

SIMON REEVE

The TV explorer shares his
post-Covid travel fantasies

LUCY SIEGLE

Simple stylish steps to slow
the pace of fast fashion

BEN FOGLE

Planting trees, electric cars,
fewer flights and no plastic

ATTENBOROUGH

A new film to guide us
towards a greener future

ECO₂



Celebrating
sustainability
for a greener world

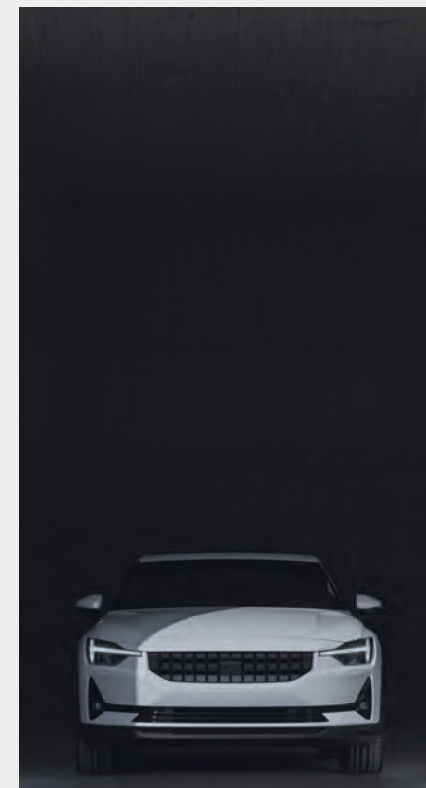
Autumn 2020
ISSUE ONE

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Goodbye combustion engine

You started off loudly, with a roar, scaring the bejesus out of everyone. And even though people were scared, you were so special. People took care of you as if you were their own child with that newborn smell, making people go crazy. Some even euphoric. You were a bit slow at first, but naturally, you caught up. You carried presidents, rushed pregnant women to hospitals and starred in films. There have been songs written about you, and rightly so. You have outrun sprinters, horses and even cheetahs. Travelled both in air and at sea, through thick snow and desert storms. You also mowed a few lawns. You connected people from all over the world, across towns and neighbourhoods. And people connected to you too. It seems like almost everyone has their own personal story about you. Some even got you as a tattoo. But sometimes the old needs to make way for the new, and you must be exhausted. So, cheers to you. You who kept going for a solid 161 years; a legacy louder than a thousand engines. Now, let's all have a moment of silence.



Polestar2

polestar.com

Thank you #LitterHeroes!

Tens of thousands of you
joined us to clear litter
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and beaches.

The Great British Spring Clean will be back
bigger and better than ever in June 2021.
In the meantime litter unfortunately doesn't go away.

Please donate now to support our ongoing fight for a better
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WELCOME TO THE NEW WORLD

'We're at a unique stage in our history: never before have we had such an awareness of what we are doing to the planet, and never before have we had the power to do something about it' **Sir David Attenborough**

THIS MAGAZINE IS dedicated to informing and inspiring readers about great ways to be greener. Each issue will highlight the most important environmental issues at stake, reveal the latest eco-friendly designs and innovations, and profile the inspirational movers and shakers who are pushing the boundaries on climate change.

We have worked hard to minimise waste, pollution and energy throughout the magazine production. The paper is 100 percent recycled and the glue has been selected to be water-based and solvent-free so everything is fully recyclable.

Finally, we have offset any remaining emissions through a gold standard scheme that plants trees.

SENSIBLE SOLUTIONS FOR A GREENER FUTURE

ECO₂

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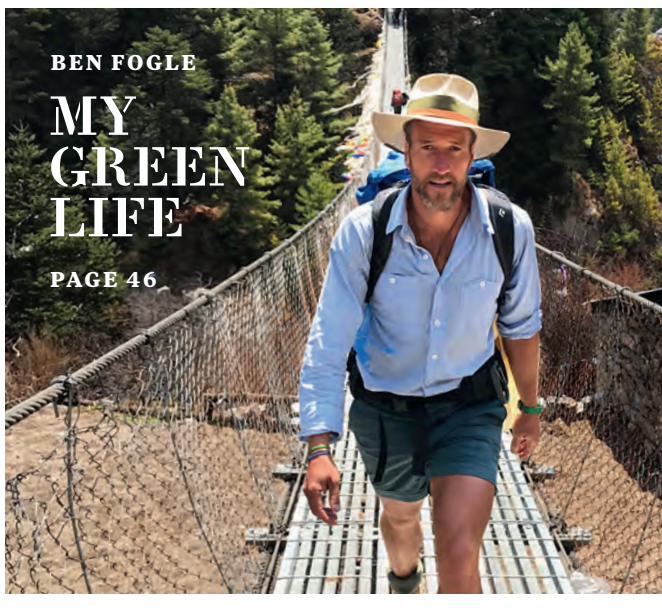
Despite all the complexities modern life is throwing at us we cannot stop being concerned about melting ice caps and sea life strangled by fishing nets or poisoned by plastic – and we want to know what we can do to help.

I have worked on the Daily Mail’s award-winning Turn the Tide on Plastic and Great British Spring Clean campaigns, and I am convinced awareness is key but it is all too easy to feel overwhelmed and helpless.

What we need are great ideas and clever solutions. So, we have created this magazine with a mission to sift the important eco issues from the green-washing, and to offer sensible solutions without hectoring, restriction or constraint.

Instead, ECO₂ offers a celebration of the most aspirational and desirable ways to protect and sustain our precious planet in a magazine that will improve your green credentials and enhance your life, without cramping your sense of sophistication or style.

Louise Atkinson
EDITOR

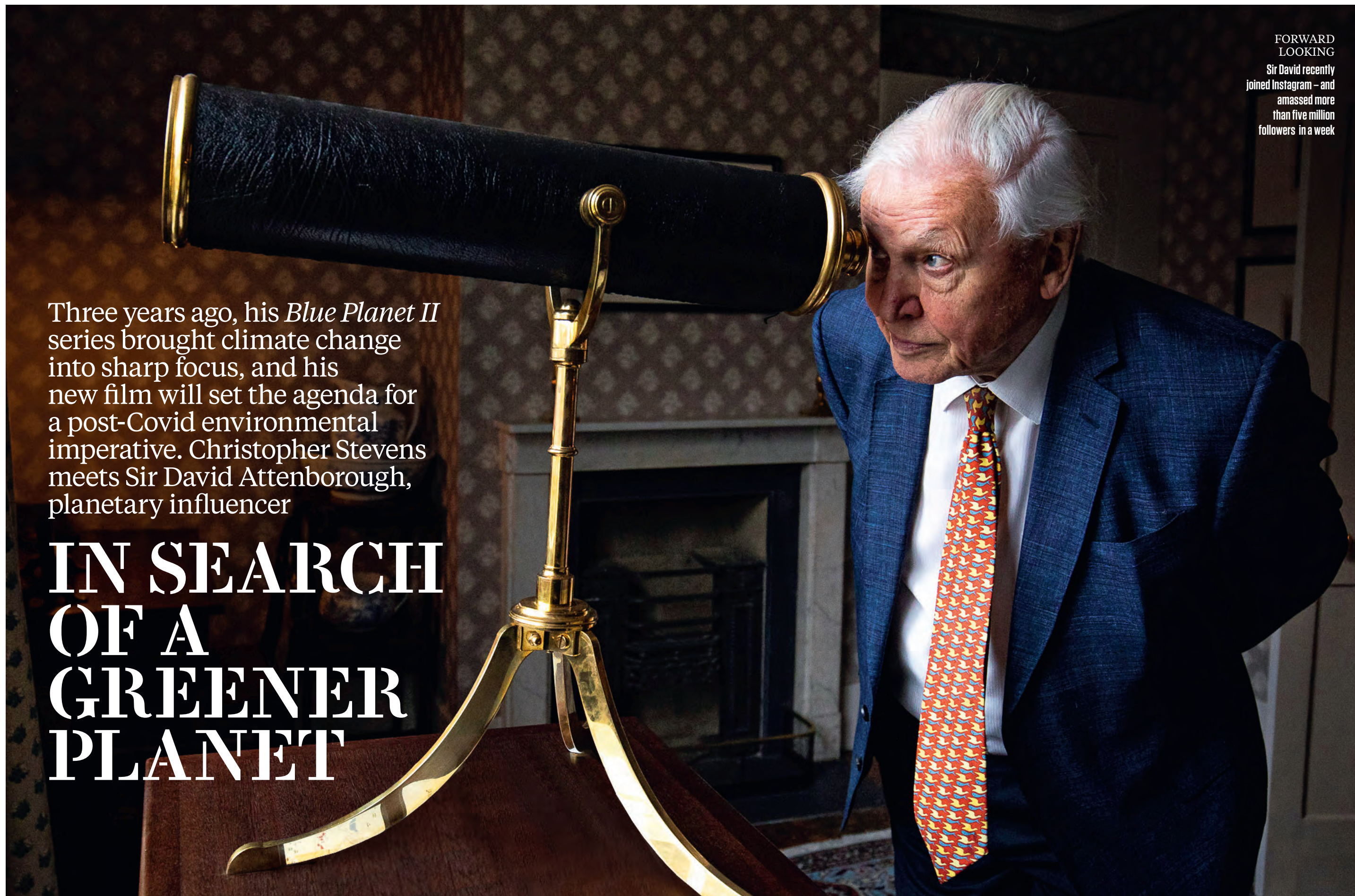


Three years ago, his *Blue Planet II* series brought climate change into sharp focus, and his new film will set the agenda for a post-Covid environmental imperative. Christopher Stevens meets Sir David Attenborough, planetary influencer

IN SEARCH OF A GREENER PLANET

FORWARD LOOKING

Sir David recently joined Instagram – and amassed more than five million followers in a week





SIR DAVID ATTENBOROUGH'S adventures have taken him to almost every country on the planet, to both Poles, from Amazon to Himalayas and remote Australian Outback to teeming Indian cities. His travels would make Marco Polo drool with envy. And the great broadcaster is sharply conscious of how fortunate he has been – not only to voyage the world as he has, but to do it when so much of the Earth's surface was still pristine habitat.

