

Tadley Environmental Group

What can you (residents) do?

To help climate change, improve air pollution, save money, improve your health, reduce the strain on the NHS

(These are suggestions only and some are obvious. We recognise that everyone's circumstances and priorities are different)

To Save Money		
Turn down heating in home		
Wash clothes at lower temperature		
Keep doors/windows closed in colder months		
Use only the water you need in the kettle.	Don't overfill	
Make your own food instead of buying prepared meals		
Grow your own fruit and vegetables		
Wear thermal underwear during the winter		
Energy (Transport)		
Use car less	Walk or cycle if possible	
Buy electric car	Consider also second-hand models or leasing	
Consider buying/using an electric bike		
Don't idle car engine	Switch off engine when stationary	
Regularly service your car		
Keep your car tyres inflated		
Anticipate stopping to reduce energy uses	And reduce brake wear	
Consider using public transport more		
Energy (Home)		
Install solar panels or thermal heating		
Install heat(or air) pump		
Install storage batteries		
Improve home insulation		
Install LED lighting	(support available through Citizens Advice for lower paid)	
Air quality (Home - Indoors)		
Open windows when cleaning		
Minimise use of log fires		
Consider indoor plants	Airtopia web site lists plants to boost indoor air quality (also on TTC website)	
Be aware of substances that affect air quality	Airtopia web site	
Air Quality (Outdoors)		
Avoid walking in heavy traffic areas	Use quieter streets if possible	
Be aware that young children are more at risk		
Avoid strenuous activity when pollution levels high		
Plant trees/bushes/hedges/shrubs/wildflowers		
Set aside an area of your garden for wildflowers	Also good for insects/bees etc.	
Use a garden broom rather than a power leaf blower	Good exercise too!	

	Climate Change/Global Warming	
	Calculate own carbon footprint	
	Encourage family members to “Go Green”	
	Cycle where possible	
	Use car less	
	Use refill containers where possible	
	Use less plastic	
	Recycle furniture and other goods	
	Be aware of most polluting gases and particulate matter	
	Put up a post box and don't use the flap in the front door	Stops heat escaping/cold getting in
	Food	
	Eat less meat and dairy products	
	Reduce waste	
	Recycle plastic materials	
	Use refillable water bottles	
	Recycle compostables	
	Reuse foil! It can be washed and reused several times	
	General Environment	
	Take litter home	
	Walk in the countryside	
	Help with litter picking	
	Find out more by visiting environmental websites	See separate list on Tadley Town Council website
	Be aware of pollution hot spots	
	Also: Consider joining your local action group TEG!	

Recommended Reading					
	<i>Title</i>		<i>Author</i>	<i>Publisher</i>	Price
	Every Breath You Take	A user's guide to the atmosphere	Mark Broomfield	Duckworth	£9.99
	There is no Planet B	A handbook for the make or break years	Mike Berners-Lee	Cambridge University	£9.99
	Clearing The Air	The Beginning & the End of Air Pollution	Tim Smedley	Bloomsbury	£16.99
	Climate Change	What Everyone Needs to Know®	Joseph Romm	Oxford University	£16.95
	How to Avoid a Climate Disaster	The solutions we have and the breakthroughs we need	Bill Gates	Allen Lane Penguin Books	£15.00

	Links to other advice	
	https://www.basingstoke.gov.uk/climate	Climate change – what you can do
	https://friendsoftheearth.uk/climate-change/what-can-i-do-to-stop-climate-change	Friends of the Earth
	https://www.bbc.com/future/article/20181102-what-can-i-do-about-climate-change	BBC Nov 2018
	https://en.reset.org/act/12-things-you-can-do-climate-change-0	Reset Digital for Good