

SCOOP



(ENVIRONMENT)

FIGHT CLIMATE CHANGE IN 24 HOURS

A new UN report warns that if we don't act *now* on climate change, the results will be "catastrophic". Here's how you can do your (easy) bit to combat global warming

Many of us will have uttered the words "climate change" while battling through the smog of Saharan dust that blanketed the UK earlier this month. But despite the increased pollution, the Intergovernmental Panel on Climate Change (IPCC) argues we're not taking the effects of climate change seriously, describing them as "severe, pervasive and irreversible" and warning we have only 10 years left to take action before it's too late. "Climate change will impact on many aspects of our society, with far-reaching consequences to human health, global food security and economic development," warns Ed Davey, the UK's energy and climate secretary.

However, introducing these small changes to our daily routine means we really can make a difference.

07.30:

HIT THE 'OFF' SWITCH

After your morning *BBC Breakfast* fix, turn the TV off at the mains. Also, unplug phone and laptop chargers. "Having gadgets on standby still uses energy," says Dr Lorraine Whitmarsh from the Tyndall Centre for Climate Change Research. Burning fossil fuels to produce household energy increases greenhouse gas emissions, so even unplugging your iPad has an impact. You won't only be helping the environment, but also your wallet. Standby use accounts for about 9% of the average UK electricity bill and switching off can save between £45-£80 a year.



08.30:

WALK, CAR-SHARE OR TAKE PUBLIC TRANSPORT TO WORK

"Transport is a big contributor to climate change. If you have to drive, use less fuel by driving smoothly – no rapid acceleration or hard braking," says Dr Whitmarsh. "Ideally though, use alternative ways of travelling, such as car-sharing, public transport, walking or cycling. And if you're in the market for a new car, why not consider a hybrid or electric vehicle." According to the AA, driving at 60mph uses 9% less fuel than at 70mph so easing your foot off the accelerator on the motorway will also help.



13.00:

GO VEGGIE TWICE A WEEK

"Livestock production causes high emissions of greenhouse gases that directly contribute to climate change," says Fatema Rajabali, researcher at the Institute of Development Studies. Globally, livestock produces 37% of the world's methane (which has 23 times more global warming potential than CO2). So eating less meat is good for the environment as well as your health. Also look into where your food items are produced – cheese has the third-highest carbon footprint after beef and lamb.

Check the footprint of your meals at foodcarbon.co.uk.



16.00:

SWAP TO AN ECO-CONSCIOUS BANK

Ever wondered what the banks do with your salary every month? Well, they invest it. And often, sadly, not all that ethically. There have been allegations of links between high street banks, the arms trade and questionable ecological projects. "Put your savings in banks that invest in sustainable energy rather than environmentally unfriendly fossil fuels," Alistair Harper, head of politics at Green Alliance, says. Consider Nationwide, which won't lend to companies who are known to have a dubious green ethos.



21.00:

SHOP ONLINE FOR ECO-FRIENDLY CLOTHES

Even though you might not initially think it, our choice of clothes can have a direct impact on CO2 emissions, says environmental journalist and broadcaster Lucy Siegle. "Conventional cotton is covered in oil-based pesticides, so for a lower climate change burden buy organic cotton grown without pesticide," she suggests. "Fabric produced on a hand loom as opposed to mechanised looms also saves one tonne of CO2 emissions per year – People Tree (peopletree.co.uk) often includes these fabrics in its collections."



(RADIO)

THE BEST THING ON RADIO JUST GOT BETTER

Clear your morning meetings and start stockpiling the Hobnobs because your mid-morning tea break is about to be the highlight of your day. From 10am Monday 28 April – and every day that week – Radio 4 will hand over the reins of *Woman's Hour* to five remarkable women to dissect subjects close to their hearts. JK Rowling, Dame Kelly Holmes and Naomi Alderman will each curate an episode while Doreen Lawrence – voted the show's number one 'game changer' – will reveal her inspirational figureheads. Winding up the week, Lauren Laverne will be joined by Caitlin Moran. "Cait has put feminism on the popular agenda," Laverne told *Stylist*. "As well as finding out what that means to her, I want to know what that means for women right now, and how popular feminism can change the world for the better, for everyone."

Woman's Hour Takeover starts at 10am on Monday 28 April on Radio 4. You can listen again at bbc.co.uk/radio4



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