

Middlesbrough's One Planet Living COMMUNITY FRAMEWORK

Introduction

This One Planet Living Community Framework will help organisations and individuals contribute to a better, more sustainable future for the town. One Planet Living is about helping people live full and satisfying lives, whilst recognising that the resources we have available to us are limited. Being more efficient in our use of resources will also help to save money.

There are limits to the amount of resources our natural environment can provide, and some can never be replaced. We are using many of these resources so quickly that they are becoming scarce and more and more expensive.

The One Planet Living programme is a way of bringing our consumption down to our fair share of global resources whilst continuing to maintain and improve people's wellbeing. At the moment we are using about three times our fair share of resources, so there is a long way to go.

In Middlesbrough we can use the One Planet Living approach to help ensure that what we do to improve the lives of local residents brings sustained benefits. In times of austerity it is especially important to use resources efficiently and effectively so that we can save money, both individually and as a community. A more sustainable economy will help to keep money within the town, help create jobs, and build a healthy, prosperous future for Middlesbrough.

Building on the One Planet Living Action Plan produced by Middlesbrough Council, the Community Framework will help all sectors of the community contribute to improving the wellbeing of

Middlesbrough's residents through living sustainable lifestyles.

The One Planet Living approach uses 10 sustainability principles to explore and explain what has to be achieved for a community to reap the benefits of operating at One Planet levels. These 10 principles are: Zero Carbon, Zero Waste, Sustainable Transport, Sustainable Materials, Local and Sustainable Food, Sustainable Water, Land Use and Wildlife, Culture and Community, Equity and Local Economy, and Health and Happiness. The One Planet Middlesbrough programme also includes an additional, overarching, theme of Adaptation to Climate Change, to address the effects of climate change that is already happening.

All sorts of initiatives designed to benefit the local community can easily contribute to meeting the One Planet Living principles. For example, encouraging people to walk or cycle, instead of always using their car, reduces fuel consumption and emissions of pollutants, improves people's health and happiness, and benefits people across the town in an equitable way. Local delivery of national initiatives tackling fuel poverty and increasing energy efficiency in our homes, such as the Green Deal and the Energy Company Obligation (ECO), will help address health inequalities, and ensure everyone has a warm and healthy home, as well as reducing our greenhouse gas emissions.

Becoming a truly 'One Planet' town is a challenging vision. By knowing where we want to go, understanding what's already being done, and identifying the gaps that have to be filled, we will be able to progress to a future where people's wellbeing can be sustained.

This document shows how actions in Middlesbrough are already contributing to the 10 One Planet Living sustainability principles and the overall vision. Some of the outputs and outcomes of these actions are identified, and examples of key areas where more needs to be done are listed. It is hoped that hearing about actions that are already underway, and thinking about how the One Planet Living visions for the 10 principles could be achieved, will inspire individuals and organisations to contribute themselves. The tips and advice at the end of the document will help us all ensure Middlesbrough residents have a better future by taking up the opportunity to live one planet lifestyles.

A significant contribution to delivering more effective economic, environmental and social changes in Middlesbrough is the One Planet Middlesbrough Creating Sustainable Communities programme.

This new initiative led by Middlesbrough Environment City focusses primarily on six of the One Planet Living principles: Zero Carbon; Zero Waste; Sustainable Transport; Local and Sustainable Food; Sustainable Water and Adaptation to Climate Change. With this focus the One Planet Middlesbrough Team along with a number of partner organisations will work with residents, businesses and organisations on numerous activities and thus help contribute to the broader One Planet Living vision that will make a difference to the whole of the community of Middlesbrough.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

ZERO CARBON IN BUILDINGS

Enabling access to energy, making buildings more energy efficient and delivering all energy with renewable technologies.



