing together her passion for traditional North Indian food with 20 years of experience in the catering industry.

The combination of marinated and flame-grilled [SHICKEN] soy-based vegan pieces and authentic hand-crafted Asian curry sauces have allowed Plant Alternative to produce the closest vegan match to some of the UK's most popular Asian chicken restaurant meals.

Each meal is made using traditional and authentic recipes which are based on Satvinder's own recipes, passed down from generation to generation and handcrafted by her, and her team of chefs, to restaurant quality.

The time Satvinder invested in developing SHICKEN was time well spent, according to Veg Capital Managing Director Matthew Glover. Matthew contacted Satvinder personally after trying the brand himself, offering to invest after being 'blown away' by how good the dishes were. Even his meat-eating friends couldn't believe the pieces weren't real chicken.

Satvinder now lives with her family in Kent and, like many Brits, has been transitioning to veganism in a bid to do her bit for the future of our planet for the sake of her children and grandchildren.

[SHICKEN]

The carbon impact of the restaurant industry

By now it's common knowledge that we all need to make an effort to cut down our carbon emissions, whether it's reducing our meat intake or air travel. Yet, if we are ever to make any significant impact on emissions, it's the companies and corporations with which we interact day-to-day that need to make dramatic reductions – including the restaurant industry.

According to studies conducted by the United Nations' Sustainable Development Goals, the food sector accounts for approximately 30% of the world's total energy consumption and 22% of total emissions. While the food sector expands far beyond the restaurant industry, the industry's current carbon footprint makes up a large part of the problem.

For the majority of the UK's restaurants, sustainability is far from attainable, with waste proving a serious obstacle. Studies show that 1.1 million tonnes of food is wasted in the UK's restaurant industry each year, of which 75% is avoidable. On top of that, 1.3 million tonnes of packaging is thrown away each year.

This waste provides an enormous contributor to carbon emissions, yet it is merely the tip of the melting iceberg! The sourcing of ingredients poses issues such as cultivation methods and the amount of carbon emitted from field to restaurant. How the food is prepared is yet another problem, with most restaurants operating with major gas and electricity usage. Finally, with more and more restaurants signing on to fast-paced delivery services, what vehicle is transporting food from A to B and how is it being packaged?

It seems as if the restaurant industry is an unsolvable problem, with inherent emissions at every step of the supply chain. However, when plant-based restaurant and bar chain Stem & Glory secured the title of the UK's first ever carbon negative restaurant, all excuses were shattered!

The Carbon Neutral Restaurant Movement Restaurants, including Stem & Glory, were offered to participate in the London Mayor's Better Future Programme, which aims to assist business in getting to net zero by 2030.

Already in 2021, there was a steady movement of restaurants reaching the carbon neutral mark. However, for Stem & Glory founder and Cambridge Regional SME's Businesswoman of the Year Award winner, Louise Palmer Masterton, the net zero target appeared unambitious and she decided that more urgent action was needed.

The eatery – which has premises on Cambridge Station Road and London Barts Square – teamed up with carbon labelling experts Foodsteps. These experts delved into the emissions of the entire business, from produce procurement to restaurant fittings, providing weekly, monthly and annual targets to achieve carbon reduction and offset.

As COP26's Heroes of Net Zero, the plant-based brand was already using 100% renewable energy. Furthermore, Stem & Glory delivered initiatives rarely achieved by others – with contemporary furniture composed of recycled postconsumer waste, and all packaging was reusable.



The next stages for carbon negative Stem & Glory is to invite all to the newest round of their Crowdcube campaign in hopes to ignite the brand's next stage of development, with a new branch set to open in London's Broadgate Circle this April and their first supermarket line. The brand-new London based site, designed by Afroditi Krassa (Itsu, Dishoom), will display an exceptional two-floor vicinity with the addition of an expansive vegan bar,

More people are taking action to limit future climate disasters

After one of the worst years for climate on record, data from Ecosia has revealed how people across Britain are eating less meat or embracing plant-based diets, because of climate-related reasons.

Global food systems are responsible for more than a third of greenhouse gas emissions – contributing to deforestation, biodiversity loss and polluting waterways. As a result, more people are taking actions into their own hands to limit future climate disasters. With an expected total of more than 600,000 people taking part in Veganuary this year, people are starting to permanently change their diet to combat the climate crisis; a further 32% of respondents to a survey were willing to make changes.

Climate activism on your plate

The census-wide survey of 2,000 people, commissioned by Ecosia, found that, in the wake of recent extreme weather events, one in ten people nationally now consider themselves to be climate activists. Changing their diet, or considering doing so, is one of the many ways people are taking the fight against the climate crisis into their own hands.

Overall, over one in ten people are reducing the amount of meat that they are consuming, with a further 10% of people now pursuing a pescetarian, vegetarian or vegan diet. More women than men are reducing meat from their diets or considering themselves vegan, whilst men are more likely to have a pescetarian diet.

Climate-related diets span the generations

Of the age groups surveyed, those aged 25 to 34 years old were more likely to say that they had changed their diet for climate-related reasons (29%), with this age group having the highest percentage of vegans (6%). People aged 45 to 54 had the most respondents saying that they had reduced their meat consumption because of climate change (13%), compared to other age groups. Those aged 55 and above were the least likely to change their diet because of the climate (15%).

Generation Z (aged 16 to 24) were more likely than any other age group to say that they were willing to change their diet, with 46% saying that they were willing to have a flexitarian, vegetarian or vegan diet to help combat climate change.

Newcastle named as the most flexitarian city

Newcastle is home to the highest proportion of people who have already reduced or eliminated meat from their diets (26%), ahead of Manchester (25%) and London (24%). Nearly 30% of people living in Greater London said that they had changed their diet because of climate-related reasons, ahead of the North East (27%) and the North West (23%).

Despite only 10% of people in Belfast saying that they had already changed their diet because of the climate, nearly two-thirds of respondents in the city (63%) said that they were willing to become a flexitarian – the highest percentage of any city in the UK.





Brits call on their governments to do more

Despite these positive individual efforts, only 36% of people think it's the responsibility of everyday people to solve the problem. Just under one-third of people believe that the UK and devolved governments are ultimately responsible for solving the climate crisis and only 5% think that they are doing so very sufficiently, in the wake of COP26. People in Edinburgh are most likely to put the responsibility on the government – at 59% – which is the highest percentage of any city surveyed across the UK. Nearly 30% would then like the government to prioritise climate change over the economy (29% versus 41%).

Of those surveyed, 18% believe that banning fossil fuels is the most effective way to tackle the climate crisis, followed by carbon reduction technology (16%) and planting more trees (14%).

When it comes to climate activism, 45% want action taken against the most polluting fossil fuel companies, with research suggesting that just 100 companies (including the likes of Shell, BP and ExxonMobil) are responsible for 71% of all carbon emissions. Actions popular with Brits include a total ban on fossil fuel pollution, instead of weakening commitments to reduce them, and a drastic increase in tree planting.

Optimism across all age groups

Overall, people are hopeful that we will be successful in fighting the worst impacts of the climate crisis, with 67% saying they were positive or somewhat positive. This optimism was evenly spread across all age groups with 16- to 24-year-olds and 35-to 44-year-olds the most optimistic (70% and 69%, respectively) compared to 55-year-olds and above (66%).

Sophie Dembinski, UK Country Manager at Ecosia, commented: “The detrimental effects of the food system on the world are well publicised - contributing more than a third of greenhouse gas emissions, with meat accounting for at least 60% of this, as well as causing deforestation, biodiversity loss and polluting our water systems. It's no wonder that such a growing number of people are changing their diet because of the impacts of the food we eat on the environment and the climate. Whilst becoming a vegetarian or vegan won't solve the climate crisis alone, reducing or eliminating meat from your diet can help contribute to a more sustainable food system and send a message to governments and food producers that there needs to be systematic changes to the way we produce food if we are to reduce carbon emissions and limit global warming.”

Ecosia is the not-for-profit search engine that uses advertising profits to plant trees across the world, enabling people to make more environmentally-conscious decisions in their daily lives. Last year, the company helped finance the climate documentary 'Eating Our Way to Extinction', released in August; narrated by Kate Winslet.

Visit <https://info.ecosia.org/> to learn more.



Hotel Chocolat to host Chocolate Workshops at Blenheim Palace this Easter

Blenheim Palace has joined forces with Hotel Chocolat to offer younger visitors the chance to create their very own tasty treats over the Easter weekend (15th-18th April). The luxury chocolatiers will be putting on fun and interactive Chocolate Workshops (12th-18th April), giving children the chance to learn the fascinating history of cocoa beans, while experimenting in the decoration of personalised chocolate slabs.

Taking place within the Palace's Walled Gardens, the hour-long workshops cost £15 per child, and include a drink as well as their individual chocolate creations. Adults are warned that it may get a little messy! Advance booking is recommended, as spaces are limited.

Hotel Chocolat's ChocMobile will also be at the Oxfordshire UNESCO World Heritage Site throughout the Easter holidays, delivering a range of delicious chocolate treats, ice cream and drinks.

Alongside the workshops, youngsters can meet the Easter Bunny, enjoy fairground rides, watch puppet shows and learn magical circus tricks in the Big Top. Conk the Clown will also be on parade, greeting children over the weekend, with Punch and Judy shows, mini golf, trampolining and bubble blowing performances also adding to the fun.

No Easter would be complete without a traditional egg hunt (15th -18th April) and parents and children alike will have the opportunity to search the Palace's Formal Gardens for giant wicker eggs, to win chocolate treats.

The four-day entertainment is included as part of a Palace, Park and Gardens ticket, or to those with an annual pass.

About Blenheim Palace

Home to the Dukes of Marlborough since 1705, Blenheim Palace was designated a UNESCO World Heritage Site in 1987.

Set in over 2,000 acres of 'Capability' Brown landscaped parkland, and designed by Vanbrugh in the Baroque style, it was financed by Queen Anne, on behalf of a grateful nation, following the first Duke of Marlborough's triumph over the French in the War of the Spanish Succession.

Today, it houses one of the most important and extensive collections in Europe, which includes portraits, furniture, sculpture and tapestries.

Blenheim Palace is also the birthplace of one of Britain's most famous leaders, Sir Winston Churchill, and it was his father who described the vista on entering the Estate from the village of Woodstock as the "finest view in England".

Not only an iconic part of history, Blenheim Palace hosts an ever-changing calendar of events, themed tours and exhibitions.

www.blenheimpalace.com





V for Life – for older vegans

V for Life's Chief Executive, Amanda Woodvine, explains the purpose of the organisation ...

V for Life (VfL) was launched to ensure that no one is forced to give up their veganism or vegetarianism because of age-related issues. Supporting more vulnerable vegans is crucial for veganism to be an inclusive movement. Becoming clued-up on issues facing older vegans is a key way to do this.

People rarely envision themselves needing care when they get older. Yet 410,000 people – about the population of Bristol – live in care homes in the UK today.

VfL is working across the UK to make sure that care establishments can cater well and ethically for older vegans. Over 1,500 homes have signed up to VfL's UK List of veggie-friendly care homes, so far. Becoming a List member is free, and means that the care home will receive sample meal plans, caterer training, ongoing publications in the post, and more. They also get a certificate and window sticker, and free promotion on our website, showing that they are leading the way in inclusivity for older vegans.

In 2018, one of my colleagues was approached by a vegan care worker, who saw VfL's stall at an event. She saw firsthand how appallingly vegans can be treated in care settings. A paralysed resident arrived at the care home where she worked, who was said to be 'fussy about eating'. It transpired that this resident was 'fussy' because she was refusing to swallow meat, because she was vegan. She was extremely lucky to have been found by this vegan care worker, who brought her meals from home for the last few weeks of her life.

Sadly, this story is not an isolated one – as a recent Parliamentary group report shows. This is not good enough. VfL wants veganism to be as well respected as halal and kosher meal requirements – and this extends to the issue of dementia. If a Muslim or Jewish resident with dementia requests pork, usually there will be great reluctance to provide it. While veganism is not a religion, for many vegans it is the strongest belief they have.

Yet vegans living with dementia are typically given meat or dairy products when they 'ask' for them; and care staff may even offer these, unasked. Staff often give the resident meat with good intentions, thinking they are being compassionate by providing residents with a 'treat'. However, if the resident or their family realises what's happened a few days later, it can be highly distressing.

Making care settings a safe space for older vegans is currently one of VfL's biggest projects, but older vegans who live independently can also face issues when it comes to mealtimes.

VfL has a grants scheme for older vegans in financial difficulty.

In a bid to combat loneliness among vegans in later life, VfL introduced a pen- and phone-pal scheme. Many older people don't know any other vegans or vegetarians, and having the opportunity to speak with someone who shares their belief can be empowering. Older vegans and vegetarians across the UK can connect and form new friendships.

Website: <https://vforlife.org.uk>

Facebook: <https://www.facebook.com/VfLUK>

Twitter: https://twitter.com/VfL_UK

YouTube: <https://www.youtube.com/vfluk>

Towards sustainable parenting: Circlehood

CircleHood is the trading name of Circle Hood Technologies Ltd. The directors explain what it is ...

At CircleHood, we are two mums with six children aged between three and 12 years old. So, it's fair to say that we know a thing or two about parenting, shopping for children and, sadly, the waste that comes with it.

We remember well, as first-time mums, how we over bought for our first child and the idea of second-hand wasn't really an option we welcomed.

As our children grew, though, so did our awareness of the effects our actions were having on the planet, which really helped change our habits.

Did you know that it takes 2,700 litres of water to make a cotton t-shirt? Now think how many little cotton items you owned when you had a baby...

As climate change issues became more and more apparent, things shifted for us. Friends and family started giving us their preloved clothes and, as our children grew, we started putting things away for a possible second child or an expecting friend.

Second-hand started making more sense – a great way to stop throwing away items that still have plenty of life and would otherwise be piling up in landfills. As parents, we felt we had to do something to help protect the home that we hope our children will enjoy for many years to come.

We explored second-hand platforms and were delighted that society habits started shifting towards buying and selling more second-hand, but we didn't enjoy the experience. We quickly realised that when we accepted something from a close friend or family, or we swapped items between our neighbours, it felt safe, and we felt part of a community, knowing that we were supporting each other while helping the environment. No platform was making us feel that way.

CircleHood came from the heart. We wanted to grow a community of parents who believed in the value of buying and selling preloved items but also wanted to connect with their friends, family and neighbours. That is exactly what it is doing today. Circlehood also supports charities by accepting donations from families and listing them on our in-App charity shop on their behalf.

