



RESIDENT ADVICE PACK

Taking Action on Climate Change

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“ We are at a pivotal point - a time where every one of our choices can make a difference. ”

Climate Change is one of the most critical issues facing us all - this is what we can all do to help make the difference for us and the generations to come.

This advice pack is a collection of key advice, tips, and information to help us all cut our carbon, to reduce our impact on the planet and help us and the next generation have a better future.

The Essex Climate Action Commission has advised the county of Essex on the key steps to get to net-zero emissions by 2050, in its report: [Net Zero, Making Essex Carbon Neutral](#). One of its key recommendations is to signpost Essex residents to good advice and help in the transition to a lower carbon lifestyle.

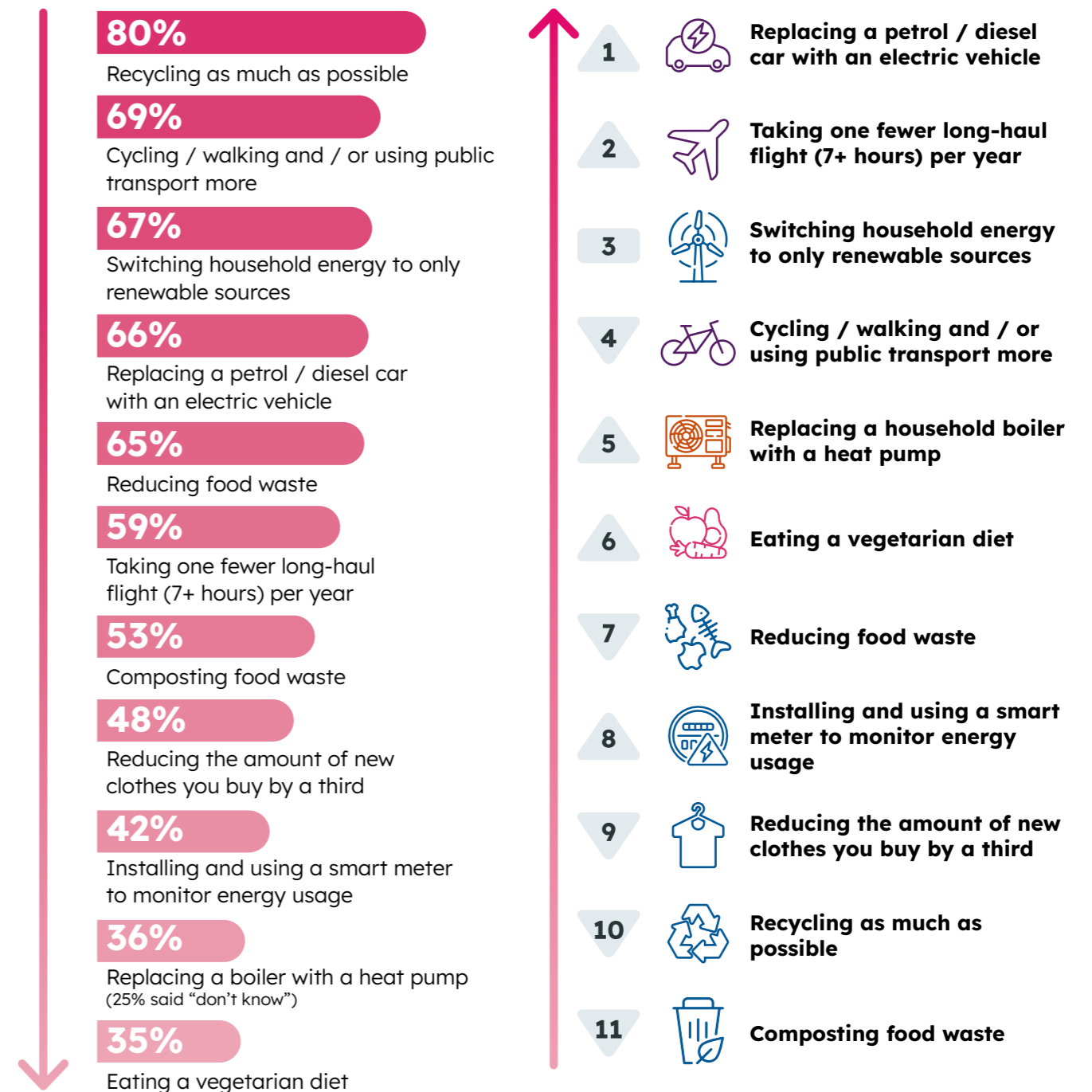
So, what are the most effective individual actions that we can take? Surprisingly, the impact of certain activities can be quite different to what many of us might expect.

A survey of Essex residents conducted by [Thinks Insight & Strategy](#) (formerly BritainThinks) on behalf of Essex County Council and Essex Climate Action Commission, compared the expected impact of various pro-environmental choices versus the actual impact. Check out the graph below to summarise what counts the most when taking action on climate change - it might surprise you.

Climate action top tips

Essex residents were asked what impact they thought certain actions had on tackling climate change - this is what we thought.

So, what are **REALLY** the top things we can do to help tackle climate change?¹









(Percentage of residents who believe each activity has a significant impact on tackling climate change (score of 4 or 5))

What Can I Do?



The below table aims to provide you with an overview of some key actions you can take. More information can be found later in the pack. Please note this is **not an extensive list of actions you can take**.