STRATEGY

Middlesbrough's One Planet Living Action Plan

Middlesbrough's Climate Change Community Action Plan

Affordable Warmth Strategy

Middlesbrough's Sustainable Energy Action Plan

Fabrick Housing Group Green Agenda Sustainability Action Plan

Groundwork Environmental Policy

EXAMPLE ACTIONS

- Continue to deliver energy efficiency programmes including awareness raising and investment in renewables for all Council Services reducing the financial burden and carbon footprint.
- Encourage good practice and environmental design in developments throughout the town.
- Increase the number of households benefiting from installing micro renewables such as solar panels.
- Promote measures that help residents save energy in their homes.
- Encourage organisations to adopt aspirational carbon reduction targets.
- Work to improve the energy efficiency of Middlesbrough's housing stock and monitor fuel poverty throughout the town.
- Engage with private landlords, social housing providers to support the installation of more energy efficiency measures and renewables for residents.
- Provide easily accessible energy efficiency advice to the public to help achieve affordable warmth, and promote Green Deal and the Energy Companies' Obligation (ECO).
- Insulate 50% of remaining unfilled cavity walls and uninsulated lofts throughout the town by 2020.
- Insulate 20% of all remaining solid walled properties, particularly in wards susceptible to fuel poverty, by 2020.
- Secure external funding to help with the cost of improving the energy efficiency of our housing stock.
- Provide residents with help and information to reduce their energy bills.
- Help businesses reduce resource consumption and lower spend on energy via recommendations in business audits through the Greening Businesses project.
- Help people to understand how to reduce energy bills via accessing current schemes, control household appliances and be more resource efficient through Green Communities Events project.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Supporting residents to save energy – and money;
- Increasing the amount of renewable energy generated in the town;
- Promoting the efficient use of energy throughout the town.

The following indicators will help us track progress:

- The number of loft and solid wall insulation installations;
- Carbon dioxide emissions for the whole of Middlesbrough;
- Number of households with satisfactory energy ratings.

We will also need to consider:

- How to minimise the carbon emissions from the generation of electricity provided to Middlesbrough; through the national grid
- The role of Green Deal and the Energy Companies Obligation in achieving the targets and reducing fuel poverty.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

ZERO WASTE

Reducing waste, reusing where possible, creating products and employment through recycling and ultimately sending zero waste to landfill.



STRATEGY

Middlesbrough's One Planet Living Action Plan

Tees Valley Joint Waste Management Strategy

One Planet Living Education Group

EXAMPLE ACTIONS

- Deliver education programmes to improve performance on waste minimisation and promote sustainability.
- Ensure the required infrastructure is provided for Middlesbrough organisations to move towards zero waste by 2025.
- Put measures in place to reclaim, recycle and compost at least 70% of domestic waste by 2024/25.
- Increase awareness throughout the community to keep waste to a minimum.
- Provide additional waste treatment facilities to reduce the amount of waste going to landfill.
- Continue using the Energy from Waste (EFW) plant to generate electricity from waste.
- Deliver educational awareness regarding recycling and waste reduction to schools.
- Support schools aiming to achieve Eco Schools accreditation.
- Raise awareness to encourage householders to help reduce the amount of waste being sent to landfill.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Increasing understanding about the importance of good waste management;
- Raising awareness about how we can all contribute to reducing waste;
- Providing efficient and effective waste management.

The following indicators will help us track progress:

- The weight of domestic waste generated per household;
- The proportion of domestic waste that is reclaimed, recycled or composted;
- The proportion of domestic waste sent to landfill.

We will also need to consider:

- Increasing the reuse of materials and products, for example through charity shops;
- The requirements of the Government's new waste management strategy.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

SUSTAINABLE TRANSPORT

Encouraging low carbon modes of transport and public transport, reducing the need to travel, ensuring a good range of local facilities within walking and cycling distance.