The past year has been wonderful. We have welcomed many parents, we have worked with local businesses and we have welcomed schools to try out our platform, to simplify their second-hand uniform sales.

By shopping second-hand, you are having a direct positive impact on our environment. If we want to create a sustainable society that doesn't take away from future generations, we need a circular economy. We need people to start re-using, recycling and repairing their things more.

We hope we have incentivised you to give preloved a go and, if you were just waiting for that user friendly, local platform, look no further. We would love to welcome you to CircleHood and, together, we can take a step forward towards sustainable parenting.

<https://share.circlehood.co.uk/referral>





Five easy ways parents can become greener in 2022

People all over the UK will be well on their way to achieving their New Year's resolutions! This includes parents eager to reduce their carbon footprint through their parenting choices.

Following The Great Big Nappy Census that revealed 88% of parents think eco-conscious parenting is important for their children, experts from The Nappy Gurus share five easy sustainable solutions for parents hoping to lead greener lifestyles in 2022:

1. Choose reusable nappies and washable wipes

Every day in the UK, eight million nappies are thrown away, equating to three billion a year. Considering this staggering figure, disposable nappies make up, on average, four to six per cent of household waste. On top of this, disposable nappies can cost parents over £1,200 during infancy, whilst 68% of cloth nappy parents will spend under £300 for their reusable nappies.

With these statistics in mind, a positive first step in leading a greener parenting lifestyle is to switch from disposable nappies and wipes to reusables. In doing this, parents could reduce their carbon footprint by 40%.

2. Buy second-hand baby essentials

New parents are often keen to have the latest baby essentials and, therefore, will buy products such as prams and car seats brand new. However, choosing to shop on sites like eBay will not only save parents money but will reduce plastic waste.

Another eco tip is to buy wooden toys rather than plastic toys; not only are they more long-lasting and durable, but they cause less waste and include fewer chemicals than plastic toys.

3. Borrow maternity clothes

When a mum falls pregnant, they will likely have to invest in a new wardrobe to accommodate their growing baby. However, buying many new clothes that have a short life cycle contributes to material waste and an increase in carbon dioxide. Borrowing maternity clothes from friends or purchasing second-hand clothes from charity shops could significantly decrease a mum's contribution to clothing waste.

4. Use homemade baby food

Choosing to feed your baby homemade baby food is a simple step towards a greener lifestyle. By using homemade baby food rather than packaged foods, you will be reducing plastic consumption and contributing to a reduction in carbon dioxide emissions caused by the transportation of such foods.

Homemade baby food is generally more nutritious than processed food, too, and when cooked in bulk, this greener option could save parents time and money.

5. Consider breastfeeding

From the packaging to the transportation, choosing formula over breastfeeding has a negative environmental impact. Breastfeeding uses few water and land resources, and it produces no carbon emissions and hardly any waste.



Toria Shell, eco-friendly mum and Nappy Gurus team member, comments on how making sustainable parenting choices has saved her money and changed her family's life: "Whilst pregnant with Miguel, my husband was very keen to explore us using reusable nappies, both from a cost point of view and the impact on the environment. I was initially sceptical, primarily thinking of the extra washing required and old-fashioned ideas of what a reusable nappy looked like. I thought he was crazy! But as my due date grew closer and the pandemic hit, making things like disposable nappies harder to source, I began to research myself and once I saw the number of stylish options out there, and just how easy they were to use, I was completely converted.

Whilst we used reusable nappies from birth – initially part-time before switching to full time once we'd built up a collection – it was a few months before we brought reusable wipes into the mix. But after making the switch, I could never imagine going back!

Our preliminary decision to introduce reusable wipes was the speed we were running out of disposable wipes and then thinking it a natural next step to the nappies, as to use one without the other began to feel counterintuitive. However, the benefits the reusable wipes brought with them just began to stack up! They were softer on his skin, one wipe was enough to handle any poo-explosions, compared to having to use three or more disposable wipes in comparison and, because they could just go in the wash with his nappies, there was no extra work, and we never ran out again! When we eventually got to the weaning stage, we then never even contemplated using disposable wipes for hands and face cleans, it was a natural part of our lives to continue with reusable wipes."

Founder of The Nappy Gurus, Laura Davies, added: "It's fantastic to see so many parents making sustainability their priority in the New Year. With climate change concerns growing year on year, there are some really simple changes that can make quite a big impact on the environment.

I think parents are sometimes worried about how much time and effort is involved in becoming eco-friendly, when it's actually a simple process. Switching from disposables to reusables is one of the greatest ways to make a positive environmental impact whilst saving yourself money.

When we asked parents if they would consider making a permanent switch from disposables to reusables, over two-thirds (70%) of parents said they would consider making the all-important change. Considering this, UK parents must have access to reusable nappy starter kits and government schemes that provide discounts to parents buying reusables. We hope the government takes into consideration the willingness of parents to become more eco-friendly and supports them on their sustainability journey in 2022."

For more eco parenting tips, please visit: <https://www.thenappygurus.com/blog/nappy-resolutions-how-parents-can-become-greener-in-2022.html>



WWF statement on IPCC impacts, adaptation and vulnerability report

Commenting on the release of the latest IPCC report on impacts, adaptation and vulnerability, **Dr Stephen Cornelius, Chief Climate Change Adviser and World Wildlife Fund Global Lead for IPCC said:**

“Drought and searing heat, ecosystem destruction, stronger storms and massive floods, species extinction – this is not a list of scenes in an apocalyptic film. Instead, it is the content of an authoritative scientific report detailing the climate impacts that are already wreaking havoc on our planet and its people. Our planet is in peril, and it’s being pushed to – and sometimes beyond – its limits, with the most vulnerable people and ecosystems suffering the most.

The silver lining to the storm clouds is that not all the most extreme impacts are inevitable. With swift action, we can limit their frequency and severity, and help people and ecosystems to adapt to some impacts. Nature can be our ally and a crucial buffer, if we choose to restore and protect her. World leaders must heed the warnings in this report and deliver on their climate promises with increased investment to build resilience, while slashing emissions to give adaptation a fighting chance.”



Stepping into spring with Essex Wildlife Trust

As we start to say goodbye to winter and welcome the lighter days a while longer, Essex Wildlife Trust's Nature Discovery Centres and nature reserves are springing into life.

The natural world holds beauty and wonder. You don't need to travel to far-corners of the world to experience wildlife in action. In Essex, we celebrate our species diversity from the rarest of insects, like the distinguished jumping spider, to the rare but majestic and vibrant white-tailed eagle. Essex's coastline, too, boasts seagrass meadows and salt marshes. The importance of these coastal habitats is paramount: they soak up carbon and provide a sanctuary for numerous mammals, birds and fish.

Thinking about visiting Essex? For a sense of magic and enchantment, make a worthwhile trip to Warley Place nature reserve and see wildlife flourishing amongst the remaining ruins of an old Edwardian home. At this Grade II listed historic park and garden, an adornment of spring bulbs like daffodils and blooming hawthorns, is a sight to behold.

With the appearance of brightly coloured and sweet-smelling wildflowers, butterflies are never far behind. Visit Langdon Nature Discovery Park, the home of the butterflies. Will the rare white admiral appear to greet you? With flower-rich meadows and peaceful walking routes, this Trust site is a must-visit. The Trust conservation team has been working to improve conditions at Belfairs Nature Discovery Centre, to maintain and improve habitats for the beautiful and nationally-rare heath fritillary butterfly. Historically known as the woodman's follower, this butterfly followed woodsmen and coppiced woodland, as it prefers open, sunny glades where its foodplant (common cow wheat) is abundant.

Look out, too, for roaming reptiles appearing in spring. Keep an eye out for adders emerging from hibernation while you roam the beautiful grounds at Fingringhoe Wick Nature Discovery Park, Essex Wildlife Trust's first nature reserve. If you are lucky, you may spot the adders' mating dance – a natural spectacle of entwined male adders, fighting for the affection of the female mate. Don't just look down – look up to the skies and spot swifts and martins soaring overhead. If you're by the coast, Essex beach-nesting birds may be spotted. Look for the rare little terns, migrating to Essex from Africa to nest and raise their young.

You can be immersed in nature and find out more about what Essex Wildlife Trust is doing to conserve and preserve our places of wonder, without leaving your home. Whether you're out for a walk, at the gym, or cooking your favourite meal, an easy way to get your nature fix and learn all about wildlife, is by listening to the Trust's podcast. Listen and learn all about the wildlife that we live amongst in Britain, as they speak to experts in conservation, animal lovers, campaigners and special guests. Season two is returning this spring, but get tuned into nature by listening to season one here: <https://open.spotify.com/show/3GjeyjPAnTd5aMLcGpwCvT>

Let Essex Wildlife Trust inspire you to help nature by visiting their website: <https://www.essexwt.org.uk/>



Manchester target: to transition to zero carbon by 2038

Located in the heart of Manchester's iconic city centre, a new 40-metre illuminated tower has been constructed, marking a key milestone in the development of the city's new heating and electricity network. The striking new landmark, proudly named 'The Tower of Light', is a flue tower and façade enclosing the new Vital Energi CHP energy centre, which stands tall in Manchester's Civic Quarter.

Spearheaded by the city's ambitious target to transition to zero carbon by 2038, the Manchester Civic Quarter Heat Network (MCQHN) is now supplying low carbon heat to its first customer, the Manchester Central Convention Complex. The ground-breaking £24m project generates low carbon power in an energy centre beneath the railway arches by Manchester Central. It is then distributed by a 2km network of underground pipes, which will soon serve a whole host of Manchester's iconic buildings, including Bridgewater Hall, Central Library, Heron House, Manchester Art Gallery and Manchester Town Hall.

The tower has been expertly designed by award-winning architects Tonkin Liu, using a shell lace structural technique created in partnership with Arup. The structure comprises 3-8mm laser-cut sheets which are then curved and welded together to create a strong, rigid surface. This ultra-lightweight, vertical, single-surface structure provides a strong support to the chimneys at the base of the energy centre, impressively using only minimal materials to do so.

During the day, the wind moves reflectors to direct sunlight into the tower, filling it with dancing light. At night, The Tower of Light comes to life, showcasing the beauty of its spectacular design. SEAM Design, appointed to create the tower's lighting scheme, specified Pharos Architectural Controls to help achieve this.

The luminaires were supplied by leading British lighting manufacturer Tryka – using the trusted and highly versatile Pharos LPC (Lighting Playback Controller) 2, which supports the DMX lighting protocol. A Pharos TPC (Touch Panel Controller) has also been integrated into the final solution, allowing the tower to benefit from lighting controls, complete with a smart userfriendly interface.

Mark de Gruyter, Regional Manager EMEA of Pharos, commented: "Manchester's iconic Tower of Light is an exceptional commitment to tackling climate change, and the design and innovation to deliver this project has been outstanding. We are firm believers in creating a sustainable future, and Pharos is thrilled to have contributed to this remarkable tower. It's not only a fantastic source of low carbon power but, at the same time, demonstrates Manchester's unique ability to stay ahead of the curve in both function and design."

The spectacular Manchester landmark is projected to save an initial 1,600 tonnes of carbon emissions per year, contributing towards Manchester's target, to transition to zero carbon, by 2038.



A world without cardboard

With online shopping skyrocketing over the last two years, thanks to the global pandemic, not only have we built a collection of lockdown comfort purchases, we have also gained excess cardboard, as a result. This has reduced the entire world to a shortage of cardboard.

A new study by [Packaging Online](#) has calculated the quantity of cardboard used for different products, to discover the benefits of cardboard packaging and how apocalyptic a world without cardboard would be.

While the exact number is unknown, it's suggested that UK homes are withholding as many as 135 million cardboard boxes. In fact, masses of Brits holding on to cardboard packaging, rather than recycling and returning it to the supply chain, have caused a national shortage and impacted many businesses.

Key findings:

- 135 Million cardboard boxes withheld.
- 131.2 Billion parcels wouldn't be received.
- 10 Billion subscriptions wouldn't be received.
- 138 Million households wouldn't be able to move homes.
- 5 billion pizzas would go uneaten.

131.2 billion parcels wouldn't be received

In 2020, global parcel volumes increased a massive 27% to 131.2 billion – 4,160 parcels sent every second! If that hadn't been possible, over the pandemic, 37 million UK online shoppers would have been deprived of creature comforts and essentials.

Billions of people would miss out on their favourite subscriptions

The £14 billion subscription box industry wouldn't exist if it weren't for cardboard! 88 million subscription boxes delivered annually in the UK would cease to exist. Globally, we estimate this would equate to 10 billion subscription boxes per year.

138 million households would be unable to move home

1.2 million UK households would be unable to move every year, as we wouldn't have the 39.6 million boxes required. On a global level, you're looking at 138 million households (which would typically require 4.6 billion moving boxes) unable to move home every year.

5 billion pizzas would go uneaten

The UK eats 26g of takeaway pizza per person per week – 302.5 million pizza takeaways annually! Without cardboard pizza boxes, a whopping 5 billion pizzas would go undelivered.

14 billion people would go barefoot

14 billion pairs of shoes are bought every year. Without shoe boxes, footwear couldn't be delivered from online outlets, and those bought in stores may well be damaged in transit between the factory to your home.

A new appreciation for the benefits of cardboard packaging

Without cardboard, the world would have to rely on plastics and other materials that are already clogging up our landfills and oceans. Next time you order a pizza, shop online or buy a pair of shoes, remember the important benefits of cardboard packaging – not just in making your life easier, but also in reducing our impact on the environment.



Buckley's Bees: raising awareness prior to World Bee Day

Buckley's Bees spans 65 years of collective beekeeping experience, born from an absolute passion and an evidence-based belief in the amazing value of honeybees and the good they do in the world. Founded by father and daughter duo David and Emma Buckley, David is the eldest surviving member of Bee Improvement and Bee Breeder's Association (BIBBA). His experience, knowledge, and inspiration, coupled with Emma's drive to raise awareness and create new opportunities, istaking beekeeping to new places and to younger generations. This involves working with communities, schools and businesses to increase awareness of all pollinators, as well as educating and engaging people to better understand how best to protect and enhance our environment. A part of this is their BEEcause campaign, whereby Buckley's Bees seeks to enhance the viability and success of natural pollinators, engaging new communities and imparting their expert knowledge.

Emma Buckley commented: "We work with multiple businesses to raise awareness of the threat the native honeybee is facing, so they can help do their bit by collaborating with us to create and provide habitats that will ensure a healthy future for all pollinators. Usually, many people do not know the full extent of what pollination is and how they can impact it. We want to change that. We hope to raise awareness on what bees and other insects need, so people can truly think about how they can help."

