

PERSONAL LIFESTYLE CHANGES

Now is the time for all good people to come to the aid of the planet

Use emotional intelligence - invest in relationships

Seek spiritual intelligence - meditate regularly

Develop practical intelligence - learn a manual skill

Embrace simplicity Lifestyle Movement POB 2043

Bristol, BS35 2WQ *Live simply that all may simply live*

Know when **enough is enough** - money,work,food,drink

Slow Down - and go further! www.slowfood.com

Get a Life - switch off the TV (at the mains!)

Limit intake of negative news - positivenews.org.uk

Avoid the cult of celebrity - like the plague!

Declutter - feel lighter, find things again, support the charity shops, & increase your living space

Downshift - evaluate what really makes you happy

Be a human Being - rather than a human Doing and BE with family, friends and especially oneself

Be Part of the Solution - not part of the problem does your job benefit others or involve persuading people to buy things they don't need or even want?

Calculate the impact of your lifestyle on the planet at www.resurgence.org/carboncalculator and www.myfootprint.org

Americans now typically spend six hours a week shopping and only 40 minutes a week playing with their own children [Affluenza: The All Consuming Epidemic]

TRANSPORT & TRAVEL

Walk! Pedestrians Assoc (0207) 490 0750

On your bike! National Cycle Network Centre (PTO:IX)

Use public transport: traveline.org.uk (0870) 6082608

Choose local to avoid commuting - jobs, schools, etc.

Car share (0191) 222 0090 - freewheelers.co.uk

Join a car club (0845) 330 1234 - citycarclubs.co.uk

Go Slow - change your driving habits to save fuel

Need a car? Consider an hybrid car - hybrid.com

Got a car? Convert it to LPG - est-powershift.org.uk

Reduce or avoid air travel or at least offset the resulting carbon emissions - futureforests.com

Driving accounts for ~1/3 of our carbon output. Not only is it unhealthy for the planet, but costs the NHS £15 billion/year.

IN THE COMMUNITY

Volunteer - do-it.org.uk and banish despondency

Encourage your community to 'Go Local'...

Chew Magna Go Zero Project - gozero.org.uk

Gaia Co-operative - gaiacooperative.org

Play your part in the wider community. Participate in...

Buy Nothing Day - adbusters.com

European Car Free Day - carfreeday.net (Bike to Work)

Earth Day 21st March: vernal equinox. 1st day of Spring

UN World Environment Day (5.6.06) - enep.org/wed

Solar SunDay - nearest to summer solstice. World-wide open day for eco-technologies - uk-ises.co.uk

Peace One Day 21st Sept www.peaceday.org [PTO]

FINANCES AND UTILITIES

The one to act is me, the place to act is here, and the time to act is now!

Consider transferring your:

Bank, pension, stocks, shares to ethical providers -

Ethical Investment Research Service

www.eiris.org (0207) 840 5700 (PTO:VIII)

Electricity supplier to a renewable energy supplier...

- choosegreenenergy.com

Good Energy - good-energy.co.uk (0845)456 1640

Ecotricity - ecotricity.co.uk (01453) 756111

Green Energy - greenenergy.uk.com

Telephone to the ethical phone service: **The Phone**

Co-op - thephone.coop (0845) 4589000

[You may also donate 5% of call costs to Schumacher UK!]

Internet service - **Green Net** (0845) 055 4011

- gn.apc.org *Connecting people who make a difference*

House & contents insurance to **Naturesave Policies**

Ltd - naturesave.co.uk (01803) 864390

Ethical insurance which protects you and your environment.

Car rescue service to the Environmental Transport

Association (0800) 212 810, W: eta.co.uk

and

Put a stop to your junk mail : **Mailing Preference**

Service - mpsonline.org.uk (0845) 7034599

*UK contributions to private pensions schemes reached £69 Billion in 2004. Geof Tilly Economic Trends Think what would happen if all this money were to be put to good social and environmental use?

Small Is Beautiful

A DIY Guide to Personal Practical Action.