STRATEGY

Middlesbrough's One Planet Living Action Plan

Middlesbrough's Local Transport Plan 3

Middlesbrough's Cycling Strategy

Joint Strategic Needs Assessment (JSNA)

EXAMPLE ACTIONS

- Reduce Council officers' need to travel by car, setting a good example.
- Encourage and enable Middlesbrough residents to travel sustainably and safely.
- Encourage the use of low and zero emission vehicles, for example, by installing electric car charging points across Middlesbrough.
- Promote less use of private cars, and more use of public transport and walking and cycling.
- Work with bus operators to reduce carbon emissions from buses.
- Make transport systems more sustainable and accessible, with improved information, customer advice, and interchange.
- Improve the network of local cycleways and signed on-road cycle routes.
- Encourage cycling as a part of journeys that also include the use of public transport.
- Promote cycling through projects and local initiatives such as Middlesbrough Cycle Centre and the Bike Academy.
- Continue to support interventions that increase the number of cyclists.
- Through the Shopmobility service, provide a comprehensive mobility support service to help residents access services in their local community.
- Develop a partnership to provide training on Independent Travel across Middlesbrough and reduce barriers to residents travelling sustainably.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Promoting walking and cycling;
- Promoting low and zero emission vehicles;
- Improving the sustainability and accessibility of transport facilities.

The following indicators will help us track progress:

- The number of cycling trips;
- Patronage of public transport;
- The number of low and zero emission vehicles.

We will also need to consider:

- How the need for travel can be reduced;
- How in the long-term community needs and wishes can influence transport infrastructure and facilities;
- Preparing a detailed pathway for achieving OPL greenhouse gas emission reduction targets through increasing sustainable transport.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

SUSTAINABLE MATERIALS

Using sustainable and healthy products, such as those with low embodied energy, sourced locally, made from renewable or waste resources.



STRATEGY

Middlesbrough's One Planet Living Action Plan

EXAMPLE ACTIONS

- Work with other Tees Valley authorities to identify possible local suppliers.
- Provide information and advice to Middlesbrough residents on sustainability criteria for purchasing decisions.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Having strategies in place to enable households and businesses to reduce consumption and choose low impact goods;
- Raising organisations' awareness of One Planet principles in relation to procurement.

The following indicators will help us track progress:

- Number of Middlesbrough organisations adopting sustainable procurement criteria;
- Provision of services facilitating reuse and sharing of goods.

We will also need to consider:

- Developing business opportunities linked to reuse and up-cycling of materials.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

LOCAL AND SUSTAINABLE FOOD

Sustainable and humane agriculture and farming, access to nutritious low impact, local, seasonal and organic diets and reducing food waste.



STRATEGY

Middlesbrough's One Planet Living Action Plan

Food Sustainability Action Plan

Joint Strategic Needs Assessment (JSNA)

Fabrick Housing Group Green Agenda Sustainability Action Plan

Groundwork NE Environmental Policy

EXAMPLE ACTIONS

- Help local people grow their own food, by supporting an Urban Farming Programme in Middlesbrough.

- Encourage local residents to eat healthily, by promoting Food4Health community initiatives such as healthy cookery courses.

- Run a variety of activities to raise awareness of the benefits of Fairtrade products and to encourage Middlesbrough residents to buy them.

- Help people to grow their own food by making as much growing space available as possible on existing allotment sites across the town.

- Provide information and advice about using seasonal produce and reducing waste, for example in schools, public sector organisations, businesses, restaurants.

- Develop food cooperatives to make sure everyone has access to good quality, affordable, fresh fruit and vegetables.

- Improve nutrition across the whole town, and raise awareness of healthy diets and the need for healthy affordable produce.

- Help all young children have a healthy start in life, by improving nutritional standards and preventing malnutrition through education with parents.

- Work to reduce childhood and adult obesity levels through nutritional advice interventions.

- Develop area for residents to grow fruit and vegetables.

- Encourage residents in shared/multi occupancy buildings to develop communal gardens.

- Provide residents with information on local and sustainable food and how to reduce food waste.

- Deliver a programme of cookery classes to pass on fundamental skills.

- Support (selected) schools through Street Eats Project to develop nursery plots where they can grow from seed and share seedlings with the local community.

- Provide free start up growing kits suitable for yards and small spaces to targeted areas.

