



Guildford Environmental Forum

Make a pledge to be Greener

As individuals, we sometimes find it difficult to believe that we can make a positive difference to the global climate emergency. But if everyone made even modest changes to their lifestyles, they really would add up. As a bonus, many changes may even save you money and/or improve your wellbeing too!

Below, you can assess the progress you are already making. Why not make some pledges to see how easy it is to do even more? Some may not apply to your circumstances, but that's fine, just focus on the ones which do.

If you have any other ideas, do let us know!

MEASURE	AT HOME	CONSUMPTION	TRAVEL	NATURE
				



Measuring your carbon footprint helps you understand about which aspects of your lifestyle have the most impact. This helps you prioritise where you focus any changes you make. Here are a couple of calculators.

Carbon Independent Footprint Calculator	https://carbonindependent.org/
WWF Carbon Footprint Calculator	https://footprint.wwf.org.uk/#/

	My Carbon Footprint is:	
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 PLEDGES AT HOME	I already do this	A 2020 Pledge
Switch off appliances when not in use, or charging has completed		
Could you still be comfortable if you turned down your thermostat(s) a little? Could your heating/hot water be adjusted to come on a little later / off a little sooner?		
Wash clothes at a lower temperature. Most detergents now work just as effectively at 40° c, some at 30° c		
Try to avoid using your washing machine or tumble dryer between 4-7pm on a weekday, when the electricity grid is likely to have a higher carbon intensity		
Line-dry your clothes if you can, rather than tumble dry		
Aim for shorter showers / fewer baths. As well as saving water, a large part of your energy bill is likely to be used to heat water		
Boil only as much water in your kettle as you need		
Recycle wherever possible, either with you Council wheelie bin, or for more unusual/larger items, at a local recycling centre*		
Reduce junk mail*		
Try reusable beeswax food wraps, instead of cling film		
Use your food waste caddy, but also review what's going in there, to see if you can minimise the amount in the future		
Defrost your fridge at least every six months		
Switch to a 100% green electricity supplier (some energy suppliers carbon offset gas too)		
If you have a smart meter, use the In Home Display to help identify the appliances which use the majority of your electricity		
Convert as many lightbulbs to LEDs as possible		
If you're replacing major household goods, look out for the energy rating and aim for the most efficient you can		
Ensure your boiler is serviced annually to maximise its efficiency. If it's over ten years old, consider an upgrade to a more efficient one – and seek advice on whether a heat pump may be appropriate instead		
Ensure you have loft insulation installed, draught excluders around any window/door gaps and a chimney balloon for when it's not in use		
Ensure your radiators have thermostatic radiator valves (TRVs), so you can better adjust your heating in each room		
Consider installation of solar panels		

*See links on the last page.

 PLEDGES ABOUT CONSUMPTION	I already do this	A 2020 Pledge
Buy organic and locally sourced, seasonal produce where possible		
Try to eat less meat, particularly red meat		
Try a local farmer's market*		
Grow your own food, like herbs and vegetables		
Avoid buying bottled water – download the Refill app to your phone, to help find the nearest water filling station		
If you buy tea or coffee in cafés, take a reusable cup (you may get a discount!)		
If your supermarket delivers to you, seek-out their 'green delivery slots', to avoid a dedicated trip just for your shopping		
Have reusable bags with you whenever you're out shopping		
Browse a local charity shop – it's amazing what you can find in them		
Donate anything you no longer need, or use Freecycle, or eBay. Books, CDs, clothes, furniture, toys, bikes, etc. can all find a happy second home.		
Don't buy it, if you can borrow it instead. Try Guildford's very own 'Library of Things'*		
If you have something broken, try a local Repair café, where volunteers may be able to fix it for free*		
Use natural cleaning products at home		
Buy rechargeable batteries, rather than disposable ones		
Explore 'upcycling' ideas, where you can repurpose things into something new		
When buying presents for people, try gifting experiences, not just more 'stuff'.		

*See links on the last page.

 PLEDGES WHEN TRAVELLING	I already do this	A 2020 Pledge
Replace short car journeys with a walk or cycle		
If it's essential you have a car, but only use occasionally, consider a car sharing club*		
If regular access to car is essential, consider buying an EV (there's lots more choice, with longer range, than you might realise)		
Try Guildford's Park and Ride service – with its fully electric bus fleet		
Could you complete your journey by bus (or train)?		
Could you fly less? Are there alternatives available for shorter flights?*		

 PLEDGES FOR LOOKING AFTER NATURE	I already do this	A 2020 Pledge
Spend time in nature – look at the shapes, feel the textures, listen to the sounds. There are many nature reserves and outdoor National Trust properties nearby, or just enjoy a walk along the River Wey		
Join a local organised nature walk		
Visit a nature reserve		
If you're walking in the countryside, take a bag to collect any litter which you can take home to recycle		
Volunteer at Surrey Wildlife Trust		
Visit a local Community Garden*		
Plant a tree (check it's the right species, in the right place though!)*		
For web searches, try https://www.ecosia.org/ , who will plant trees as you search		
If you've got your own garden, allow an area of it to grow wild, plant wildflower seeds, leave a log pile to rot naturally (great for insects!)		

*See links on the last page.

USEFUL LINKS TO HELP YOU KEEP YOUR PLEDGES

Carbon Independent Footprint Calculator	https://carbonindependent.org/
WWF Carbon Footprint Calculator	https://footprint.wwf.org.uk/#/
Guildford Borough Council – what can I recycle?	https://www.guildford.gov.uk/whatgoesinmybins
Guildford Borough Council – Recycling sites	https://www.surreycc.gov.uk/waste-and-recycling/community-recycling-centres/guildford and: https://www.guildford.gov.uk/recyclingsites
Mail Preference Service	https://www.mpsonline.org.uk/consumer/register
Guildford Farmer's Market	http://www.guildford.org.uk/farmers-market/
Guildford 'Library of Things'	https://www.guildfordmakerspace.org.uk/guildford-library-of-things/
Guildford Repair Café	https://www.guildford.gov.uk/repaircafe
Guildford Car Club	https://www.guildford.gov.uk/carclubs
Seat61 (for finding rail routes instead of flying)	https://www.seat61.com/
Rosamund Community Garden	https://guildfordcommunitygarden.wordpress.com/about/
Woodland Trust	https://www.woodlandtrust.org.uk/about-us/what-we-do/we-plant-trees/