Issue	Opportunity	Support	Page
Travel and Transport 	Plan sustainable journeys in Essex	Search and plan sustainable journeys across Essex with the free Travel Essex app.	7
		DigiGo is a fleet of fully electric minibuses that work on-demand. Book via Travel Essex app, by email digigo@essex.gov.uk and by telephone 03330 137 138.	8
Energy 	Install solar panels at a reduced cost	Solar Together Essex is a group buying scheme that allows people to install solar panels at a reduced cost.	13
	Receive a grant to install a heat pump	The Boiler Upgrade Scheme offers grants of up to £7500 to replace your boiler with a heat pump.	11
	Energy efficiency advice	Visit the Energy Saving Trust for advice on how to be energy efficient.	12
	Discounted water butt for Essex residents	Get Composting offer 50% off water butts.	14

Issue	Opportunity	Support	Page
Food 	Recycle your food waste	Visit Love Essex for information on how to reduce and recycle your food waste.	16
	Cut down on food waste and make the most out of your leftovers		16
Waste 	Reduce general waste at home	Visit Love Essex for information on how to reduce household waste .	23
Outdoors 	Start composting at home for less	Get Composting offer subsidised compost bins.	24
	Tree planting opportunities	If you have land to plant trees or would like to volunteer, visit the Essex Forest Initiative website to learn more.	25
	Protect your property against flooding	The property flood resilience grant offers up to £8000 to protect eligible properties against flooding	26
Useful resources 	Track and reduce your carbon footprint	The free Carbon Cutting Essex app helps us track and reduce our carbon footprint.	28



1. Transport

It's time to start thinking about how we get from A to B.

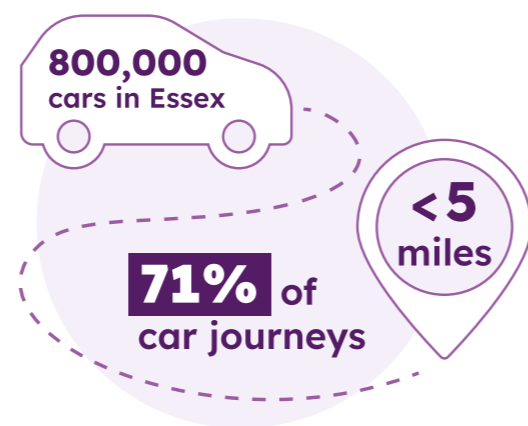


- ✓ Save money on the gym and petrol
- ✓ Get the legs to work
- ✓ De-stress!

Our motor cars are one of the most intensive sources of personal emissions. We recognise that for most of us in Essex, a car is vital for our daily lives. However, perhaps there are some journeys where we could consider alternatives.

Driving one long journey, Essex to Edinburgh for example, would emit nearly **four times** the carbon (CO₂) emissions as a coach or a train. **One mile in an average UK car** can emit around **11 times as much**, compared to public transport per mile travelled – or 88 times the amount of CO₂ compared with an electric bus!²

There are over **800,000 cars in Essex**, with **46% of all car journeys shorter than two miles**.³ These journeys could be walkable by many residents. Furthermore, **71% of car journeys in Essex are under five miles**⁴ – a distance that could be covered comparably quickly **by bike, on foot or via public transport** – just with far fewer emissions. If every household in Essex replaced a one-mile car trip each week with walking or cycling, we could save **multiple thousands of tonnes of carbon**⁵. Think how much you could save by walking, scooting or cycling short trips to school, rather than driving.



The ideal action to take is to drive less.



The transition to **hybrid working and working from home** for many people has long been praised as an effective solution to reduce our carbon footprint. Where possible, consider working from home to help lower your carbon footprint.

Alternatives to driving

For more information about swapping shorter journeys for walking and cycling - either on a traditional bike or on an e-bike - please check out the [Safer Greener Healthier campaign](#).

If you live in Colchester, Harwich, Basildon or Clacton, you could check out [Essex Pedal Power](#). This scheme provides free bikes to residents in these locations to encourage more cycling, active travel, and physical activity levels.

Taking **public transport** wherever and whenever we can, is the next best bet. Services are improving year on year for this - Greater Anglia has vastly improved its fleet to be more **environmentally friendly**, with new trains and **cycle links** with them.

Similarly, recent improvements in bus services across Essex as part of [Bus Back Better](#) will help you to find a journey by bus easier, quicker, cleaner and more practical.



Travel Essex app

Search and plan sustainable journeys across Essex by train, bus, bike and walking with the [Travel Essex app](#). You can plan journeys up to 7 days in advance. The app is free to download from the [App Store](#) and [Google Play](#).

DigiGo

DigiGo is a fleet of fully electric minibuses that work on-demand, at a time that is best for you rather than having set routes and timetables.

These electric minibuses will offer an **environmentally friendly** type of transport for residents in **suburban and rural areas of Essex** who may have little or no access to existing public transport links. This puts you in control of your journey.

Book journeys, track the vehicle and pay for tickets for DigiGo within the Travel Essex app. You can also contact DigiGo by email digigo@essex.gov.uk and by telephone 03330 137 138.



Car share

Or perhaps **share** a journey if destinations are the same, similar or en-route, halving your emissions and potentially leading to new friendships and experiences. Check out the **Essex Carshare** scheme, where you can find car share groups across the county as part of the 'Liftshare' network.

Or you can download other carsharing apps like **Bla Bla Car**.

Air travel

The vehicle that has allowed us to be able to holiday globally, wherever and whenever we please, has a massive hidden environmental cost.