- Provide training to teach and enable people to grow their own food in targeted areas.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Raising awareness about the benefits of healthy diets;
- Providing information to local residents about ways of producing and obtaining healthy foods;
- Increasing the capacity for producing seasonal and organic food within Middlesbrough.

The following indicators will help us track progress:

- The ecological footprint of food consumed within Middlesbrough;
- Retaining Fairtrade Town status;
- The number of healthy cooking sessions delivered through the Grow It, Cook It, Share It programme and Food4Health.

We will also need to consider:

- How we help residents make choices that reduce the global impacts of food purchases.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

SUSTAINABLE WATER

Access to safe drinking water and sanitation. Using water more efficiently in farming, buildings and in the products we buy. Designing to avoid local flooding and water course pollution.



STRATEGY

Middlesbrough's One Planet Living Action Plan

Northumbrian Water Company Strategy, North East Version

Middlesbrough's Surface Water Management Plan

Fabrick Housing Group Green Agenda Sustainability Action Plan

EXAMPLE ACTIONS

- Introduce affordable local flood protection schemes, including Sustainable Drainage Schemes (SuDS).

- Improve beck valleys, through community based projects.

- Through conservation measures, reduce Middlesbrough's water consumption year on year.

- Install meters in all new properties and actively promote meters to existing customers to reduce wastage of water.

- Actively engage with Middlesbrough residents to promote water efficiency.

- By 2015, reduce water pollution, and invest to reduce water wastage.

- Reduce the risk of flooding in Middlesbrough by increasing water storage capacity.

- Reduce the potential for increased risk of flooding in new, and existing, development.

- Manage surface water as effectively as possible.

- Assist residents to reduce water consumption by providing water saving devices and by retrofitting kitchens and bathrooms with more efficient devices.

- Provide residents with information on what they can do to save water, communicate availability of water butts and work with Northumbrian Water to deliver advice.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Increasing understanding about the importance of using water efficiently;
- Raising awareness about measures to reduce water consumption;
- Providing efficient management of healthy watercourses.

The following indicators will help us track progress:

- Annual water consumption levels for Middlesbrough;
- The proportion of at risk properties protected from flooding;
- The number of watercourses fully protected from pollution.

We will also need to consider:

- Ways of minimising the embodied water in products consumed in Middlesbrough;
- Taking full account of the impacts of climate change and making appropriate adaptations.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

LAND USE AND WILDLIFE

Protecting and restoring existing biodiversity and natural habitats through appropriate land use and integration into the built environment.



STRATEGY

Middlesbrough's One Planet Living Action Plan

One Planet Living Education Group

Tees Valley Nature Partnership

Groundwork NE Environmental Policy

EXAMPLE ACTIONS

- Set up new Friends Groups and a voluntary ranger team to engage local people in helping to care for Middlesbrough's natural environment.
- Revitalise becks, creating a network of high quality open spaces.
- Organise a variety of events and activities relating to the natural environment, at various venues throughout the town.
- Work with schools to develop children's awareness of the importance of biodiversity.
- Encourage schools, children and parents to make greater use of parks and green space areas.
- Encourage partners such as Tees Valley Wildlife Trust, RSPB and MEC to work together to deliver a diverse educational package.
- Help Friends Groups to do more to improve Middlesbrough's open spaces.
- Prepare a plan for the Nature Partnership to do the best it can to improve Middlesbrough's natural environment.
- Provide information about wildlife and open spaces in Middlesbrough online, so that everyone can have access to it.
- Help organisations develop green space strategies.
- Increase constructive use of green spaces in Middlesbrough.
- Reduce maintenance costs of green spaces through different approaches, with pilots taking place in Thorntree and Grove Hill enhancing Middlesbrough's natural environment.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Raising awareness of biodiversity and landscape issues;
- Engaging local communities in using and looking after natural resources;
- Developing a coherent strategy for protecting and enhancing open spaces.

