

Actions to help address the Climate Chaos

by John Appleby, January 2025

- 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
<p>National Write to your MP, a Gov't minister, the newspapers Join/support a national environmental organisation</p> <p>Local Write to your councillors Join or set up a community group Talk to a group you're in, e.g. PCC, committee, union Register your group with an enviro scheme (e.g. Eco-church) Find out if local shops minimise waste</p> <p>Personal Discuss enviro issues with family, friends, neighbours Spread optimism and hope, avoid fatalism Campaign to get your pension scheme more ethical Move to an ethical bank</p> <p>Educational Inform yourself about enviro problems Find out about solutions and success stories Learn how to repair clothes, furniture, etc</p>	<p>Food and waste Recycle plastic, paper, cans Avoid bottled water Reduce purchase of bottles, cans, packaging Minimise food and other waste Reduce red-meat etc. Reduce use of fuel for cooking (esp. oven) Less water in kettle Use cloths not paper towels</p> <p>Clothing and household Buy second-hand, and new less often Wash cloths less often, lower temp, dry outdoors Use fewer tissues, paper napkins Re-use wrapping paper Buy less new stuff Use libraries and second-hand books Pass on old things sooner (so others don't buy new)</p> <p>Energy & water LED lights, switch off devices Reduce thermostat, wear warm cloths, heat fewer rooms Block draughts, insulate lofts Use radiant heaters (heat the people not the whole room) Put reflectors behind radiators 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</p> <p>Internet & cloud energy use Delete lots of photos and videos stored on cloud Reduce on-line video use Reduce use of 'Reply-All'</p> <p>Health & Transport Walk, cycle, public transport Drive less and more slowly Shop locally</p>	<p>Energy supply and use Change to a green energy supplier Insulate your house Put in solar panels Put in a heat pump</p> <p>Transport Holiday in the UK Fly only when essential, and avoid long-haul Don't take cruises Join a car-club or share cars Manage with a smaller car, or fewer cars Change to an electric car</p> <p>Postpone or cancel Avoid or postpone refits of kitchen/bathroom Avoid or postpone home extensions Don't concrete gardens (carbon cost, biodiversity, flooding)</p> <p>Controversial? Reflect on number and size of pets Use re-useable nappies whenever possible</p> <p>Other Move to an ethical insurance company</p>