Both businesses and individuals are able to get involved and support the BEEcause campaign. From encouraging beekeepers to participate, to offering corporate packages enabling companies to have their own, fully managed, honeybee colonies on their premises. However, where businesses are unable to have bees onsite, Buckley's Bees also offer the option to sponsor a hive within their own apiary.

Alongside this, Buckley's Bees prides itself on its bee breeding programme, which promotes the sustainable propagation of local bees, in stark contrast to the imported strains that the species has encountered in recent history. The benefits of this breeding approach include desirable characteristics and traits, such as docility and hygienic behaviour, with David rarely wearing gloves whilst handling the bees, due to their calm nature. Everything Buckley's Bees do is done with advocating environmental sustainability, with the aim to ensure an ecological balance is always present by overseeing that enough flora is available for both existing and new pollinators, as well as avoiding overpopulation.

With World Bee Day coming up on 20th May, Emma Buckley is providing tips on how we can all look after bees and other pollinators.

Emma said: "Simple actions can really make a difference. Three acres of wildflower meadow can hold nearly nine million flowers – enough to support over half a million pollinators per day. If everyone did a little bit to help, there would be a huge improvement in the population of pollinators. For example, if every homeowner and business, who have space, can ensure that there is a small area of wildflowers planted – the size of a picnic blanket – we could collectively support millions of pollinating insects each day!

I would like to ask businesses and homeowners not to cut down trees, remove hedges or lay artificial lawns but, instead, to create spaces for nature and enjoy the company it provides. By not regularly mowing lawns, keeping gardens as natural as possible and creating spaces for nature, we can make a positive difference."

Climate change: Madagascar cyclones

In the wake of the devastating cyclones that hit Madagascar in February, Health In Harmony, an international non-profit organisation dedicated to reversing global heating, has been supporting the Indigenous Peoples and Local Communities (IPLCs) impacted. Health In Harmony is based in Madagascar as part of its mission to tackle climate change through understanding and protecting the rainforest. Since the disaster, the organisation has been working to provide critical supplies and medicines, while laying the groundwork to prevent further environmental damage as the population copes with food, shelter, and livelihood loss.

Cyclone Batsirai, a category four cyclone, hit the country just two weeks after Cyclone Ana, leaving at least 92 people dead. In the immediate wake of the cyclone, an estimated 6,700 people were displaced to emergency shelters, as entire homes and belongings had been destroyed. Floods also destroyed farmland and crops, which had already been impacted by the 2021 famine, and, to exacerbate the issue further, emergency food deliveries were unable to get through due to the roads being impassable. The impacted communities were also cut off from a clean water supply, leaving them without drinking water and making hygiene difficult to maintain. Further cyclones have hit the area following Batsirai, worsening the situation.

Tojo Ramarason, Health In Harmony's Madagascar Program Director, managed the organisation's immediate response to the disaster. Tojo, who has a background in Human's Right Based Approach to Programming (HRBAP) and a Master's in Development Studies from the University of Sussex, commented:

"The damage caused by these cyclones is devastating. Thousands of people have been displaced after losing their homes and belongings. Some villages have been destroyed by 90%, along with farmland, schools and roads, meaning that supplies and support can't get to where it's most needed. The most pressing issue is the lack of food and drinking water, but there are a whole host of other problems that need attention, too, like the impact this will have on children's education and nutrition. That's why Health In Harmony is raising \$150,000 for an emergency fund to support people both now and in the future."

One of the key issues Health In Harmony anticipates is the threat of rapid deforestation, as communities that have been displaced, and are unreachable by emergency services, may turn to the rainforests for food and building materials. As well as threatening the local rainforests, this natural disaster is also a warning for the planet on the impact of climate change, as Tojo explains:

"Madagascar is considered an indicator for dire impacts of the climate emergency, the conservational crisis, and global warming. Although, at the moment, our country is experiencing far more extreme effects of the climate crisis, these sorts of events are a sign of what is to come elsewhere on the planet, as real climate justice continues to not be taken seriously. Madagascar is one of the countries with the lowest carbon emissions per capita, and yet they suffer far more than others who pollute more widely. If people needed a post-COP26 warning, this is it."



A greener future for British cities: ULEZs

Submitted by Motorparks Volvo



As our planet endures the damaging effects of climate change, many of us have considered making some eco-friendly amendments to our lifestyles. Whether that means sipping an iced beverage through a paper straw or turning to sustainable clothes shopping, there are many ways in which people are playing their part.

One of the most effective methods to safeguard our environment is to revisit how we get out and about. Indeed, it is no secret that the pollution caused by traffic has had repercussions for our planet's wellbeing. For this reason, since 2019, Britain has decided to tackle the issue by introducing Ultra Low Emissions Zones (ULEZ).

First launched in London on 8th April 2019, ULEZs are making their way into big cities across the UK, including Birmingham, Leeds, Nottingham, Manchester, Edinburgh and Glasgow. What are they exactly? What are drivers' thoughts on them? This article provides a summary of ULEZs, while also detailing their potential costs.

What is a ULEZ?

As the name and acronym suggest, Ultra Low Emissions Zones are areas within cities in which both commuters and residents who drive need to meet specific emission standards. The scheme's ultimate goal is to keep the air as clean as possible, while also enhancing citizens' health.

In London, specifically, the ULEZ has been expanded significantly as of 25th October 2021. Initially limited to the more congested central areas of the capital, the original zone has become 18 times larger. The enlarged ULEZ now includes all routes within the South and North Circular Roads.

In order to journey through the ULEZ, you are required to drive a specific type of vehicle. In fact, only cars that meet the Euro 5 (petrol) and Euro 6 (diesel) standards are allowed to freely circulate inside this area. If you're unsure if your car meets these standards, most cars registered after September 2015 should meet such requirements. Drivers who own an electric or hybrid vehicle needn't worry, either – you are good to go, too. Although still far ahead, it is worth bearing in mind that hybrid standards are set to be tweaked in 2030.

What if you are not the owner of a vehicle that adheres to these standards? Can you still access the ULEZ?

Costs and solutions

The answer to the previous question is 'yes'. Even if you drive a car that does not meet the ULEZ's strict emission standards, you can still travel around the area. However, this will incur some costs.

For most vehicles (motorcycles, cars and vans up to 3.5 tonnes), the daily charge to roam inside the zone is £12.50. If you fail to pay the fee, you could be served a £160 fine. That said, there are some temporary exceptions. Cities in Scotland will witness a roll-out of ULEZs from February 2022, and they will experience an initial 'grace period' for vehicles – until 2023, as the zones gradually become active, drivers will not be charged.

However, if you live closer to cities in which the ULEZ has been around for some time (e.g. London), you may want to consider some solutions to avoid running into fees. Such charges, if incurred regularly, may become financially draining in the long term.

One of the objectives of using ULEZs is to encourage people to opt for greener cars. Why not protect your environment by choosing a vehicle that meets the ULEZ emissions' standards? It is fair to say that there are many cars from which to pick. Volvo perhaps is among the most fitting car brands, with dealerships like Volvo Gatwick and Volvo Guildford offering vehicles that qualify for free access in London's city centre.



Alternatively, you may want to consider parking your car outside of the ULEZ and making the most of public transport. On clear, sunny days, you could even enjoy a bike ride or a stroll, instead. It will save you money and provide you with some all-important physical exercise.

What do Brits think?

As with all things, the introduction of ULEZs in cities across the UK has sparked contrasting reactions. It is fair to say that not everybody has been a supporter of the scheme from the outset. Indeed, some owners of 'non-suitable cars' have met the introduction of access fees with a lack of enthusiasm.

Nevertheless, it has certainly raised thoughts and reflections. According to a survey by Bikesure, ULEZs have drastically accelerated people's intentions to buy an electric car in the near future. Indeed, 73.4% of respondents confirmed that they have been motivated to switch to an electric vehicle at some point.

What is more, Londoners seem to concur that ULEZs are a good idea overall. Despite some financial inconveniences and its impact on their lives, 77.4% of surveyed people agree that this introduction is for the better. Ultimately, ULEZs will play an important role in ensuring a healthier and greener future for both ourselves and our planet.

We hope this article has helped shed light on Ultra Low Emissions Zones. While still a relatively innovative scheme, it is bound to extend across more UK cities in the future, with many Brits in favour of its development.

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Survey highlights a lack of understanding about biodiversity's role in safeguarding the planet

New research reveals a worrying lack of awareness around biodiversity and the critical role it plays in protecting our planet and future survival. It shows that we understand much more about the threat posed by climate change than we do about the equally important threat of biodiversity collapse.

A YouGov survey, commissioned by nature restoration organisation Environment Bank, highlighted that only 10% of people in the UK believed biodiversity loss presents the same level of threat to our planet as climate change.

Whilst 28% of respondents believed pollution and population growth poses the biggest environmental threat to our future world, nearly a quarter (24%) thought that carbon emissions were the greatest risk. Just 34% of people in the UK believe biodiversity loss is as big a threat to us as climate change.

Professor David Hill CBE, one of the UK's leading ecologists and biodiversity experts, and Chairman of Environment Bank, said: "Although it's critical that we address the climate change emergency now, we must also recognise that biodiversity loss has already been catastrophic and represents just as significant a threat to our future as a changing climate.

Whilst the research, encouragingly, reveals that 71% of people say they understand what biodiversity is, it's clear that the loss of biodiversity is regarded as a lesser evil when it comes to tackling the climate emergency. However, this couldn't be further from the truth. Loss of biodiversity and natural capital, unless reversed very quickly, will be a massive challenge to our own species. And no longer is it simply about protecting nature; we need to restore it at scale – and quickly."

In the last five decades alone, the UK has lost over 60% of its biodiversity - with one of the worst records in the Western World. Whilst the intensification of agriculture has been disastrous for wildlife, development has also played a major role in this loss, which is why the focus must now be on a solution where development pays properly to compensate for its impact and the money is used to invest into the natural environment. For far too long we have traded natural capital for economic capital. We need to address our relationship with 'growth'.

Professor Hill added: "The continued simplification of the countryside, and habitat fragmentation and disturbance caused by development, needs to be reversed rapidly. Climate resilience is greater where ecosystems are functioning properly. But we have treated the environment as a charity case for too long. The truth is that biodiversity loss has a massive cost to us - if it has a cost it, therefore, has a price. And if it has a price it, therefore, has a value. Of course, irrespective of its importance to us humans, wildlife species and abundance is important in its own right. But we must value biodiversity –the wildlife with which we share the planet – if we are to avoid irreversible impacts on ourselves and future generations. The issue is not that we can't afford to restore nature. It is that we can't afford not to."

The online survey was carried out in January 2022 and conducted among 1,000 adults in the UK.







Low Carbon launches honey quiz alongside renewable energy projects

As we head towards spring and bees once again become more present in our gardens, it signals that pollinating season is upon us. With that pollination comes honey, so Low Carbon have created their Honey Quiz to allow you to find out just what honeys are bound to get you in a buzz, based on your favourite flavours.

In their ongoing efforts to support local bee populations and greater biodiversity, Low Carbon has been hosting 25 beehives, housing around two million bees, for more than five years, on the company's solar parks across Suffolk, Dorset and Cornwall.

As honeybees are an important part of our ecosystem, the threat of their decline brings a lot of concern. Without them, many foods we know and love could cease to exist, and without bee pollination we'd lose an astounding 70 out of 100 crop species that feed 90% of the planet's population.

Looking into a range of tasting notes – including floral, fruity and herbal – the Honey quiz teaches you more about the honey you're buying and presents you with your ideal honey flavours to add to the basket next time you hit the shops. Whilst those who like spice might be more accustomed to a Leatherwood Honey, if you're more into your earthy notes, Sourwood Honey may be for you. The tool explores a range of flavours to provide the top three honeys most suited to your taste buds.

Bees are an important part of a lot of the things in which we have an interest, including the way they support the environment, sustain biodiversity and aid the production of food.

Focusing on investing in renewable energy, Low Carbon leverages proven technologies such as solar, onshore wind, offshore wind, waste-to-energy and battery storage.

To find out the perfect honey for your pot, whether you like a kick or a mellow flowery vibe, you can visit the tool at www.lowcarbon.com/honey-quiz/. You can also find out more about Low Carbon's mission to support biodiversity and how to get involved by visiting their website.



UK's first consumer-owned wind farm

Construction is being completed on the UK's first ever consumer-owned wind farm in Coedely, South Wales. Run by Ripple Energy, the Graig Fatha wind turbine will enable customers to own their own clean, affordable power and take control of their zero carbon future.

Rather than being owned by Ripple, 907 owners have contributed £2.2m for the Graig Fatha wind turbine. Ripple estimates that those involved will see average annual savings of around 25% on their energy bills across the turbine's 25-year lifespan, with over 80% of members buying enough shares to power their entire homes' consumption through the power generated by Graig Fatha.

Customers that join Ripple, by buying shares in a wind turbine, benefit from the power it generates, yielding savings on every electricity bill for the turbine's life. In light of the current volatility in energy prices across the UK, which are expected to stay high well into the year, Ripple's unique proposition offers customers price stability through access to the UK's cheapest source of electricity – onshore wind. The Graig Fatha consumer-owned turbine model is the first of its kind and allows consumers to actually own their own source of clean, affordable power which is greener than a green tariff.

Owning a small piece of a wind farm cannot only bring benefit from significant savings off their bills, but Ripple members have the confidence that they are supporting a greener electricity grid by directly increasing the UK's renewable energy capacity. It is a powerful example of customers bringing about positive change.

For example, a Ripple share owner in Graig Fatha could save, on average, £197 per year on electricity bills for a four bedroom house, as well as help them save 1.1 million kg of CO₂ – that's the same as the work of 403,246 trees. Alongside the 907 members' shares, the Graig Fatha development was supported by a £1.1 million grant by the Welsh Government. Income generated from the Welsh Government's supported portion of the wind farm will be channelled towards initiatives supporting people facing fuel poverty in the local area, through the wind farm's Community Benefit Fund (CBF).

While not directly powering the homes of those who funded it, the turbine will generate energy that is sold to Co-op Energy, owned by Octopus, which will subsequently supply the owners with discounted electricity. The discount is based on how much energy it generates, electricity prices and the amount of the turbine owned by the customer. This means that customers can be confident that not only will their energy prices stay low, but they will also remain stable amidst the current energy crisis.

Consumers have chosen how much of a wind farm they would like to purchase, starting at as little as £25. A second wind farm is open for reservations now, with 3,000 people having already reserved their spot. It will open fully for share purchases later in 2022 and vouchers can be purchased for these shares now.