The following indicators will help us track progress:

- Community participation in Boro Becks Project events;
- The number of educational activities related to the natural environment.

We will also need to consider:

- Using techniques such as social media to encourage people to engage in wildlife related activities.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

CULTURE AND COMMUNITY

Respecting and reviving local identity, wisdom and culture; Access to education for all; valuing and encouraging the involvement of the community in shaping their community and their lives.



STRATEGY

Middlesbrough's One Planet Living Action Plan

Joint Strategic Needs Assessment (JSNA)

Fabrick Housing Groups Green Agenda Sustainability Action Plan

EXAMPLE ACTIONS

- Continue to deliver and promote major cultural events such as the MELA, the Town Meal, and Local History Month.

- Use environment friendly ways of communicating, such as websites and social media rather than leaflets, to promote events in the town.

- Find ways of organising transport systems so that they increase interaction between local communities.

- Improve understanding of how a child's home environment affects their chances of taking full advantage of their schooling.

- Supporting local community schemes, setting targets to contribute time and/or financial assistance to community schemes to:
 - Encourage environmental awareness in school children and young adults;
 - Assisting with funding for local sustainability projects;
 - Encouraging pride in local heritage.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Increase residents' understanding of sustainable approaches to improving quality of life;
- Enhancing the provision of mechanisms for strengthening local communities;
- Help ensure residents live in a safe environment.

The following indicators will help us track progress:

- The number of residents accessing cultural venues and events;
- The perceived impact of cultural activities on progress towards one planet lifestyles;
- Reduction in anti-social behaviour.

We will also need to consider:

- How to achieve behaviour change that will lead to the development of a town-wide one planet culture;
- The importance of ensuring residents feel secure and safe, for example through an Anti-social Behaviour Strategy.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

EQUITY AND LOCAL ECONOMY

Creating strong, diverse local economies that meet peoples' needs and support fair employment and international fair trade.



STRATEGY

Middlesbrough's One Planet Living Action Plan

Joint Strategic Needs Assessment (JSNA)

Regeneration Development Plan Document

Middlesbrough Housing Strategy

EXAMPLE ACTIONS

- Take action to bring together people from different backgrounds.
- Through the Middlesbrough Fairtrade Group, raise awareness of the benefits of Fairtrade products and encourage residents to buy them.
- Strengthen opportunities to have a flourishing green economy, with improved environmental performance.
- Reduce the number of young people Not in Education, Employment or Training through supporting those with learning disabilities.
- Introduce more interventions to increase adult and health literacy in the more deprived wards in Middlesbrough.
- Help people receiving care support, housing related support, and personalised budgets to maintain their independence.
- Help ensure new developments are designed to be as sustainable as possible.
- Redevelop the Gresham/Jewel Streets area of central Middlesbrough.
- Provide as much affordable housing as possible, where it is most needed.
- Work with housing providers to deliver well designed and energy efficient housing.
- Commission a study on the future supply of student accommodation.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Making local communities more inclusive;
- Increasing the resilience and sustainability of the local economy;
- Supporting fair employment.

The following indicators will help us track progress:

- Children's educational attainment, disaggregated by ethnicity and gender;
- The number of dwellings in low demand;
- Commercial occupancy levels.

We will also need to consider:

- The impacts of the local economy on the other One Planet principles;
- How to sustain the local economy in the context of the national and international economic climate;
- Ways to fully incorporate fair trade principles into the local economy.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

HEALTH AND HAPPINESS

Promote good health and well being through access to healthcare. Encourage active, sociable, meaningful lives to promote good health and well being.



