

10 THINGS THAT YOU CAN DO

Change a light bulb

Drive less

Recycle more

Check your tyres

Use less hot water

Avoid products with lots of packaging

Turn down your central heating

Plant a tree

Turn off electronic appliances

Buy local produce

Want to know more about how such simple things can help?

Log onto the BCA website and look for the Top Tips.

10 MORE THINGS THAT YOU CAN DO

Turn off the light when you leave the room

Don't drive alone

Give away any unwanted goods

Walk or cycle for short journeys

Shower instead of a bath

Take a bag with you when you shop

Wear a sweater when it's cool

Grow your own vegetables

Look for the A-rated appliances

Buy fruit and veg in season

Log onto the BCA website and look for other Top Tips.

10 MORE TIPS TO COMBAT CLIMATE CHANGE

Fit 'Hippos' in your toilet cistern to save water

Use rechargeable batteries

Dry clothes outside if you can

Increase the insulation in your loft

Take the train

Re-use cards and wrapping paper

Support the Farmers Market

Offset what you can't avoid

Eat less meat and farmed fish

Buy less and be happier

Log onto the BCA website and look for other Top Tips.

ANOTHER 10 IDEAS TO HELP MAKE A DIFFERENCE

Refuse plastic carrier bags

Buy a rooted Xmas tree this year

Turn off the tap when cleaning your teeth

Collect rainwater

Put reflective foil behind your radiators

Buy a hybrid car - or convert to bio-diesel

Avoid peat-based compost

Buy, and donate, second-hand clothes

Repair what you can

Slow down - life's better that way

Log onto the BCA website for other Top Tips.

10 MORE IDEAS TO HELP MAKE A DIFFERENCE

Join a car share scheme

Make the switch to green electricity

Fit secondary glazing

Vote for low carbon candidates at the elections

Reusing is better than recycling

Holiday at home this year

Grow plants from seed

Wear jumpers instead of putting the heating on

Buy an OWL to see what energy you are using

Get involved - and build a stronger community

Log onto the BCA website for other Top Tips.

THE FINAL 10 TIPS FOR YOU TO TRY

Leave your car at home for a day

Try to get an allotment

Only boil what you need in the kettle

Learn some eco-driving techniques

Walk the kids to school - or use the Walking Bus

Put in cavity wall insulation

Calculate your carbon footprint

Become a campaigner - let politicians know your views

Build a compost heap

Enjoy nature - you'll be rewarded every day

Log onto the BCA website for other Top Tips.