Sarah Merrick, CEO of Ripple Energy, said: "This is a huge moment for us at Ripple. Thanks to the 907 Graig Fatha members, we have built the UK's first wind farm to be 100% owned by the customers it supplies. Every person who had purchased shares is a member of something very special. Ripple's pioneering project demonstrates the success of a consumer ownership model in wind which can be replicated across the country. As the UK government continues to push for new green initiatives to help reach our net zero goals, we are proud to support consumers directly fund[ing] cheap, clean renewable energy in a simple way."

Adrian, proud Ripple member, said: "It's not just generating renewable energy that make Ripple so special, it's that they give everyone in the community the opportunity of owning a part AND for sharing our passion for an emissionsfree future."

Ripple's second wind farm project will replicate Graig Fatha's community-ownership model and will expand their network of climate conscious consumers looking to take control of how they source their renewable energy.



Wayne Oakes, Director, Dice

Aiming to make Government buildings ‘green’

Imagination and creativity are two watchwords to champion when considering how to make Government buildings more eco-friendly.

Late last year, the Cabinet Office set out new guidance on how it will seek to reduce emissions from public sector buildings, which include hospitals, job centres, council offices and prisons.

It has pledged an ambitious target – a 78% reduction by the year 2035 – which came hot on the heels of COP26, the world’s biggest ever summit on addressing climate change. Furthermore, the Government wants these public buildings to become net zero by 2050.

Get it right and there are huge gains to be made. Making government buildings more sustainable is important as they form Britain’s biggest property estate. Emissions from public buildings contribute significantly to global warming every year. The benefits of reducing the carbon footprint from so many buildings across the UK is, therefore, clear to see and can encourage private sector organisations to follow suit.

However, it is one thing setting a target and another reaching it. So, just how do the Government and public sector agencies get there?

Having worked with public sector agencies and private companies on sustainability projects for more than three years, Wayne Oakes, Director at the company Dice, believes that there are some fundamental points – or ingredients – to consider. These are as follows:

Future focus: Government and public sector leaders should be in no rush to knock down buildings in favour of developing brand new ones in their place. Rather than demolishing and rebuilding these places, the most sustainable way to improve them is to retrofit them. There’s a saying which reads: “the greenest building is the one already standing”. So, we need to find ways to improve and adapt our buildings rather than simply replacing them. This is because knocking down and rebuilding is a process which, itself, creates more embodied carbon and waste.

Funding: In terms of the public estate, it’s an ageing property portfolio that’s underfunded, and which results in maintenance issues and poor performance from a sustainability perspective. A budget needs to be dedicated to this portfolio, to help realise the target and ambitions set out with the emissions drive.

Fit for purpose: In addition to this, if the Government is to establish guidance which works to regulate itself, it needs to lead by example. It’s not only a question of sustainability, but also comfort. Prisons and hospitals need to be fit for purpose and provide a social value element to better benefit the communities in which they stand.

The Government has also published a Net Zero Estate Playbook, which will help inspire and guide public sector organisations on effective ways to reduce carbon emissions. This guide highlights encouraging consistent approaches to using solar panels, greener building materials, EV vehicle charge points and LED lighting.

As a multi-disciplinary engineering consultancy, Dice offers intelligent civil and structural engineering design, and embraces creativity and new technologies to support a changing world. As well as being paperless, the Dice team aims to implement at least one element of sustainability into every piece of work it delivers. It heavily champions modern methods of construction (MMC) and modular housing, and is currently working towards becoming a net zero business.

The new guidance for Government buildings aims to make national infrastructure 'greener' by giving Government departments, the public sector and government property professionals clear guidance on the design, implementation, and monitoring of net zero strategies and delivery programmes.

The approach can be applied to existing and new build properties and aims to encourage the use of low carbon materials and provide an improved understanding of a building's environmental impact over its entire lifespan.

The UK was the first major country to legislate for net zero. In hosting COP26, it is also seeking to set an example globally in reducing emissions. This 'road map' for Government buildings – if followed correctly – can not only help the country take a big step towards reaching these ambitious but, hugely important, targets to benefit us all.

While a huge challenge to meet these emissions targets lie ahead, it is also an incredibly exciting time laden with opportunity to really push for a 'greener' future.



Experts appeal for public support to help improve the care of elephants in human care

A ground-breaking new android app, developed by experts at the University of Nottingham, could help elephant keepers at facilities around the world to monitor the welfare of their animals, ensuring that they lead happy and healthy lives.

The team are now appealing to members of the public to help them to fund the ongoing development and upkeep costs, which will help to support the well-being, and ultimately the future existence, of this incredible species.

The app is the next step in ongoing research being carried out by experts in the University's School of Veterinary Medicine and Sciences, in helping to improve the welfare of elephants in captivity across the globe.

In 2019, the team launched the elephant behavioural welfare assessment tool, which was developed as part of their research and was published in the scientific journal PLOS ONE, which allows keepers to quickly and easily monitor the welfare of individual elephants over time, based on their demeanour and behaviour.

The research team at Nottingham developed a questionnaire-style welfare assessment tool which was designed to be rapid to complete, and which doesn't need any specialist training or facilities.

The tool is now used by every zoo that houses elephants in the UK, as well as numerous other facilities around the globe, and is already helping them to assess the impact of any changes they make in how they manage their elephants, and to develop policies and practices which are specifically designed to enhance elephant welfare.

Until now, the tool was completed over multiple days using separate sheets of paper, scores were manually entered into excel, and limited results were provided by the spreadsheet.

The new android tablet-based app has been developed to replace the tool in its current format. It will enable keepers to rapidly complete the tool on a tablet, and they will be emailed with their results. Additionally, this exciting development for this welfare assessment tool will enable elephant carers in zoos, and other captive elephant settings worldwide, to get instant reports tracking the welfare of their elephants.

Dr Lisa Yon from the University has extensive experience of studying elephant behaviour, both in the wild and captivity and, heads the Behaviour Subgroup of the multi-stakeholder UK Elephant Welfare Group.

Dr Lisa Yon says: “Use of our tool has provided, for the first time, a reliable and validated way for people looking after captive elephants to use the elephants’ behaviours to monitor their welfare over time.

Whilst the initial feedback has been great, we wanted to make the tool even easier to use. We started developing the app earlier this year. Keepers can use it to guide them through the process, and it also reduces paperwork and the time it takes to input the observational data, which will make it faster and easier for them.

The app really will make our tool easy to use, and many of our colleagues all around the world are keen to adopt our app for use with their elephants. However, in order to encourage the use of our app by these different elephant-keeping facilities, it is essential that we make it freely available, as there are so many places with elephants that have very limited funding, that just couldn’t afford to pay for it.”

The app requires substantial ongoing costs associated with: the maintenance of the database that will house the data from all the app users; creation of an online dashboard so that app users can create customised reports of their data; and potential creation of a separate version of the app for use on Apple iPads (iOS).

Dr Yon says: “Unfortunately, there is a cost to the ongoing maintenance and further development of the app, and this is where we are hoping that members of the public will want to get involved and help us to provide this essential tool for free to captive elephant facilities all over the globe.”

The team have set up a JustGiving page for donations to support the app:
<https://www.justgiving.com/campaign/elephant-welfare-project>

“We appreciate this is a big ask, but this app could really make the difference in helping with the future preservation of these amazing animals,” adds Dr Yon.

More information on the project can be found at www.elephantwelfareproject.org





Drug pollution in UK rivers

Scientists at the University of York have revealed that pharmaceutical medicines are polluting rivers on every continent on Earth – including in the UK.

The study sampled water from over 1,000 test sites in more than 100 countries. Over a quarter of rivers had ‘unsafe’ levels of pharmaceutical drugs.

In the UK alone, there are almost 1500 different river systems, stretching over 200,000 km. So, what does this mean for our health and enjoyment of rivers, and what can we do to help tackle this growing issue?

Rich Quelch, at pharmaceutical experts Origin, looks at what this study means and answers the questions worrying the public ...

How do drugs get into rivers?

There are several ways pharmaceutical products can get into rivers.

One way is through our bodies. When we take medicine, some of it leaves our bodies when we go to the toilet.

Even modern wastewater treatment plants, like those used in the UK, can’t completely get rid of these compounds before the ‘clean’ water reaches a river.

River pollution is highest in low-to-middle income countries (like sub-Saharan Africa, South Asia, and South America), where the practice of sewage dumping and poor wastewater management systems are more common.

These locations are also more likely to be where pharmaceutical companies manufacture their drugs, with factories releasing into the water close by.

What type of drugs are polluting rivers?

All kinds of drugs (both legal and illegal) can find their way into rivers.

In the study, scientists found potentially toxic levels of a beta-blocker for heart problems, two antibiotics and loratadine (an antihistamine for allergies). The most frequently detected pharmaceuticals were those used to treat epilepsy, nerve pain and diabetes.

High concentrations were also found of so-called ‘lifestyle consumables’ like caffeine (coffee) and nicotine (cigarettes and vape), as well as the painkiller paracetamol. Antidepressants and hormone contraceptives are also river pollutants.

Why is drug pollution dangerous?

When river pollution gets too high, it can be a danger to humans, animal species and natural ecosystems.

A major problem is antibiotic resistance, caused by too much exposure to antibiotic drugs. This makes them less effective in being able to fight off infection and could render them useless, meaning a very minor infection could become lifethreatening.

Chemical pollution can also disrupt the natural ecosystems that are vital for keeping our rivers functional, safe and beautiful. They can have an immediate impact, as well as accumulate in plant and animal species, over time.

What can individuals do to help?

Although pharmaceutical pollution is a very large and complex issue, there are some steps you can take to help limit it.

The fewer non-essential pharmaceutical products we consume, the fewer rivers will be polluted. So, although it may seem like common sense, never take medicine if it isn't prescribed to you, you don't need it or for longer than recommended.

If you're not sure if a non-prescription pharmaceutical product would benefit you, consult a healthcare professional before using it.

Never flush unwanted or out-of-date drugs down the toilet or sink – this will lead to much higher concentrations going through wastewater treatment.

Are UK rivers safe for swimming?

Wild swimming, paddleboarding and kayaking are becoming more popular in the UK. Easy access to rivers can make these activities accessible for everyone.

In the study, scientists took samples from two UK rivers – both in York (the Foss and Ouse) – and found that the highest concentrations were from diabetes medicines and stimulants including caffeine and nicotine.

While levels are unlikely to be toxic to humans, river water should never be treated as 'clean'.

From farm animal waste, fertilisers and pesticides, bacteria, sewage and transport pollutants, there are many substances found in river water that can be detrimental to our health.

Always have a shower shortly after being in contact with river water, avoid areas downstream of industrial sites or sewage overflows, especially after rainfall, or nearby agricultural fields with cattle. Cover any cuts to avoid bacteria from entering your body and try not to swallow any water.

Before choosing your spot, visit the Environment Agency's website (<https://environment.data.gov.uk/water-quality/view/>) to check local water quality, and The Rivers Trust (<https://www.riverstrust.org/our-work/data-evidence>) which maps pollution incidents.





The bizarre animal origins of perfume scents

You might be surprised to learn that many popular perfume notes are based on smells produced by animals, and the truth isn't pretty.

The use of animal-derived ingredients has long been an issue in the world of perfumery, with the world's most popular fragrance, Chanel No. 5, facing boycotts from animal rights groups as far back as 1973.

While most popular designer fragrances no longer use the real deal – opting for synthetic versions instead – the smells we've come to love have bizarre and shocking origins.

Rich Quelch from the fragrance experts at Lifestyle Packaging rounds up the strange histories of common perfume ingredients ...

Musk from a male deer

Musk is a familiar scent to see listed on perfume advertisements, with its rich earthy and woody base notes. However, unbeknownst to most, the smell of musk is modelled on the blackish-brown secretions a male musk deer releases to attract a mate in the wild.

Musk is also used to improve the quality of perfume by keeping lighter notes from evaporating too quickly, giving a longlasting fragrance. It has been known to be used in popular perfumes such as Chanel No. 5.

This species of deer has to be killed to obtain the musk pod, so, for ethical and financial reasons, most perfume brands will now use synthetic versions, instead. In fact, almost all perfumes today include a synthetic musk as part of building layers of fragrance.

However, illegal hunting and trading of musk continues to be an issue, so be sure to only buy perfume from cruelty-free brands that are open about their ingredients.

Civetone from the civet cat

Civet musk, or civetone, comes from the anal glands of civet cats and was once a very popular ingredient in perfumes.

The farming of civet cats typically involved keeping animals in unpleasant conditions, often in cages. The animal's heightened stress is said to improve and increase the amount of civetone produced, and involves painfully scraping the glands to secrete the all-important liquid.



Nowadays, most perfumes will typically use a synthetic alternative for a more ethical approach to creating the same musky fragrance and fixative properties. A synthetic version of civetone can be commonly found in Calvin Klein's Obsession for Men. The cologne has even had success in luring big cats such as tigers and cheetahs, thanks to their attraction to the pheromone found in civetone.

Vanilla from a beaver

Unfortunately, for those who love the smell of vanilla, the origin of this fragrance is anything but sweet.

While most vanilla fragrances can be extracted from plant sources such as vanilla pods, you may not know that perfumes, and even baking products, have been known to use castoreum. Castoreum is a sticky, dark substance that beavers secrete from their castor sac to mark their territory. Perfumers would anaesthetise a beaver and 'milk' the beaver's glands to get this fluid.

Not only has castoreum been used to create the sweet aroma of vanilla, it's also said to give a leathery, musky note to perfumes.

Getting castoreum in large quantities is difficult and expensive, not to mention unethical. In most cases, an artificial alternative is used, instead. Smell castoreum in Amouage Memoir Woman, Dior Diorama, Givenchy Ysatis and Guerlain Shalimar.

Ambergris from the sperm whale

Finally, there's ambergris, one of the most grotesque and bizarre scents still used by some perfume houses. Made from the sperm whale's digestive fluids, ambergris helps give a musky, sweet, earthy smell to perfume, as well as enabling perfumes to stick to skin and last longer.

In the US, it's now illegal to sell ambergris. However, in the UK and other international markets, it's considered a natural by-product so is still legal to use.

As the ingredient is so rare, ambergris is extremely expensive, meaning that it's not commonly found in perfumes you can buy on the high street. Back in 2020, a Thai fisherman found the world's largest sample of ambergris, valued at a staggering £2.4 million.

High-end perfumeries today collect ambergris from the ocean once it has been excreted.

