

# Beginners Guide

## How to live well in Harpenden and save the planet



# ACT NOW

1. 5 MINUTE SHOWERS

2. DRIVE LESS

3. MEAT-FREE MEALS

4. LOCAL PRODUCE

5. RECYCLE

6. LIGHTS OFF

7. UNPLUG

8. REFILL & REUSE

9. ZERO WASTE FASHION

10. BRING YOUR OWN BAG

The United Nations ActNow campaign aims to inspire global citizens to take actions to confront the climate crisis.

Act now for people and planet.

[www.un.org/actnow](http://www.un.org/actnow)



*Don't just take our word for it...  
listen to Greta. See page 9*



## Edition No 1

Published MAY 2021

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A JOINT PRODUCTION BETWEEN THE HARPENDEN SOCIETY and HARPENDIA.COM



# HARPENDIA

HARPENDEN'S ONLINE MAGAZINE & VIDEO CHANNEL

# IT ALL BEGINS IN YOUR HOME WITH ENERGY CONSERVATION

## **INTRODUCTION**

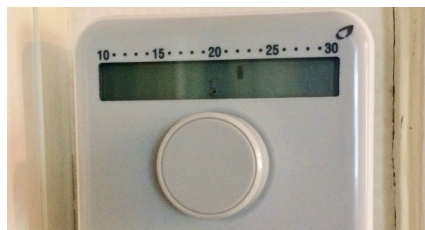
*2021 really is the time for all of us as individuals and organisations to make an effort and change our behaviours to safeguard the planet for all our futures.*

*There's no easy way and wherever you turn there's advice/information/guidance from multiple sources urging you to take action. The more you see the more complex it all seems.*

*As guardians of Harpenden's wellbeing The Harpenden Society in conjunction with Harpendia.com have created this Guide. It brings concepts together in one place making it easier to comprehend so you can make a start on a new way of sustainable living...NOW.*

*Phil Waters  
Chair  
The Harpenden Society  
Ron Taylor  
Editor  
Harpendia.com*

**TURN YOUR THERMOSTAT DOWN** by just a couple of degrees



**TAKE A SHOWER NOT A BATH** & cut the time you spend in the shower



**TURN OFF UNNECESSARY LIGHTS** AROUND YOUR HOME



**INSULATE YOUR LOFT, WINDOWS & DOORS**

**ABIDE BY THE NEW RULES FOR WOOD BURNING STOVES** - from May only use fuel with a Ready to Burn logo, a Defra-approved tag to show moisture content of 20% or less to reduce smoke and emissions.



**TURN OFF ELECTRONIC DEVICES** AT NIGHT - they use a large amount of power when on standby.



**BE ENERGY SMART AT HOME**



# AND IN YOUR KITCHEN TOO

## **Food waste is one of the largest contributors to global climate change.**

Did you know that one-third of all food produced is lost, wasted, or spoiled? This amounts to a big waste of resources, such as land, water, energy and other inputs needed to produce the food. By reducing food waste, you can save money, reduce greenhouse gas emissions, and help preserve resources for future generations. Buy veggies that don't look perfect – they will otherwise get thrown out. And purchasing local foods that are in season also helps the environment since it reduces the need for transport. Local and seasonal produce tastes better, too as does home grown fruit and veg.

## **What we eat, and how that food is produced, affects our health but also the environment.**

Plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, have a lower environmental impact than animal-based foods such as meat and dairy products. Plant-based foods generally use less energy, land and water, and cause less greenhouse gases. This does not mean you have to become a vegan or vegetarian. A healthy diet is one that provides adequate calories and nutrients from several different food groups. But by shifting to healthy diets that include sustainability considerations you can help the environment.

**Did you know that food makes up the largest part of a person's water footprint** (the amount of water consumed in your daily life), even when compared to taking baths or long showers? The production of one 150 gram beef burger, for example, requires about 2,250 litres of water. A 725 gram cheese-and-tomato pizza requires about 1,216 litres of water.