'I have had the most extraordinary life,' says Sir David, 94. 'It's only now that I appreciate how extraordinary. I've travelled to every part of the globe. In truth, I couldn't imagine living my life any other way.'

But his memories are tinged with sorrow, because so many of the glories he has witnessed are gone today. Rainforests have been felled, the great herds of elephants and other African wildlife are largely gone and climate change is dissolving the polar ice caps.

The unfolding ecological catastrophe was unimaginable when he began his adventures with the BBC series *Zoo Quest* in 1954, travelling to West Africa, Indonesia and South America.

GETTY/ALAMY/BBC



GOLDEN YEARS
David Attenborough with Prince Charles and Princess Anne in 1958, above; at the BBC, 1956, left; filming *The Trials of Life* in 1998, below



LIFE SAVER
Sir David with the Duke and Duchess of Cambridge, far left; with plastic waste, on *Blue Planet II*, 2017, left; a discarded plastic bag caught on coral, below

'If you've seen what I have seen you cannot remain silent... what we have done to our planet during my lifetime is a crime'



'The start of my career coincided with the advent of global air travel,' he points out. 'Virtue is not involved: I just arrived on television at the right time. And it was the best time of my life – I was in my thirties, and we had no idea of the damage that was coming, of the criminality that was awaiting.'

'Mankind hadn't done the devastation we have now. It was possible to see the world as it was of old, with great areas that were still untouched.'

One of the first to speak out against the ravages of pollution and habitat destruction, Sir David has never ceased to campaign for conservation, and this is a message which shouts loudly from his new film, *A Life On Our Planet*, which has just been released on Netflix. It is typical that, when it comes to this, a retrospective of his career, he is more intent on looking ahead and using his experience to inspire future generations to live sustainably.

This new 80-minute film combines excerpts from his career with new footage which he narrates with an undimmed passion.

'I'm a public service broadcaster, who joined the BBC in the Forties, at a time when it was a monopoly. I began my career as a producer, there to enable people to give their

Continued on page 10

'My simple motto is this: do not waste – don't waste electricity, gas, heat, food and paper'



THE WILD SIDE
Sir David Attenborough in
the Masai Mara, Kenya, in his
new film, *A Life On Our Planet*

WWE-UK / DAVID ATTENBOROUGH: A LIFE ON OUR PLANET

Continued from page 11

opinions – not mine. I still feel in my bones that I ought to be impartial.

'But if you've seen what I have seen, you can't remain silent. You have to speak out, to bear witness. What we have done to this planet during my lifetime is a crime, and future generations will view it as that. Humanity is responsible for the destruction of the world's wild places and all the biodiversity they sustain.'

There is no pessimism, though, in his message. We can all help to save the planet, he insists, and the fact that there are so many of us – nearly eight billion humans – has its advantages.

If all of us make small changes, that adds up to a big change. 'My simple motto is this: do not waste,' he says. 'Don't waste electricity, gas, heat, food, paper. We are too wealthy a society, we don't live in an economical way. The way I live myself is too profligate. I am aware of the amount of paper I waste because I don't like to use email. I shall have to change!'

There's a lesson. If Sir David Attenborough reckons he needs to be better at recycling, so should we all! ♻️

'A Life On Our Planet' is on Netflix now

THE ATTENBOROUGH EFFECT

His *Blue Planet II* series put plastic pollution and global warming under the spotlight, and heralded a worldwide drive for change



17,000,000

people watched the series, making it the most watched TV show in the UK in 2017. It prompted an unprecedented increase in social activism and discussion around sustainability.



53%

of people in the US and UK reported using less plastic in the 12 months after watching David Attenborough's *Blue Planet II* series



In 2019, more than 560,000 volunteers took part in Keep Britain Tidy's Great British Spring Clean, which was backed by the Daily Mail. In 2020, before Covid struck, the number rose to almost a million.



TURNING THE TIDE

Two years ago, the *Daily Mail* launched its Turn The Tide On Plastic campaign and backed the Great Plastic Pick Up, which galvanised 12,000 volunteers into removing tons of plastic litter from streets, beaches and green spaces.



Look forward to a **different view**, while we look out for you

From admiring **Rhineland** scenery from our brand-new ship, Spirit of the Rhine, to exploring the floral delights of the **Dutch waterways**, wherever you've been dreaming to escape to these past few months, you'll find it in our new 2021 River Cruise collection.

You can trust us every step of the way as all our river cruises feature our **Reassurance Promise**, which includes insurance with emergency medical cover for coronavirus\$ up to £5million, low deposit and no amendment fees*. There are also many **no-fly options** available, and you can book early with confidence thanks to our **Price Promise**.

Request our brand-new River Cruise brochure on **0800 056 6082** quoting MLD44 or view online at **saga.co.uk/2021-view**

It's okay to take the next steps towards your dream holiday.



W8164 / W8179

\$Our overseas holidays include travel insurance underwritten by Great Lakes Insurance SE, UK Branch, or a price reduction if not required. Cover is subject to medical screening. Saga's holidays and cruises are for the over 50s *Terms and conditions apply – call for details. Must amend before December 31, 2020. For more information about financial protection and the ATOL Certificate, visit www.atol.org.uk/ATOLCertificate NHA-GH0896

Brazil is set to lose tens of millions of acres of vegetation by 2030 if deforestation continues at its current rate. Tesco and WWF are calling for governments and businesses to take action to protect a vital ecosystem **WORDS BY** Katy Winter

PROTECTING THE CERRADO

BRAZIL'S FORESTS ARE under threat. Last year, the world took pause as we watched fires cause untold damage to the Amazon rainforest. This year's fires are set to have a similar impact, as forest is deliberately cleared for agriculture.

Much of it is being driven by cattle ranching and an increasing demand for soy across the globe. The UK alone imports more than 3.3 million tonnes of soy each year, more than three quarters of which is used as animal feed to provide us with the fish, meat, milk and eggs we eat.

'The truth is, every part of the food chain has an environmental footprint,' says Dr Emma Keller, Head of Food Commodities at WWF UK.

With fires causing widespread damage in the Amazon once again, scientists fear the world could be reaching a tipping point in its battle against climate change.

'Not only are these forests home to many important and unique species, they play a key role in both local and global climate regulation, storing huge amounts of carbon in the trees and

soil,' says Emma. 'They are also home to local communities and indigenous peoples who depend on the forests for their livelihoods.'

It's not just the Amazon that is in danger. The Cerrado, right next to the Amazon, is a unique ecosystem, and home to over five per cent of all global biodiversity. It also acts as the lungs for our planet, storing nearly 13.7 billion tonnes of carbon.

'If we lose critical ecosystems like the Amazon and the Cerrado, we lose in the fight against climate change,' warns Emma. 'That's why we need global action to produce food in better ways.'

To help tackle issues like deforestation, Tesco and WWF have formed a partnership to halve the environmental impact of the average UK shopping basket. 'We are working closely with WWF to ensure we can take robust action,' says Daniel Salter, a responsible sourcing manager at Tesco.

Tesco has already taken a number of steps to remove deforestation from its supply chain. 'We're the UK's largest retailer and have a responsibility to lead on this issue,' continues Daniel. 'That is why, in early 2018, Tesco became the first UK supermarket to remove Brazilian beef from sale. We are on track to meet our target to achieve zero net deforestation through certification by 2020, and we've set ourselves an additional target to make sure our soy comes from whole regions that are verified as deforestation free by 2025.'

But tackling complex issues in food production will require collaboration across the food industry, as well as action from governments.

'No single company can solve an issue as complex and wide-reaching as deforestation alone,' says Daniel. 'We must work with other supermarkets and food businesses across the globe. This kind of international, large-scale collaboration is the only way that we will end deforestation in the food industry.'

Together, Tesco and WWF are calling on more companies to pledge funds to the Cerrado



'We're the UK's largest retailer, and we have a responsibility to lead on this issue'

Daniel Salter, responsible sourcing manager, Tesco

Funding Coalition, which will support farmers in the Cerrado to protect native vegetation and transition to producing soy only on existing agricultural land. Tesco has already committed £10 million towards the fund over the next five years, but more funding is urgently needed to ensure that the region can be protected.