A documentary released last year revealed how beauty powerhouse Dior still sources ambergris to use in some of its most popular fragrances, including Miss Dior and Dior Sauvage.



Documentary explores the life of a super-volunteer

The Wild Agency has released a short documentary called ‘Rush’, made by its sister company, The Biome Project.

Rush explores the life and philosophy of ‘super-volunteer’ Oly Rush, who ditched his nine-to-five job for beach cleans and record-breaking swims. Oly is responsible for removing truckloads of plastic from the Dorset coastline, all whilst training for long-distance swims to raise money.

The Wild Agency is a Dorset-based, environmentally conscious video marketing and PR agency. The Biome Project is a community interest company made up of filmmakers, zoologists, marketers and journalists, working together to create educational content about our planet and its wildlife.

The companies surround themselves with enterprises and initiatives that form part of the local community; they collaborate with south coast based Project Planet and its creator, Oly Rush, who refers to himself as the “Gentle Ginger Giant who loves to swim and surf whilst saving the earth”.

Mike Coggan, Managing Director at The Wild Agency, says, “We try to make real change for a better future, harnessing the power of video to spread important messages. Oly is making waves (pun intended!) for sustainability and we are thrilled to support him as he spearheads change for vital issues, such as plastic pollution and ocean biodiversity loss. How could we not be involved?”

He added: “We were keen to make a film that combines cinematic storytelling with environmental volunteer work. Working with Oly Rush gave us the opportunity to use our home (the Dorset coast) as the backdrop.”

Oly Rush said: “The impact plastic pollution and discarded fishing gear has on ocean life is devastating. In 2020, I organised a 100-mile, ten-day swim, and, in 2021, I swam 65 miles non-stop around the Isle of Wight, in a record-breaking 15 hours, 9 minutes! I raised money for two local organisations; Clean Jurassic Coast CIC and Oceans to Earth CIC, who do incredible work along the coast! The Biome Project brings my story to life on film, documenting my brutal swims into a literal sea of rubbish, and my efforts to clean and further protect our oceans. We are delighted with the finished documentary, so please watch it!”



International Women's Day: women discuss climate action with international experts

On International Women's Day, people from across the globe met to discuss climate action with international experts, sharing their first-hand experiences from the rainforests of Indonesia to providing healthcare in the heart of the Amazon. The online event, hosted by Health In Harmony, featured a panel discussion with renowned climate crisis leaders Nonette Royo, Laetania Belai Djandam, Dr Érika Pelligrino, and Hawa Armin-Asala. Over 140 people registered to attend this highly-anticipated event, exploring how ecological feminism and the knowledge of Indigenous Peoples and Local Communities (IPLCs) can unlock numerous climate solutions and a better relationship with the natural world.

An award-winning, international non-profit dedicated to reversing global heating, Health In Harmony uses the planetary health approach that understands the significance of interdependence. On International Women's Day, Health In Harmony celebrated the critical role of women and IPLCs in tackling some of the major systemic and intersectional impacts of climate change.

The event included an exclusive screening of the Planet Protectors film series, created by Health In Harmony. The series featured rainforest community members from Indonesia, Madagascar and Brazil who are protecting the planet while living at the tipping point of the global climate emergency.

Hawa Armin-Asala, an interdisciplinary artist and researcher facilitated the conversation and was joined by: Nonette Royo, a lawyer and specialist in Indigenous Peoples and the environment; Dr Érika Pelligrino, a psychiatrist and professor currently supporting IPLCs living along the Xingu River in Brazil's Amazon Rainforest; and Laetania Belai Djandam, an Indigenous Environmental Activist from the Dayak Tribe of Borneo Island. Participants joined these acclaimed voices to discuss the dominant narratives around climate justice and what it means to be on the side of change in this decisive decade for the planet.

Laetania Belai Djandam said: "I'm constantly surrounded by the 'instant culture' where we desire quick processes, instant achievements, and we grow impatient and expect everything to be finished now. And, for the crisis that our planet is facing, this 'instant culture' can be beneficial and help underline that urgency to act immediately and change now. But on the other hand, I truly believe that the time we put in whatever we do is directly proportional to the sustainability of its result. And when we talk about community-based approaches to climate action, I think, more than anything, we need to put in the time to build relationships and restore balance between ourselves, the community and also the nature surrounding us."

It is time that we also appreciate the role of that more feminine approach to leadership and climate leadership in the action that we are doing, but also in terms of how can we help break the compartmentalization of all of these different things. I think narrative is a powerful tool that we can use right now. And it is a time where we should be uplifting narratives from communities on the ground and listening to what these local and indigenous people have been saying – have been teaching for generations."



The Hidden Sea Wine removes over ten million plastic bottles from the oceans

The Hidden Sea Wine has removed more than ten million single-use plastic bottles from the world's oceans – equivalent to the weight of 30 elephants. Driven by eco-conscious consumers across the globe, this staggering environmental milestone is a critical moment in The Hidden Sea Wine's mission to remove one billion bottles from the oceans by 2030.

The amount of plastic polluting our oceans is reported to be enough to fill five shopping bags for every foot of coastline around the world. To help combat the escalating issue, The Hidden Sea Wine works in partnership with ReSea Project, a Danish organisation committed to removing plastic from the ocean and recycling it, while also improving communities most directly affected by ocean waste, and creating awareness about responsible waste handling. For every bottle of wine sold, The Hidden Sea Wine removes and recycles ten single-use plastic bottles in South East Asia, which is a major recipient of plastic waste from countries around the world, including the UK.

Co-founded by Aussie Rules football star turned winemaker Richie Vandenberg, and entrepreneur Justin Moran, in 2018, the South Australian wine brand was formed with the mantra One Wine. One mission: to remove plastic from the ocean.

The success since launching can be attributed to its social purpose resonating with consumers who want to make more eco-conscious and meaningful choices. The Hidden Sea Wine has purposely driven inclusivity through its tasty wines, building a tribe that places its drinkers at the heart of a movement.

To mark the occasion of smashing the ten million bottles milestone, the company teamed up with British scientist Madeline St Clair to release an emotionally charged letter to lobby everyone to pull together and create a cleaner ocean in 2022.

Justin Moran, co-founder of The Hidden Sea Wine, says: “Here at The Hidden Sea we're not interested in creating another drinking movement. We're focussed on making a meaningful change that matters for future generations to come. We exist for those that still want to enjoy life's greatest pleasures but want to make more eco-friendly purchasing decisions whilst doing so. Going above the ten million bottle mark within such a short space of time is both rewarding and reassuring to see how well our product and mission resonates with consumers. Today's milestone is a stepping stone in the right direction to reach our goal of removing one billion bottles by 2030.”

Marine biologist Madeline St Clair, who recently ventured to untouched parts of Greenland in an eco-expedition, said: “Our expedition set out to document plastic and climate change in areas that are only now accessible due to the melting sea ice. Though most of the ocean we encountered appeared to be pristine, to see visible plastic pollution in such remote areas was sobering. The Hidden Sea's ten million bottle milestone is a wonderful example of how businesses can affect change when they put the planet at the centre of their focus. The world's oceans are vital to the health of the planet and the simple truth is that plastic, of any kind, does not belong in the world's waters. To truly make a difference, we need to pull together in order to affect change and reverse the devastation caused by single use plastic.”

On top of this incredible milestone, The Hidden Sea Wine has entered a licence agreement with Climate Active with the goal of achieving carbon neutral status for its range of wines for vintage year 2021 and onwards. The company is currently measuring its carbon footprint from grape growing all the way through to customers taking ownership of the wines produced. Additionally, the wines are 100% vegan and the winery is solar powered.

The Hidden Sea Wine vineyards are in South Australia, which, 26 million years ago, was covered by the Great Southern Ocean and home to a thriving marine ecosystem. A series of dramatic ice ages caused the ocean to recede, leaving the soil rich with nutrients and deep limestone deposits for the grapes to flourish today. The whale drawing on every bottle pays homage to an ancient fossilised whale skeleton that was discovered near one of their vineyards in Wrattobully.

What to look out for when buying a home EV wall charger

Political and societal pressures surrounding sustainability have contributed to the Government's ban of new petrol and diesel cars from 2030. This big switch is set to influence motor purchasing decisions in 2022, with many drivers opting for electrical vehicles.

Motorists with a driveway, garage or any other form of off-street parking have the luxury of options when it comes to charging their electric vehicles at home.

The car leasing experts at LeaseElectricCar.co.uk are providing a rundown of what to look out for when purchasing a home EV charger.

Wallbox chargers make the concept of owning a hybrid or electric vehicle much more viable, allowing motorists to have full accessibility to speedy and reliable charging.

Although there are plans from the UK Government to provide additional funding for more charging points, to increase the country's public charging network, EV motorists may still not have access to local charging points nearby, unless they are able to install home chargers.

A spokesperson from LeaseElectricCar.co.uk said: "We are so excited to see the changes in the motoring industry as we head towards the big switch in 2030. Many major car manufacturers have already made the start in adding electric or hybrid options to their range, allowing motorists to get ahead of the changes. For those of us who are purchasing electric cars, we need to know the best way to be able to charge them up at home."

Here are LeaseElectricCar.co.uk's top tips for buying a wallbox charger:

OZEV Grant

If budget is a major factor in choosing which home EV wall charger to purchase, motorists are urged to be aware of the OZEV grant, available for some wallbox chargers. This grant is part of the Government created Electric Vehicle Homecharging Scheme and acts as a subsidy to reduce the cost of home charging installation, with a maximum contribution of £350 which could cover up to 75% of costs.

Charging speeds

The cost of home wall EV chargers relates directly to their charging speeds. Standard chargers achieve a rate of around 3kw to 3.7kw, whilst more advanced wall chargers work at a rate of around 7kw, with some of the priciest units delivering as much as 22kw.

Appearance

Motorists are encouraged to look at a wide range of wallbox chargers before making their decision, especially if their charger is going to be placed in a very visible spot. Wall chargers differ in terms of style and size. EV owners who are limited for space on their garage or house wall must ensure that they measure the available space.

Tethered or untethered

The choice between these options is completely up to the motorist's preference. A tethered point indicates that the wallbox comes with the charging wire attached, which plugs straight into the electric vehicle. Advantages of this type of charger are linked to convenience and ease of installation, with the charging wire already being attached.

Untethered chargers come with a standard plug, into which the owner will run their own wire. These wires are often supplied with cars. Any cars without them may end up costing motorists up to £150. Benefits to untethered points include adaptability to new technology or vehicles, as the only part that would need replacing is the wire. Untethered chargers offer more flexibility to their users and are more aesthetically pleasing to those not wanting the wire hanging out of their wall at all times.

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



Happy plant, happy home

Promoting health and well-being with plant life

It isn't 'only' the entire ecosystem of the planet which depends upon healthy and abundant flora, but human beings themselves are hard-wired to be at one with nature, and anything we can do to bring nature into our homes is a recipe for improved health and well-being. The self-watering planter experts at LECHUZA look at ways in which we can foster a healthier living environment through the mindful cultivation of houseplants.

Alongside wholesome, nutritious food and clean water, fresh air is essential to life – and never more so in societies where more people than ever are suffering from respiratory illnesses and heart problems. When it comes to the air we breathe, a high oxygen content is naturally good, whilst pollutants and free radicals from everyday chemicals, gas emissions, and electrical and electromagnetic equipment have a negative impact on our immediate environment.

Any office worker who's experienced an uncomfortable rise in temperature and low-grade headache as the day progresses – electronic equipment heats up and the air gets more stifling – will understand just how negative this impact can be. If you are unlucky enough to be seated close to a printer, the impact will be even stronger.

The assault on our environment does not, unfortunately, stop when we get home. Airborne toxins, domestic SMART devices and Wi-Fi might be popular – even necessary, especially for home workers – but the constant jostling for space in the airways around us is hardly conducive to our overall health.

Just as trees and peatlands soak up carbon emissions from the wider world, houseplants offer one of the simplest and most effective ways to combat the nasties which can negatively impact our lives. Here are a few of the most beneficial plants which can help in the quest for a healthier lifestyle.

Plants for pure air

The Ficus Plant (Weeping Fig) is so effective at purifying the air that its power to cleanse airborne formaldehyde, xylene and toluene have been recognised by NASA, whilst Aloe Vera not only removes formaldehyde and benzene, it also releases oxygen at night, making it the perfect plant to keep in your bedroom. Place in bright, indirect light away from drafts.

Whilst it is generally renowned for its potential to bring luck, also featured by NASA is the Money Plant, for its powerful ability to remove chemicals and other pollutants from the air. It is, however, toxic to cats, dogs and small children if its leaves are ingested. These pretty, fast-growing plants are fairly easy to care for and can tolerate both full sun and indirect light.



NASA is also a fan of Gerbera Daisies, with the Agency's Clean Air Study finding that these pretty flowering plants remove formaldehyde, benzene and trichloroethylene from the air, whilst releasing oxygen at night and reducing CO2. They prefer bright sunlight in summer, spring and autumn, and indirect light during the winter.

Broad Lady Palms are one of the very few plants that can reduce the levels of ammonia which derive from household cleaning products. Large ones are quite expensive so you might want to consider growing one from scratch. You can put these in the bathroom as they thrive in humid conditions and will enjoy generous watering, meaning that LECHUZA self-watering planters, with their inbuilt irrigation system, are the ideal choice for these valuable houseplants.

Already a lifeline for pandas, Bamboo helps get rid of toluene from the air whilst also filtering out formaldehyde and benzene, and increasing the oxygen supply. The Chinese Evergreen also emits a high oxygen content whilst purifying indoor spaces of harmful chemicals. Usefully for those who are running out of window space, this plant thrives in full shade and only needs to be watered occasionally.

Areca Palms are not only great at purifying the air, but these excellent houseplants can also help to strengthen the nervous system when kept at close range. Areca Palms prefer filtered light and need plenty of watering.

Ficus Robusta (Rubber Plants) are relatively easy to care for and also improve air quality according to NASA, with their large leaves effective at absorbing and breaking down airborne chemicals. They also absorb exhaled carbon dioxide and convert it to breathable oxygen, whilst eliminating bacteria and mould spores from the air. They can thrive in dim light and you should allow them to dry out between watering. Place them in a generous planter with plenty of space to grow into, as they can reach up to eight feet tall.

Snake Plants get very busy at night producing oxygen and removing pollutants including benzene, formaldehyde, trichloroethylene, xylene, and toluene. Ideal for the bedroom, Snake Plants are fairly easy to keep and can tolerate shade.

Plants to...ward off evil spirits!