Schumacher UK and the Go Zero Project

Only concern yourself with the things that can be changed EFS

Introduction

Don't wait for our political masters to act; only in exceptional circumstances will leaders actually lead. Most times they follow - they will follow OUR lead on sustainable development so it is up to US to act!

The checklists might seem daunting but over a period of a year you will be surprised at what you're able to achieve. You'll feel empowered & much better for it. But - only do those measures that make sense to you.

The resource listings (on reverse side of this sheet) are not exhaustive but they are gateways to get you started. We are friendly with these organisations and are sure they will steer you in the right direction.

Resources

Go MAD! 365 Daily Ways to Save the Planet. The Ecologist.
The Rough Guide to Ethical Shopping Duncan Clark, Rough Guides
Change the World for a Fiver: Community Links Trust Ltd, 2004
The Little Earth Book James Bruges, Alastair Sawday Publishing
Your Money or Your Life Dominguez & Robin, Penguin 1999
What You Can Do: 100 Ways to help save the planet Carbon Trust
More copies? This is COPYFREE-copy more & distribute
Criticisms or suggestions for improvements? ...
Fancy sponsoring an upmarket print run of this sheet? ...
Contact us - admin@schumacher.org.uk (0117) 903 1081

WHEN MOVING OR REPAIRING HOUSE

When looking to buy, build or rent a home consider:

Walking distance to work, school and shops?

Proximity to public transport?

Space for drying laundry, composting, storing bikes, recycling bins, cold food storage?

Are there any viable community housing developments? www.co-housing.co.uk

Get an energy audit done - www.est.org.uk

If building or doing DIY consider:

Superinsulation & high performance doors/windows

Ecofriendly building materials, paints & fittings

Use only FSC certified timber products

Installing low energy lighting and appliances.

Installing rain water recycling

A pantry or larder for low energy food storage

Passive solar house or other ecofriendly design (PTO for *Green Construction* section: VII)

Don't throw an item away that's working but when the time comes to replace it consider going green...

A condensing boiler and/or intelligent controller

Solar electricity and/or solar water heating

www.clear-skies for DTI grants.

Buy only energy efficient appliances labeled 'A' (but don't be fooled by an 'A' clothes dryer!)

In their lifetime, the average UK citizen uses 8 stoves 12 washing machines, 10 refrigerators, 6 microwaves, 5 heating systems, 3 dryers & 2 freezers [Green Futures]

THE CONSCIOUS CONSUMER

Only have in your house what you know to be useful or believe to be beautiful Wm Morris

Know the difference between quantity and quality

Stop being manipulated by marketing and branding

Eschew the 'bargain' - it never is. Buy only what you want

Sell unused items or give away www.freecycle.org

Reduce your meat intake-eat lower down the food chain

Sign up to an organic vegetable box scheme

Reject plastic shopping bags, carry your own

Give one wooden toy instead of lots of plastic ones

Avoid buying bottled water-filter your own tap water*

Be a consumer radical. Be prepared to pay more for...

Organic & local food: www.farmersmarkets.net

Big Barn Ltd (01234) 871005 www.bigbarn.co.uk

Fairly traded & ethically produced goods Fairtrade

Foundation (0207) 405 5942 - fairtrade.org.uk

Ecofriendly/low impact cleaners, paints & detergents

Supporting local traders v.supermarkets & chain stores

Travel & take the train Trainline (0845) 7 484 950

Filling the tank with cleaner low sulphur fuel

Ethical Consumer (0161)226 2929 ethicalconsumer.org

New Consumer (0131) 561 1780 www.newconsumer.org

+ More than 5 billion plastic bottles are thrown away every year in the UK. A whale washed up on the coast of France in 2002 had 800 kilos of plastic bags in its stomach [Ode Magazine]