Tesco and WWF are also calling on the government to take action. 'We need governments like our UK Government to step up and set new laws that would make it illegal to import products containing deforestation and remove them from our supermarket shelves and restaurant plates,' says Emma.

With the future of Brazil's forests in the balance, Tesco says the industry must come together and protect key regions from future destruction. 'The more governments and businesses step in to offer support,' says Daniel, 'the better our chances of eliminating deforestation and irreversible land-use change in key regions like the Cerrado.'

PROTECTING THE PLANET

Urgent funding is needed to protect forests and biodiversity in some of Brazil's most vital ecosystems



TESCO

WAYS TO BE MORE SUSTAINABLE

When you hear about the horrific environmental consequences of climate change, it is easy to feel overwhelmed and think nothing you can do will make a difference, but if everyone makes one small change, then two, the impact will grow. Here's how to get started...

WORDS BY Louise Atkinson

1

ZERO-WASTE SHOPPING

Say a clear 'No' to plastic bags, and keep a stash of reusable bags handy instead. Find out which days your local market comes to town and investigate zero-waste shops (where you take your own jars and containers to refill) in your area (see thezerowaster.com for listings).

Investigate fruit and vegetable box schemes, which deliver locally grown produce loose (no plastic), arrange for your milk, fruit juice and yoghurt to be delivered in glass (milkandmore.co.uk) or check out exciting new online delivery service loopstore.co.uk, which offers essentials from laundry detergent to peanut butter in returnable glass or metal containers. It's a clever new concept that is growing fast. You just go online and pick out the products you need, paying a small refundable deposit for each container. Your groceries arrive via courier in a padded 'tote', which you can use to store your empties, ultimately returning them to be washed and refilled, claiming back your deposits on any you don't reorder.

Continued on page 18



2

USE LESS
PLASTIC

Conduct a quick 'plastic audit' of your kitchen, and de-clutter your cupboards of any equipment you haven't used for years. Do you really need so many chopping boards, plates or plastic storage containers? Sprays and bottles?

One good multipurpose cleaner could do the job of the many brightly coloured potions lurking under your kitchen sink. Since many of those clean-smelling liquids are 90 percent water, you'll be making environmental savings by refilling old bottles with concentrated detergents (see ocean-saver.com and splosh.com) or investigating refill stations at eco-shops near you.

Give your kitchen a charming retro look by switching plastic brushes and sponges for metal and wood (see andkeep.com), and search the supermarket aisles for laundry and dishwasher powder in cardboard boxes (far better than tablets wrapped and housed in plastic). You'll save money and resources if you commit to a bit more dabbing/sponging and fewer laundry loads, and hanging wet clothes on a washing line or airer means you'll use your tumble dryer less.

3

AIM FOR A
PLASTIC-FREE
BATHROOM

Ditch the pump-action liquid soap and put a sweet-smelling bar of solid soap at every sink (just as effective and far more economical). There's a fast-growing range of products packaged in compostable cardboard tubs or tubes, glass jars and metal tins available now (for instance, you can return/refill Beauty Kitchen skincare products at Holland & Barrett). Wean yourself off wipes of any sort (most are infused with plastic and impossible to recycle), and switch to bamboo toothbrushes and toothpaste packaged in easy-to-recycle metal tubes or glass jars – or try dental tabs, which you crunch in your mouth to create a paste (from lush.com).

Continued on page 20

'SWITCH PLASTIC BRUSHES FOR WOOD AND METAL'



It's time to make a change
for good



Get Green Homes Grant funding for a Daikin Altherma heat pump.

We're all spending more time at home this Autumn, so it's the perfect time to create a better environment for your family, your lifestyle and your future.

Choose a Daikin Altherma heat pump to heat your home - and you could benefit from an upfront Green Homes Grant worth up to £5,000.

Up to four times more efficient than a boiler, a Daikin Altherma heat pump harnesses the power of renewable energy from the air. So you can enjoy heating, cooling and hot water that's more sustainable, save on running costs, and gain Government funding to help finance your change for the better.

With a range of high-performance heat pumps suitable for every type of property, we have a network of TrustMark & MCS accredited Sustainable Home Experts who can help you choose the right home heating option for you.

So whether you're looking for a more efficient and eco-friendly replacement for your old boiler, or an entirely new heating system to transform the environmental impact of your home, Daikin can help.

Achieve total comfort without compromise. And be the energy for change for generations to come.

Find a local Sustainable Home Expert, or visit your nearest Sustainable Home Centre to see our products for yourself: daikin.co.uk/installerfinder

Or visit energyforchange.com to find out about government funding available.





WASTE LESS FOOD

Every day, UK households throw away 20 million slices of bread, 4.4 million potatoes, 3.1 million glasses of milk and 2.2 million slices of ham*. This means precious resources used to grow, harvest, prepare and package foods are wasted. It's good to aim to cut back on meat and dairy (which use far more of the world's resources than plants) and to take a few steps to cut waste. Start by making a list of the foods that most often get scraped or tipped into your food bin. Can you see any patterns forming? Are you repeatedly buying foods that don't get eaten? Can you leave it off your shopping list or sneak it into the freezer before it goes off?

*wrap.org.uk



REDUCE, REUSE, RECYCLE

Aim to minimise waste of all kinds. Before you throw anything away, consider whether it can be reused or effectively recycled. High street dry cleaners offer mending services, and you might be able to get an old sofa re-covered for a fraction of the price of a new one. Offer still-useful items to local charity shops or post them on your local [freecycle.org](https://www.freecycle.org). Every local authority has different approaches to recycling, so check to make sure you're putting the correct stuff in your bins and not inadvertently contaminating the contents. Find out what your local authority requires and comply (rinsed first? Squashed? Lids removed?), and make sure everyone in the household complies.



REDUCE YOUR PAPERWORK

There's so much wasted paper, ink, plastic packaging not to mention manufacturing and transport costs in the phone directories and catalogues that drop through your letter box. So take this advice from Kate Arnell, author of *Six Weeks to Zero Waste*

Gather up the junk mail that come through your letter box this week and set aside time to cancel any that you don't want or need.

Contact your bank and utilities suppliers and switch to paperless statements.

Make a 'No junk mail, flyers, free newspapers or leaflets, please' sign to place above your letter box.

Remove your details from marketing lists by contacting the Direct Marketing Association. Email yourchoice@dma.org.uk, or call 020 7291 3300.

Phone Royal Mail on 03457 740740 or email optout@royalmail.com and ask them to stop delivering leaflets and brochures to your address

Go on to the Mailing Preference Service website mpsonline.org.uk/consumer/register, or call on 020 7291 3310, to put an end to advertising material that's addressed to you personally.

If any unsolicited mail happens to slip through the net, write 'Return to sender' on the envelope and stick it back in the post box.

Next time you receive the electoral register form, make sure you tick the box that says 'Opt out' of the open register – this is a list of people and addresses that can be bought by marketing companies and used for sending junk mail.



OUT AND ABOUT

Say a blanket no to straws, takeaway cups, cutlery, stirrers, sachets and even receipts (many contain the chemical BPA which means the paper cannot be recycled). Instead, carry a lidded cup, a reusable water bottle and a spoon or fork in your bag. If you do pick up plastic, bring it home to be recycled, as public bins – even recycling bins – are too often inadvertently contaminated.



PICK UP LITTER

The plight of the world's marine life increasingly struggling to survive in oceans choked with plastic has made millions sit up and take notice. Using less plastic will help, but so too will taking every opportunity to pick up discarded litter, which can wash into drains, rivers and into the sea. Stuff a bag into your pocket so you can collect any litter you find and consider joining an organised litter-picking group (see [keepbritain tidy.org](https://www.keepbritaintidy.org)) – it can be a satisfying process!



SHOULD YOU CONSIDER A HEAT PUMP?

A heat pump is an efficient form of renewable energy which extracts heat from the air, ground or water around your home – visit [energysavingtrust.org.uk](https://www.energysavingtrust.org.uk) for details. Although upfront costs can be high, these pumps are inexpensive to run and maintain (many have a 50-year lifespan), very energy efficient and they save significant sums in heating bills.



THE GOVERNMENT'S NEW GREEN GRANT – AND HOW TO APPLY

The Chancellor recently announced that homeowners in England are eligible for £5,000 in energy savings vouchers to help them insulate their homes. The Green Homes Grant covers at least two thirds of the cost of the upgrades. The vouchers can go towards insulation (solid wall, underfloor, cavity wall or flat roof), air- or ground-source heat pumps, solar panels and biomass boilers, as well as draught proofing, double or triple glazing, energy-efficient doors and hot water tank thermostats. [gov.uk/apply-green-homes-grant](https://www.gov.uk/apply-green-homes-grant)

- 1 Visit [simpleenergyadvice.org.uk](https://www.simpleenergyadvice.org.uk) and fill out the online quiz to identify any energy-saving measures.
- 2 The website shows potential costs, savings and identifies local registered tradespeople.
- 3 Get three quotes and submit them in the application process.
- 4 Funding for is for two thirds of the cost up to £5,000, or 100 per cent of the cost up to £10,000 if you are on benefits.
- 5 The work must be completed before March 31, 2021.