The benefits of houseplants extend well beyond the physical, not only offering huge aesthetic appeal but enhancing the atmosphere in ways which subtly reduce stress, and make indoor environments more conducive to rest and relaxation. Some, such as the Tulsi Plant – Holy Basil – are even considered to safeguard homes against evil spirits, whilst bringing luck, and a well-placed Banana Tree is thought by some to encourage financial success!

Whatever your interior style, LECHUZA has a planter to suit. They are all designed to provide an easy solution to keep plants watered for up to two months. UV and frost resistant, and full recyclable at the end of their life cycle, these are planters that are kind to the planet as well as to plants. LECHUZA planters come equipped with planter liners which are made from 100% recycled material. LECHUZA processes 990 tonnes of recycled post-industrial plastic each year and reuses 100% of plastic waste in production.

LECHUZA PON (which comes as standard with many of their planters) is an excellent substrate that provides the optimal air/water ratio for plants, reducing their vulnerability to diseases and also offers balanced nutrient distribution. It can be used for years, without having to be replaced.

[Follow LECHUZA on Instagram](#) to find out more.



Pinterest trends that could add value to your home

Could it be time to give your home a quick refresh? If you're thinking of sprucing up your space, have you considered what impact any changes could be having on your property value?

According to The Advisory, a little interior redecoration can add anywhere from five to ten per cent to your house's value. If you focus on injecting the latest trends into your renovation, you can be confident that your place will attract the attention of potential buyers.

What trends should you focus on in 2022? Pinterest Predicts is always a great place to start. This annual report uses real search data from the social media site to predict the trends that are set to be big in the coming year. In fact, eight out of ten of last year's predictions came true, so the report is certainly a great place to look when it's time to refresh your home.

However, it's important to note that incorporating trends into your home may not always be for the better. Trends come and go, and the décor you use might not appeal to everyone. Luckily, interiors experts InHouse Inspired Room Design have picked out the best Pinterest interior trends that could boost the value of your home.

Plant-first design

Outdoor space has become incredibly important to house buyers over the last few years. As many as 64% of UK residents say that they wouldn't buy a home without outside space, according to The Rated People Home Improvement Trends Report 2021, and having a back garden can increase your home's value by five per cent or more (The AA).

If you don't have any outdoor space, it's not all bad news. This year will see the rise of biophilic design, in which houseplants will become a key part of the home rather than simply accessories. Pinterest searches for 'biophilic architecture' rose by 150% from October 2019 to September 2021 and homeowners continue to hunt for a way to add even more greenery to their spaces.

Plant walls, hanging gardens, staircase gardens, and even floral ceilings are set to be important additions to the home this year. Natural light and ventilation are also a major part of biophilic design, so consider adding bigger windows, or French windows, to your home to blur the boundary between your indoor and outdoor spaces – a choice that could add around £4,654 to your property value (Rated People).

A place to escape

It's no secret that adding more space on to your home can help boost its value – as much as ten per cent, according to The Advisory. The key to getting this right is how you use the space. Adding an extra room isn't going to make much difference if it would be rendered useless. However, creating more functional space can send your property value rocketing and, in 2022, people are looking for more space to get away from the hustle and bustle of daily life – a trend Pinterest is calling 'emotional escape rooms'.

Consider transforming a spare room into a craft room, music room, or home library. If you don't have a spare room in your home, you could build a garden room instead. These popular options provide a little corner surrounded by nature to get away from it all, so it's no wonder that they can add anywhere from five per cent to 15% to the value of your home (Green Retreats).

A hidden touch of luxury

Functional spaces are certainly something that house hunters are after in 2022, but they're also looking for an extra dose of style – so make room for limitless luxe. While luxury has long been focused on the kitchen and bathroom, this year moves it one step further. Giving traditionally function-focused spaces a touch of glamour can help make your home a little more marketable. After all, we all deserve a little treat after the past couple of years, so give those forgotten corners of your home a makeover.

Pinterest searches for 'luxury laundry room ideas' saw 11 times more searches from October 2019 to September 2021. Similarly, searches for 'luxury garage interior' saw five times more searches in the same period, so consider adding new flooring and lighting in your garage to transform it into a glamorous extension of your home.

Alternatively, you could incorporate fitted cabinetry in your utility room to add some much-needed storage space. This can be made bespoke to fit your home and your needs, with plenty of innovative solutions designed to make the everyday a little more luxurious. Built-in laundry slots, slide-out recycling bins and even an under-cabinet home for your robot vacuum are all options that can transform this space from functional to stylish.

Well-rounded interiors

While minimalistic straight lines have been a hallmark of modern design over the past couple of decades, 2022 will see curved furniture making a comeback, in a trend Pinterest is calling 'curve appeal'. Rounded shapes have the ability to add comfort, so it's no surprise that we're turning to this trend to make us feel safe and cosy.

One style that interior designers are particularly loving right now is the return of mid-century modern – a classic look that incorporates sleek furniture pieces with clean, rounded shapes. Decorate your house in this style and you could see an average of £238,539 added onto the property's value (Bankrate).

Use rounded tables, spherical light fixtures and arched mirrors to instantly upgrade your home into an on-trend haven. If you're thinking of a bigger project, curved kitchen islands, rounded walls and archways can add the wow factor. In fact, Pinterest searches for 'curved kitchen island ideas' increased threefold from October 2019 to September 2021, while those for 'curved walls interior' quadrupled. Although such structural changes will take more work, it could definitely be worth the investment.

Pet-friendly spaces

We're a nation of pet lovers, so it's no wonder that we're choosing to make our homes as comfortable for our furry, feathered or finned friends as they are for us. Demand for pet-friendly homes increased by a whopping 120% from July 2020 to July 2021, putting them top of the list of requirements – above a balcony, parking, and garden (Rightmove).

This demand for a cosy space for our pets isn't slowing down, either. In 2022, people want to see a place for their pampered pets built into the home itself. Phrases like 'catify your home' saw four times more Pinterest searches from October 2019 to September 2021, while interest in the phrase 'luxury dog room' was up 115% in a trend Pinterest has named 'barkitecture'.

These additions are quite simple to add, too. Cushioned windowsills can create a comfortable space for your furry friends to relax and enjoy the view, while clever shelving can be transformed into a bespoke cat climbing wall. If you're remodelling your kitchen, consider leaving space for a dog bed under the counter so that they can gather with the family at mealtimes. Some people have even built their pets their own luxury bedroom under the stairs!

Chris Dance, Director and Head Designer at InHouse Inspired Room Design said:

"The pandemic has drastically shaped the way we're living, and this is evident in the kinds of interiors we're going for. We've spent more time in our homes than ever before, and we're now looking for a way to make them feel more luxurious and enjoyable for the whole family to be in – even our pets!

A few little home improvements could make all the difference when it comes time to sell your home and knowing just what buyers are looking for is vital. However, the key to making these improvements is to consider how it will work for you as well as potential buyers – you will be living in your home, after all. If you're not completely sure how to incorporate these ideas into your home in a practical way, be sure to speak to an architect or designer, who will work with you to create the best solution for your needs.

Seven ways to rewild your garden

With London Mayor Sadiq Khan announcing a £600,000 investment into revamping London's green areas, gardening experts are encouraging people across the UK to attract wildlife to their gardens this year.

The team at [GardenBuildingsDirect.co.uk](https://www.gardenbuildingsdirect.co.uk) has urged greenfingering homeowners to adopt simple changes to their green spaces in order to help wildlife thrive.

From birds and butterflies, to badgers and bees, there is a place for every creature in the garden and they can really make the difference between a space that survives and a place that thrives. Offering water, food and shelter in various ways throughout your space will entice a wide range of beings and this can be done with little effort and cost.

A spokesperson for [GardenBuildingsDirect.co.uk](https://www.gardenbuildingsdirect.co.uk) said: "With spring on the horizon, now is the perfect time to get busy in the garden and bring the wildlife back. Whether you have a small patch of lawn, a concrete yard, or a balcony, there are plenty of small changes you can make to bring the wild back and have a thriving green space. Animals are much like humans in the fact they love food, especially when it's free! By giving them a small offering of their favourite snacks, it's like giving them a welcome invitation to your garden."

Offer a snack

All animals love food, even more so when they don't have to go through the effort of finding it. Nuts and seeds are the best bet for birds, or you could push the boat out and opt for some mealworms for the foxes.

Provide water

A place to drink or somewhere to clean and wash are great ways of getting animals to enjoy your garden space. If you offer them all of their basic necessities, they'll never want to leave!

A place to stay

In order to increase your chances of slightly bigger animals coming into the garden – like hedgehogs – providing a cosy habitat can tempt them to stay the night. This can be anything from a small rock garden to a fully formed bird house.

Trees and shrubs

Not only do trees and shrubs provide animals and insects with an optimal habitat in which to live but there are also many health benefits for humans, too. The fruits and leaves are perfect food for a range of insects and animals, and there are plenty of options for gardens of any size.

Compost

Now this may not attract the most extravagant wildlife but composting provides a great home for smaller creatures and fungi. The organic produced from a composting bin can help take care of the plants and trees in the garden by provoking them with healthy, nutrient-dense soil.



Keep some clutter

Sometimes keeping the clutter in a green space is a good idea, it doesn't mean the place has to be a mess, though. Hollow tree trunks, dry stems, and piles of leaves make the perfect habitat for creepy crawlies.

Don't cut the grass

This doesn't mean growing a wild forest in the back garden, but simply allow for slightly longer grass to provide a hiding place for mice, voles, and shrews. This grass can be kept longer in places that aren't often utilised or are away from paved areas.



‘Change of use’ premises - the greener choice

‘Change of use’ projects can provide fantastic opportunities to take the lead on greener development whilst adding architectural character to a previously unsuccessful building.

MP Architects LLP has helped many property owners successfully obtain planning permission to turn redundant premises into better buildings.

It can indeed be challenging to design and restore a ‘change of use’ project as opposed to starting from scratch. However, from an environmental viewpoint, if the building is suitable, retaining elements that already exist will always benefit from a reduced carbon footprint, rather than demolition and starting again.

In a recent ‘change of use’ project, the company’s client acquired a disused church, which had been empty for eight years, as new premises for his growing international phonics business. The client needed the building to be adapted internally, providing office space and warehousing for his thriving company. The aim was to retain the basic structure and original features, so to reduce waste and limit carbon footprint. Internally, energy-efficient choices were also made adding further to the ‘green’ aspect of the project.

By using an experienced Architect on a project like this, the reduction to the impact on the environment can be navigated much more successfully.

Senior Architect, Kate Murray worked on this exciting ‘change of use’ project from concept to completion. She said: “It has been a pleasure to be a part of the design adaptation of this building. [It was] a challenging and rewarding project that included retaining and restoring many original features, whilst ensuring an environmental focus where possible. This building is now a centre of operational excellence and a delightful place for the team to work”.



Five new garden innovations

People have been taking pride in their gardens for hundreds of years and, in that time, there have been countless developments, from the first glass greenhouses to the first lawnmowers. This progress means it's easier than ever for modern gardeners to enjoy the rewards of growing. Here are five innovations you should know about...

1) Vegepod Raised Beds

These raised bed systems take container gardening to a whole new level. With a permeable mesh that allows ventilation, while protecting plants from frost and wind, and a self-watering design that means that plants can go weeks without watering, these pods create the perfect microclimate. Plus, specifically designed stands raise the pods to waist height, so you can attend to the plants without bending or kneeling down, which is ideal for wheelchairs users and people with back or joint issues.

2) Earthly Biochar's Biochar & Kiln

Earthly Biochar is the UK's leading supplier of biochar - an innovative new soil improver which helps soil hold on to water and nutrients more effectively, promoting root development and encouraging better blooms, more vibrant veg patches and stunning shrubs. Biochar is made by burning wood in a specific way so that it crystallises, trapping the carbon that a tree has captured throughout its lifetime and safely storing it in the ground indefinitely. This means that using biochar in your garden not only helps the plants but helps the planet, too, with one tonne of biochar capturing two and a half tonnes of carbon. With Earthly Biochar's new, unique kiln – the UK's first smokeless biochar kiln – people can now make biochar themselves.

3) VegiBee Manual Pollination Device

This clever gadget means that you can hand-pollinate every flower on your tomato, strawberry or pepper plants, for an even better yield. Whether you're growing plants indoors or the weather has been particularly bad, there are lots of reasons why you might want to try and pollinate your plants yourself. The VegiBee vibrates the stem of a plant, shaking loose the pollen and collecting it as it falls from the flower, so you can then use this to pollinate other flowers. It can be frustrating to spend hours nurturing a plant only for poor weather to ruin your chances of a good result. With this gadget, gardeners can take matters into their own hands and ensure that their hard work pays off.

4) Greywater Irrigation Systems

Using greywater, meaning water from your bath or shower, on plants isn't a particularly new idea; however, the ways people use it are becoming increasingly innovative. Rather than simply tipping a bowl of washing up water on to a flower bed, intelligent irrigation systems with deep underground hoses are now available; they let greywater automatically flow into the soil, encouraging stronger root growth. From DIY options to professional installations, there are lots of ways to create a greywater irrigation system for your garden which will reduce how much water you use and save you time

5) Hozelock Green Power Thermal Weeder

This innovative thermal weeder destroys weeds using a targeted, electrical, thermal shock, making it much safer and more convenient than traditional flame weeders that require fuel. Plus, this tool is much better for the environment than weedkilling sprays or herbicides, which release harmful chemicals into the surrounding soil. The upright design of this weeder also means that it can be used while standing, so you don't have to kneel down to remove unwanted plants from your patio, paths or driveway.

Degrowth appears in an IPCC report for the first time – providing a glimmer of hope

By Morgan Phillips*

Every seven or eight years the UN's Intergovernmental Panel on Climate Change (IPCC) conducts a comprehensive review of all the latest physical and social science relating to climate change. The review is conducted by the IPCC's three working groups. Each group has its own specific focus area and brings together hundreds of academics from across the globe, all of whom contribute their expertise voluntarily. The reviews are released in the form of three assessment reports, and a final synthesis report, all of which are subject to a signing off process that involves Government officials from every UN member state.

The fact that the reports are produced at all is a testament to our unique ability, as a species, to collaborate and co-operate on difficult topics across multiple contexts and cultures. In the context of these turbulent times, it is worth pausing to appreciate this. The very existence of these reports is a triumph, an achievement to be cherished.

Shortly before the UN's COP26 extravaganza in Glasgow last year, the IPCC published the first report of what is now the sixth round of assessment reports. That publication, pulled together by working group one, focused on the physical science of climate change. The findings were sobering, to say the least. The UN Secretary General, António Guterres, described the report as "code red for humanity".

