

CURVE

A glass sphere sits on a dark, textured rock. The sphere reflects the sunset sky and the dark landscape below. The background is a vast, dark landscape under a sunset sky with orange and blue clouds.

doing your bit
for the planet

MAKING A DIFFERENCE FROM HOME



COVER: UNSPLASH/LOUIS MANIQUET, THIS PAGE: UNSPLASH/GEORGI KALAYDZHEV

WORKING TOGETHER, we can all make positive changes to tackle the crises of climate change and nature-loss, and create a more regenerative way of living. Here at Curve we're always looking to learn from world-changing specialists, and try new, nourishing experiences. Here are some practical, meaningful (and sometimes even money-saving) tips we can all act on.



energy efficiency at home

We've collated some great advice from Ecotricity and the Energy Savings Trust to help you cut down on your energy use. Fuel prices go up and down, but saving energy always means saving money!

Turn off standby

- Turn your appliances off at the mains and unplug your phone, tablet, or laptop once charged
- You might need to keep TV boxes on standby if you want to record programmes
- Opt for a **standby saver** so you can turn all your appliances off standby in one go

Put on a jumper

- The cheapest and most sustainable way to stay warm is to wear more layers
- Natural fibres like wool have fantastic insulating properties

Turn your heating down

- Save energy and money by turning down your heating by just 1°C
- Install a thermostat, programmer and thermostatic radiator valves (TRVs) in each room to use heat and hot water only when you need them
- Turn off radiators in rooms that aren't being used and remember bedrooms should be cooler than other rooms

Switch off, and switch bulbs

- Turn off the lights every time you leave a room
- Lighting accounts for 10-15% of your energy bill so switch to energy-saving bulbs to reduce this by a quarter

Do your laundry on a cooler wash

- Most machines and detergents clean just as well at 30°C
- Run a hotter cycle just once in a while to keep your washing machine sparkling
- Hang your washing outside or use an ailer instead of a tumble dryer

Block up those draughts

- Fit draught-proofing strips to windows and doors - try **Ethical Superstore** or get creative and make some!
- For even bigger savings, consider professional draught-proofing

Save energy in the kitchen

- Use a bowl when washing up instead of keeping the tap running
- Only fill the kettle with the amount of water you need
- Heat small amounts of food in the microwave instead of on the hob
- When cooking on the hob, boil water in a kettle first and transfer it to a pan
- Batch cooking means you'll only need to use the hob or oven once

make your money count

PENSIONS

In Jan 2023 there were £3 trillion in UK pensions, much of it invested in activities driving climate breakdown and degradation of the natural world. Having a green pension is one of the most powerful things you can do to protect the planet and reduce your carbon footprint.

The Curve company pension plan is with the National Employment Savings Trust (Nest). They offer a standard and an Ethical Pension fund, which only invests in companies with positive records on human rights, fair labour, fair trade, and the environment.

- Switch to an ethical pension
- Talk to family and friends about their pension choices
- Sign up with **Make Your Money Matter**, whose mission is to create a world where everyone's pension helps build a healthy planet

BANKING

Since the landmark Paris Climate Agreement was struck, the Big Five UK high street banks have funnelled a massive \$367.6 billion (£311.3 billion) towards the fossil fuel sector, and \$141 billion (£120 billion) towards companies at the forefront of oil and gas expansion (source **ShareAction**). Thanks to public pressure some changes are happening, such as HSBCs commitment to divest from all new fossil fuel exploration, but there's lots more still to do.

At Curve we bank with Starling, a digital bank with strong **ethics** and **sustainability** policies, and rated as 6th most ethical bank by **Good With Money**.

- Do your homework on how your money is invested
- Tell your bank you want to see change or you'll move your money
- If you're not happy with the answer, switch to a more ethical bank

ditch the plastics

PLASTIC IS an essential part of modern life, but its proliferation has real-world impacts including on human rights - petrochemical plants are nearly always in low-income areas, inflicting ill-health and life-long harm on people who live there.

KEEP RECYCLING! Not all plastics can be recycled effectively. Clear bottles are easier, whereas films and coloured bottles often end up in landfill or incinerators. But for many materials it is really effective, and it's essential to curb use of raw materials. The best thing we can do though, is reduce our use of plastics as much as possible.

- Switch to shampoos and conditioners in bar form
- Use refillables like the ones from **Faith in Nature**, who have a nature representative on their board
- Always carry reusable shopping bags with you
- Use a refillable water bottle

UNSPLASH/JACK CHURCH



electrify your home

THE UK National Grid is decarbonising, which means every appliance that runs on electricity will be lower in carbon.

- Switch appliances such as gas hobs to induction hobs to reduce your carbon footprint
- Switch from gas central heating to electric, or even better, install a heat pump
- These are big, expensive decisions, but if you're planning a home renovation, house move, or can afford it, they're great ways to reduce your carbon



UNSPLASH/MENESH MOORTHY

repair rather than buy new

THE THROW-AWAY culture we've all got used to isn't sustainable. A toaster's component parts, for example, include metals mined from the earth and plastics created from oil. The manufacturing process uses energy and water, and the environmental impact of shipping is huge. Sadly, most electrical items are designed to be replaced after just a few years, leaving a pile of electronic waste to deal with.

- Check if there's a repair cafe in your area before you throw something out
- Electrical items, clothing, furniture, toys and sports equipment are all candidates for repair
- Think about training to be a repairer yourself!

Check out these examples of reuse initiatives:

The Restart Project has people teaching each other how to repair broken and slow electronics.

Repair Cafe - community-led events where people bring broken or damaged items for repair.

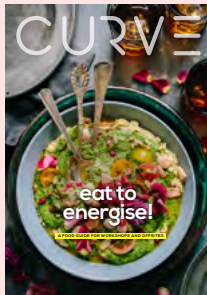
Libraries of Things allow people to rent items such as lawn mowers or drills.

purchasing power

FROM THE food we eat to the clothing we buy, how we spend our money has a huge impact. Certifications such as B Corp, FSC, and Soil Association are all marks that a company has a system in place to reduce their environmental footprint. Being Fair Trade is a sign that they also consider the humans in their production process.

FOOD

Take a look at **Curve's nutrition guide** for food that's good for you and kind to the planet. As a rule, a plant-based diet will have a smaller impact on the environment. Batch cooking saves time, energy and packaging so is a great habit to get into!



nature and regeneration

You can help the wild and urban creatures and species in your garden or your neighbourhood with these ten simple, low-cost ideas:

Put up **bat boxes** so bats can pollinate and munch on bugs
Support birds by providing food, water, cover and nesting places

Create B-lines for pollinators who sustain our ecosystems
Say no to the mow and **help regenerate biodiversity** by growing a wildflower patch

Reduce waste and increase habitats by **composting**

Build a **bug hotel**

Save hedgehogs by making them a home

Get a water butt to reduce waste

Protect plants, bugs and creatures by **not using pesticides** in your garden

Be part of the sharing economy by giving away plant cuttings and food you grow



Curve is a leadership development organisation. Through facilitation and coaching, we empower leaders to develop the skillsets and mindsets to create the change they need, and build more humane and sustainable organisations.

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