IN THE GARDEN

Compost, compost, compost. wastewatch.org.uk or

use a wormery wiggleywiggles.co.uk (0800) 216990

Eliminate pesticide use in the garden slugrings.co.uk

Instead use biological controls: Defenders Ltd

Create a wildlife area or pond W:rspb.org.uk/gardens

Avoid peat-based products - use compost instead

Plant a tree / adopt a tree woodlandtrust.org.uk

No garden? Apply for an allotment...(01536) 266576

Nat.Soc. of Allotment & Leisure Gardens nsalg.org.uk

Or join in at a city farm... Nat.Fed.of City Farms &

Community Gardens (0117) 923 1800 farmgarden.org.uk

Go guerilla gardening www.guerrillagardening.org

AT THE OFFICE

Use 100% recycled paper for everything...

letterheads, compliment slips, business cards, etc

Purchase green stationery www.greenstat.co.uk

Use flat screen monitors to save energy and switch

computers off at the mains - apparent off isn't OFF!

Don't use a screen saver - it waste's more energy

Consider task lighting & reduce ambient lighting

Make sure the photocopier is off when not in use

Refill your inkjet cartridges W: cartridgeworld.co.uk

Or send inkjet & laser cartridges for recycling

Avoid distant meetings - use video/conference calls

350-500 chemicals only formulated in the last 50 years are now

found in a UK foetus [Schumacher Lecture, '02]

WHEN AT HOME

Use it up, wear it out, make it do, or do without. Proverb

Dry clothes on a clothes line rather than in a drier

Recycle paper, bottles, cans, shoes, batteries, oil &

computers www.recyclenow.com (0845) 331 31 31

Install energy efficient compact fluorescent lamps

National Energy Foundation (01908) 665555 3 CFL's

per household would close one power station

Turn **off** lights, TVs, stereos, computers - 2% of

world's electricity is wasted on appliances on standby

Heat only occupied rooms, turn off heating at night

Insulate your loft, walls & floors.

Draught proof your windows, doors & letterboxes

Energy Saving Trust (0207) 222 0101 www.est.org.uk

Set your washing machine at 40°C & use only low/no

phosphate, no chlorine detergents www.ecover.com

better still no detergent www.aquaball.com

Reduce exposure to toxic chemicals - canceractive.com

Use household plants to condition the air

When decorating use organic paints (see PTO:VII)

Use organic textiles www.greenfibres.com

Reduce battery usage, they are a hazardous waste - go rechargeable. Put old batteries in the recycling.

Use cloth nappies - grants available towards cleaning

Real Nappy Association www.realnappy.com

II. APPROPRIATE TECHNOLOGY AND AID

PRACTICAL ACTION (01926) T: 634400, F: 634401
E: enquiries@ W: www.practicalaction.org.uk * Circle
Schumacher Centre for Technology & Development, Bourton
Hall, Bourton on Dunsmore, Rugby, CV23 9QZ. *Technology
challenging poverty* Bristol Support Group (0117) 950 8033

THE JEEVIKA TRUST (0208) 973 T: 3773, F: 3993
E: contact@ W: www.idguk.org Navigator House,
60 High St, Hampton Wick, Surrey, KT1. * Circle
Supporting village livelihoods in India

**INTERNATIONAL SOCIETY FOR ECOLOGY AND
CULTURE** (01803) T: 868650 F: 868651
E: isecuk@gn.apc.org W: www.isec.org.uk
ISEC Rm 19, Foxhole, Dartington, Devon, TQ9 6EB.
Promoting local based alternatives to the consumer culture

TOOLS FOR SELF RELIANCE (02380) 869697
E: info@tfsr.org W: www.toolsforselfreliance.org.uk
Netley Marsh Workshops, Southampton, SO4 2GY
Repair & refurbish old hand tools to be sent to Africa

SALT OF THE EARTH (0116) 276 6439
E: saltote@ntl.com W: salt-of-the-earth.org.uk
101 Scruptoft Lane, Leicester, LE5 2FE
Working with the Chew Magna Go Zero project to support
Appropriate Technology developments in Tamil Nadu.