On February 28th this year, working group two published its contribution to the sixth assessment. Their report examines the impacts, adaptations and vulnerabilities related to climate change. Again, it is sobering stuff. According to the report, the impacts of climate change are intensifying and now being felt by all life forms, all over the world. The authors explain how climate change is exposing and exacerbating existing vulnerabilities, and in many places causing irreversible losses and damage to communities, properties, landforms and species. Working group two also make it piercingly clear that funding for effective adaptation strategies is severely lacking, and that the risk of maladaptation is rising fast – especially in the Global South.

What this latest report and the report of working group one are telling us is that crude models of 'development', based on the pursuit of endless economic growth (even of the green kind), are incompatible with climate stability. They do not, of course, state this explicitly, but it is very hard to avoid this conclusion when you take stock of the size of the problem, the timescales involved, and the slow pace of the technological progress that is supposed to come to the rescue.

Working group two do, however, in chapter 18 of their report, strongly allude to the gains that could be made if alternative models of development were given more serious attention, or even adopted. The concept of 'degrowth' is cited for the first time ever in a report of this nature, and more than once. Also referenced are the concepts of 'buen vivir', 'Ubuntu', and 'ecological Swaraj' that are gaining traction in South America, sub-Saharan Africa, and India, respectively. These ideas are reframing what is meant by development, while questioning the wisdom of goals like green growth and sustainable development. They offer a glimmer of hope.

So, while it is hard to digest the climate science of the IPCC's reports, and hard to remain hopeful that Western civilisation is secure, it is heartening to see that alternative forms of civilisation are at last being explored at UN level. Until now, as the often-quoted saying goes, it has been "easier to imagine the end of the world than the end of capitalism", but as ideas like degrowth and ecological Swaraj creep into mainstream thinking, it is becoming easier to imagine the forms successor civilisations might take as 'Western' civilisation starts to unravel. This makes the end of capitalism altogether less daunting, and the end of the world less likely.

* Dr. Morgan Phillips is the UK Co-Director of The Glacier Trust, author of 'Great Adaptations - In the shadow of a climate crisis', and co-author of 'Climate Adaptation', both published by Arkbound. (September 2021; Paperback; £9.99)
<http://www.theglaciertrust.org/great-adaptations> | @theglaciertrust | @MorganHPhillips



Hyundai shares five tips for going green

Many of us vowed to start the year with resolutions to be kinder to the planet and live more sustainably; in fact, 45% of Brits are passionate about being green. However, in the study of 2,000 people commissioned by car manufacturer Hyundai, seven in ten adults claimed that they felt overwhelmed by conflicting advice over what is 'green', and a further 45% did not feel educated enough about their impact on the environment.

To support Brits in making meaningful lifestyle choices, Hyundai took its IONIQ 5 on the road for its Drive the Change tour, to speak with visionaries and innovative thought leaders from the world of sustainability.

Here's their top advice on how to live a greener lifestyle:

1. Make changes based on values

Sustainability does not need to mean sacrifice. Find actions that make you feel good and make those decisions based on your values, whether that's giving up meat or reducing your plastic consumption. Remember, you don't have to do it all at once.

2. Share more and own less

Find ways to work with your communities better – be that in the workplace, your family, or your neighbourhood. We can be more sustainable by practising to share more and own less, such as electrical appliances or the clothes that we wear.

3. Eat and live more mindfully

Consider where your food comes from. Is it coming from 30 miles away or is it coming from the other side of the planet? This is one small and practical change to cut down our carbon footprint.

4. Be consistent with your changes

Stay consistent when making lifestyle changes. Whether you use a solid shampoo bar rather than plastic bottles or buy second-hand clothes rather than new, try to keep it up on a daily or monthly basis – consistency is key.

5. Make progress, not perfection

We often fall into the trap of feeling there's nothing that we can do as individuals. By making small changes and working towards progress (not perfection), we know we have done our bit towards helping our planet.

To watch the full Drive the Change series, go to <https://blog.hyundai.co.uk/inspiration/drive-the-change>.



How an artist followed her dream

Michele Ashby describes how she became successful as an artist...

Having graduated with a BA (Hons) Degree in Graphic Design, I had a successful career running my own business in the same subject for many years.

I made the leap to follow my dream of becoming a full-time artist six years ago and haven't looked back. My biggest achievement to date was, last year, achieving both Master Pastellist status with the Pastel Society of America, as well as Master Circle status with the International Association of Pastel Societies in the US. I have exhibited in group shows at The National Arts Club, New York, and The Butler Museum of American Art, Ohio and Chicago.

I am an Associate Member of the Society of Women Artists and the Society of Graphic Fine Arts, a Full Member of the Institute of East Anglian Artists and a Unison Colour Pastels Associate Artist here in the UK. I have exhibited in juried exhibitions several times with various societies at The Mall Galleries, London.

My work has been published in The Richeson75 International Figure/Portrait, The Richeson75 International Seascape & Architecture Art books, Pastel Journal, The Artist, The Leisure Painter and Artists & Illustrators magazines, Pratique des Arts as well as Portraits for NHS Heroes book.

I use a combination of soft pastels alongside a wide range of pastel pencils, which works for me with my style being contemporary realism as well as highly detailed. I am a lover of a muted palette, tending to steer clear of very bright colours. I also love to work in monotone – loving the stripped back contrast that one or, maybe, two colours can give to a piece of art.

My passion is portraiture, striving to capture something fleeting of a person as well as a likeness, as part of my process. My hope is that the viewer experiences deep felt expressions of emotions while entering the narrative I aim to portray.

I live in coastal Suffolk with my husband Paul and my dog Bobby.



(c) Alex Brenner, Bob Marley One Love Experience, the Concrete Jungle Street Art Expo @ Saatchi Gallery

Bob Marley exhibition premiered in London

The Marley family, in conjunction with Terrapin Station Entertainment, announced that the Bob Marley One Love Experience will make its global debut at London's iconic Saatchi Gallery for a limited ten-week exhibition (until 18 April) before embarking on a multi-city tour. This unique experience will showcase unseen Marley photographs and memorabilia, whilst immersing audiences on a journey through his lifestyle, passions, influences, and enduring legacy. One can venture through the One Love Forest, visit the Soul Shakedown Studio and delve into the multi-sensory experience celebrating one of the world's most beloved and unifying musical, and cultural figures, in this unique exhibition.

Tickets for the limited ten-week engagement are on sale at ticketmaster.co.uk. All details can be found at www.bobmarleyexp.com.

Cedella Marley, CEO of the Bob Marley Group of companies, said:

"We've been wanting to launch a Bob Marley touring exhibit for many years and we're thrilled to see it come to life and debut in London, which had a very special place in Daddy's heart. The experience can be enjoyed by all generations and we look forward to continuing to spread Daddy's music and message to the globe."

Jonathan Shank, CEO of Terrapin Station, and director and producer of The Bob Marley One Love Experience, said:

"It's an honour to be involved in the development and curation of the Bob Marley One Love Experience. We hope that fans of Bob can come together and enjoy this exhibit and take a bit of positivity away from it, and sprinkle that back into the world. Bob's legacy should be celebrated not only for his music but also for his ever-lasting impact on culture and humanity."

Fans will venture through the exhibition, greeted by different elements of Bob Marley's multi-faceted life. The One Love Music Room will commemorate Bob Marley's achievements through accolades and giant art installations. A multi-sensory experience can be discovered in the One Love Forest, and at the heart of the exhibition fans will be able to honour and rejoice in Marley's musical catalogue at the Soul Shakedown Studio – a live listening experience. The Beautiful Life area will allow fans to delve deeper into Marley's other personal joys, from football to family, whilst the Concrete Jungle and Fan Art Exhibition will be anchored by world famous artworks by Mr. Brainwash.

VIP Packages will include offerings of an unmissable late night disco dance party on selected evenings, private tours, and a special date night package. All packages will be offered via On Location and be available via Ticketmaster.

The Bob Marley One Love Experience is produced by Terrapin Station Entertainment in conjunction with the Marley family, with Senbla serving as local producer and promoter.

For more information, visit www.bobmarleyexp.com and follow @bobmarleyexperience on Instagram and Facebook.

Dates and opening hours:

Open to the public: 2nd February 2022 – 18th April 2022

10am – 6pm, Monday - Sunday (last admission 5.00pm)





©Tom Svensson

Prince Albert II of Monaco Foundation Environmental Photography Award

International non-profit organisation the Prince of Monaco Foundation, which is committed to progressing Planetary Health for future generations, has launched the 2nd edition of its Environmental Photography Award, in partnership with Barclays Private Bank and SEK International University.

Entries are now open until 20th March 2022 for photographers who would like to submit up to five photographs in each of the five categories below.

- Polar Wonders
- Beneath the Canopy
- Life Under the Surface
- Humanity versus Nature
- Towards a Sustainable Future

The winner of the Foundation's Environmental Photography Award will receive the sum of 5,000 euro and the great privilege of travelling to Ecuador to visit the SEK International University's research base in the Amazon rainforest. The winners in each of the individual categories and the winner of the public award will each receive a prize of 1000 euro.

Olivier Wenden, Vice-President and CEO of the Foundation said: "We are proud to launch this 2nd edition of the Environmental Photography Award. It is an opportunity for us to celebrate the beauty of nature, while casting a light on the environmental challenges we face. By highlighting the interconnections between humans and a healthy planet, we hope to foster the collective awareness that will lead to change. The images from the first edition exceeded all our expectations and we are looking forward to the second edition."

Launched in 2021, in honour of the Foundation's 15th anniversary, this annual award was created with the aim to reward photographers who put their creativity to good use in raising awareness on environmental protection. Created as an opportunity to celebrate the beauty of nature, while casting a light on the environmental challenges we face, the competition is a platform to highlight the interconnections between humans and a healthy planet, with the aim of fostering the collective awareness that will lead to change.

Winning and shortlisted images will be featured in an outdoor exhibition on the Larvotto Promenade in Monaco, from 1st June to 31st July 2022, with further exhibitions presented throughout 2022.

To submit your entries, please visit: <https://www.photocrowd.com/pa2faward/>.

David Attenborough turns Piccadilly Circus 'green'

To celebrate The Green Planet AR Experience, powered by EE 5G, opening its doors at 55 Regent Street, and with his most recent BBC Studios Natural History Unit landmark series still enthralling UK viewers, Sir David Attenborough has loomed large in London by appearing on Piccadilly Lights to turn grey into green, and temporarily reclaim the famous Piccadilly Circus location for the plant world.

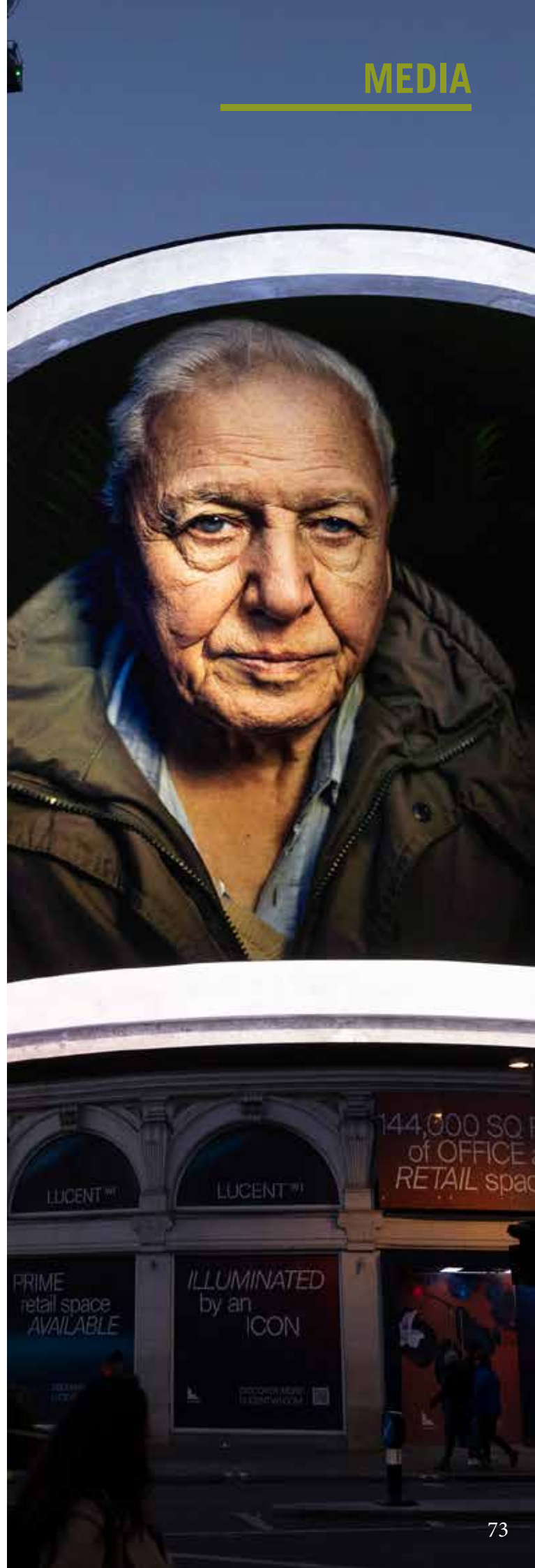
As dusk set in the capital, the twenty-minute takeover saw the celebrated naturalist dominate Europe's largest advertising display, to remind passers-by that plants are the basis of all life, are the heartbeat of the planet, and that humanity depends upon them for every mouthful of food and lungful of air.

The giant 3D animation then saw an entire concrete backdrop gradually burst into green life – with an abundance of foliage eventually covering the iconic screen. Attenborough's message, carried using 4K DeepScreen technology on the moving billboard that's bigger than a tennis court, was clear: "We must now work with plants, make the world a little greener, a little wilder. If we do this, our future will be healthier, safer and, in my experience, happier."

In the fifth and final episode of The Green Planet, broadcast on Sunday 13th February, Attenborough was seen visiting the iconic London intersection to reveal how plants manage to survive and thrive in spite of the city's inhospitable infrastructure.

The 'greening' of the legendary Piccadilly Lights, courtesy of owners Landsec and operators Ocean Outdoor, was complemented by a huge plant installation from The Crown Estate at the adjacent Fountain of Eros. The Crown Estate is working in partnership with The Green Planet AR Experience, powered by EE 5G, providing the space on Regent Street, which forms part of a number of recent sustainability-focussed pop-ups on the street, which The Crown Estate has supported.

