



GREEN IMPACT FROM HOME



Picture by Adam Bows

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**All pictures in this document are courtesy of Adam Bows,
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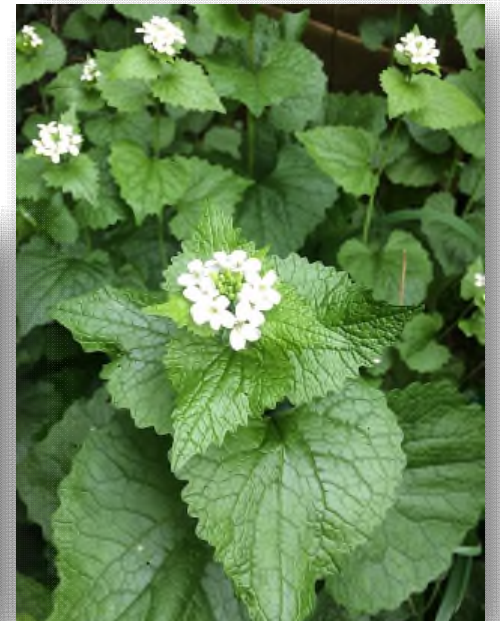
Working from home, travel restrictions, event cancellations, and reduced face-to-face interactions are changes we are all adjusting to.

Working from home can be isolating. Green Impact is an effective tool to bring people together on interesting, impactful, and creative projects.

Protecting your physical and mental health and wellbeing is a priority, and where actions suggest being outdoors and/or being active, you should consider your personal health and follow up-to-date government advice.

This list is designed to give you ideas and links to go through this time.

Feel free to add ideas and share links of your own.



Stay Connected

- By now you have experienced teleconferencing and video conferencing facilities. Consider initiating **online meetings** with your Green Impact team.
- Many planned events have transformed into a virtual event. It might offer you the opportunity to participate in events about environmental sustainability and other issues that are close to your heart. You might have more time and more accessibility (certainly for events abroad) to enjoy them.
- Think of having **your own event**, for your department, lab, Green Impact team or other forums. We will be happy to support you.
 - For example, you could organise a quiz using [Kahoot](#). Share the questions on your screen and let participants select the answers on their phones.



The Big Outdoors

- You might have more availability and motivation now to include that one hour of **exercise** into your daily routine.
- Now could be a good opportunity to **pick up cycling** if you were hesitant before. The reduced amount of traffic will allow you to gain experience in more relaxed conditions.
- If you consider purchasing your own bicycle, look at the University's [interest-free loan](#). Share it with other colleagues you think will be interested too.
- Be sure to [be safe and be seen](#).
- **Take a walk** outside when possible and **take a photo** of something on your route to share. If you are staying indoors you could [take a virtual wildflower walk at Wytham Woods](#) or a [virtual tour of a National Trust garden](#).

Helping the Local Environment

Being outdoors can include a wide range of activities in your backyard or further away (remember governmental guidelines). Here are some ideas:

- **Gardening.** Why not try growing your own food? Here is a link that can [help you get started](#)
- **Small, local clean-ups.** On one of your walks you can do a litter pick. It could be the side of a rural road or field. Make sure to protect yourself while doing so.
- Be a part of the world's largest **citizen science** effort - [Earth Challenge 2020](#) lets you join others all over the world to gather important scientific data about the state of the environment. At the moment you can take measurements about air quality and plastic pollution, but more topics are on the way.
- **Watching wildlife.** Now could be a good time to monitor and identify wildlife around you. Learn and enjoy the flowers, insects and birds in your immediate area.



Adopt more Sustainable Practices

- Change your preference to **electronic bank statements**, utility bills and receipts.
- Put a 'no junk mail' sign on your door
- Make sure your home has adequate insulation, **energy-saving** equipment*, and use a programmable thermostat for more efficient heating and cooling.
- Bleed your radiators to improve their efficiency*.
- Make sure you use **water saving valves** and other equipment.*

*Most utility companies offer the relevant information and guidance on their websites.

Adopt more Sustainable Practices

- **Shop locally** and support small businesses. Oxford city council keeps a [list of local businesses that operate on-line](#).
- Use solar energy chargers for your phones and tablets
- Use **rechargeable batteries**
- Start composting! Find out how in this [RHS composting guide](#)
- Make your own **homemade cleaners** that are kinder to the environment – all you need is vinegar and baking powder!
- **Upcycle** – there are endless ideas for those who are more crafty (but not just) how to upcycle from glass jars to clothes and even old furniture. Why not give it a try?

