

OUR 10:10 BLESSING. EVERYONE IS AT IT.

WE'D LOVE IT IF YOU SIGNED UP TO 10:10 ON THE DAY OF OUR BLESSING. HAVE A QUICK READ ABOUT WHAT WE HAVE DONE TO "10:10" OUR CELEBRATION, PLUS HOW YOU CAN CUT YOUR CO2 BY 10%.

1 Fly less, holiday more

We've come here by train from Berlin this week. We'll do that more in the future and come back for longer instead of lots of weekends. As a guide, two long haul flights equate to one years total carbon footprint for the average individual.

2 Save 10% on heating

We are hoping we won't need the heating on today! Insulate behind radiators, get a grant to insulate the loft, turn down the thermostat by 1-2 degrees, use the timer, service your boiler and put on a jumper when you start to get cold!

3 Save 10% on electricity

We asked the hotel to do an "energy walkaround" using Carbon Trust tips. At home you can switch off appliances at the wall, keep your fridge and freezer full (even with tins and bottles) and replace old fridges with an A++ model. Use energy saving lightbulbs (80% more efficient) and use pan lids when cooking.

4 Drive less

The venue, hotel and church are all together and near the station and some people are car sharing. Try to leave your car at home one day p/w, cycle more, and car-share. Cut down on CO2 when driving: take stuff out of boot, stick to speed limits, use correct tyre pressure, accelerate slowly and brake less.

5 Eat better

We asked the hotel to provide seasonal and regional produce (not possible) so we decided on a menu with very little red meat or cheese as both use loads of CO2. Organic food is good for many reasons: less pesticides = less CO2. Try one meat/cheese free day per week.

6 Buy good stuff

Re-cycle and buy quality goods where possible - they tend to last longer. We are re-cycling our wedding clothes from last year! Less stuff made = less CO2 emissions = less impact to our environment. Try to buy less stuff in general - do you really need that 3rd Ferrari?

7 Dump less

Not sure how to apply this one to our blessing... maybe to say that we have committed to each other for life and will at least not be dumping each other! In general, recycle any waste including food scraps, try to repair things rather than buy new (darn those socks!) and "freecycle" when possible.

8 Don't waste food...

The average British family throws away £50 worth of food every month. At our celebration we expect you all to eat up every last morsel! See what's left in your fridge and make soups and curry with left-overs rather than throwing away and buying more.

9 ...or water

Your tap water uses energy, and heating it uses loads more, so shower rather than bath, get an airating shower head (can save 50% of water), save used water for plants and run full dishwashers & washing machines. Bottled drinking water is very energy inefficient, so we don't have any here today.

10 Feel happier

Yep, surprisingly enough 10:10ing your life is healthier and saves money. Climate change is happening and 99% of scientists agree. If they are right, you become part of the global effort to prevent catastrophic climate change. If the 1% happen to be right you've lost nothing by making a few small positive changes. Why wait to found out?

SOUND GOOD? WHY NOT JOIN THE BRITISH GOVERNMENT, SARA COX (AND US!) AND SIGN UP TO 10:10 HERE!

MORE INFO

1010uk.org

10:10