A return business class flight from London to Hong Kong, for example, is equivalent to **10 tonnes of carbon emissions per person**. To put this into perspective, **the average English carbon footprint is 12.7 tonnes of emissions per year**⁶ – and this is a footprint considered far too high by scientists and governments worldwide committed to net-zero.

When booking holidays, consider choosing short-haul destinations instead of long-haul. The closer the destination, the smaller your travel carbon footprint.

Get inspired by what's on your doorstep and focus on more **local exploration** by rail, road or ferry. Instead of jetting abroad, you could explore the beauty of the United Kingdom and opt for staycations and discover hidden gems within your own country.



Electric Vehicles

If public transport is difficult where you live, have you considered investing in or leasing an electric vehicle (EV)?

Traditional petrol and diesel cars are powered by internal combustion engines (ICE) which emit large amounts of carbon. Switching to an EV is one of the most significant reductions to our carbon footprint that an individual can make. There are other benefits as well as such as reducing localised noise and air pollution for yourself, others, and the surrounding environment.

Of car engine types, EVs emit the least amount of carbon. These vehicles are powered solely by electricity with large batteries that store energy and electric motors that control the wheels. EVs produce no tailpipe emissions and are the most energy efficient choice.

You could also consider a hybrid electric vehicle (HEV) which combines an ICE with an electric motor and a small battery. These vehicles have dual power sources and switch between the petrol engine and electric motor in response to driving conditions.



Choosing to drive an EV is becoming increasingly affordable, and with charging infrastructure popping up all around the county – for example, **Braintree's GRIDSERVE electric forecourt** – it will just get easier and easier to own or lease an EV.

And if an EV is still out of the question, then driving carefully can go far – reducing our speeds, not accelerating, and braking between speed bumps and concentrating on a more efficient, smoother driving style. It will be safer, cheaper, less stressful, and less polluting!



2. Energy and the Home

One of the best things about improving our home's energy efficiency is that it cuts our bills as well as carbon.



A well-insulated, ventilated and energy-efficient home can have much lower energy bills in comparison with the average home.

Draughty, poorly insulated homes can also be very harmful to our health too. Upgrading our homes by **improving the insulation** can help keep us warm and comfortable, improve our health and save significant amounts of money.

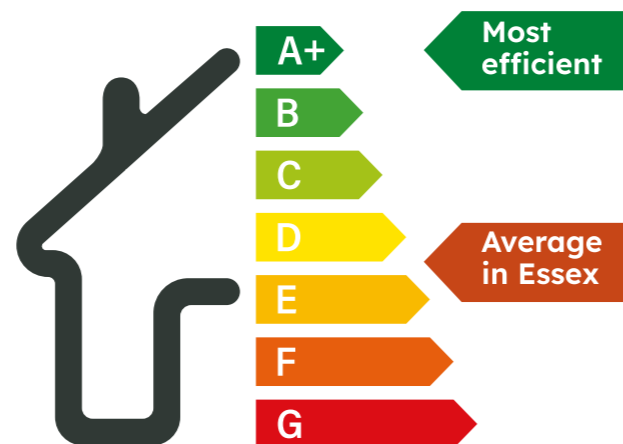
Our **Energy Performance Certificates (EPCs)** show how energy efficient our home is, and if it's in need of improvements (below C). **The most efficient home is A+** and is less expensive to heat. Around 67% of Essex homes have a poor EPC rating of D or below, meaning most residents are paying more for their heating than is necessary and creating more greenhouse gas emissions. If you're buying or renting a new home, make sure you look into the **EPC**, and make sure you know the cost of any changes that will be needed in the future. For example, we will all have to change our heating over time to move to low carbon sources such as heat pumps.

Financial help and incentives

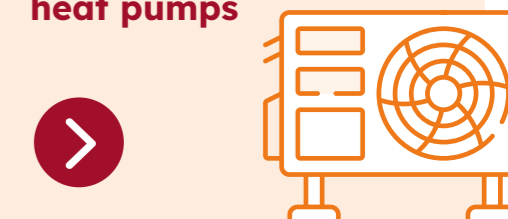
To save money and carbon, you can find heaps of advice online – with almost all relevant Essex energy saving initiatives found [here](#).

- **Warm Homes Essex** is a partnership between Essex County Council and Citizens Advice Essex. Our aim is to help people struggling to afford heating to keep their homes warm and help all residents reduce their energy costs and impact on the environment. Here you'll find a range of government approved schemes that could help you. We want to make it easier for you to heat your home, save money, stay warm and reduce your environmental impact.
- The **Energy Company Obligation (ECO4) Flex and Great British Insulation Scheme (GBIS) Flex** schemes are now available across Essex, providing funding for domestic properties towards energy efficiency upgrades for residents in fuel poverty, and on low income and vulnerable to cold.
- The **Energy Saving Trust** is another great resource with a wealth of information on what you can do to improve the energy efficiency of your home, including advice on insulation, heating and renewable energy.
- The Government has announced the **Boiler Upgrade Scheme** which offers grants of up to £7,500 for homeowners to replace their boiler with air and ground source heat pumps as well as grants of up to £5,000 towards a biomass boiler.

