

*Your action guide to living
more sustainably*

The planet needs ACTION



With action comes hope

Everyone

wants a better place to live – better homes, better schools, cleaner and safer streets, nicer green spaces. But where we live isn't just about our neighbourhood. We all share the same planet and we are all faced with a changing climate.

In Oxfordshire we may be shielded from the worst impacts of the climate crisis but we cannot ignore it. If we want our neighbourhood to get better and stay better we all need to act.

We can help make Abingdon an even better place to live. This guide is about what we can do as individuals, as households, in our schools and workplaces, and in our Abingdon community.

And the good news is that there are LOADS of small things that we can all do. So, even if you're only able to do a few, that will be making a difference. We all need to play a part.

Your actions matter.

Your actions can make a difference.

And our hope is that this guide will help to highlight some of the actions that we can all take.

We hope you find it helpful.



THIS GUIDE is brought to you by One Planet Abingdon, an inspirational community hub and Climate Emergency Centre based just below the County Hall Museum right in the centre of Abingdon. It is run entirely by volunteers, for the benefit of the people and the planet.

OUR MISSION

We want to help create a One Planet Abingdon where everyone in the town is focussed on living within the earth's resources. We want the Climate Emergency Centre to be a space where the magic happens, encouraging our community to look at their lifestyles, and supporting them in ways and means to reduce their carbon footprint and enhance biodiversity. And all the while addressing issues of social injustice and inequality.

ONE PLANET LIVING®

We follow the One Planet Living framework developed by Bioregional and the WWF. It is a vision of a world where we can live happily within the Earth's resources.

One Planet Living is made up of 10 principles that provide a guiding hand for sustainable living. It is based on what science is telling us what we need to do to live within the Earth's means. You will see throughout this handy guide that we have stayed true to the guiding principles and have provided a bit more information on what they are, and what we can all do to make our impact!

<https://oneplanetabingdon.org/>



One Planet
Living®

A framework
by Bioregiona





Encouraging active, social and meaningful lives promotes good health and wellbeing. Yes, we want to support the planet's resources but it's also about building our community, learning from one another and also having fun!

What can we all do?

- A good start to living a happy, healthy life is to stay active, eat well, enjoy nature and be social. Spoiler alert - there's a few tips to doing just that in this booklet!

How can One Planet Abingdon help?

We offer loads of events that you might find interesting like the ones below:

- Fortnightly knit and chat
- Regular walks
- Plant-based food tasting sessions
- Musical workshops

Or just pop in - there are always people milling around ready for a chat! We also have board games, jigsaws, colouring sheets and crafts, toys and an eco-library for everyone to enjoy.



What action can you take to live a happy healthy life and protect our planet?



EQUITY AND LOCAL ECONOMY

Equity is all about fairness – everyone having access to safe, fair places to live and work whilst supporting our local trades.

What can we all do?

- Buying from independent retailers helps to support the local economy in our neighbourhood. We are really lucky that there are some wonderful independent shops and traders in Abingdon and the surrounding areas. Where possible, try and opt for Fairtrade products by looking out for the Fairtrade logo on things that you buy.
- The Ethical Trading Initiative (ethicaltrade.org) is also a fantastic resource where you can check the ethical trading standards for many high street companies. And don't forget about banks – choosing banks that invest sustainably and ethically also helps make a difference.

How can One Planet Abingdon help?

- Refreshments available in the Climate Emergency Centre use local, fairtrade, organic and/or plant-based ingredients as much as possible.

What action can you take to support our local trades and support the planet?





CULTURE AND COMMUNITY

Caring about our local area and history helps to create a feeling of community. Strong local communities aren't just nice to have – they are central to sustainability and help us all to support one another in our efforts to protect the planet.

What can we all do?

- Why not try being a tourist in the local area for a day? You may find some new gems that you didn't even know were there.
- Get involved with your local community, meet new people and make it a better place to be by volunteering or joining a local group.