THIS YEAR HAS forced us all to live locally and more sustainably, allowing us to reconnect to a simpler life. Simultaneously, this dialled down lifestyle gave the environment the chance to recover as carbon emissions reduced to an unprecedented low across the world.

But what's stopping this from continuing? There are plenty of small changes we can all make that are not only greener, but will support local communities and the circular economy, too. One way of living better and making greener choices is to buy local second-hand items via sites such as Gumtree. By opting to reuse pre-loved items instead of buying new, you can massively reduce your carbon footprint, while fuelling your local economy – and even save yourself some money, too.

Gumtree is passionate about connecting people to the things they need most, to do so affordably and to support a greener way of living. In response to this, they've teamed up with the University of Leeds to create a carbon calculator which helps their users understand the staggering impact of the purchases they make.

To put this into perspective: last year, there were 353,000 first-time home buyers in the UK. If every one of these households bought their first-home items new, it would have the same carbon footprint as flying around the world 3,000 times¹. But buying second-hand from

REPURPOSE, REUSE, REIMAGINE

How we can
work, live
and play for
the better

WORDS BY Holly Purchase

'By reusing pre-loved items instead of buying new, you can reduce your carbon footprint'

someone nearby reduces this significantly, and could also be significantly cheaper.

With these figures in mind, it seems there's no time like the present to start repurposing, reusing and reimagining second-hand goods. Whatever life moments you have coming up, see how you can use Gumtree to make small changes that'll make a big difference.

WINTER GARDEN PREP

Garden spade

Example: Spear & Jackson
Select stainless steel
digging spade²

New price: £39
Gumtree price £20

Trimmer

Example: Black and Decker
GL9035 Heavy Duty
grass trimmer 350mm²

New price: £64.95
Gumtree price: £35

Gumtree savings
£137.95

The time has come to start getting our gardens winter-ready, and for this we need lawnmowers and trimmers. But if every gardener in the country bought these items as new it would create the same carbon footprint as heating your house every day for 27 million years! So, think green and be green-fingered...

Lawnmower

Example: Princess 34 electric
4-wheel rear roller lawnmower²

New price: £139
Gumtree price £50

TERMS AND CONDITIONS: 1. The statistics are provided using a model, developed at the University of Leeds, that calculates the embodied greenhouse gas emissions (GHG) associated with the production of all goods and services consumed in the UK. The data provides an average carbon footprint for the product and may not be tied to the price listed on these examples. It also does not take into account that there could be any variation within the sector dependent on the specific product or brand. 2. Item prices based on same makes and models and their current RRP new. Gumtree prices based on items found on Gumtree.com, London region, September 2020.

SMALL CHANGES, BIG IMPACT!
Gumtree's carbon calculator conveys a clear message: we need to change our retail habits if we're to protect our environment now and in the future. Luckily, even the smallest changes can make a big difference. Next time you decide to get rid of something in your home, such as an item of furniture, think first about whether it could be repurposed as something else. For example, an old bookcase might make nice potting shelves for your garden. If you have no use for it, pop it on Gumtree. This way, you can make some money while helping someone nearby save cash on something they need – as well as cutting your carbon emissions.

Laptop

Example: Asus TUF
FX705DT-H7116T
Full HD gaming laptop²

New price: £799
Gumtree price £775

WORKING FROM HOME

Thousands of us are planning to work from home now, but is your home office ready? Remember that a brand-new laptop, desk and chair has the same carbon footprint as flying around the world 150 times, so it makes sense to reuse second-hand items rather than buy new.

Gumtree savings
£70.99

Start making small changes
today and make a big difference
with Gumtree.com

Desk

Example: Wayfair Wilma desk by
Zipcode Design²

New price: £66.99
Gumtree price £20

NEW PARENTS

Pram

Example: Maclaren Quest Arc
New price: £293
Gumtree price £60

Every year in the UK we welcome 650,000 babies and all of them need baby monitors, clothes and prams. Brand new, these items have an equivalent carbon footprint of 450,000 years' worth of showers. However, you could save yourself money and environmental repercussions by reusing pre-loved items.

Baby monitor

Example: Angelcare AC1300 video,
movement & sound monitor²

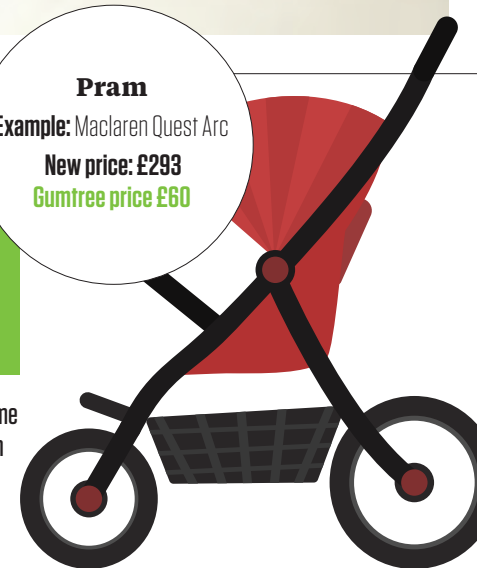
New price: £249.99
Gumtree price £49



Gumtree savings
£473.99

Cot

Example: IKEA SUNDVIK
cot, grey-brown²
New price: £100
Gumtree price £60



THE RISE OF MEATLESS MEAT

Livestock farming has a hugely detrimental impact on the environment. So isn't it time we ditched the bangers and burgers for the new – and surprisingly tasty – plant-based alternatives?

WORDS BY Flic Everett

WHAT IF YOU could improve your health, minimise environmental damage and promote animal welfare, just by swapping a tasty burger for an equally tasty burger?

It's a no-brainer, which is why it's time to embrace meatless meat. Because while vegetarian 'meat' alternatives used to be worthily dense with a taste somewhere between a polystyrene ceiling tile and old laundry, there's now an exciting new wave of products which boast a taste that's almost indistinguishable from the real thing.

As the reality of climate change bites, it's more important than ever to do our bit to save the planet, and cutting back on meat consumption is a step in the right direction. That's because meat production is wasteful of natural resources such as land, soil and water, and produces vast quantities of greenhouse gases. In fact, livestock farming contributes 18 per cent of human-produced greenhouse gas emissions worldwide, which is more than from all forms of transport, including cars and aircraft.

Time for change

'An increasing number of people want to reduce pressure on the environment or for ethical reasons, but plenty of others reduce meat for health reasons,' says nutritionist Anna Mapson.

'Diets high in red meat are associated with heart disease, obesity, stroke and colon cancer, but vegetarian diets are linked to a lower incidence of heart disease, cholesterol issues, and type 2 diabetes,' she says.

Whatever your rationale, a recent study from the Vegan Society has revealed that 20 per cent of Brits are reducing their meat intake post lockdown, while a Waitrose survey found a third of Britons have stopped or reduced their meat intake in the past five years.

The process of adjustment was made easier back in 2016 when US company Beyond Meat

Continued on page 26

THE REAL DEAL?

Plant based 'meats' used in veggie burgers and sausages now taste convincingly similar to the real thing



TRAIL BLAZER

Beyond Meat is leading the market with its appetising meat-free range of foods

Continued from page 25

launched a range of convincing non-animal 'meat' products, and now the market has expanded to include meatless sausages, 'chicken' and even 'fish', made from pea protein, soya or seitan (derived from wheat gluten).

Last year, Burger King made headlines with its Impossible Burger, which not only looked and tasted like a classic beef burger, but even appeared to 'bleed' meaty juices (a liquid derived from soy leghemoglobin).

Right now Beyond Meat is leading the market with its Beyond Burger – made from pea protein, potato starch, coconut oil and pomegranate – despite currently only being available only in Tesco, Ocado and Holland & Barrett. Reviews suggest that many meat lovers are hard-pressed to tell the difference – a new combination of texture (mung bean and brown rice) and colour (beetroot powder) makes it even more convincing, and a new factory in the Netherlands means it will soon be more widely available across the UK.

Meanwhile, other brands are racing to compete, offering every form of meat substitute from chicken strips, sausages, and bacon ('vacon') to convincingly flavoured fake fish (such as Tesco's Plant Chef fish-free battered filets).

Some argue that these meatless meats are not healthy choices – they are often still highly processed and over-salted; some contain as much, or even more, saturated fat than a classic beef burger. But they pack the same amount of protein for fewer calories than real meat alternative, with the extra cachet of a 'good for the environment' glow (Beyond Meat claims its burger uses 93 per cent less land and 99 per cent less water than a beef burger) which makes them a useful stepping stone in the quest to cut back on meat. Could this be the ultimate way to have guilt free fun in a bun? 🌱

ALAMY

MEAT-FREE BURGER TASTE TEST

If you are looking for a convincing meat alternative, check the label for high vegetable protein content, beetroot – which provides the convincing pink colour – and a ground, compressed texture. Here's how to sort the massively meaty from the very veggie*.

M&S Plant Kitchen

£3.50 for 2

A huge, meaty slab which tastes convincingly smoky and with a great texture.