The green installation on Eros saw the fountain and its steps blanketed in growing seasonal flowers and foliage: spring bulbs and their companion hellebores; cover planting, including ivy and clover; and a final dressing of moss. Floral artist Alice McCabe transformed the monument to resemble a living forest floor, with trees and plants blended to suggest dappled pools of light and shade-loving flowers and ferns, including pruned branches donated by Kew Gardens, to evoke a secret glen. Plants nestled in the installation were gifted to passers-by to take home or to their place of work, to help make Britain greener.





The green planet AR experience, powered by EE 5G

The Green Planet AR Experience, powered by EE 5G, has opened its doors at 55 Regent Street, London. This much anticipated experience offers visitors a window into the secret kingdom of plants through an immersive augmented reality journey, accompanied by a virtual David Attenborough transformed into a 3D hologram.

Created by Factory 42 with BBC Studios, and inspired by The Natural History Unit landmark series The Green Planet, the experience takes guests through six digitally enhanced worlds – including: rainforests, freshwater and saltwater worlds; the changing seasons and desert landscapes; and culminating in the human story and how we can all affect positive change.

Guests entered the experience from Piccadilly Circus, through a living rainforest, complete with hundreds of tropical trees, plants and shrubs. Before entering the first of the digitally enhanced biomes, guests were given a smartphone device which acts as their dynamic window into the world of plants, brought to life through seamless augmented reality made possible because of EE's 5G technology.

As Sir David Attenborough explains: "You'll see that plants can be as aggressive, competitive and dramatic as any living thing on the planet, and how they form intriguing relationships with animals. And you'll discover why plants are so vital for the future of our planet. Your device is a window into a secret world."

David Attenborough in holographic form accompanies visitors, with useful prompts showing guests where to point their devices to see the augmented reality plant and animal life in all its glory, as well as offering insights on the plant life on display.

Put nature at your fingertips, in a ground-breaking experience powered by EE's 5G network.

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

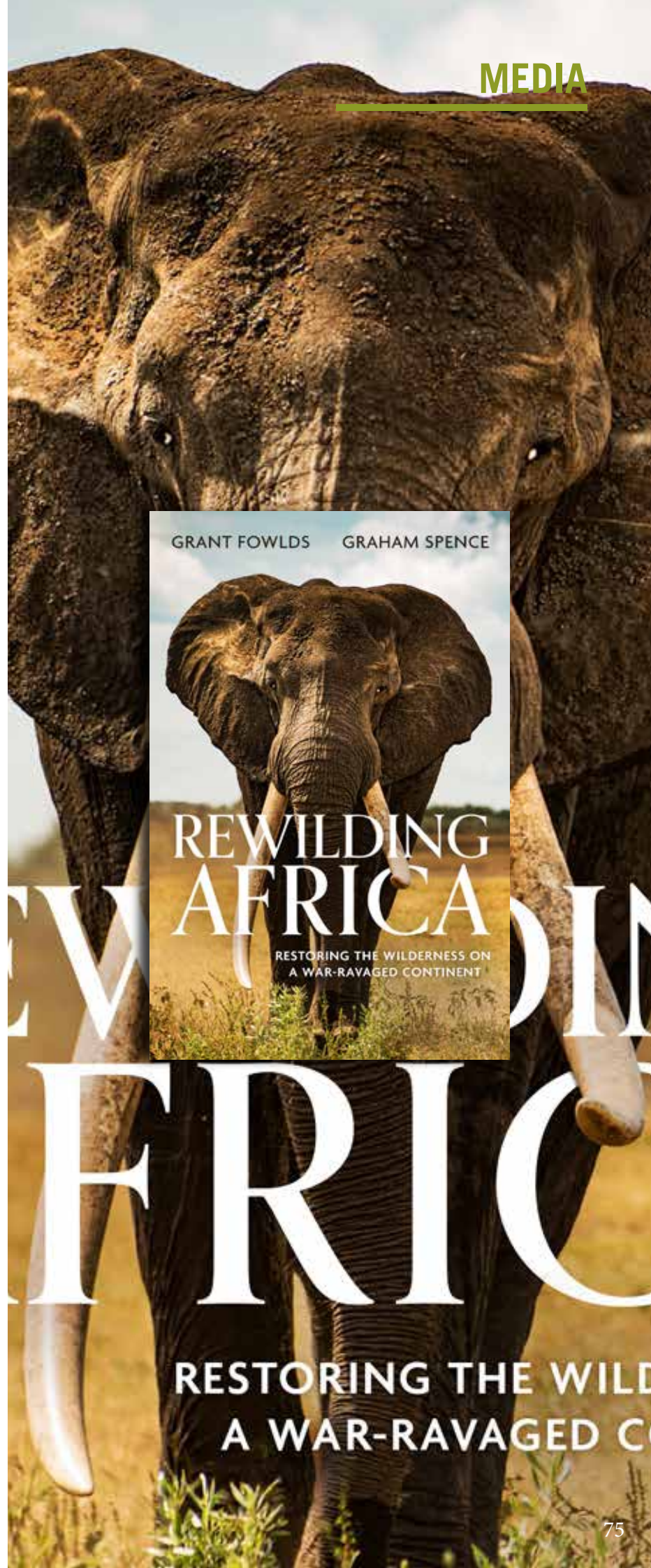
Rewilding Africa – book by Grant Fowlds and Graham Spence

This tells the story of one man’s decades-long mission to preserve the habitats of elephants, rhinos and other iconic wildlife that have populated the vast continent of Africa for thousands of years. It is a vivid account of conservationist Grant Fowlds’ ongoing efforts to conserve and restore Africa’s iconic wildlife and its wilderness, ravaged by years of conflict, from South Africa to the DRC, and from Angola to Mozambique.

For decades, Grant Fowlds has worked with fellow conservationists to educate and inform individuals, governments and charities across the globe about the devastating impacts that deforestation, poaching and human interactions have had upon the ever-decreasing homes and populations of some of the world’s most endangered species. Rewilding is simple: allocate more wild spaces to the animals whose homes are being reduced by our impact on their world. Reality is complex: politics, illicit underground activities – and now pandemics – are a constant threat to these animals’ lives and their natural surroundings. Fowlds brings us right into the heart of African wildlife and the world of conservation, recounting heartening stories about the collected efforts being made by communities, both big and small, to tackle these threats head-on, as the effects of decreased wildlife and their homes will soon threaten our own livelihoods on this precious planet.

Grant Fowlds is a South African conservationist with a unique commitment to everything endangered. Grant’s vision is to try to fill the shoes of the late elephant whisperer Lawrence Anthony.

Graham Spence is a journalist and editor. Originally from South Africa, he now lives in England. Together, he and his brother-in-law, conservationist Lawrence Anthony, wrote *The Elephant Whisperer* – the story of the incredible relationship forged between one man and a herd of wild African elephants. Other books with Lawrence Anthony include *Babylon’s Ark: The Incredible Wartime Rescue of the Baghdad Zoo*; and *The Last Rhinos: The Powerful Story of One Man’s Battle to Save a Species*.





New book: STUFF HAPPENS - THE FAR FROM HUMDRUM LIFE OF A PHOTOJOURNALIST

By Tor Eigeland

Tor was born (in Oslo) with a keen sense of adventure and a natural curiosity in people and places. This, along with an insatiable desire to see and experience more, took him around the world as a photojournalist. *Stuff Happens* is his memoir – a look back at some of the most memorable highlights of his life and travels: stories and anecdotes with over 250 photos, many of which have never been published or exhibited. Tor, who studied under one of the greats of photojournalism, maintains that it is primarily a good eye and hard work that makes a proficient photographer – assuming you have a reasonably decent camera and sharp lenses. Whether foremost a photographer or a writer, though, he is unsure.

Tor has lived in many countries and has travelled to many more on assignment for the likes of National Geographic, Time Life and multiple foreign publications. One of his many and inimitable gifts is an ability to encounter – through his work or purely by chance – famous and infamous people along the way, including the King of Jordan, undercover spies, Norman Mailer, Fidel Castro, Chuck Berry and Duke Ellington. ‘Stuff happens’ is a catchphrase Tor has used, time and time again during his 60-year career, when something out of the ordinary happened. His life has certainly never been humdrum... so, as you can imagine, it’s a well-used phrase. This incredible, unique and fascinating memoir of his life is captivating from start to finish.

About the Author

Tor Eigeland is an internationally recognised photojournalist who has enjoyed a long and distinguished career, contributing to such prestigious publications as Time, Fortune, The New York Times, Rutas del Mundo, Aftenposten, Aramco World Magazine and National Geographic Traveller, as well as ten book projects for the National Geographic Society’s Special Publications. He is both a photographer and a writer.

Broadly educated in Oslo, Montreal and Mexico, Tor then studied at the University of Miami’s School of Photojournalism under Wilson Hicks, renowned former Picture and then Executive Editor of LIFE Magazine – the magazine of the day.

Tor was born and brought up in Norway, then lived in Canada, Mexico, the US, Lebanon (Beirut), Spain, France and now England. He is a true citizen of the world, speaking several languages, including some Arabic. He feels particularly at home in the Middle East and Hispanic worlds.

Modest about his achievements and having spent much of his time on the road, Tor has rarely exhibited his work. However, in 2013 he was invited by the Kon Tiki Museum in Oslo to show his photos from his time spent with the Marsh Arabs of Iraq, having visited shortly after the British explorer Wilfred Thesiger. Tor’s unique photos of a lost civilisation, taken for a Time-Life book half a century before the marshes were destroyed by Saddam Hussein, were published in 2014 in his photo essay ‘When all the Lands were Sea’. Tor is also known for his photos of Fidel Castro, triumphant in Cuba, after the revolution in 1959.

Tor’s final assignment was to Morocco in 2015, aged 84. In 2017 he held a retrospective exhibition of some of his favourite images from his experiences with indigenous people. Since then, he has been working on his memoir from his home in Dorset.

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Green escapes: how UK travelling is more sustainable than flying abroad

What's better than a lovely, relaxing getaway? Whether it is to enjoy some glorious sunshine on the coast or to admire snowy landscapes in the countryside, vacations are always a great way to unplug from everyday life. While breaks can aid our well-being and mental health, they can have a potentially negative effect on something else: the environment. From polluting transport transfers to 'harmful' common holiday habits, it is very easy to have a detrimental impact on our surroundings.

In this respect, favouring a local vacation over a trip abroad can be an effective solution. You may not have the chance to taste a Neapolitan pizza at the feet of Vesuvius or sip some sangria outside a bullring in Valencia, but it's not all bad. Quite the contrary, actually; from historic landmarks to national parks and vibrant cities, the UK has an array of splendid spots to offer. By the end of your getaway, you will see your country with truly fresh eyes. Therefore, we take a look at some of the benefits of staying local when travelling, while highlighting how it can help safeguard the well-being of our planet.

Ditch the plane

One of the most obvious advantages of opting for a British vacation is that you are not forced to hop on a plane. Some may like the excitement of taking off in one country and landing in a completely new continent, but it's not an eco-friendly process.

International aviation has been identified as one of the fastest-growing sources of emissions actively contributing to climate change. In fact, figures show that over the past two decades its emissions have increased by almost 130%. Flying to New York from London, for instance, produces 2.1 tonnes of CO₂ per passenger. To put things into perspective, there were 81 countries in the world, in 2017, that had lower annual per capita emissions than this flight. If you fancy a trip to the spectacular acropolis in Athens, you'd be responsible for one tonne of CO₂. Even a simple flight from London to Edinburgh would produce 0.3 tonnes of CO₂ for each passenger, and its total in 2017 would have been higher than the annual per capita emissions of 25 world countries. When considering that Heathrow alone, Britain's busiest airport, welcomes an average of 80 million passengers per year, it becomes scary to envisage the impact that consistent air travel can have on the planet. However, while flying may sometimes be inevitable, local travelling does not require plane trips to reach your coveted destination.

Trains, cars and buses have a significantly gentler impact on the environment. Not only will you be reducing your carbon footprint, but you will be able to take in some fantastic views along the way, too. Just look out the window and enjoy your greener, more eco-friendly journey.



Pack lighter

Deciding what to take on holiday is usually among a traveller's biggest dilemmas. If you're unsure about what weather to expect in a foreign country, it is easy to fall into the trap of packing more than you actually need. Some may argue that it's always better to be safe than sorry, but it's also true that every additional kilogram you transport adds to how much fuel the plane is consuming.

If booking a staycation in the UK, you are more likely to predict what type of climate awaits you. This means that you will pack only what you truly need and keep your weight down. Ultimately, with lighter trolleys and luggage, you will both help protect your surroundings and spare your back from excessive strain

Plan more itineraries and get around easily

Staycations and getaways that are closer to home are certainly easier to plan. If you have a very busy workload and do not have much time to get out and about, local travelling is the perfect solution for taking a reinvigorating break from time-to-time. With the chance to rely on more sustainable means of transport, as opposed to planes, you can also comfortably visit more than one place in a single trip. You can book a splendid city centre hotel in Newcastle, as well as other 4- or 5-star hotels across the country, and enjoy a short, low-impact road trip.

Furthermore, getting around and exploring new, stunning locations will be way more straightforward. There is no hiding that organising an excursion to a foreign country is a real challenge. Instead, conscious of how the UK transport system works, and with useful apps on your phone, you already have a good understanding of how to travel from A to B. This will also allow you to contemplate your alternatives and confidently arrange greener forms of transport.

Sustainable stays

When lodging in a hotel, it is tempting to just go somewhat wild and disregard all your housekeeping rules. If we behaved the way we do in our own home, however, we would be doing both the hotel staff and our planet a huge favour. In fact, there are several tips you can follow to make sure your stay is as sustainable as possible.

For instance, why get your towels washed every single day? If they are not dirty, just hang up them back up as a sign that you do not need them changed yet. Moreover, leave the 'do not disturb' sign on the door even when you're not in your room. This will save on chemical cleansing agents, the washing of bedding, and electricity used for vacuuming the floor. Of course, you should follow these small, green steps wherever you are lodging in the world. That said, if you are enjoying a British staycation, there is really no excuse not to abide by these rules. With no potential language barrier, you can personally inform both reception and your hotel cleaners that your room is fine as it is.

There is no denying that travelling is simply wonderful. The joy and excitement of visiting a new location is incomparable. The good thing, though, is that you don't need to move far from home to enjoy an unforgettable experience. With its gorgeous panoramas and enviable cultural sites, Britain has something for all tastes.

As we have just seen, UK vacations can be way more eco-friendly than international travel. Ultimately, as climate change continues to put our ailing planet to the test, it might represent the best solution to indulge in a well-deserved local break while also protecting the environment. <https://www.royalstationhotel.com/>