THE ENERGY TREE windpower/carbon offset
investment scheme in Tamil Nadu www.gozero.org.uk

X. RECYCLING & WASTE REDUCTION

THE RECYCLING CONSORTIUM (0117) T: 930 4355
W: .recyclingconsortium.org.uk
CREATE Centre, Smeaton Road, Bristol, BS1 6XN
Promotes ways to reduce, re-use, recycle and compost.

WYECYCLE (01233) T: 813298 F: 813303 *Award
W: wye.org/business/directory/wyecycle.htm The Green
Ho, Unit 2A, Brier Close Ind.Est, Wye, Kent. TN25 5HB.
Sustainable waste management

XI. SUSTAINABLE EDUCATION

SCHUMACHER COLLEGE (01803) T:865-934 F: 866-899.
E: admin@ W: www.schumachercollege.org.uk *Circle
The Old Postern, Dartington, Totnes, Devon, TQ9 6EA.
An international centre for ecological studies. Holistic Science MSc

HUMAN SCALE EDUCATION (01275) 332516 W: hse.org.uk
Unit 8, Fairseat Farm, Chew Stoke, Bristol, BS40 8XF
Education because people matter. Small Schools network

XII. GREEN ARTS & SPIRITUALITY

RESURGENCE MAGAZINE (01237) 441293 *Circle
W: resurgence.org.uk Ford Ho, Hartland, Bideford, N. Devon,
EX39 6EE. *Connecting you to a world of ecology, art & culture*

GREEN SPIRIT (0845) 223 5280 W: greenspirit.org.uk
137 Ham Park Road, Forest Gate, London, E7 9LE
Healing our relationship with the Earth

THE GANDHI FOUNDATION (01932) 343614
W: gandhifoundation.org Publish: *The Gandhi Way*
Promote gandhian non-violence and Peace Award.

[PTO]

III. GREEN POLITICS & BUSINESS

THE GREEN PARTY (0207) 272 4474 *Real Progress*
W: greenparty.org.uk 1a Waterlow Rd, London, N19 5NJ

WORLD FUTURE COUNCIL (0207) 863 8833 * Briefing
W: worldfuturecouncil.org Trafalgar Ho, 11 Waterloo Pla,
London, SW1Y 4AU *Long term thinking for today's world*

FORUM FOR THE FUTURE (0207) 324 3630 * Member
W: forumforthefuture.org.uk *Sustainable Business Solutions
and*

THE NATURAL STEP (0207) 324 3688 *Briefing
W: naturalstep.org.uk Overseas Ho, 19-23 Ironmonger
Row, London, EC1V 3QN *The Natural Step Framework:*

THE ENVIRONMENTAL LAW FOUNDATION * Award
(0207) 404 1030 W: elflaw.org Ste309,16 Baldwin Gdns,
Hatton Sq, London, EC1N 7RJ *Your voice for the environment*

GLOBAL COMMONS INSTITUTE (CGI) *Briefing
(0208) 520 4742 E: info@ W: www.gci.org.uk * Award
Contraction & Convergence: A global solution to a global problem

THE ECOLOGIST (0207) 351 3578 W: theecologist.org
18 Chelsea Wharf, 15 Lots Rd, London, SW10 0QJ * Award
Rethinking basic assumptions Monthly env..affairs magazine

FOURTH WORLD REVIEW (01793) 772214
W: 4thworld.co.uk PO Box 2410, Swindon, SN5 4XN
Promotes small institutions & the sovereignty of the human spirit

I. THE SCHUMACHER CIRCLE

A family of 12 organisations with a direct connection to
Fritz Schumacher consisting of: Centre for Alternative
Technology, Jeevika Trust, New Economics Foundation,
Practical Action, Resurgence Magazine, Soil Association
& Schumacher College elsewhere on these pages. **Plus...**

SCHUMACHER UK (0117) T/F: 903-1081 *Circle
E: admin@ W: www.schumacher.org.uk
CREATE Centre, Smeaton Rd, Bristol, BS1 6XN.
Promoting human scale sustainable development.

