

Climate Action 10 point action plan

With focus on regenerative action at individual, work, community and ecosystem levels

1. Commitment to 100% vegan diet
2. Cycle instead of using car whenever possible – especially short journeys
3. Reduce energy consumption by buying local produce, growing own food, fitting draft excluders on doors and windows of my house
4. Budget for solar panel installations on my house within next 3 years to produce 100% of our household energy supply and contribute to green energy resources
5. Create wild areas in garden for ecosystem regeneration, along with no dig growing of food
6. Create 10 point action with colleagues at work to consider environment impacts of our organisation and support regeneration at community level. Also to raise awareness among colleagues and our service users
7. Connect with Global South biodiversity initiatives. For example Green Hope Foundation, Sadhana Forest Project (in India, Kenya, Haiti)
8. Join my local Climate Action Network - and participate!
9. Learning from Indigenous wisdom through reading, supporting indigenous biodiversity campaigns
10. Go deeper with my own embodied connection with nature and explore this with others e.g. bring my daily mindfulness meditation into woodland and other nature spaces, and offer as a regular activity with others