## **Packaging waste**

Think about all the packaging that bring your food from the supplier via supermarkets to your home and the importance of recycling rather than binning.



UN Photo/Martine Perret

Read more on the United Nations:  
<https://www.un.org/en/actnow>

*On average each person in the world causes 6kg of emissions every day because of the food they eat.*

*The target for 2030 is to halve those emissions to 3kg a day.*

## **How can we all help?**

### **PREPARE MORE FRUIT AND VEGETABLES**



### **COOK LESS MEAT-USE LESS DAIRY**



### **BUY LOCAL/ IN SEASON**



### **FOODS WITH HIGH IMPACT:**

**BUTTER**

**CHEESE**

**PIZZA**

**BEEF**

**LAMB**

**CHICKEN**

**AIR FREIGHTED FRUITS**

**AND VEG**

*Data sourced from Professor Sarah Bridle*



# GREENING UP YOUR GARDEN



**SET ASIDE A SECTION OF YOUR GARDEN TO GO WILD.** That will actually mean less work for you and give Nature a boost. Make space for wildlife of all types, from butterflies and bees to beetles and birds. Encourage wild flowers and weeds to grow untamed. Include a small water feature too.

**Craig Bennett, new CEO of The Wildlife Trusts says:**

*"These are desperate times. We're facing global health, climate and ecological emergencies, and people are turning to, and need, nature more than ever. But when the pandemic has passed, there is a*

*battle to resume – to restore nature and to empower people to take action for the natural world. At The Wildlife Trusts, we have a pivotal role to play and have a clear understanding of the urgency. We have long recognised that conserving nature – protecting the wild places and nature that remain – is not enough; we must all do more to restore the abundance of nature, restore ecosystem processes, and reverse the UK's status as one of the most nature-depleted countries in the world. We want to see at least a third of land and sea given to nature by 2030. In short, we want our nature back."*

**Above images courtesy The Wildlife Trusts.**

## START YOUR OWN COMPOST HEAP = FREE MANURE



## BAG UP YOUR AUTUMN LEAVES & TURN IT INTO LEAF MOULD



## COLLECT RAIN WATER FROM YOUR ROOF IN A WATER BUTT



## MAKE YOUR GARDEN A HAVEN FOR INSECTS



## GROW YOUR OWN FRUIT & VEGETABLES

Nothing beats the flavour of freshly harvested fruit and veg. And by growing your own you'll be saving some transport miles which will help reduce emissions and your carbon footprint. There's still time this year to get started with quick growing veg like lettuces and radishes. AND Garden Centres have large selections of potted plants, like tomatoes, peppers, runner beans and herbs, all of which can be grown in sheltered spots around the garden or direct into a prepared seed bed. Dwarf fruit trees can also be grown on like this.





# Harpenden's young people care about THEIR future

**TEDxYouth brought together industry professionals and student speakers on Friday March 12 at a webinar attended by 250 guests. The Environment; Sustainability and the future of Work were discussed in depth.**

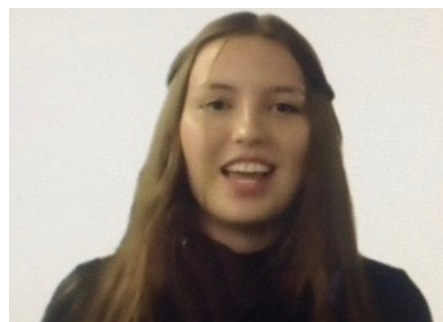
**Featured elsewhere in this document are Nick Beighton CEO of ASOS and Craig Bennett CEO of The Wildlife Trusts. HERE ARE THE PASSIONATE VIEWS OF TWO STUDENTS.**



**Elizabeth Slater** is a Year 13 student at St George's School, where she is Deputy Head Girl.

She is currently studying English Literature, Geography and Politics, and will be doing her talk on sustainability. This is a topic which has been growing in importance in recent years and has been pushed to the forefront of the business and political agenda. She has enjoyed bringing in her studies to give a new perspective of this important topic, as well as linking it to ways in which young people can make a difference, to herald in a new era of sustainable business. Key issues from Elizabeth were: "we need to know how clothes are made...what are they made

from and are they sustainable...too much goes to landfill...Influencers give bad impressions."