**SCHUMACHER INSTITUTE FOR SUSTAINABLE
SYSTEMS** (0117) T/F: 903-1080 Above address *Circle
E: admin@ W: www.schumacherinstitute.org.uk
Sustainable development think-tank and research unit.

SCHUMACHER SOCIETY BOOK SERVICE *Circle
(01985) T/F: 215679 W: www.greenspirit.org.uk/books
14 Beckford Close, Warminster, Wilts, BA12 9LW.
Can supply any book on ecological values. Sell private collections
- profits go to Schumacher UK & Green Spirit. Free catalogue.

GREEN BOOKS (01803) T: 863260 T/F: 863843.*Circle
greenbooks.co.uk Foxhole, Dartington, Totnes, TQ9 6EB.
Publish the Schumacher Briefings. Free catalogue available.

SCHUMACHER USA (The E.F.Schumacher Society)
+00 (413) 528 1737 - smallisbeautiful.org *Circle
Box 76, RD 140 Jug End Rd, Great Barrington, MA01230
Linking people, land and community by building local economy
Institutional members of Schumacher UK marked *Member
Organisation belonging to Schumacher Circle marked *Circle
Schumacher annual Award recipients marked *Award
Author organisations of a Schumacher Briefing *Briefing

VIII. GREEN MONEY & ETHICAL INVESTMENT

NEW ECONOMICS FOUNDATION *Circle *Briefing
(020 7) 820 T:6300 F:6301 E: info@ W: neweconomics.org
3 Jonathan St, London, SE11 5NH. inc. Jubilee Research
Economics as if people and the planet mattered

ECOLOGY BUILDING SOCIETY (0845) 674 5566
W: ecology.co.uk 7 Belton Rd, Silsdon, Keighley, W.Yorks,
BD20 0EE. Building a sustainable society *Member

TRIODOS BANK (0117) 973 9339 W: triodos.co.uk
Brunel House, 11 The Promenade, Bristol, BS8 3NN
Sustainable banking Europe's leading ethical bank *Member

RATHBONES GREENBANK INVESTMENTS (0117) T:
930 3000 F: 929 1939 W: www.rathbonesgreenbank.com
Prince House, Prince Street, Bristol, BS1 4PS *Member
Independent thinking Personal ethical investment portfolios.

JOHN SCOTT & PARTNERS (0117) 920 0200 *Member
W: jsandp.co.uk/sri.html. Clifton Heights, Triangle West,
Clifton, Bristol, BS8 1EJ *Socially responsible investing*
Ethical pensions, life insurance, etc

THE ETHICAL PROPERTY COMPANY PLC (0845) 458
3853 E: info@ W: ethicalproperty.co.uk *Award sponsor
9 Park End St, Oxford, OX1 1HH *Investing in social change*

GLOBAL & ETHICAL INVESTMENT ADVICE *Member
(0161) 434 4681 www.gaeia.co.uk Ethical financial planning

IV. ORGANIC FOOD & AGRICULTURE

SOIL ASSOCIATION (0117)T: 314 5000 F: 5001
E: info@ W:www.soilassociation.org *Circle
Bristol House, 40-56 Victoria Street, Bristol, BS1 6BY.
Promoting sustainable, organic farming and human health

GARDEN ORGANIC (HDRA) (02476) 303517 F: 639229
E: enquiry@hdra.org.uk W: gardenorganic.org.uk
Ryton Organic Gardens, Ryton on Dunsmore, Coventry,
CV8 3LG *The national charity for organic gardening*

THE PERMACULTURE ASSOCIATION / MAGAZINE
(01730) 823311 E: info@ W: www.permaculture.co.uk
The Sustainability Centre, East Meon, Hants, GU32 1HR
Solutions for Sustainable Living. Earth Repair Book catalogue.

V. COMPLEMENTARY MEDICINE

BRISTOL CANCER HELP CENTRE
(0845) 123 2310 (0117) 980 9500 * Award
E: info@ W:www.bristolcancerhelp.org
Grove House, Cornwallis Grove, Bristol, BS8 4BG
Large database on complementary therapies.