How can One Planet Abingdon help?

- Pop by and see us – we always have lots of volunteering opportunities if you would like to get involved. We also have a very active youth engagement programme to support the young people in our local community.
- From time to time, we arrange local tours. This is a great way to learn more about local history and to meet others.



What action can you take to get involved in the local community and protect our planet?



Gardens and parks are really important. As well as absorbing carbon dioxide, they can reduce the risk of flooding by soaking up rainwater, and provide homes for a wide variety of insects, animals and birds. Abingdon and the local area have many green spaces for us all to enjoy! Either for a walk and explore, or a sit and ponder.

What can we all do?

- Even the smallest gardens can be havens for wildlife. Why not create your own green space? Even if it's a pot or two on a balcony, or a window box, every action counts. If you do have your own outdoor space, keep the grass and don't replace it with paving, artificial turf or gravel.
- Avoid fertilisers or pesticides that harm wildlife. Check Pesticide Action Network UK for ideas about organic alternatives <https://www.pan-uk.org/>.

How can One Planet Abingdon help?

- We hold regular plant and seed swap events and biodiversity walks and talks.

What action can you take to look after nature and protect the planet?





Climate change is playing havoc with weather patterns, and we are seeing more and more extreme weather happening everywhere, including in the UK. This has already had an effect on water availability with droughts and hose-pipe bans, and is only set to get worse if we don't act now.

What can we all do?

- Showers generally last around 10 minutes, which can use as much as 200 litres of water. Turning off the shower when not rinsing can help to save water. Share bath water for those with little ones.
- If you have a dishwasher, wait until it's fully loaded and use the eco-setting. No need to rinse dirty dishes before loading them – it's not required and doubles up the amount of water used!
- Install a water butt in your garden to collect rainwater and water plants in the evening (as it evaporates during the day).

How can One Planet Abingdon help?

- We are a recognised refillable water bottle facility for Abingdon.



What action can you take to save water and protect our planet?

LOCAL AND SUSTAINABLE FOOD



Sustainable food isn't just about the food itself. As well as food miles (how far the food has to travel), we also need to think about how the food is produced and how it's packaged.

What can we all do?

- Animal agriculture has one of the largest carbon footprints so reducing the amount of meat, fish and dairy you eat will make a big difference. Even if you can't go fully plant-based, add in some meat free days to your week.
- Buy from local food markets when you can and choose fruits and vegetables that are in season. These are more likely to have been grown locally and will also have fewer air miles. If you're green-fingered, why not grow your own?
- Reduce food waste by planning meals ahead of time and only buying what you plan to use.

How can One Planet Abingdon help?

- We hold monthly taster food sessions – watch us demonstrate some delicious recipes for you to try.

What action can you take to get sustainable food choices and protect our planet?



TRAVEL AND TRANSPORT



Cars create one of the biggest impacts on the environment. To make a difference, we all need to think about how we can walk, cycle, or use public transport to get around instead.

What can we all do?

- One in four car trips that are made in the UK are under a mile. Why not swap to walking or cycling instead? Car-sharing is also a great way to cut your carbon footprint.
- The newly launched Oxfordshire-wide car club gives you access to an electric vehicle on a pay-per-use basis.

www.oxfordshire.gov.uk/evcarclubs

- Use public transport. For example, compared to a car journey where you are the only person in the car, taking the local bus uses around half the amount of carbon emissions.

How can One Planet Abingdon help?

- We offer monthly bike checks alongside Abingdon Carbon Cutters. Pop down and we'll give your bike a once-over.



What action can you take to reduce your travel and transport and protect our planet?

MATERIAL AND PRODUCTS



Sustainable materials are natural, renewable and carbon neutral which means that they use less energy than synthetic materials to produce. Recycling also helps with carbon emissions by reducing energy that would otherwise be needed to make new material

What can we all do?