**Emma Carney** is a Year 12 student at Roundwood Park School. and She is currently studying biology, economics, and psychology. She will be giving a talk on environmental protection, a subject into which she has enjoyed bringing her studies of economics, to help give her a broader understanding of the subject at large. She has experience in public speaking through her success in the Rotary Youth Speaks Competition, where she got to the Regional Final, and furthermore aims to utilise this talk to help her pursue standing up for those who do not have a voice, especially through human rights. Key issues from Emma were: "a lack of action to protect Brazil's rain forest...stop deforestation and cattle ranching...protect the Amazon and it's waters...work with Brazil."

LEARN MORE FROM ALL THE SPEAKERS BY VIEWING THE VIDEO ON YOUTUBE:

<https://youtu.be/3MHWnrDdDu0>

## Harpenden's Rothamsted Research plays a leading role in tackling Climate Change with SHAKE.

SHAKE is a unique Climate Change programme which helps entrepreneurs and start-ups who are combatting climate change with science or tech-based ideas in the areas of agriculture and food production. Set over two years it is an active learning programme with 3 phases which focuses on closing the gap in business development between the early start-up stage and investable businesses, through provision of expert care and advice, sourced through the high-profile consortium and its associated network of mentors. Up to £140k funding is available with two years of expert mentoring.

They are not a typical fund. Imagine them more like a family - nurturing collective potential to create something truly amazing, leveraging world class expertise in science, tech and business.

They have a shared passion and a collective ambition to tackle climate change who believe they have the drive, determination and courage to push the boundaries of the food and farming industry.

To find out more and to apply, please visit <http://www.shakeclimate.org/> and follow SHAKE <https://www.linkedin.com/showcase/shakeclimate/> for the latest updates



ROTHAMSTED  
RESEARCH





# FAST FASHION IS NOW SO OLD FASHIONED



## Sustainable fashion for the future.

The Fashion industry has undergone several fundamental changes during the lockdowns.

Manufacturers are being held to account on sourcing of fabrics, product quality, factory sweatshops, labour conditions and ending cheap single season fashions. Customers of all age groups are now questioning the way they buy clothes, looking carefully at fabric content, country of origin and brand quality before they buy.



**Nick Beighton CEO of ASOS**

Nick Beighton is a chartered accountant who qualified at KPMG and has been CEO of ASOS since 2015. He joined ASOS as CFO in 2009, since when ASOS has grown successfully into one of the leading fashion retailers, trading in almost every country

in the world. Nick is passionate about sustainability, championing a shift in the fashion industry to address key ethical trade and working to overcome the hurdles that improving sustainability poses to 21st Century businesses. **Nick spoke at a recent TEDx Youth@Harpenden event recently:** Key issues from Nick were: "we don't do fast fashion, we do fashion fast...we look after all staff, worldwide...the majority of our cotton is grown sustainably... we aim to be carbon neutral in the next decade...the High Street has a future 50/50 with online."

Learn more: [www.asos.com](http://www.asos.com)

## DON'T SEND CLOTHES TO LANDFILL - REPAIR, RESELL OR REUSE THEM.

Much of today's fashions are made of synthetic fabric (plastic to you and me) so they are difficult to recycle and end up being incinerated or consigned to landfill.

### WATER WATCH

Some [93 billion cubic meters of water](#) -- enough to meet the consumption needs of five million people -- is used by the fashion industry annually.



## DON'T BE A HOSTAGE TO FASHION - CHOOSE A CLASSIC LOOK THAT LASTS.

Think before you buy a 'hot' new look. Why not rent it for the special occasion. The fashion industry (clothing and footwear) produces [more than 8% of the greenhouse gases](#) annually.

