

## Save energy

Identify the rooms in your community building (wherever your group, club or society meets) that use most energy and **install low energy light bulbs** in them. Begin replacing the other inefficient bulbs with low energy ones when they expire.

Benefit rating 

## Why bother?

Energy-efficient light bulbs last 12 times longer (up to eight years!) and each one can save you up to £10 a year. Community groups and clubs can save £100s a year this way.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

Check that **thermostats for hot water** in your community building or meeting place are turned down to a comfortable temperature.

Benefit rating 

## Why bother?

The Health and Safety Executive recommends that buildings used by children and vulnerable people should heat water for hand washing to a maximum temperature of 41...C. So as well as saving money this action is also a safety consideration.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

Check that **thermostats for heating** your community building or meeting place are sited out of draughts, away from very hot or cold spots and are turned down to below 21...C.

Benefit rating 

## Why bother?

Turning a thermostat down by 1...C could save you up to 6% on your community buildings heating bills.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

Keep **radiators** in your community building or meeting place clear — don't block them with furniture.

Benefit rating 

## Why bother?

Blocking radiators will reduce their efficiency and increase your heating bills.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

Put **reflective panels** behind the radiators which are on outside walls — this will reduce heat loss.

Benefit rating 

## Why bother?

The cost of fitting reflective foil behind radiators will pay for itself in a year.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

Put an **insulating jacket** around the hot water tank in your community building.

Benefit rating 

## Why bother?

Fitting a thick hot water tank jacket can cut heat loss by up to 75% from your hot water tank. An insulating jacket will pay for itself in a year and will save you money!

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

If your community building or meeting place has draughty or poorly fitted single-glazed windows or doors, **draught-proof them with insulation strips**. (If you have an open fire, a gas fire or a boiler with a flue in the room, you will need to keep ventilation open — get expert advice first.)

Benefit rating 

## Why bother?

This is an inexpensive way to reduce the energy bills of your community building / meeting place.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

If your community building or meeting place has draughty or poorly fitted single-glazed windows and your community group, club or society can afford it, **install lightweight secondary double glazing**.

Benefit rating 

## Why bother?

Secondary double-glazing is cheaper to install than replacement windows and still helps save energy.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

**Appoint an energy champion** in your group, club or society to make sure that everybody turns off lights when rooms are not being used and switches off any computers, printers and photocopiers. Leaving equipment on standby still uses about two-thirds of the energy it uses when turned on!

Benefit rating 

## Why bother?

Britons waste the equivalent of two power stations worth of electricity each year by leaving gadgets on standby. Gadgets left on standby or charge squander over £740 million worth of energy and result in over four million tonnes of excess carbon dioxide each year. This makes a significant contribution to climate change.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

**Hold an energy awareness meeting, quiz or fun-day** and invite wider members of your group / club plus friends and families. Invite a speaker from your local energy advice centre or your local council's energy team to come and talk to your group about what more can be done.

Benefit rating 

## Why bother?

If everyone boiled only the water they needed to make a cup of tea instead of filling the kettle every time, we could save enough electricity to run practically all the street lighting in the country. Our pollution from using energy is changing our climate. The ten warmest years on record have all been since 1990. 1995 saw the most hot days in 225 years of daily measurements!

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

Use your community building's gas and electricity bills to work out how much carbon dioxide pollution the building is producing and **set a target to reduce your bills!** It's easy to do.

Benefit rating 

## Why bother?

Carbon dioxide pollution causes climate change. Every unit or kilowatt-hour (kWh) of electricity on your community building's bill produces 430 grams of carbon dioxide pollution. That's enough to fill 43 party balloons!

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

**Create a special display, poster or newsletter** for your members to tell everyone about the exciting ways you could make your own free energy. These could include installing a solar panel or mini wind turbine on the roof of your community building or meeting place.

Benefit rating 

## Why bother?

Installing a solar electricity panel on the roof will save eight tonnes of carbon dioxide pollution over its lifetime. That's enough to fill 48 double decker-buses!

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

**Make your own free electricity and hot water** by installing green energy equipment such as a solar panel or a mini wind turbine on your community building / meeting place. Grants are available from the Low Carbon Buildings Programme or you could hold a special fundraising event.

Benefit rating 

## Why bother?

Installing a rooftop mini wind turbine will save around 1 tonne of carbon dioxide pollution per year or 20 tonnes over its lifetime. That's enough to fill 120 double-decker-buses!

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

Decide as a group, club or society to **buy energy-saving equipment** which can soak up or just balance out the same amount of carbon dioxide pollution caused by your community building's use of electricity or gas (if your building is not already on a green energy tariff).