STRATEGY

Middlesbrough's One Planet Living Action Plan

Joint Strategic Needs Assessment (JSNA)

Active Middlesbrough Strategy 2008 - 2020

EXAMPLE ACTIONS

- Continue to maximise the impact of the London 2012 Games to ensure a legacy of physically active children and adults for example Active Gym.
- Encourage more people to engage in physical exercise utilising existing facilities and activities such as weekly park runs and the annual 10k run.
- Develop ways of measuring the improvement in people's health and well-being as a result of engaging in physical activity.
- Reduce levels of childhood and adult obesity to the national average, eg by increasing opportunities for high quality physical activity for vulnerable groups and older people.
- Promote awareness of and increase interventions for those suffering from mental health related issues.
- Reduce the binge-drinking culture, and help families most affected by alcohol related local crime and anti-social behaviour.
- Implement a marketing strategy to raise awareness of the benefits of sport.
- Provide a support network for local clubs and activity providers.
- Establish formal agreements for the community to use education sites, working in partnership with schools sports partnerships.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Improving understanding of how best to help people improve their health and happiness;
- Providing attractive opportunities for residents to engage in healthy physical activity;
- Delivering services addressing ill-health.

The following indicators will help us track progress:

- The number of people undertaking regular physical activity;
- Obesity among primary school children in Year Six;
- Reduction in years of potential life lost.

We will also need to consider:

- How services are delivered within a fair share of resources.



Middlesbrough's One Planet Living Community Framework

ONE PLANET LIVING PRINCIPLE

ADAPTATION TO CLIMATE CHANGE

Assessing and addressing Middlesbrough's vulnerability to current and future climate change, including consideration of risks to public health, increasing flooding, greater potential damage to buildings, and increasing numbers of some pest species.



STRATEGY

Middlesbrough's One Planet Living Action Plan

Middlesbrough's Climate Change Community Action Plan

EXAMPLE ACTIONS

- All developments in areas vulnerable to flooding to submit a flood risk assessment as part of the planning application process.
- The Health Protection Agency to co-ordinate record keeping for notifiable infectious diseases.
- Maintain the Heat Health Watch scheme, with all service providers aware of heatwave advice.
- Reduce the risk and impact of flooding in Middlesbrough.
- Design buildings, drainage, infrastructure, and open spaces to cope with adverse weather.
- Educate present and future generations about the benefits of local action on climate change.

OUTPUTS AND OUTCOMES

These actions will help contribute to the OPL Vision by:

- Increasing understanding about the anticipated impacts of climate change;
- Raising awareness about measures in place to help residents cope with these impacts;
- Strengthening procedures for addressing impacts of climate change.

The following indicators will help us track progress:

- Continued monitoring of climate change adaptation risks as part of Middlesbrough Council's corporate performance management system.

We will also need to consider:

- The Government's Climate Ready programme working with partners such as the Environment Agency;
- Making communities aware of the risks of climate change, and of impacts such as extreme weather conditions.



Middlesbrough's One Planet Living COMMUNITY FRAMEWORK

Conclusion

There is already a lot of work going on in Middlesbrough to help improve residents' lives and to protect the local environment. The One Planet Living model is a way of understanding how much more is needed if we are to make the most of the resources we have and to sustain improvements in the long-term. By thinking about the One Planet principles we can identify ways of contributing to the vision of a better future for the town.

This initial community framework document highlights some actions that are already underway, and suggests some areas we still need to address. To benefit the whole community, and future generations as well as the present, we need all sections of society to participate. Public bodies, businesses, and voluntary and community groups all have important roles to play, but we will make most progress of everyone as an individual understands what the One Planet principles mean for them and applies them.

For example, whether we are a householder, an employee, or are running a business, we can benefit financially if we use energy efficiently and reduce our carbon footprint. We

can help to make our town a better place to live and work if we do our bit to look after the natural environment and improve our local neighbourhood. By working together we can make Middlesbrough somewhere we are especially proud of, with a culture of cooperation and neighbourliness, and an ambition for a safe, prosperous and happy future.