## BE ECO FRIENDLY AND CUT DOWN YOUR WARDROBE CONTENT

We buy 60% more clothes than we did 15 years ago, wearing them for half as long.



## BE A SUSTAINABLE SHOPPER

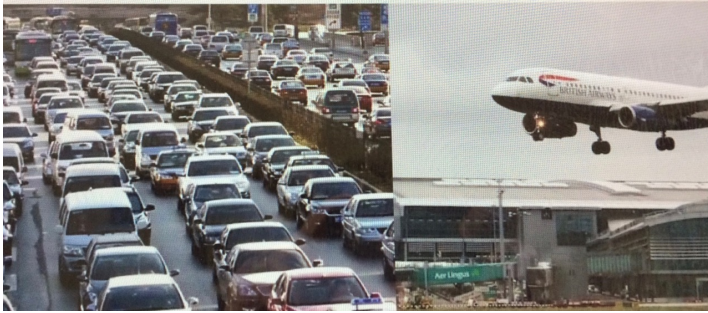
Check for natural fabrics to avoid pollution and country of origin to avoid lengthy air/sea mile journeys

**Above images/copy courtesy The UN Act Now. Also those on Pgs. 1 3, 8 & 12**



# DRIVE LESS, FLY LESS, CYCLE & WALK MORE

## Curb Transport Emissions



### Government Climate Change Committee

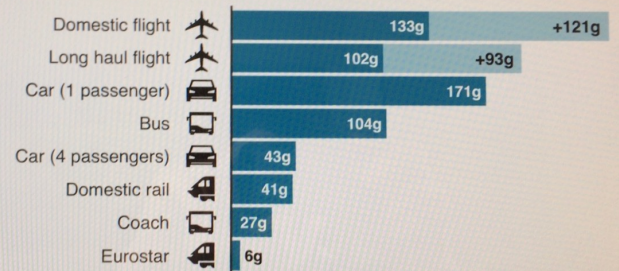
Given 16% of global CO<sub>2</sub> emissions are attributable to transport the CCC will be recommending investment in public transport to get people out of their cars and on to buses, trains, cycles + walking more.

The UK has brought forward its ban on the sale of new petrol and diesel cars to 2030. Sales of EVs rose by 43% last year and are continuing to grow, accelerating rapidly as they become cheaper than conventional vehicles. All the major manufacturers already have electric and hybrid options on offer with more planned launches for the future.

### Emissions from different modes of transport

Emissions per passenger per km travelled

■ CO<sub>2</sub> emissions ■ Secondary effects from high altitude, non-CO<sub>2</sub> emissions



Note: Car refers to average diesel car

Source: BEIS/Defra Greenhouse Gas Conversion Factors 2019

BBC

Offset your emissions: <https://www.worldlandtrust.org/what-we-do/carbon-balanced>



**Electric vehicle recharging points will be needed in vast numbers across the whole country as sales of EVs become more popular.**

## Driving

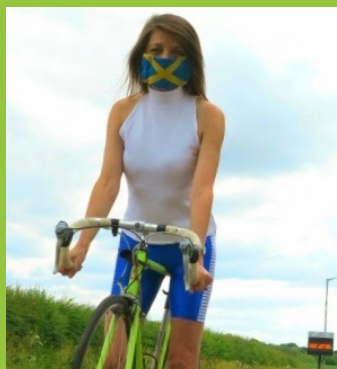


Despite the government cutting grants for electric vehicles from £3,000 to £2,500 in March there are still other savings to be made: Road tax does not need to be paid on cars that cost less than £40,000 and DO NOT emit carbon. ALSO car insurance is generally cheaper too, according to Compare the Market.

Harpenden residents are already making the change with EVs becoming more popular.