Around **80%** of energy used within the home is on heating and hot water so the boiler in our homes is one of the **single biggest contributors to personal carbon emissions.**



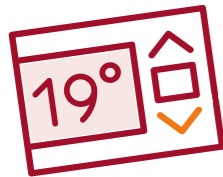
£7,500 grants available towards air and ground source heat pumps



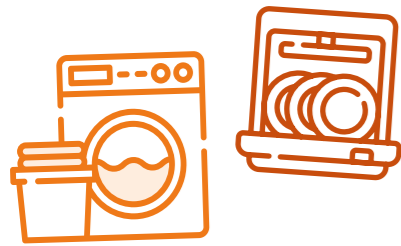


Home energy saving tips

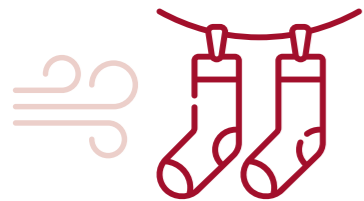
Saving energy and saving money on our energy bills goes hand in hand.



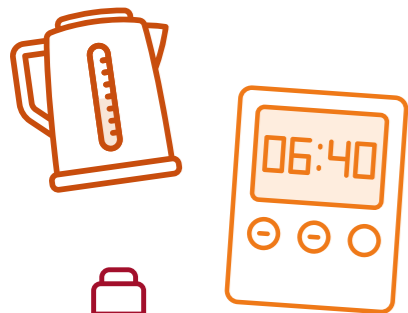
- **Turning down the thermostat**, even by just one degree, will save energy. Programme heating to make sure you only have it on when someone is home, for example.



- **Run washing machines and dishwashers on lower temperature** settings or eco-modes, so they can do the job without using too much energy. Also, only running these when you have **a full load** will decrease the number of loads, saving you energy and money week on week!



- On sunnier and warmer days, make the most of the weather by **drying clothes outside**, or an air dryer for the winter months. If you need to use the tumble dryer, make sure it is **definitely full** before starting.



- Simple things around the house also use energy - such as boiling a kettle. So, a good tip is to **only fill your kettle with as much as you need**.



- **Put your appliances on timers** so they switch off automatically at certain times when you know no one is using them.

- **Switching devices off at the wall or unplugging them entirely** helps to save more energy compared to leaving them on standby. **Turning off the lights** when not in use is an oldie but a goodie.



Energy Saving Trust has lots more quick tips to save energy at home.

Making these small daily changes at home can help you save money on your energy bills and save energy at the same time!



Renewable and community energy

Renewable energy comes from non-polluting natural processes such as solar, wind or hydro power. Lots of energy suppliers provide renewable based supplies.



You can switch to renewables using the **Essex Energy Switch**.

Lots of advice is available on getting the best deal from your energy suppliers from advice sites like **Money Supermarket** or **Compare The Market**.

Or if it's possible, install renewable energy in your own home to not only save money in the long-term, but drastically reduce your carbon footprint - and dependency on the grid!

Solar Together Essex is a group buying scheme that allows people to install solar panels at a reduced cost.

Community-led Energy Planning

Another fantastic way to support a low carbon energy transition is by participating in **'community energy' projects**. These initiatives put people at the heart of the energy system. Examples of projects include groups working to **install solar energy** in a village hall or primary school, free energy saving advice to residents, or even electric car sharing clubs. These projects are either **completely owned or controlled by communities** or through partnership with partners.

Rally the neighbours and get the community involved in a community-led energy plan. **Organise a free workshop series** to engage with your neighbours to help determine what the future of renewable and more affordable clean energy can look like in your community.

Essex County Council provides free support for groups to start and develop projects. This could include a series of workshops in your village hall to create a vision for a community-owned and managed energy project to benefit everyone in your area. More information on how you could get involved can be found through **Community Energy South** or by emailing lowcarbon@essex.gov.uk.

Community Energy Fund (CEF) enables community energy groups to access funds to do a project feasibility study, which is the first step in getting a project off the ground.



Reducing water usage

It's easy to forget that our water use also has a big carbon footprint.

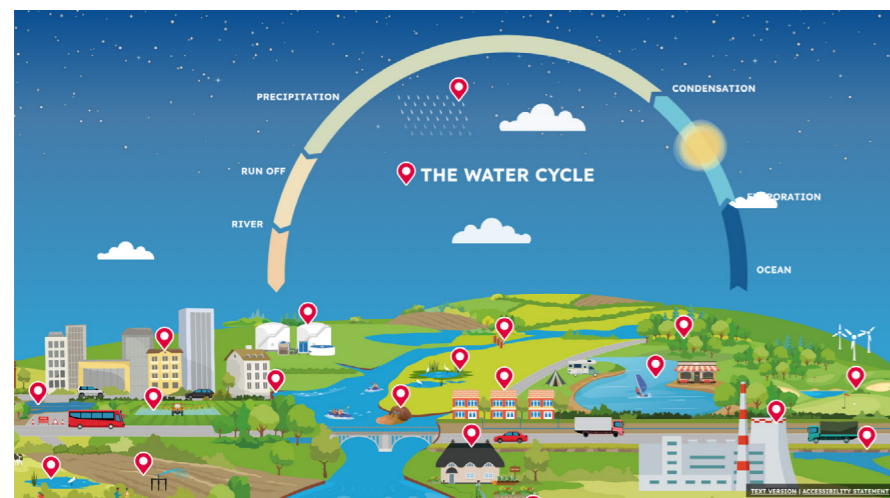
We can take some simple steps to use water efficiently and cut our water bills. Everyone in Essex is eligible for a **free water saving kit** from **Essex & Suffolk Water** and **Anglian Water**. Water scarcity is a big deal here in Essex – it might seem to rain a lot, but in fact East Anglia is one of the driest regions in the UK, with droughts and water scarcity projected to increase due to climate change.