Kitchen Experiments

- Try **new recipes**. Vegetarian, vegan, seasonal, healthier.
- Check out [Bitten Oxford](#) for a list of local Oxford food & drink deliveries, takeaways & recipe inspirations
- Many website offer a variety of alternative ideas and recipes for dinners following the principles you would like to adopt.
- Feeling ambitious? Try [Challenge 22](#) for 22 days of **vegan experience**.
- Prevent **food waste**. Learn skills and adopts habits and will help you reduce food waste in your kitchen. Try this link for a start <https://www.lovefoodhatewaste.com/>
- Use [Olio](#) to **share surplus food** (and other items) locally



Declutter

- That **spring clean** is waiting for you...
- Arrange all the items you don't need to be donated to **charity** or passed on to friends and neighbours.
- While you collect all these items that you don't need, remember to make a mental note of it – it might help you avoid unnecessary shopping in the future.
- Use [Olio](#) to **share surplus food** (and other items) locally



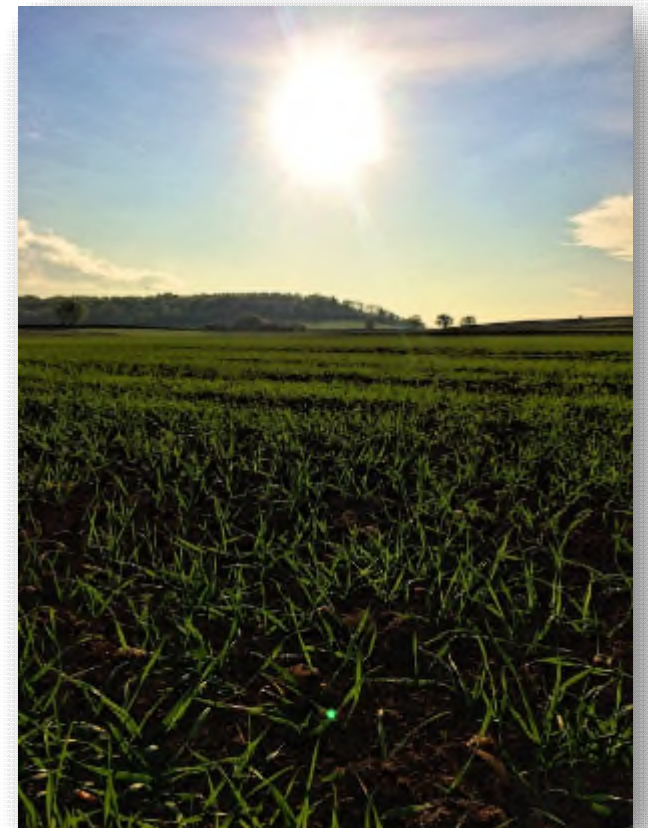
Community

- **Food banks**, as well as other banks such as baby banks, are in particular need right now. Donate some items or money to [Oxford food bank](#). If you have some time to offer, they may be in need of extra volunteer support.
- Take part in a **charity/engagement activity**. Reach out to support your neighbours or use social media to find local groups supporting vulnerable community members. For example, join your [local COVID-19 Mutual Aid UK group](#).
- **Oxford Hub** is leading the [Oxford Together](#) campaign, assisting people to connect to their immediate community, receive and offer help.



More to do...

- Calculate your **environmental footprint** with [WWF's carbon footprint calculator](#). Share your result with your team or organise everyone to do it at the same time over a video call.
- Interesting podcasts:
 - [Outrage and Optimism](#) - very accessible and a great one for keeping up to date with climate policy and the global movement.
 - [The Sustainability Agenda](#) with Fergal Byrne (he has had some amazing guests from the world of sustainability such as Naomi Klien, Jonathan Foley, Paul Hawkins, Caroline Lucas, Rob Hopkins, Kate Raworth, Tim Jackson)
 - [Ways to Change the World](#) with Krishnan Guru-Murthy - not always linked explicitly to sustainability but does have some great ideas on how to change the way we think, act and live



Don't forget to share your ideas and resources with us and to invite others to join this conversation.

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