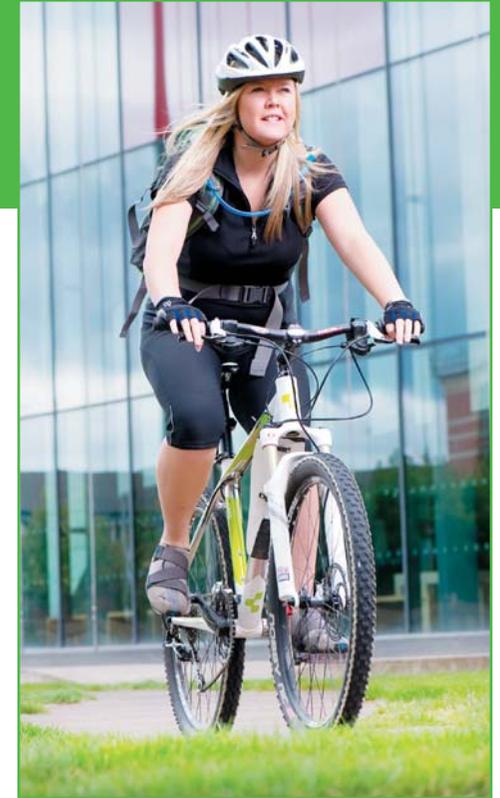
This is what the One Planet Living vision is all about – people living satisfying and secure lives without wasting the resources we need to sustain a good level of well-being for future generations.

Middlesbrough's One Planet Living Community Framework is being developed and co-ordinated by Middlesbrough Environment City – MEC. Middlesbrough Council and Fabrick have already adopted the One Planet Living approach, and as more and more organisations, groups, and individuals start using the One Planet Living framework, its advantages will spread throughout the community, so that everyone benefits. This shared document will mean that we will be able to see where great progress is being made, where more needs to be done, and how people can best co-operate to achieve

our common goals. The process to achieve this aim is not complicated; if we all agree we want to work together towards the vision of a more sustainable, brighter, and prosperous future, we can each easily contribute in our own way.

There is a lot we can all do straightaway to move us closer to Middlesbrough's One Planet Living vision. The following list of tips provides a few ideas to start us off. Much more information is available through MEC's website: <http://www.menvcity.org.uk/> the One Planet Living pages on Middlesbrough Council's website: <http://www.middlesbrough.gov.uk/oneplanetliving>

and from BioRegional – the organisation co-ordinating One Planet Living programmes in the UK and across the world - <http://www.bioregional.com/>



Middlesbrough's One Planet Living COMMUNITY FRAMEWORK

Tips for helping achieve Middlesbrough's One Planet Living vision

Zero Carbon

- Insulate and draught-proof your home
- Turn off lights and equipment when they are not needed
- Do not fill the kettle – boil just the water you need

Zero Waste

- Reduce your waste as much as you can
- Re-use and recycle the rest
- Minimise food waste and compost where possible

Sustainable Transport

- Make short journeys by walking or cycling
- Use public transport for longer journeys, where possible
- When a car is essential, share if possible, and drive economically

Sustainable Materials

- Check whether the goods you buy have been produced sustainably
- Choose goods produced from local sources where possible
- Look after durable products carefully, so you do not have to replace them so quickly

Local and Sustainable Food

- Buy locally produced, seasonal food whenever possible
- Grow vegetables, herbs, and fruit yourself, in containers, in your garden, or on an allotment
- Cut down on the amount of meat you eat

Sustainable Water

- Take short showers rather than a bath
- Use the washing machine only for full loads
- Make sure you are adequately protected against flooding

Land Use and Wildlife

- Help look after local wildlife, for example with bird feeders
- Support schemes to improve and protect local wildlife habitats
- Learn more about wildlife and landscape, for example from the Tees Valley Wildlife Trust

Culture and Community

- Take part in more local community activities
- Help run a local community group
- Learn more about local heritage and culture

Equity and Local Economy

- Support the local economy by buying locally sourced products and services
- Support local groups helping disadvantaged and vulnerable people
- Help ensure that children benefit as much as possible from educational and leisure opportunities

Health and Happiness

- Make use of local leisure and health facilities
- Eat a nutritious, balanced diet
- Get plenty of physical exercise and fresh air