Heck Ultimate Vegan Burger

£2.50 for 2

Nothing like a meat burger in looks or taste, but nicely spicy and a great veg-packed option.



Fry's Traditional Burgers

£3.95 for 4

Reminiscent of a cheap fairground burger – flat and slightly synthetic tasting, but texturally perfect.



Vivera Veggie Burger

£2.50 for 2

A good, basic burger substitute that feels and looks like meat, but with a slight veggie aftertaste.



Iceland No Bull Burger

£2 for 2

Beefy, substantial and tasty, with plenty of seasoning – an excellent budget option.



The Meatless Farm Meat Free Burgers

£2 for 2

Slightly soft texture and best grilled almost to a crisp – but a convincingly meaty taste.



Quorn Ultimate Burgers

£3 for 2

Excellent all-rounder, that looks and tastes like meat, though without any 'bleeding' beetroot.



Tesco Plant Chef Burgers

£1.50 for 2

Inexpensive and delicious: The texture is slightly chewy, but spot-on-spicing makes up for it.



*All available from supermarkets across the UK

SPARK

5-PAGE ELECTRIC CAR & E-BIKE SPECIAL from **halfords®**

Your handy guide to using and servicing e-bikes and electric cars



Pedal power

5 of the best e-bikes to suit your cycling

Silent, clean and green

Embrace the eco advantages of battery power

Electric car revolution

Hybrid or fully electric, what's the right car for you?



BIKE TO THE FUTURE

Everything you need to know about the amazing range of electric bikes now available

WORDS BY Louise Atkinson

UNTIL YOU'VE ACTUALLY ridden one, it is difficult to imagine just how clever electric bikes really are.

They work just like an ordinary push bike except just at the point when you're about to drop the gears and grit your teeth to tackle an incline or a headwind, you can flick on the battery, which silently applies pressure to the pedals or wheels in such a subtle way that it feels as if your cycling legs just acquired superpowers.

There's no engine, no mess, and no fuss. Electric bikes are great for your health, great for the environment and a lot of fun to ride.

CUT THE COST WITH THE CYCLE TO WORK SCHEME

Does your employer offer a cycle to work scheme? If so, you could get up to 42 per cent off the price of a new electric bike and any equipment you might need. It's a simple tax deduction benefit designed to reduce environmental pollution and encourage healthier lifestyles. Your employer pays the initial cost which you then repay in interest-free instalments out of your pre-tax salary.

For more information, check out the Halfords scheme at cycle2work.info and ask your employer to register online

cycle2work



WHY I LOVE MY ELECTRIC BIKE

Hilary Cunliffe and her husband Trevor bought electric bikes three years ago, and she says the upgrade from push bikes has been 'life-changing' for them both.

'We love being outdoors, and we've always enjoyed cycling but the steep hills were beginning to put us off. However, having that extra bit of power in an e-bike means we can now plan a 30-mile ride two or three times a week, and we've been able to explore and discover some lovely villages. We are still getting a workout and all the benefits of fresh air, but our e-bikes make the trips fun rather than exhausting, and it means we can continue to enjoy cycling for many years to come.'



A HEALTHY – AND CLEAN – COMMUTE

Not only will an electric bike save money on your commute to work (and help you avoid overcrowded buses and trains), but it means you get to enjoy all the health benefits of cycling without needing to shower when you arrive.

LUKE BERRY, HALFORDS HEAD OF E-BIKES, SAYS:

'Electric bikes are such fun to ride – they really do put a smile on your face! Most batteries should keep you going for 40 miles, and just plug into a normal plug socket to charge. E-bikes are really easy to maintain too, and we recommend a service once a year at one of our 440 locations, to keep them working well.'

'E-bikes are really easy to maintain'



5 OF THE BEST ELECTRIC BIKES



1. BEST FOR FOLDING

Carrera Crosscity, £999

This lightweight (18kg) model gives 30 miles of power assistance on a single charge through a slimline battery discretely integrated into the frame.



2. BEST MEN'S ALL-ROUNDER

Carrera Crossfire E Men's Electric Hybrid, £1,399

The 417Wh battery provides up to 60 miles of pedalling assistance, lightweight alloy frame and nine-speed gearing, plus 75mm travel suspension forks to soften the bumps.



3. BEST FOR STYLE

Pendleton Somerby Electric Bike, £999

High fashion style with electrically powered pedal assistance, low step-through frame, eight-speed Shimano gears and mudguards and chainguard to protect your clothes.



4. BEST WOMEN'S ALL-ROUNDER

Carrera Subway Electric Hybrid Women's, £1,099

60 miles of pedalling assistance on a single charge – the hub motor, with a torque and speed sensor, ensures that the motor turns on automatically as soon as you start pedalling.



5. BEST FOR MOUNTAIN ADVENTURE

Carrera Vengeance E, £1,099

A robust cross bar bike with a 40-mile range and a four- to six-hour charging time. A lightweight alloy frame helps with handling, while eight-speed Shimano gears keep you in control.

Visit Halfords today for the latest offers on electric bikes and so much more. Or order online for home delivery at halfords.com

halfords®

ELECTRIC DREAMS

Great for the environment and cheap to run – are you ready to switch to an electric car?



HYBRID Vs FULLY ELECTRIC: WHAT'S THE DIFFERENCE?

'A fully electric vehicle runs on battery power alone, which means it's great for short journeys and easy to charge if you are able to install a charging point at home,' says Andy Turbfield, head of quality at Halfords Autocentres. A hybrid, however, offers you the choice of running on battery power (over a range of about 30 miles) with the reassurance of a petrol or diesel engine under the bonnet. 'Your eco-efficiency depends on how diligent you are about using (and topping up) the battery rather than fuel,' says Andy. 'Soon hybrids will be able to recognise urban areas and automatically switch to EV only mode to reduce emissions.'

AFTER CUTTING BACK on plastic and putting the brakes on long-haul flights, one of the best environmentally friendly moves you can make right now is upgrading your old fuel-powered car for a set of electric wheels. Electricity is certainly greener than fossil fuels, with zero emissions to damage the ozone layer, and tempting Government tax breaks act as further incentive. The battery technology is evolving fast, and many full electric vehicles (EVs) can now keep going for 250-300 miles without requiring a recharge.

There are now more than 30,000 charging points across the UK, offering ever-faster charges, but if you're concerned about range, there are a plethora of new hybrids (which offer a combination of battery power and combustion engine) on the scene.

'There are now 30,000 charging points across the UK'

ANDY TURBEFIELD, HALFORDS AUTOCENTRES HEAD OF QUALITY, SAYS:

'Electric cars are certainly greener than their internal combustion counterparts with no emissions at the tailpipe to spoil local air quality, and lower carbon emissions overall.'

THE HALFORDS ECO PLEDGE

Halfords is committed to supporting its customers in making climate-smart transport decisions and transitioning away from petrol and diesel to electric mobility, whether that's by electric car, e-bike or e-scooter. The vast range of products and services on offer is evolving fast to enable customers to enjoy a greater sense of control over their mobility, and Halfords has pledged to be fully carbon neutral by 2050.

WHY I LOVE MY ELECTRIC CAR



ECO₂ editor, Louise Atkinson switched to a fully electric Renault Zoe two years ago. She says:

'The decision to drive an electric car is part of my mission to be green, and although the UK public charging system is challenging at times, I confess I have never loved a car more. I can drive for 150 miles on a charge without pumping out toxic emissions and saving hundreds of pounds on fuel.'

'We had a special charging unit installed at home which fills the "tank" in six hours for less than £5, so short journeys are a dream, but public charging is not always reliable. I drive differently now – slowly to conserve charge, always meticulously planning each journey and keeping a close eye on the mileage (heaters, hills and motorways deplete the charge faster). 'But a little bit of "range anxiety" is worth it. I'd never go back to petrol or diesel now, and I'm convinced fully electric is best for the environment.'

OUR SPECIALIST TECHNICIANS ARE READY TO HELP YOU

TO MEET THE RISE in popularity of electric vehicles (EVs), Halfords has more than 1,400 technicians across the UK and is busy delivering training on the specifics of servicing and repairing fully electric and hybrid cars.

Although EVs are often less expensive to service than fuel-driven cars, the complex data systems demand greater technical skills and safety qualifications.

As hybrids combine electric-power with an internal combustion engine, the same servicing skills apply, and their maintenance is comparable with petrol and diesel cars.

WHY EVs ARE EASIER TO RUN

Fully electric vehicles require less maintenance because many of the serviceable items – spark plugs and engine air filters, clutches and in many cases the gearbox – don't exist. The brakes, too, tend to last longer thanks to the regenerative braking systems that help charge the batteries. However, EVs still have tyre, steering and suspension components that will wear over time.

Look out for the Daily Mail ECO₂ podcast series, brought to you by Halfords and running on all the usual podcast platforms weekly from November.



Find your nearest Halfords Autocentre and book a service for your hybrid or fully electric car at **halfords.com**

halfords®

YOUR BATHROOM AND the lotions and potions you use daily – from shampoos and conditioners, to body creams and facial serums – could soon look very different. Because across the beauty industry, bars are increasingly replacing bottles – and for very good reason.