Benefit rating 

## Why bother?

Some figures suggest that planting 15 small tree saplings will soak up one tonne of carbon dioxide as they grow over their lifetime (100 years). That makes up for enough carbon dioxide pollution to fill six double-decker buses.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Save energy

Enter your group, club or society's own action idea here:

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### Travel wisely

When planning group, club or society events and meetings, time them so that your members can **use public transport** to get to and from them.

Benefit rating 

### Why bother?

Using public transport reduces traffic congestion and unhealthy air pollution, not just for short journeys in town but also when travelling further afield.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Travel wisely

Encourage members of your community group / club to **walk or cycle** when they are going on short journeys.

Benefit rating 

### Why bother?

Between 1990 and 2003, the average distance people walk has fallen (by 19%) from 237 to 192 miles, per person, per year. Walking or cycling to community group / club meetings helps to reduce carbon dioxide pollution and is a good form of physical activity.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Travel wisely

**Arrange a community event** for your group, club or society to raise awareness, get to know each other and come up with ideas to slow the traffic.

Benefit rating 

### Why bother?

This is a good way of bringing your community together to discuss ways of addressing traffic problems and improving the environment for all.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Travel wisely

**Do a quick survey** to find out how many miles each member of your group, club or society travels by car to get to and from your meetings.

Benefit rating 

### Why bother?

Carbon dioxide pollution is causing our climate to change. One person using their car to travel a five-mile return trip to attend a group, club or society meeting will result in roughly 1,500 grams of carbon dioxide. That's enough to fill 150 party balloons!

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Travel wisely

Create a **safe storage area for bicycles** or put some fixed bicycle stands outside your community building or meeting place. It will help encourage people to cycle to your meetings or events.

Benefit rating 

### Why bother?

Travelling short distances on your bicycle is far better for the environment and your health — cycling is pollution free and doesn't contribute to the increasing congestion and traffic on our roads. It is also one of the most economical forms of transport.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Travel wisely

Organise a **car-sharing scheme** to get your members to and from your group, club or society's meetings / events. Just swap details about who owns a car and where people live.

Benefit rating 

### Why bother?

Attendance at your community group or club's events is likely to be higher if you make them accessible to all. Members can help each other and help to reduce the 25% of carbon dioxide pollution caused by road transport in the UK.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Travel wisely

Agree as a group, club or society a target to **reduce the number of miles your members travel in their cars** to attend your meetings. Agree simple actions together to try sharing cars, use public transport or cycle more instead.

Benefit rating 

### Why bother?

25% of carbon dioxide pollution in the UK is caused by road transport and it's the main climate change culprit. One person using their car to travel a five-mile return trip to attend a group, club or society meeting will result in roughly 1,500 grams of carbon dioxide. That's enough to fill 150 party balloons!

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Travel wisely

Agree to **use greener biodiesel** in your group, club or society's minibus or other vehicles which currently use normal diesel fuel.

Benefit rating 

### Why bother?

Biodiesel usually costs the same price as normal diesel but it saves up to 3% of the carbon dioxide pollution caused by a vehicle using normal diesel. Carbon dioxide pollution is causing our climate to change.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Travel wisely

Decide as a group, club or society to **buy energy-saving equipment** which will soak up or balance out the amount of carbon dioxide pollution caused by members using cars to travel to and from your meetings or events. You can do this by buying energy-saving bulbs, planting trees or installing a solar panel or mini wind turbine for the roof.

Benefit rating 

## Why bother?

Some figures suggest that planting 15 small tree saplings will soak up one tonne of carbon dioxide as they grow over their lifetime (100 years). That makes up for enough carbon dioxide pollution to fill six double-decker buses.

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### Shop ethically

Switch to an **eco-friendly washing up liquid** (and washing powder if you have to wash your club's kit).

Benefit rating 

### Why bother?

Eco-friendly cleaning materials are non-toxic and plant-based. They are free of phosphates, chlorine, petroleum chemicals and a variety of other harmful ingredients.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Shop ethically

Buy **recycled and environmentally friendly paper**, stationery and equipment when your group, club or society needs to restock.

Benefit rating 

### Why bother?

Buying recycled / reused products reduces the amount of waste that goes into landfill sites. In many parts of the country it is getting much harder to find new sites to take landfill.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Shop ethically

Agree as a group, club or society to always **buy fresh, healthy, locally grown or organic fruit and vegetables** for your meetings or events.

Benefit rating 

### Why bother?

Transporting our food long distances produced 19 million tonnes of carbon dioxide pollution in 2002. Ten million tonnes of this were polluted in the UK — that's enough to fill ten million hot air balloons!

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Shop ethically

As a group, club or society, **set up a bulk-buying scheme** to get a good deal on fair-trade food and fresh organic or locally grown food. You can then sell this food to members at your meetings and events.

