

Actions to help address the Climate Chaos		
by John Appleby, August 2024		
<ul style="list-style-type: none"> • We need both individual action and collective action (group, government, industry) as well as technological advance. • Individual actions might be just 'a drop in the ocean' but 'the ocean is made of drops' - many others are also taking action, not just you! • Without individual action, governments and companies won't believe we're serious and willing to vote and invest/spend for real change. • Everyone can act on things in the first column ('Political/campaigning'). • Everyone can do lots of 'minor' things that can save money or cost little. • Everyone should consider taking one or more 'major actions', though some will be too costly or impractical at present. They might become possible in time! • Avoid fatalism, build hope and energy for change 		
Political/campaigning	Minor actions	Major actions
National	Food and waste	Energy supply and use
Write to your MP, a Gov't minister, the newspapers	Recycle plastic, paper, cans	Change to a green energy supplier
Join/support a national environmental organisation	Avoid bottled water	Insulate your house
	Reduce purchase of bottles, cans, packaging	Put in solar panels
Local	Minimise food and other waste	Put in a heat pump
Write to your councillors	Reduce red-meat etc.	
Join or set up a community group	Reduce use of fuel for cooking (esp. oven)	Transport
Talk to a group you're in, e.g. PCC, committee, union	Less water in kettle	Holiday in the UK
Register your group with an enviro scheme (e.g. Eco-church)	Use cloths not paper towels	Fly only when essential, and avoid long-haul
Find out if local shops minimise waste		Don't take cruises
	Clothing and household	Join a car-club or share cars
Personal	Buy second-hand, and new less often	Manage with a smaller car, or fewer cars
Discuss enviro issues with family, friends, neighbours	Wash cloths less often, lower temp, dry outdoors	Change to an electric car
Spread optimism and hope, avoid fatalism	Use fewer tissues, paper napkins	
Campaign to get your pension scheme more ethical	Re-use wrapping paper	Postpone or cancel
Move to an ethical bank	Buy less new stuff	Avoid or postpone refits of kitchen/bathroom
	Use libraries and second-hand books	Avoid or postpone home extensions
Educational	Pass on old things sooner (so others don't buy new)	Don't concrete gardens (carbon cost, biodiversity, flooding)
Inform yourself about enviro problems		
Find out about solutions and success stories	Energy & water	Controversial?
Learn how to repair clothes, furniture, etc	LED lights, switch off devices	Reflect on number and size of pets
	Reduce thermostat, wear warm cloths, heat fewer rooms	Use re-useable nappies whenever possible
	Block draughts, insulate lofts	
	Use radiant heaters (heat the people not the whole room)	Other
	Put reflectors behind radiators	Move to an ethical insurance company
	Short showers or basin washes not deep baths	
	Use mostly cold tap (avoid boiler firing up so often)	
	Deal with leaks, flush toilet less often	
	Internet & cloud energy use	
	Delete lots of photos and videos stored on cloud	
	Reduce on-line video use	
	Reduce use of 'Reply-All'	
	Health & Transport	
	Walk, cycle, public transport	
	Drive less and more slowly	
	Shop locally	