Try a **shower instead of a bath** and fit low flow taps to reduce the amount of water you use.

50% subsidy available

Water Butts are a brilliant way to take advantage of wet weather and reduce mains water consumption. It collects rainwater for use in the garden, conserving water whilst keeping your garden healthy.

As part of **Essex Flood and Water Management's** Climate Action initiative, there is a 50% subsidy available on 100 and 200 litre water butt purchases for Essex residents. Visit the **Get Composting** website and enter your postcode to access the Essex County Council subsidies.



The **Essex Water Your Future online explorer** offers an overview of the water challenges we face here in Essex. It's an interactive way to explore water issues specific to your area.

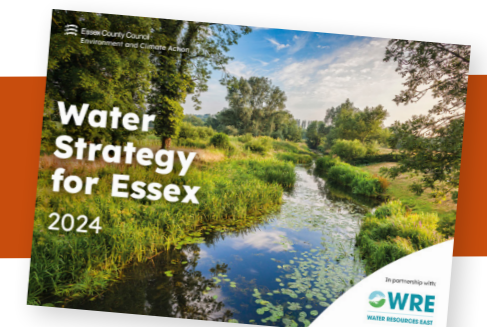


Top tips to save water at home

-  Use a **bowl in the sink** when washing up and use the wastewater to water your plants
-  Take a **shower** instead of a bath
-  Use a **water-saving device** in your toilet cistern
-  **Turn off the tap** when you brush your teeth
-  Wait until you have a **full load** before using the dishwasher or washing machine
-  Use a **watering can** rather than a hosepipe
-  Fit a **water butt** to collect rainwater from your roof
-  Check your property regularly for **leaks**



For more information on what Essex is doing to help preserve our water, read the **Water Strategy for Essex**.



3. Food

A climate-friendly diet is healthier, produces less waste, promotes seasonality, and is sourced locally.



Reducing the amount of **food wasted** at home is a good way to reduce our carbon footprint and save money.

Currently, on average we are wasting £60 a month of all the food we buy, around £720 a year⁷ – and with some foods having a larger carbon footprint than others, throwing edible food away can have a big hidden cost.



Reducing food waste in our household can be simple:

- **make a meal plan.** Check what you already have and create a shopping list with only what you need and stick to it.
- if you have **leftovers**, refrigerate or freeze them and consume at a later date.
- **freeze or refrigerate** anything that can't be eaten while it's fresh. Check that **your fridge is set at the right temperature** (between zero and five degrees Celsius) to keep food fresher for longer. Freeze food in **small portions** so you defrost only what you need.
- where possible, buy **loose produce** so you can select the exact amount that you need and avoid **unnecessary packaging**.
- before discarding food, make sure it is **definitely out of date and inedible**. Best before dates can be used as a rough indication but should be taken more seriously with foods like meat.
- some food waste is unavoidable. In these instances, we can recycle it. **Food recycling is free in Essex** and prevents food from entering landfill. Our recycled food waste is transformed into biogas and fertiliser. The biogas is used to make energy and helps reduce our reliance on fossil fuels.
- **composting** is a valuable solution – see section 5.

Find **tips from Love Essex** on how to cut down on food waste and make the most out of your leftovers, and check out the '**Love Food Hate Waste**' website to learn more about how to get **the most out of the food you buy** with recipes and other top tips.

There are also various resources and apps, such as **Giki** and **GreenRedeem** that provide **information about food products and beyond**. They can tell you anything from whether the packaging is recyclable to whether ingredients were sourced responsibly.



Apps like **Olio** and **Too Good To Go** offer food from restaurants and retailers, that would otherwise go to landfill, at a reduced price.



Food choices

When it comes to choosing protein, **50g of protein from beef takes 25kg of carbon to produce**, compared to just **420g** of carbon for the same amount of protein from **chickpeas or lentils**⁸. That's a big difference!

25kg
of CO₂



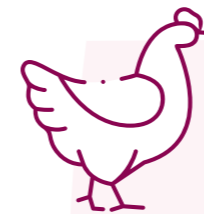
50g of protein
from beef

VS

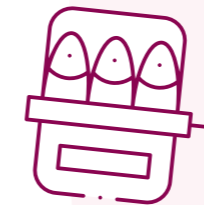
420g
of CO₂



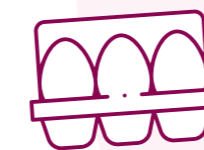
50g of protein
from chickpeas



Animal sources of protein tend to be higher in carbon, but chicken emits less than other meats.



Consuming seafood, in general, has a **lower carbon footprint than meat**. However, fish stocks are being overexploited and **some fish carry a high environmental footprint**. **Find out more** about the best seafood to choose when at the supermarket, grocers, or fishmongers. Air-freighted fish from other continents, especially lobsters and king prawns, have the highest carbon footprint. Local shellfish such as mussels are always a good bet – they have a very low environmental footprint. Handline caught mackerel and hake can be good too. Buying locally caught fish is a good rule of thumb.



Eggs are also a lower-carbon source of animal protein. Why not support a local business and switch to buying locally sourced eggs.



For fruit and vegetables, try and eat foods that are **in season**. This means that the plants you are eating are fresher and tastier. Foods that are in season are often sourced locally so have a smaller carbon footprint and can often save you money!



