

What is my digital carbon footprint?

It's understandable to feel powerless with the climate crisis on our doorstep and especially with what is unfolding before our eyes across the pond. But there are meaningful actions we can all take to make a difference and help keep our eco-anxiety in check. Joining or supporting a local environment group, signing petitions or emailing your MP, all help to grow the movement and build grassroots power needed to secure national and global change.

We can also make changes as individuals such as rewilding gardens, planting pollinator-friendly plants, switching to a green bank that invests in renewables, cutting down on meat and dairy, reducing flights and shopping for pre-loved items.

One area that is completely in your control is reducing your digital carbon footprint. On average, technology, including items like TVs, computers, and gaming consoles, contributes around 6% to a



household's monthly electricity bill, which could be reduced if you took action.

Come along to the next Fairer World Lindfield's Green UP! Event – 'How can I reduce my digital footprint?' at The Stand Up, Tuesday 11th March, starting at 7pm, to learn all about what a digital carbon footprint is and easy tips and tricks on how you can reduce it!

Therapy with Ania

Warm Manner

Safe Environment

Evidenced Therapies

Long NHS Experience



Lindfield High St, at Abbott's Pharmacy

Call Ania on 01444 617 226

Or visit www.talkforchange.co.uk

the LINDFIELD KITCHEN

LOCAL, BESPOKE CATERING,
FOR ALL OCCASIONS.

LINDFIELDKITCHEN.CO.UK
07799 130489



You can now buy 1/8 page ads

This size

From just £40+VAT per month
Book yours with Sophie
(ads@kipperlife.com)

LindfieldLife