Benefit rating 

### Why bother?

As well as helping your members to eat healthy locally grown food or fairly traded products, this idea could help generate some funding to offset your community group or club's running costs.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Shop ethically

Find out about a **local food project** in your area and ask someone to come and talk at one of your group or club's meetings.

Benefit rating 

## Why bother?

Since 1978, the annual amount of food moved in the UK by heavy goods vehicles has increased by 23%, and the average distance for each trip has increased by over 50%.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Shop ethically

Organise a trip to a **local Farmers Market** to buy fresh, healthy, organic or locally produced food for events being organised by your community group, club or society.

Benefit rating 

## Why bother?

Farmers Markets and Country Markets sell food and other products that have been produced within your local area. Supporting these can help reduce food miles and help to support the local economy.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Shop ethically

As a group, club or society, **grow your own organic food** on a local allotment or in gardens belonging to your members.

Benefit rating 

## Why bother?

Growing your own food is a very satisfying and rewarding thing to do. Increasingly community groups / clubs are taking on allotments, which means that they can share the work and the produce and enjoy the fun.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Shop ethically

Appoint someone to regularly **buy Fairtrade tea, coffee and food** (sugar, biscuits, fruit etc) for your group, club or society's activities and meetings — there are even fairly traded footballs!

Benefit rating 

## Why bother?

By purchasing fairly traded products your club / community group ensures that producers from less well-off communities are paid a premium that is put into social, economic and environmental projects.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

## Shop ethically

Organise a fair trade talk / tasting evening where people can come and try (and buy) fairly traded goods for their own use — maybe during Fair Trade Fortnight.

Benefit rating 

## Why bother?

By purchasing fairly traded products your club / community group ensures that producers from less well-off communities are paid a premium that is put into social, economic and environmental projects.

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### Save our resources

Ask members of your group, club or society to **use both sides of paper** and use scrap paper for notepaper.

Benefit rating 

### Why bother?

This is an easy action, which would save many thousands of trees a year if every community group or club did it. This would help to reduce the 11 million tonnes of paper and board consumed in the UK each year.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

Print your newsletters and membership cards on **recycled paper**. Use your newsletter as a means of passing these simple tips on to your membership.

Benefit rating 

### Why bother?

The average person throws away their own body weight in rubbish every seven weeks. Community groups and clubs have a role to play in reducing this unsustainable level of waste.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

Use your group, club or society's newsletters, emails or notice boards to **raise awareness amongst all your members** about the need to reduce waste and recycling.

Benefit rating 

### Why bother?

Every day the UK produces enough waste to fill Trafalgar Square.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

Commit your group, club or society to using as many **reusable goods or items** as possible (for example, proper mugs not disposable plastic cups, and refillable ink cartridges or cleaning products).

Benefit rating 

### Why bother?

It is far better to buy items that can be reused time and again rather than thrown away. For example refilling a milk bottle takes just 5% of the energy needed to make a new one. Glass milk bottles are reused an average of 17 times.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

Support your local charity shop or furniture and electrical repair project if your group, club or society needs to buy basic equipment. Or give old equipment a new lease of life by donating it to them.

Benefit rating 


### Why bother?

There are two main benefits of buying from charity shops. Buying resources for your group or club from them will extend the life of useful products and the funds generated help to support the work of the charity.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

As a group, club or society, **appoint a waste and recycling champion** or sub-group and draw up a waste and recycling action plan — get everyone involved in making it happen.

Benefit rating 


### Why bother?

Community groups and clubs can play an important role in reducing waste and recycling.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

**Set up collection points** in your group, club or society so your members can bring and collect glass, paper, toner cartridges, mobile phones and even plastic bottles. Your group or club might even be able to generate some income from collecting recyclable materials.

Benefit rating 

### Why bother?

In less than two hours the UK throws away enough waste to fill the Royal Albert Hall.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

Work as a group, club or society to make a list of all your members who would like a **water-saving device for their toilet** cisterns and order these from your local water company.

Benefit rating 

### Why bother?

Some water-saving devices which you put in toilet cisterns can save up to three litres of water every time you flush. A third of the water used in households is used for flushing the toilet.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

Appoint a **water champion** in your group to do a quick water audit on your community building or meeting place to see which taps, toilets, kitchen appliances and drainpipes could be adapted or replaced with water-saving features.

Benefit rating 

### Why bother?

Hosepipe bans now affect 13 million people. Parts of the UK face the most serious drought in the last 100 years.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

Give your community garden, land or allotment a **water-wise makeover** with drought-resistant plants and shrubs.

Benefit rating 

### Why bother?

Parts of the UK face the most serious drought in the last 100 years. Drought-resistant plants look good and need less watering.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

Team up with members of your community group, club or society to **bulk-buy water butts** for their gardens or land.