## Cycling

Harpenden Rural Councillor Annie Brewster (below) will be working hard to promote sustainable transport during the next few years. She said "It is absolutely fabulous to see so many people out on bikes in our district but we need many more safe connective routes, particularly as vehicular traffic starts to return." The government has recently announced a pool of new funding available to improve walking and cycling infrastructure will help with the proposed cycle lane linking the existing cycle routes on the Nickey Line and the St Albans Green Ring.



## Flying



Luton Airport normal operations emit over 2million tonnes of CO<sub>2</sub> annually excluding the equally significant related road traffic passing through Hertfordshire. To put this in perspective, the CO<sub>2</sub> emissions level for St Albans is c600,000 tonnes for road transport [Source: Dept. Business Energy & Industrial Strategy CO<sub>2</sub> per capita transport].



# DON'T IGNORE THE BIGGER PICTURE



## Current lifestyles are unsustainable

Demand for natural resources is at an all-time high and continues to grow -- for food, clothing, water, housing, infrastructure and other aspects of life. Resource extraction has more than tripled since 1970, including a 45% increase in fossil fuel use.

The extraction and processing of materials, fuels and food contribute half of total global greenhouse gas emissions and over 90% of biodiversity loss and water stress.

If the global population continues to grow as predicted, reaching 9.6 billion by 2050, it could require the equivalent of almost three planets to provide the natural resources needed to sustain current lifestyles.

In high-income countries, the material footprint per capita – the amount of primary materials needed to meet our needs -- is more than 10 times larger than in low-income countries. And the Group of 20 major economies (G20) accounts for 78% of global greenhouse gas emissions.

For the full story from the United Nations: <https://www.un.org/en/actnow>



## Climate action starting now to help rebuild economies from COVID-19 Pandemic

1. Invest In Green Jobs
2. No Bailout For Polluting Industries
3. End Fossil-Fuel Subsidies
4. Climate In All Decisions
5. Work Together
6. Leave No One Behind

# GREENPEACE

## How Greenpeace creates change

Greenpeace investigates, documents and exposes the causes of environmental destruction. We work to bring about change by lobbying, consumer pressure and mobilising members of the general public. And we take peaceful direct action to protect our Earth and promote solutions for a green and peaceful future.

### ONGOING ACTIONS HIGHLIGHTING THE BIG ISSUES

Activists demand an end to new oil and gas licenses – and a green jobs revolution



Cold weather and climate change explained



7 ways the UK's transport system is unfair



LEARN MORE:

<https://www.greenpeace.org.uk>



# THE GRETA EFFECT

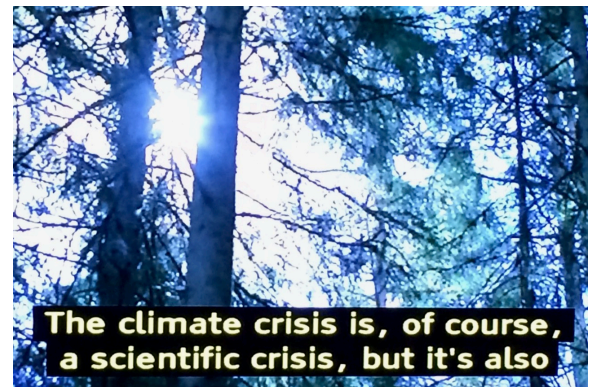
Greta Thunberg became the world's most celebrated climate activist on the back of this idea: **that children have to wake the world up to the reality of climate change.** That was back in 2019.

Her movement has grown exponentially with millions of students initially and now hundreds of millions across the world. In one of her most famous moments on stage, she addressed the UN Climate Action Summit in New York in September 2019. ***"How dare you?"*** she asked the audience, with what looked like tears of rage in her eyes. ***"You have stolen my dreams and my childhood with your empty words."*** Since then she has galvanised a political focus on climate change that would have been unimaginable a few years ago. ***"We need to stop focusing on dates and numbers and acknowledge that we need to reduce our emissions right now."***

Two years of travelling the Globe and addressing audiences of all political persuasions have made people sit up and take notice and raise awareness of the issues.