Vegetable box schemes can be a great way to support more **sustainable farmers** and local producers. They can also involve **much less waste**, as they often don't come with unnecessary packaging. They also put a focus on the **seasonality of foods**, giving you more vegetables and fruits that are in season in your box. Check out **Odd Box**, which delivers wonky fruits and vegetables that are **delicious and fresh** but would **otherwise be wasted** due to supermarket shape and size standards - **fighting food waste and carbon emissions** all at once.

✓ Making informed choices

As you can see, it's not about restricting our diets, but our choices can make a difference.

We can learn more about the **seasonality of foods**, visit **local farm shops**, grocers and butchers. Local produce has a much lower impact than anything imported, so look out for UK, or even better, Essex producers!

Incorporating some **meat-free days** into your week can be a great starting point - with plant-based alternatives, choices and recipes becoming ever-more available. On the days that we eat meat, we can try to find **local options**. Buying meat locally not only **cuts our environmental footprint significantly**, but it also boosts the local economy by supporting local farmers.

Veganuary is a month-long challenge that encourages us all to eat only plant-based meals in January which can help us learn new and delicious vegan recipes to incorporate into our usual diet.



With our diets, it is important to remember that we don't have to completely cut out major food groups and that **cutting down** on meat, imported and out of season food has a major impact on our carbon footprint.

When shopping in the supermarket, we can watch out for **food which has travelled by air** with this **food miles calculator**. It is better to buy things closer to home to keep the number of miles food has travelled to a minimum. Fruit and vegetables should have information regarding their origin - so if it's come from far beyond the continent of Europe for example, it will have a bigger carbon footprint. Eating foods which have travelled a long way can really increase our carbon footprint.



One of the most important things we can do to enrich our natural world is to learn more about and to support **sustainable farming**.

Buying from local farms is even better!



Finding food that protects our planet can sometimes be hard but look out for **organic labels** such as **The Soil Association** and the **EU organic label**.



4. Waste

Buying things, we genuinely need, buying things that are made to last, and repairing and re-using things wherever we can.



If each of us reduced our black bag waste by just 15%, Essex would save over **100 thousand tonnes of waste** going into landfill each year.

Every new product that we buy requires **resources and energy** to produce and transport – which almost always means associated carbon emissions. So, all of us should **really consider what we are buying before we make that purchase.**

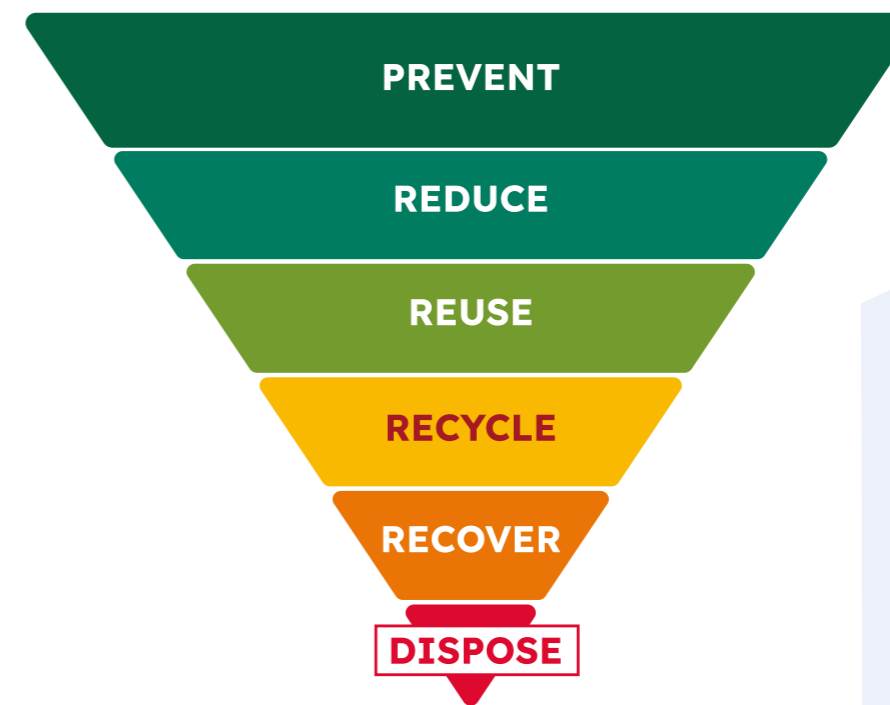


We each generate **465 KG of waste per year⁹**, recycling just over half of that.



The Waste Hierarchy

When considering what steps to take, the waste hierarchy comes in handy.



The waste hierarchy helps us take steps to **prevent creating unnecessary waste.**

Circular economy



The circular economy is a system based on the reuse and regeneration of materials and products in a sustainable or environmentally friendly way. This means avoiding single-use items and focusing more on using what we already have, repairing our items, and borrowing from others.



PREVENT

Waste prevention is something that councils and government are working with businesses on to reduce the amount of waste that is created in the first place.



REDUCE

Reduce the amount that we buy. Make informed choices before purchasing something. Consider whether something is built to last, good quality and that you will use it for many years to come.



REUSE

Re-use and repurpose items in your home. **If you don't need something anymore, see if someone else can use it by reselling or giving away.**



RECYCLE

Recycle what you can. Check your local council's website to **see what can be recycled in your area.** Find out what your local council collects **kerbside** and what needs to go to the **recycling centre.** Things like **batteries and soft plastics** are often collected at **bring banks** and in **local supermarkets.**



Avoid wish cycling which is when we assume something can be recycled when in reality it can't! This can be due to different recycling rules in different areas. Wish cycling comes from good intentions but **can end up hindering the recycling process!**



RECOVER

Councils will use **recovery** technologies to recover energy and materials from waste that can't be recycled



DISPOSE

Disposing of waste in landfill is the least preferred option and councils in Essex are working to stop using landfill.