Emma Heathcote-James is behind the Eco Warrior bar range, which includes a shampoo, an exfoliator, a face wash and shaving soap.

‘When you’re buying a bar, you get more bang for your buck,’ she says.

That’s partly because water makes up the bulk of many toiletries – moisturisers, body creams, shower gels and shampoos are anything from 60 to 98 per cent water. But it’s also because when you’re buying a bar, it’s a lighter product, so it costs manufacturers less to ship.

Packaging is cheaper – there’s less of it and it’s often paper or card, so more of your cash goes on the actual product – which you also use less of. A 2009 study found on a per-wash basis, consumers use more than six times the amount of liquid soap than bar soap.

But bars aren’t just good for your bank balance, the more environmentally friendly packaging, and lighter weight means less plastic and a reduced carbon footprint, too.

RAISING THE BAR

Now everything from shampoo to sun cream comes in bar form – and that’s good news for you, your face, body... and the environment

WORDS BY Claire Coleman

FACIAL

Facial cleansing bar are nothing like old-style soaps that left skin feeling tight. From **Erno Laszlo’s Sea Mud Deep Cleansing Bar** (£35, lookfantastic.com) to **Avene’s Cold Cream Cleansing Bar** (£5.59, superdrug.com) and Dove’s much-loved **Original Beauty Cream Bar** (£2.05, superdrug.com), there are plenty of options to suit your skin – and budget.

There are even facial oil bars, such as **Lush’s Full of Grace Naked Facial Oil** (£10, lush.com). But don’t expect to see moisturisers just yet, as Alessandro Commisso, product inventor at Lush, explains.

‘I’ve been working for a couple of years on a solid disc with the same ingredients you find in a regular cream, to which you add water and create a fresh emulsion every day,’ he says. The challenge is making something soft enough to make a cream, and hard enough that it doesn’t melt. ‘They’re not quite finished yet!’

HAIRCARE

Shampoo bars are brilliant — especially when you’re travelling. Try **Shine Shampoo Bar** (£8.50, shineshampoobars.co.uk), and **Beauty Kubes** (£9.50, beautykubes.co.uk). And while conditioners are available, such as **Kind 2’s conditioning bar** (£15.95, kind2.me), Emma Heathcote-James believes they work best for those with shorter, finer hair.

‘I’ve spent two years working on a bar that will condition my long, thick hair but I don’t see how it’s possible. A bar only gives a small amount of product at a time, I’d be there all day trying to get what I needed!’

BODYCARE

There are some great solid exfoliant bars out there – see the **Body Shop’s British Rose Exfoliating Soap** (£4, thebodyshop.com) and **Eco Warrior Exfoliating Bar** (£4.50, littlesoapcompany.co.uk)

And for a shower gel switch, try **Aveda’s Rosemary Mint Bath Bar** (£14, aveda.co.uk) or **Herbivore’s Clay Cleansing Bars** (£10, spacenk.com).

Many balms can be turned into bars, which gives rise to more unusual products such as **Ethique’s Solid Butter Block** (£13.49, amazon.co.uk) and **The Solid Bar Company’s Lemongrass Bug Repellent** (£9.99, thesolidbarcompany.com). You might need to build extra

time into your routine if you’re planning to use body bars as they often need to be melted between your hands before application. ♻️



THERE'S NO DOUBT that personal protective equipment (PPE) is essential in the fight against Covid-19, but the massive increase in use of plastic gloves and face masks is triggering an environmental emergency. Globally we are using 129 billion face masks and 65 billion plastic gloves every month. They are not recyclable, and many are being dumped and finding themselves washed out to sea.

'We were doing so well raising awareness of the evils of single-use plastic, but now we face a fresh new challenge with plastic PPE and bottles of hand sanitiser,' says Sian Sutherland, who is co-founder of campaign group,

A Plastic Planet. 'Single-use face coverings have a place in a medical setting, but the rest of us should be wearing reusable masks,' she says.

It's easy enough to make your own (gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering) or you can buy washable masks inexpensively. Isko Vital (iskovital.com) is making pretty fabric masks from organic cotton woven with an antimicrobial stretch fabric which is fluid-repellent and effective at filtering bacteria.

To ensure maximum protection when wearing a reusable mask, wash your hands before you put it on your face, avoid all temptation to touch it, then carefully remove when you get home. Put used masks in a bag or envelope until you can wash them (ideally at 60°C), and then wash your hands.

Sutherland has been working with manufacturers to help develop a reusable clear visor which is made from compostable cellulose (derived from wood pulp, which breaks down in your food bin) attached to a recyclable cardboard headband (reelshieldflip.com).

'There's absolutely no need to wear plastic gloves,' she says. 'Just avoid touching your face and wash your hands frequently.'

'Plastic does not protect us,' warns Sutherland. 'We are just building up a toxic time bomb of pollution!' ♻️

BEHIND THE MASK

Single-use face coverings are leaving a trail of waste – but there are greener alternatives

WORDS BY Louise Atkinson



SHUTTERSTOCK

FACE FACTS
Reusable face coverings can reduce the volume of plastic discarded into the environment

Hi  K9



HiK9, a family owned and operated business have been redefining the market in raised sustainable dog beds since 2007.

They have created a product that not only looks great, but is environmentally friendly. Using fabrics made locally in Yorkshire, crafted from 100% recycled plastic, their beds and accessories encourage customers to refurbish rather than replace, creating less landfill waste.

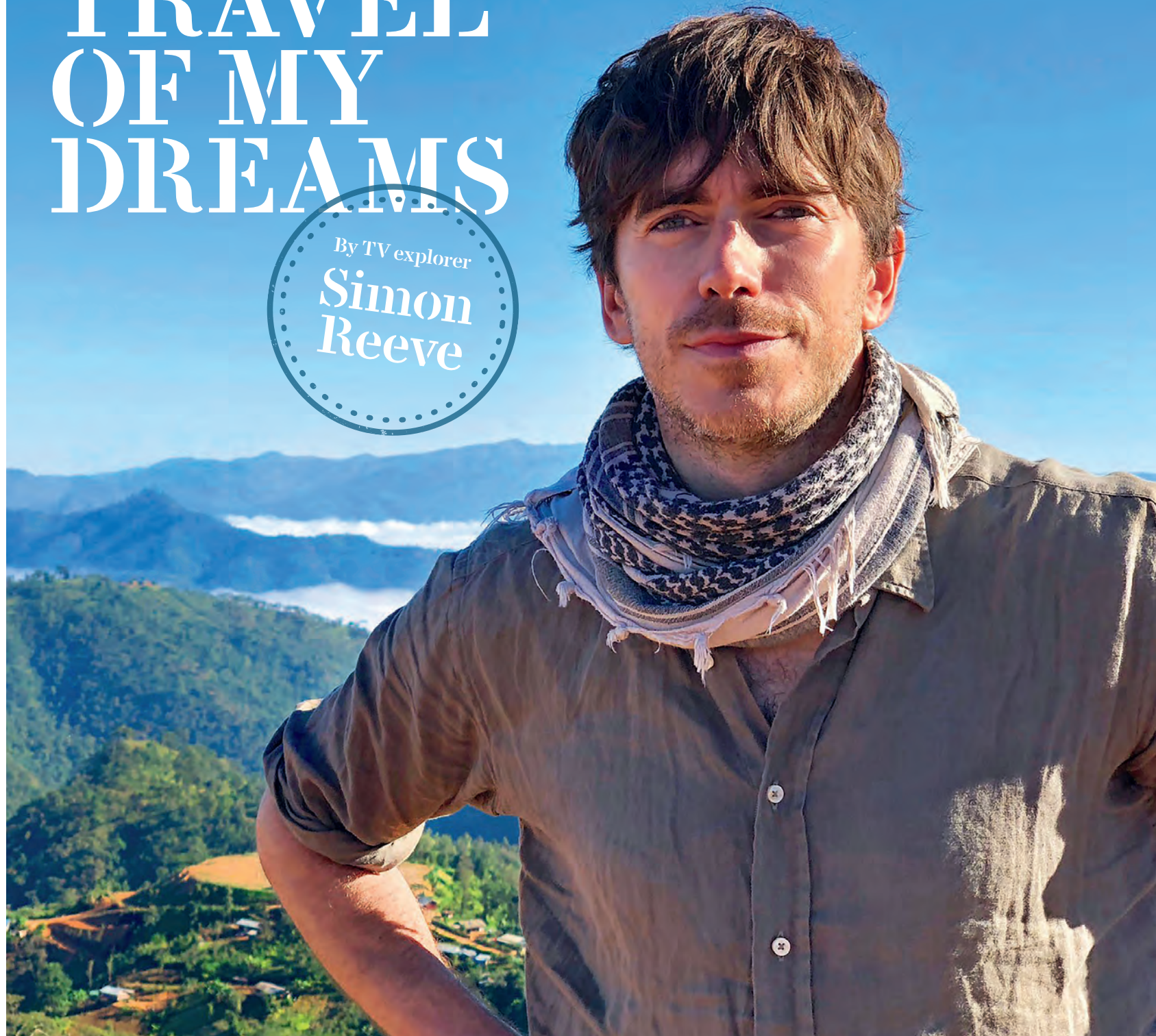
0161 660 5668

www.HiK9.com

 TheHiK9  OriginalHiK9

THE PLANET PROTECTING TRAVEL OF MY DREAMS

By TV explorer
Simon Reeve



The TV explorer reveals why – and how – we should make post-lockdown travel greener and more sustainable

BORDERS HAVE CLOSED, quarantines have been introduced and governments are issuing dire warnings. Right now, you could be forgiven for thinking travel is coming to an end, and we might never be allowed to leave home again.