**The Greta Effect** is high impact and despite her return to school studies her influences are having a positive effect on Governments, Academic groups, Business and ordinary people who are taking actions to make real changes. Acknowledging this crisis and admitting that we have failed so far is a step forward. **The UN climate summit, COP26,** coming up later this year in Glasgow is a vital opportunity to cement all the globally binding agreements with powers to enforce the pledges on renewable energy, zero emissions and low carbon economies.

**Reducing our emissions right now starts with us all today.**





# ADDRESSING THE CLIMATE EMERGENCY IN HARPENDEN AND ST ALBANS

**SADC are implementing more than 100 actions towards making the District carbon neutral by the end of the decade. It is part of a sustainability strategy that has been developed in 2020.**

\* The creation of more charging points for electric vehicles and improving the energy efficiency of council homes.

\* Energy audits of buildings such as Westminster Lodge and the Civic Centre will look at how energy consumption can be reduced.

From October the council will take energy supplies will be taken from a provider that guarantees only renewable sources will be used.



**LONDON LUTON AIRPORT EXPANSION to be questioned.**

The Portfolio Holder and Chair of this Scrutiny Committee, Cllr Chris White (above) is being recommended to take the following actions:

**Write to the Department for Transport (DfT)** to emphasise the need to implement the Future Airspace Strategy Implementation (FASI) and to prioritise that over further expansion at London Luton Airport, since the pressure on capacity is likely to be much reduced once the COVID-19 pandemic ends.

**Make joint representations** to encourage the UK Government to prioritise accelerating the reduction in climate damaging emissions rather than growth in passenger and flight

numbers, with particular reference to Luton Airport's expansion plans.

**Make representations to London Luton Airport Operations Ltd** and the airport owners, Luton Borough Council, to seek a comprehensive and realistic action plan for reducing all emissions relating to the airport and use of the airport to meet the needs of the climate emergency.

**Make representations to the Head of Planning at Luton Borough Council** with regard to planning permissions being sought at London Luton Airport, drawing attention to the apparent attempt to use the planning system to move the goals on their maximum passenger numbers rather than meet their current requirements. **Also, to request the Borough Council** to transfer approximately 500 representations made in respect of the first planning application (reference 19/00428/EIA) to the second (i.e. the current) application.

**Make joint representations to Antony Aldridge** (Programme director) to press the airport to improve low carbon ground transport options, such as detailed plans for an east-west modal shift, with the objectives of reducing emissions and traffic, especially on the District's local and country roads.

**Write to Network Rail** to ask how potential Railfreight terminal operations at Radlett on the Midland main line might impact on the capacity for the anticipated increase in train passenger numbers en route to and from London Luton Airport, following its proposed expansion.

**Write to the DfT** asking for a timeframe and likely scope of future policy to recognise the need for the aviation sector to play its part in achieving net zero by 2050.

***"Climate is now at the heart of everything the district does-from how we provide social housing, to how we run the markets and to how we build homes for the future"***



# TIME TO TAKE ACTION

## AN IMPORTANT MESSAGE FROM BIM AFOLAMI MP:

Climate change and protecting the environment are critical areas of concern. We need thorough and robust climate policy, and collective action by everyday champions in our community.

This is a watershed moment as the UK prepares to host the COP26 summit, uniting global consensus to accelerate action towards the goals of the Paris Agreement and UN Framework Convention on Climate Change. To this end, the UK government has set out a comprehensive commitment to safeguard the environment – one of the most ambitious in the world. The UK's vision for Net Zero will transform our country into a world-leading centre for clean, sustainable technology, creating new green jobs, and restoring biodiversity.

In order to realise these ambitions and show the world the path to Net Zero, we as citizens must think global and act local. Nature-based solutions are key. The government will harness Mother Nature's own ability to absorb carbon by



planting 30,000 hectares of trees by 2025. Rewilding our landscape is also a perfect opportunity for citizens and community groups to rehabilitate the nature on our doorstep. It could be as easy as creating corridors of flowers across gardens and green spaces for pollinators to fulfil their irreplaceable role.