The [draft Waste Strategy for Essex](#) outlines how we propose to tackle waste in Essex.



Before you buy something ask yourself:

- ✓ Can I find it second hand or borrow it?
- ✓ Can it be repaired?
- ✓ Can it be recycled?
- ✓ Has it been made locally so it has not been transported far?

There are several local schemes supported or provided by [Love Essex](#) to help you – such as:

- [Freegle](#)
- [Supporting communities with local solutions](#)
- [Clothes swap events](#)
- Cloth nappy [refunds](#) and [advice](#)
- [Subsidised compost bins for your home](#)
- [Home learning course on composting](#)
- [Lighthouse furniture project](#)

Love Essex also provides tips and tricks on how to:

- [Reduce your household waste](#)
- [Improve your recycling](#)
- [Get the most out of your recycling](#)

There is also information on:

- [What to do with old electricals](#)
- [Food recycling](#)
- [Food waste reduction](#)
- [Advice on reusable period products](#)
- [Reducing plastic](#)
- [Eco-shops in Essex](#)
- [How to love your clothes](#)



[Sign up](#) to the [Love Essex newsletter](#) to keep updated on all things waste.



[The Refill app](#) is home to a vast network of refill stations that encourage water bottle refills to help reduce our plastic waste.

5. The Outdoors and Nature

Nature – we're part of it and it's part of us. Let's get closer to our precious environment.

The little actions, starting at home, can make big steps towards nature recovery, and climate change resilience in Essex.

Actions can be taken in our gardens, on our balconies and windowsills, and in our neighbourhood parks; all together creating pockets of nature that join up vital habitats, supporting wildlife to move across our landscape.



Your green and blue space

Got a garden? Why not grow your own fruit and vegetables or re-wild an area of land?

By letting wildflowers grow throughout a year, **biodiversity** can increase ten-fold – promoting natural processes of pollination and other key ecosystem services. This will help bees, insects, birds, and other wildlife to maintain their habitat, to ensure the ecosystem is in balance.

Growing your own fruit and veg can also significantly cut your **dietary carbon footprint** as well as being host to a fun and engaging project to share with the family and friends.

Composting is a brilliant way to use your garden as a **carbon sink**. A carbon sink absorbs more carbon than it releases. It's a chance to **turn your food waste into soil** – a thriving ecosystem for insects and bugs, that itself sucks up carbon from the atmosphere. This will also reduce your carbon emissions, as there is no need to transport and process this waste, and instead will turn your waste into valuable soil improver that you can use across your garden. To help Essex residents get started with home composting, **Love Essex** offers **tips and subsidised compost bins**.

Subsidised compost bins available from Love Essex



If you don't have a garden, perhaps consider an **allotment**, with more information available on your local council's webpage. This is a great chance to enjoy the outdoors and meet new people. If that's impractical, **window boxes** for fruit and vegetables work wonders, allowing you to grow your own without even needing a garden. Windowsills and balconies can also be used to create refuge for wildlife, in the form of wildflower planting, bird boxes and green walls.

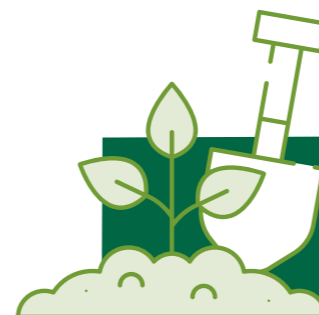
Tree-planting is another way to take action on climate change. A tree sucks up a lot of carbon from the atmosphere as it grows, and a **mature tree can store that carbon over its lifespan**. Trees also provide protection against flood risks. Getting the family involved and learning about the importance of trees from an early age can be great fun.

If you have land that you would like to plant trees in, you may be eligible for **the Woodland Trust Tree Packs scheme**.

A mature tree can suck up a lot of carbon



Window boxes are great for smaller spaces



For advice on best practice for tree planting in your garden – or to get involved in **local tree planting** in your community, visit the **Essex Forest Initiative website** to learn more.



Paving your garden can increase your risk of flooding.

Paving your garden can dramatically increase your **risk of flooding** following **extreme weather events**, which are projected to only increase. By having a **greener garden**, you can increase the volume of water that can be **absorbed and drained**, to keep you and your property safe. If it's a must, you can use **permeable paving** to be on the safe side. There are **grants available** to protect your property from flooding.

Green roofs and walls can be created on your house, shed, or even bin shelter. Greening up your roofs and walls can help to retain rainfall and reduce risk of flooding, support biodiversity, improve insulation, and help to reduce urban heat effect.

Mini wetlands are a great source of shelter and food for wildlife! Consider creating a mini wetland in your garden, such as a **garden pond** or source of water which can be created using re-used materials such as an old kitchen sink.

Create opportunities for hedgehogs to travel between gardens by creating small access points at the bottom of fences and gates. You could also introduce a hedgehog house in your garden, which you can make at home or purchase from garden centre.

The Essex Local Nature Partnership is an independent partnership looking to increase space for nature across the county, encourage nature friendly farming, and engaging with communities to help support their local natural environment.

➤ If you are interested in taking action for nature or working within your community to improve your local environment, get in touch today!