- Look for the recyclable logo on packaging and recycle what you can as part of your household waste collection. For larger items, check out the local recycling centres in the area. Try to buy products made from recycled materials as this also avoids new materials being made.
- Swap out disposable items for reusable items. Think things like re-usable wax wrap instead of cling film, reusable steel straws instead of paper or plastic ones, and rechargeable batteries.

How can One Planet Abingdon help?

- We run regular clothes and toy swap events.

What action can you take to recycle and protect our planet?





To reduce the amount of waste that we accumulate, there are a number of things that we can do including reusing and recycling where we can, reducing our plastic waste as much as possible and being careful with what we buy.

What can we all do?

- Buy items from charity shops. It not only makes a charitable donation but stops an item from ending up in landfill
- Invest in reusable items like a water bottle, lunch box, coffee cup, and produce bags for fruit and vegetables.
- Think about whether you could borrow or rent things that you will only need a handful of times.

How can One Planet Abingdon help?

- In collaboration with Abingdon Carbon Cutters, we run a monthly 'Repair and Sharpening Café' and a monthly 'Sewing Repair Café'. Repairing rather than throwing away is a fantastic way to bring things back to life!



What action can you take to reduce the amount of waste and protect our planet?



ZERO CARBON ENERGY

Energy efficiency plays a huge role in tackling climate change. And with the ongoing hikes in energy costs, there are lots of things that we can all do to reduce our energy usage, saving the planet and our pockets.

What can we all do?

- Swap to a green energy supplier if you haven't already. Green energy is important for the environment as it replaces the negative effects of fossil fuels with more environmentally-friendly alternatives.
- Use a programmable thermostat for more efficient heating, regularly bleed radiators to keep them working efficiently, only heat your house when you're at home, and only heat rooms that you use.
- Turn electrical appliances (such as your TV) off, rather than keep it in standby mode

How can One Planet Abingdon help?

- We offer regular talks and energy advice at the Climate Emergency Centre.

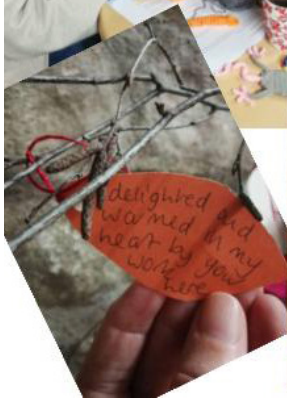
What action can you take to to reduce the amount of energy you use and protect our planet?





YOUTH

One Planet Abingdon
Sustainable Community Centre



Fancy volunteering with us?

We welcome anyone who broadly shares our aims. You don't need any special skills, just bring your enthusiasm and engagement!

Abingdon Town Council have granted us another 5 years' free use of the premises. This brilliant support allows us to plan and fundraise for more substantial eco projects, and so we need people to step up and make things happen. Is that you?

Whether you are looking to donate time, skills or expertise, to learn more about the environment and the issues facing it, to socialise or give something back to society, we would love to hear from you.

Are you a young person in Abingdon?

Are you concerned about the climate and ecological emergency?

Are you looking for a place to hang out with like-minded people?

One Planet Abingdon Climate Emergency Centre Needs YOU!

We would like to make OPACEC a place where the young people of Abingdon feel they can come together to learn and do things that make a difference. We are all in this together and the voice and actions of our young community is so important.

Our vision is for regular sessions led by young people for young people.

Contact us at [**contact@oneplanetabingdon.org**](mailto:contact@oneplanetabingdon.org)

Where to find us

In the former Mousehole Café below the County Hall Museum
Market Place,
Abingdon, OX14 3HG

We are currently open 10am – 4pm on Thursdays, Fridays and Saturdays but hope to be able to open up on more days in the future.

We welcome your views, feedback and suggestions on this leaflet so that we can keep it relevant and update it in the future as needed.

Please email us at ***contact@oneplanetabingdon.org***.

WWW.ONEPLANETABINGDON.ORG



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