But humans have always travelled. The beautiful, life-enhancing act of going on a journey or a simple holiday is not some modern invention that can be stopped by a pandemic. As a species, we have always been desperate to know what's around the corner or over the hill. We have travelled since the dawn of our species, for trade, conflict and conquest, but also for food and pleasure. And we will again.

Perhaps we should look at this tricky period of travel restrictions as something of an opportunity for those of us blessed with wanderlust. It is a chance to pause and to think carefully about what travel means to us, where we want to go when the world starts to open up and how we will travel when it does.

For me, travel is now seared into my DNA, because journeys have gifted me an almost infinite number of astonishing memories. In my family, we didn't have exotic foreign holidays when I was a lad, and I didn't get on a plane until I was an adult. I've since been making up for lost time, enjoying just about every type of climate, culture, landscape and food the planet has to offer.

I've been lucky enough to dive with sea lions in the Galapagos Islands, stay with reindeer herders in Siberia and watch the blood-red sun setting over the golden dunes of the

Empty Quarter desert in Saudi Arabia. They are priceless, soul-filling experiences.

We travel because we want to and perhaps partly because we have to. Many of us have a craving to explore. It is an itch that needs to be scratched. So I'm certain we will eventually get back on the road, journeying to places both near and far away.

We've always loved to travel

Looking back to 1,000 AD reveals that vast numbers of ancient Brits were going on their own long-distance adventures, taking pilgrimages to shrines and cathedrals. Usually, I suspect, it was for reasons of piety. But there were also countless adventures, brothels and drinking dens along pilgrimage routes.

I cannot wait to return to South America; I was supposed to be travelling the length of the continent this year for my next TV programme. A series of trips was to take me from Venezuela, down through the Amazon, to Cape Horn at the southern tip. But then Covid-19 arrived, and my travels stopped.

Now I find myself daydreaming about South America, and also the wonders of Japan, Senegal and New Zealand – countries I have never visited but hope one day to explore.

If I ever need reassurance travel is one of the most fundamental human behaviours, I think of Ötzi the iceman, perhaps the world's best-preserved mummy. Ötzi was discovered

Continued on page 38

LOOKING AHEAD

Presenter Simon Reeve's travels have taken him from the Galapagos to Siberia



Continued from page 37

frozen high in the Alps in 1991. Carbon dating revealed that he had been travelling through the mountains some 5,300 years ago, a time before Stonehenge, when Europe was sparsely populated and many Egyptian pyramids were still under construction.

Yet few modern backpackers could outshine Ötzi's sophisticated travel equipment, which included a medical kit, insulated shoes and food sourced from across Italy. He is clear evidence of ancient, extraordinary journeys.

I used to think tourism was just a disaster for the environment, and I am not blind to the environmental impacts of our journeys. But I also know that our best chance of protecting wildlife on this planet is often by visiting national parks on land and sea.

These places are Arks, and many are partly – or entirely – dependent on money from tourism to survive. If we stop visiting national parks around the world, we will lose them. They will be turned into palm oil plantations, fished to extinction or logged.

Now that many of us are stuck at home,



TRAVELLING LIGHTLY

From top: money from tourism is being used to promote eco-projects in the Masai Mara, Kenya; the Maldives; and Costa Rica. Opposite page, Simon Reeve



perhaps we should plan a real or fantasy wildlife trip. I can recommend the magnificent Kicheche safari camps in the Masai Mara in Kenya, where I stayed last year and which help conserve wildlife and employ and train a small army of locals. Kicheche was the closest I've come to visiting the Garden of Eden, such was the abundance of wildlife and raw nature.

Economic incentives

Another stunning eco-destination is Costa Rica, which aims to be the world's first carbon-neutral country. It's one of the most biodiverse countries in the world and home to more than half a million species of animals and plants. Tourists still usually arrive on planes burning fossil fuels, but at least in Costa Rica pollution is offset by planting vast numbers of trees.

In the magnificent and iconic Maldives, a honeymoon heaven and tropical paradise, tourist money is also used to protect marine reserves and critical coral reef. Manta rays are one of the treasures of the Maldives, and the chain of 1,200 islands are one of the best places to see these graceful creatures up close.

But when we plan these life-changing journeys, it has never been more important to factor environmental concerns into the mix. Obviously, with our climate crisis we all need to be travelling sustainably and responsibly, putting money back into local communities. Tourism can help to provide jobs in poorer parts of the world, and it can help to save threatened wildlife by giving locals economic incentives to protect and preserve.

Wherever we go, we don't always have to fly. I wish more travellers would realise the journey can be just as memorable



as the destination. For a greener adventure, pottering around the Greek islands on a sailboat is a glorious treat. Or you can plot a stunning journey island-hopping on ferries.

Many of us loved our enforced staycations around the UK this summer. We have some of the most gorgeous landscapes on the planet, too easily overlooked when we travel the globe.

Why not look for places to stay in Britain that are proud of their eco-credentials, and prod and encourage them to be even greener. I certainly loved camping on the coast of north Cornwall this summer and the hills of the Peak District last autumn. For true eco-travel, camping still takes some beating.

When things do start to open up a little, it is good to know that all of Europe can be reached by rail. I've taken a train from London to Istanbul – a glorious adventure and a chance to relax as the landscape of Europe unfolded through cinematic windows. I even had a full day to explore Vienna, one of Europe's most cultured capitals. I cannot recommend train travel highly enough, and Seat61.com is the best site to start planning your journey.

For an even brighter virtuous glow, electric cars are already available with +250 mile ranges, and vehicles with +400 mile ranges are coming soon. Have a lovely electric drive, lunch and a walk, another relaxed drive, then charge overnight. When a long-range electric campervan becomes available, I will load it with family and dogs, and potter down the east coast of Italy, to ancient Matera, the magical city of caves and stone, where I left a piece of my heart while filming around the Mediterranean.

The world is still out there, waiting for us. And we'll be back. 🌿

RESCUING THE REEF

When international borders open once more, Australia's Great Barrier Reef should be in great shape to visit, thanks to a number of clever conservation initiatives to protect and boost large areas of coral

Global warming, storm damage, pollution and destruction by crown-of-thorns starfish has seen huge areas of this natural wonder destroyed over recent years. But scientists have been working hard to rectify that damage to ensure the site remains a life-changing place to visit. In some areas, living coral fragments are being attached to damaged rocks in a move that mimics hair plugs implanted to cover bald spots – the attachment ensures the coral remains in place so it can grow and repopulate areas. Elsewhere, different corals are being grown on old security doors suspended in 'coral nurseries' to determine which species survive the conditions best, and propagated coral is being attached to steel frames that then disintegrate, allowing the coral to take hold on the seabed.



FASHION HAS BECOME a massive environmental problem. Today, we buy 60 per cent more clothing than we did in 2000, and wear it for half as long.

A quarter of all chemicals produced worldwide are used for textiles, and 20 per cent of global industrial water pollution is caused by textile dyeing and finishing.

But we appear to be on the cusp of change. In 2018, the United Nations Fashion Industry Charter for Climate Action set a target for the fashion industry to achieve net-zero emissions by 2050.

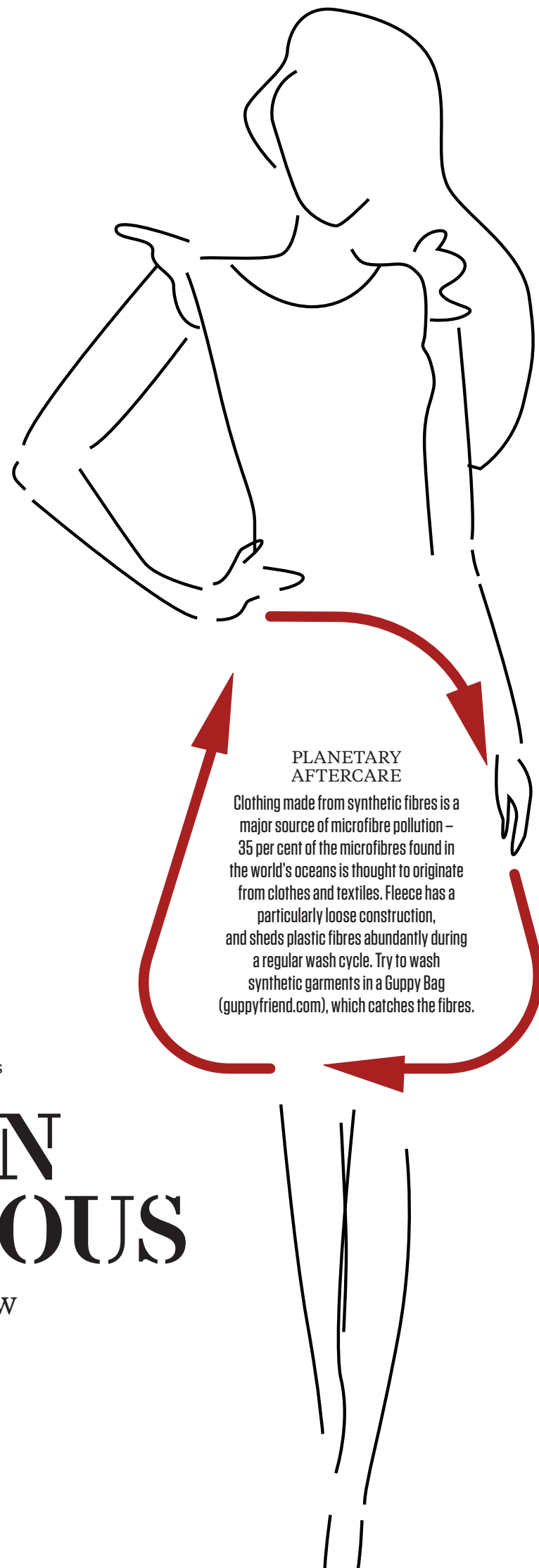
Here's how to update your wardrobe to embrace a low-carbon, eco-friendly, wildlife-protecting future that benefits your pocket and style – and the planet.