Benefit rating 


### Why bother?

Water butts can collect valuable rainwater at home or outside your community meeting place.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Save our resources

If you own your community building or meeting place, the next time you are changing the **taps or water fittings** install more efficient versions such as dual-flush toilets or spray taps.

Benefit rating 

### Why bother?

Spray taps on handbasins typically save up to 80% of the water and energy used compared to normal taps.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

**Save our resources**

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### Care for your area

Encourage your group's members to **report any fly-tipping**, abandoned cars or electrical goods. Make sure that your members know the number to contact to report it.

Benefit rating 

### Why bother?

In 2004, local councils spent almost £1m a week clearing up fly-tips, over half of which were household rubbish; rubbish that could have been disposed of at the nearest tip free of charge.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

Organise a visit or event when your community group, club or society can **look at the green spaces in your area**. Talk about ways that they are maintained and how your group or club could be involved in improving them for people and wildlife alike. You could invite your local councillor to attend.

Benefit rating 

### Why bother?

In recent years the value of local green space in improving the health, social networks and quality of life of local people has been widely recognised. Your group could make a vital contribution through becoming involved.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

As a group, club or society, **arrange a special green up & clean up event** with your members to clear up litter locally or to improve open spaces for wildlife and people alike. Alternatively, join in an event organised by someone else.

Benefit rating 

### Why bother?

A green up & clean-up event is fun, it can help your members get to know each other a lot better and can raise the profile of your group, club or society if you tell your membership or even the local newspaper all about what you have achieved.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

Volunteer as a group, club or society to **adopt an existing green space** or Local Nature Reserve near you and help to improve it for people and wildlife alike.

Benefit rating 

### Why bother?

Since 1994, 86 of the UK's most important wildlife species and 10 of the most important wildlife habitats, are still in decline. One of these most important wildlife species has been lost altogether in this time. Local Nature Reserves and other wild spaces provide an oasis for plants, wildlife and people.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

As a group, club or society, **create a wildlife-friendly haven** outside your community building, meeting place or on a small bit of the land you use. It's easy to do by putting up bird boxes and bird feeders, planting some wildflowers or even creating a pond.

Benefit rating 

### Why bother?

Some of our most popular birds have declined by 14% since 1994. These include the swift, house martin, collared dove and house sparrow. The birds showing the greatest decreases are the starling, house sparrow, pied wagtail and swift. Simple actions can help to attract wildlife to your site.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

**Set up a garden-sharing scheme** where those who want to grow use the gardens of those who never use them.

Benefit rating 

### Why bother?

Growing your own food is a very satisfying and rewarding thing to do. Organising a garden-sharing scheme means that members of your group or club can work together to cultivate the gardens of people who cannot manage them themselves.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

Carry out a simple street audit or checklist as a group, club or society to **identify the things that need improving**. These things can make people feel better about your area and your local environment.

Benefit rating 

### Why bother?

Community groups and clubs can play an important role in identifying simple improvements which would make their local area a better place.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

Arrange a visit for your members to a nearby community group, club or society which is **already making every action count** on the environment. As well as being a fun event it can provide helpful hints and tips for your own group.

Benefit rating 

### Why bother?

Community groups and clubs have often been involved in projects that improve the quality of life of local people. Rather than reinventing the wheel, learn from these existing projects.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

Find out if your area has a **Parish Plan or Neighbourhood Plan** and get a copy for your group, club or society. These plans set out what is happening in your local area to create a cleaner, safer and greener future. Perhaps invite a local councillor to one of your meetings.

Benefit rating 

### Why bother?

Over 3,000 parishes across the country are already working with their own Parish Plan. So far, the top issues emerging nationally in Parish Plans include: road traffic; housing; facilities for young people; and local environmental concerns. Parish Plans and Neighbourhood Plans enable local residents and community groups to have a say in the future for their area.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

Find out about your area's **Sustainable Community Strategy** by contacting your local council to get a copy of this important plan. It sets out the way in which the council and other local agencies will make your area a better and greener place for the future.

Benefit rating 

### Why bother?

Surveys show that many Sustainable Community Strategies do not include a vision, actions or targets which will safeguard the environment for years ahead. Find out about your area's plan and have your say.

[www.everyactioncounts.org.uk](http://www.everyactioncounts.org.uk)

### Care for your area

As a group, club or society, agree the **top three things** that your local council and other local agencies could do by working together, as part of your area's Sustainable Community Strategy, to create a greener future for your area and its people. Then send these ideas to your local council.

Benefit rating 

### Why bother?

Have your say and help improve the quality of life for your members and your community, whether you live in an inner city or rural area.

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