CADUCEUS MAGAZINE (01926) T: 451897
F: 885565 E: caduceus@ W: caduceus.info
38 Russell Terrace, Leamington Spa, CV31 1HE
Healing for people, community and planet.

NEALS YARD REMEDIES FOUNDATION *Briefing
(01747) T: 834600 F: 834601. (0207) 7940 1404
E: courses@ W:www.nealsyardremedies.com
Peacemars, Gillingham, Dorset, SP8 4EU.
Training young people to stay healthy.

IX. GREEN TRANSPORT & TOURISM

TRANSPORT 2000 (0207) 613 T: 0743 F: 5280
E: info@ W: www.transport2000.org.uk *Award
The Impact Centre, 12-18 Hoxton Street, London,
N1 6NG *The national environmental transport body.*

ENVIRONMENTAL TRANSPORT ASSOCIATION
(0845) 389 T: 1010 F: 1015 E: eta@ W: www.eta.co.uk
68 High St, Weybridge, KT13 8RS Rescue service
World's only climate neutral motoring organisation.

SUSTRANS (0845) 113 0065 E: info@
W: www.sustrans.org.uk National Cycle Network Centre
2 Cathedral Square, College Green, Bristol, BS1 5DD
UK's leading sustainable transport charity.

SUSTRACO Ltd (0208) T: 995-3000 F: 994-6060
Heron Ho, Chiswick Mall, London, W4 2PR *Award nominee
www.ultralightrail.com.Hybrid ultra light rail minitram

THE TRAVEL FOUNDATION (0117) 927 3049 *Award
W:thetravelfoundation.org.uk CREATE Centre, Smeaton
Rd, Bristol, BS1 6XN *Caring for places we love to visit*

ALASTAIR SAWDAY PUBLISHING LTD (01275)
T:395430 F: 393388 W:www.fragile-earth.com *Member
Old Farmyard, Yanley Lane, Long Ashton, Bristol, BS41
9LR *Special places to stay Publish Little Earth Book Series.*

VI. RENEWABLE & EFFICIENT ENERGY

CENTRE FOR ALTERNATIVE TECHNOLOGY, *Circle
(01654) T: 705950 F: 702782. E: info@ W:www.cat.org.uk
Machynlleth, Powys, SY20 9AZ. *Europe's leading Eco Centre.*
Open daily to the public all year. Courses & MSc programme.

CENTRE FOR SUSTAINABLE ENERGY (0117) 929 9950
W: cse.org.uk CREATE Centre, Smeaton Rd, Bristol,
BS1 6XN. *Promoting sustainable energy policy & practice*

RENEW (01908) 654638 W: eeru.open.ac.uk/natta *Award
EERU, The Open University, Milton Keynes, MK7 6AA.
Bimonthly newsletter on renewable energy development *Briefing

SOLARSENSE UK Ltd (01275) T: 394139 F: 392629
E: info@ W: www.solarsense-uk.com *Member
Amerycke Court, Long Ashton Business Park, Long Ashton,
Bristol, BS41 9LW. *Solar energy systems.*

VII. GREEN CONSTRUCTION

**ASSOCIATION OF ENVIRONMENT CONSCIOUS
BUILDING** (0845) 456 9773 E: graigoffice@ *Award
PO Box 32, Llandysul,, SA44 5ZA. W: www.aecb.net
The sustainable building association. .Pub: Building for a Future

BIOREGIONAL DEVELOPMENT GROUP (0208) 404
T:4881 F:4893 E: info@ W:www.bioregional.com. *Briefing
BedZed Centre, 24 Helios Rd, Wallington, Surrey,
SM6 7BZ. *Solutions for Sustainability*

GREEN REGISTER (0117) T: 377 3490 F: 922 4444
E: mail@ W: www.greenregister.org.uk CREATE Centre,
Smeaton Road, Bristol, BS1 6XN *Promotes sustainable
building practice in the construction industry*