Exploring the great outdoors

Why not invest some time into exploring and connecting with the natural world out walking in Essex's beautiful countryside and Essex Country Parks!

Download the **GoJauntly app** and visit the **Essex & South Suffolk Community Rail Partnership** for some brilliant walks (and how to get there) – a chance to discover the beauty across all corners of Essex.

Spending more time **outside**, especially in the countryside, is a fine way to get closer to the environment – but also to **boost your physical and mental health**. It can also be great fun, with a chance to share experiences with family and friends.

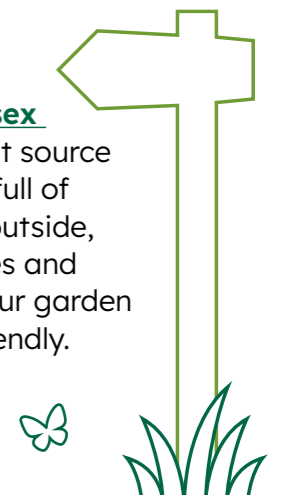


Consider volunteering with local charities and organisations in your local green and blue spaces! Through volunteering or by starting your own local group, you can initiate action to support biodiversity in your local area. Volunteering can result in good exercise, as well as meeting new people and enjoyment being part of the community. Volunteering in your local community garden, can also support efforts for community food growing and sharing of local resources.

The **Essex Local Nature Recovery Strategy (LNRS)** identifies locations to create or improve habitat most likely to provide the greatest benefit for nature and the wider environment, accompanied by a series of biodiversity priorities and actions for delivery. There has never been a more critical time to support our environment, and to work together to each do our bit. and collectively care for our natural spaces.



The **Explore Essex Blog** is a brilliant source of inspiration – full of reasons to get outside, suggested routes and how to make your garden more wildlife friendly. Check it out!



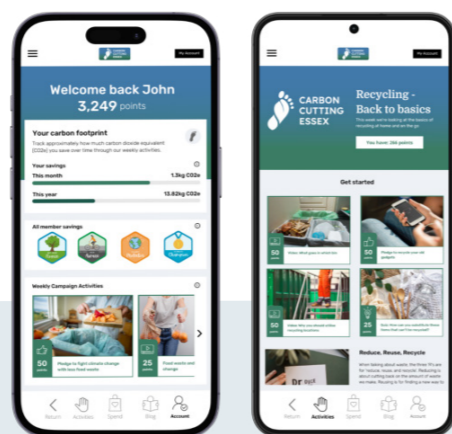
6. Useful Apps and Resources



Carbon Cutting Essex app

The [Carbon Cutting Essex](#) app helps us reduce our individual carbon footprints.

Carbon Cutting Essex inspires us all to make small daily sustainable changes that can have a big impact on climate change. Watch videos, take quizzes and make pledges to take action on climate. Users earn points for each action taken which can be used for discounts on the in-app eco-shop, to enter prize draws and be donated to good causes.



 The free app is available for download on the [App Store](#) and [Google Play](#).

Useful apps

Carbon Calculators are really handy when you want to know the impact anything has on your carbon footprint.

But there are also plenty of apps that can help you make small changes to your lifestyle. These can include:

- [Carbon Cutting Essex](#)
- [Carbon Savvy](#)
- [Klima](#)
- [Olio](#)
- [GreenRedeem](#)
- [Eevie](#)
- [Earth Hero](#)
- [Too Good To Go](#)
- [Carbon Donut](#)
- [Change It](#)
- [Giki](#)

Community Resources

Many local town and parish councils around Essex are going further and further in their efforts to be environmentally pro-active.

To find out more and how to be involved, check out the [Essex Association of Local Councils' website](#).

Essex-based social media pages

Facebook:

- [Eco - Essex](#)
- [Essex Climate Action](#)
- [Essex Forest Initiative](#)
- [Essex Wildlife Trust](#)
- [Love Essex](#)

X (formerly Twitter):

- [Essex Climate Action \(@essex_climate\)](#)
- [Essex Wildlife Trust \(@EssexWildlife\)](#)
- [Love Essex \(@lovesessexuk\)](#)

Instagram:

- [Eco - Essex \(@eco Essex\)](#)
- [Essex Climate Action \(@essexclimatecommission\)](#)
- [Essex Wildlife Trust \(@essexwildlifetrust\)](#)
- [Love Essex \(@lovesessexuk\)](#)

YouTube:

- [Essex Climate Action](#)
- [Love Essex](#)

National social media pages

Facebook:

- [Energy Saving Trust](#)
- [Royal Horticultural Society](#)

X (formerly Twitter):

- [Royal Horticultural Society \(@The_RHS\)](#)

Instagram:

- [Energy Saving Trust \(@energysavingtrust\)](#)
- [Royal Horticultural Society \(@the_RHS\)](#)

YouTube:

- [Royal Horticultural Society](#)

**Climate change is real, it's now,
we have to do something about it –
and the good news is that we can.**

All of the actions outlined in this pack can help us to make a start in reducing our own impacts and carbon footprint. We can all act to improve our lives and our planet.

Our choices can truly make a difference and will shape Essex today and in the future.

References

- 1 Derived from Ivanova et al (2020), Quantifying the potential for climate change mitigation of consumption options, Environmental Research Letters Volume 15 Number 9 available at iopscience.iop.org/article/10.1088/1748-9326/ab8589
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Essex Climate Action Commission

Supported and informed by
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recommendations to help Essex
become net zero by 2050.

www.essexclimate.org.uk