We can all be active participants in securing the future of our environment. I will be helping the transition here in Harpenden by offsetting my carbon, planting thousands of trees, smoothing the transition for electric vehicles, improving cycle routes and protecting our Green Belt.

Just a few small changes could make an enormous difference. I know that many of you have already started this journey to be more environmentally conscious, but these simple steps are a great way to begin:

- Reduce, reuse & recycle.
- Cut water consumption.
- Reject single use plastic.
- Buy local, seasonal produce.
- Switch energy supplier to 100% renewable.

## Plant a Tree for the Jubilee

Communities across the Country are being encouraged to plant trees in an initiative to mark the Queen's platinum jubilee.

The Queen's Green Canopy scheme has been launched to encourage people to plant trees during tree-planting season – October 2021 through to the end of 2022 – to mark Elizabeth II's 70 years on the throne.

Prince Charles said: "Whether you are an individual having to plant a single sapling in your garden, a school or community group planting a tree, that charity or business intending to plant a whole avenue of trees, or a farmer looking to create new hedgerows, everyone across the country can get involved as well as inviting people to plant new trees." The Woodland Trust is giving away three million saplings to support the project.





# CONTACT DETAILS & INFORMATION



***Sign up to our monthly newsletter containing sustainable tips, upcoming UN climate events and more!***



**The Wildlife Trusts:** We are a grassroots movement that believes we need nature and it needs us. More than 850,000 members and 35,000 volunteers work together with their Wildlife Trust to make their local area wilder and make nature part of life, for everyone. Every Wildlife Trust is an independent charity. We'd love you to join us. [www.wildlifetrusts.org](http://www.wildlifetrusts.org)

**Learn more here:**  
[www.plasticfreeharpenden.org.uk](http://www.plasticfreeharpenden.org.uk)

**PLASTIC FREE  
HARPENDEN**  
SURFERS AGAINST SEWAGE

Inspiring residents, businesses, schools and community groups across Harpenden to kick our addiction to avoidable single-use plastic via education, events and collective responsibility.

**Find out how you can get involved**

[info@plasticfreeharpenden.org.uk](mailto:info@plasticfreeharpenden.org.uk)

[www.plasticfreeharpenden.org.uk](http://www.plasticfreeharpenden.org.uk)

 [plasticfreeharpenden](https://www.instagram.com/plasticfreeharpenden)

 [@plasticfreeharp](https://twitter.com/plasticfreeharp)

 [Plastic Free Harpenden](https://www.facebook.com/PlasticFreeHarpenden)



**Sky News has launched the first daily prime time news show dedicated to climate change.**

The Daily Climate Show is broadcast at 6.30pm and 9.30pm Monday to Friday on Sky News, the Sky News website and app, on YouTube and Twitter.

Hosted by Anna Jones, it follows Sky News correspondents as they investigate how global warming is changing our landscape and how we all live our lives.

The show also highlights solutions to the crisis and shows how small changes can make a big difference.

**Listen and follow ClimateCast on [Spotify](#), [Apple Podcasts](#), or [Spreaker](#)**



## **A BIG THANK YOU FROM THE ORGANISERS**

*We hope you liked our first edition and hope that it encourages you, family and friends to become active in many of the activities raised. Please feel free to contact us with your ideas so they can be included in future editions and on our web sites. We'd also love to join with other Harpenden based groups who are equally concerned about the future so we can campaign together and increase awareness of the danger of not acting now.* Phil Waters Chair The Harpenden Society and Ron Taylor Editor [Harpendia.com](http://Harpendia.com)

**Email your thoughts to : [secretary@harpendensociety.org](mailto:secretary@harpendensociety.org) OR [info@harpendia.com](mailto:info@harpendia.com)**  
**[www.harpendensociety.org](http://www.harpendensociety.org) [www.harpendia.com](http://www.harpendia.com)**



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