Embrace the rewear

According to research by British scientists, if you extend the lifespan of a garment, you reduce its environmental footprint by 20-30 per cent (including carbon emissions). So, one of the most eco-friendly moves you can make, is to rewear your clothes as many times as possible. *Dragons' Den* star Deborah Meaden announced in January 2020 that she wouldn't be buying any new clothes this year, and we would be well advised to following her example. If we put our minds to it, we could start to reverse the 235 million items of unwanted clothing dumped in UK landfill each year.

A stitch in time

If you can whip up a face mask from a pair of socks, you can repair a holey jumper. Rosalind Studd is the Joe Wicks of sewing, and her instructional videos at repairwhatyouwear.com have been a lockdown lifeline. Alternatively, pick brands



PLANETARY AFTERCARE

Clothing made from synthetic fibres is a major source of microfibre pollution – 35 per cent of the microfibres found in the world's oceans is thought to originate from clothes and textiles. Fleece has a particularly loose construction, and sheds plastic fibres abundantly during a regular wash cycle. Try to wash synthetic garments in a Guppy Bag (guppyfriend.com), which catches the fibres.

FASHION CONSCIOUS

Practical steps to help slow the pace of 'fast fashion'

WORDS BY Lucy Siegle



'I needed something red and I went out and found this coat on sale. This is the last article of clothing that I will ever buy' **Jane Fonda**



SEEING RED

Jane Fonda at the 2020 Oscars in the same Elie Saab gown that she wore to the 2014 Cannes Film Festival (above) with the coat that was her last fashion purchase, right; Stella McCartney (right) with Carmen Jordá wearing a top available from fashion-rental website Hurrcollective.com, left

(such as Barbour, Patagonia and Levi's) that offer repair services for its garments.

Take care

Have a maintenance kit handy – including a fuzz-away for bobby wool, spare buttons,

darning thread and wardrobe moth repellent. I treat my small collection of cashmere as if I was looking after a Crufts-winning Afghan hound.

Temporarily mine

You can rent delicious designer items at a number of new online outlets such as Rotaro, Endless Wardrobe, By Rotation, My Wardrobe HQ, and Girl Meets Dress. I borrowed a beautiful Stella McCartney swan-print blouse with red fringing from Hurrcollective.com via Selfridges online. It is something I would never have been able to afford, but it was mine for four days and three important Zoom functions for £60.

Knickers to last

Underwear shouldn't be trend-driven. Instead, think of knickers, vests, bras, socks, even basic

trousers and T-shirts as workday items that you get maximum use out of. For this it pays to invest in the best-quality cotton you can afford; organic if possible (it avoids pesticide usage).

Be a material girl

Aim to be better informed about the materials you put close to your skin. Ask: will it keep you warm enough, hold its shape, wash well and give you the years of service required to justify the purchase? Be open to new fibres: try modal (made from tree bark), hemp blends and new leathers pressed from citrus fruits.

There's been a revolution in technical fibres made from actual rubbish, recovered from the 640,000 'ghost' fishing nets and lines that are the scourge of the planet's oceans.

These plastic nets are left at sea by the fishing industry, and ensnare ocean wildlife, but charity, healthyseas.org fields international teams of experienced volunteer divers to collect them. They are then regenerated into new Econyl fibres, and woven and knitted into material used in fashion products from Adidas trainers to bikinis, right the way through to haute couture. ♻️

IT'S ALL CHANGE in the world of cars, right before our very eyes. Mercedes-Benz has stopped developing the internal combustion engine entirely.

By 2025, Ford intends to be selling 40 electrified models, and the mighty Volkswagen plans to be producing 50. Jaguar are planning on being an all-electric brand by then, too.

And with so many car companies already offering a plethora of different varieties, it can be confusing to know which way to turn.

One thing that's clear is all-electric is clearly the way forward.

I hadn't ever driven an electric car, so I thought I'd give each of the sector's best a whizz around the block. Are they any better or less engaging to drive than a petrol or diesel car? Will I run out of charge? It's a whole new ball game. But I was pleasantly surprised.

First up is the brightest new spark on the electric block, from a carmaker you may not have heard of yet – Polestar.

Polestar 2

Best mid-size luxury saloon

Polestar is a subsidiary of Volvo based in Sweden, but owned and built in China by a large carmaker called Geely. There are currently two cars in the Polestar range. The Polestar 1 is a premium-priced £150k plug-in hybrid which means it can be driven in electric mode (for 60 miles) and then take on longer road trips with the 2-litre (400bhp) twin-turbo, supercharged petrol engine.

If you're looking for something a bit different, the Polestar 2 is the more affordable and fully electric model pitching up against Tesla's entry Model 3. It is a striking car to look at, with a subtle dash of Scandinavian design DNA.

The interior of the standard Polestar 2 is entirely vegan, meaning that zero animal products are applied. Ergonomics have been brilliantly thought through. It's all been distilled down to its purest form, and everything feels in exactly the right place providing the simplest, most intuitive and enjoyable overall driving experience. This is the first of any car to have its brain powered by Google, too. The excellent Android Automotive operating system controls everything via a large central screen, and the graphics are clear and easy to navigate.

Jump in and there's no start button. Just sit down with the keyfob in your pocket, slip into drive and off you go. It's effortless yet engaging to handle, with oodles of power on tap propelling you to 60mph in just over five seconds.

Excellent around town, comfortable and great fun around the country bends, too.

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WHERE CAN YOU CHARGE AN ELECTRIC CAR?

If you can park right outside your house, a home charging point is a very good idea (around £300). An increasing number of public charging points are being installed nationwide, but there's no consistency of charging speed, socket type or payment methods (some require membership and a monthly fee). Download the Zap Map app, at zap-map.com, to find your nearest charging point.



POLESTAR 2

Price from: £49,900

Range: up to 292 miles

Time to charge 0-100%:

22kW: Seven hours

120kW: 40 min

DRIVE INTO THE FUTURE

The latest all-electric cars are superbly designed, fun to drive – and many can now go for more than 200 miles without needing a recharge

WORDS BY Simon Penwarden



HONDA e

Price starts from:
£29,660

Range: up to 136 miles

Time to charge 0-100%:
7kW: 5.5 hours
100kW: 25 mins

Honda e **Best city car**

What a fabulous little car. Cute design that looks straight from the sketchbook of a Pixar animation. The first thing you notice is that the rear-view mirrors have been removed to improve aerodynamics and so increase battery range, and replaced with tiny cameras that reflect their images on to screens at either edge of the dashboard – which is itself a full-length screen. This solid little car is perfect for a busy city, with ample acceleration, great manoeuvability and only about a foot longer than a Fiat 500. Top-class build quality and materials. The Honda e oozes charm and has to be one of the best city cars on the market.

Tesla Model X **Best SUV**

We've all seen the Model X around, and that's for a reason. They're excellent. Perhaps the best looking car from Elon Musk's fleet; with its rear gullwing doors and ample room, the whole experience is so immersive.

The digital cockpit is the best out there with its trademark almost A3-sized screen in the centre of the dashboard. If Apple made a car, it would probably be along these lines.

Great visibility, comfort and, oh, so quiet.

What's also so impressive about Tesla is the dedicated charging network that puts other forms of public charging to shame. Input your journey details on the dashboard screen and the onboard computer will direct you to suitable available charging destinations (offering alternatives if those spots are occupied). Charging is extremely fast and stress-free, and billing is automatic.

WHAT IS RANGE ANXIETY?

The stress caused by worrying that you might run out of battery charge before arriving at your destination, which can be exacerbated by the fact that electric car mileage isn't true mileage – your range shrinks if you drive fast, erratically, up hills or use the heater and windscreen wipers, but expands if you drive economically and cruise down hills.

TESLA MODEL X LONG RANGE

Price starts from:
£87,245

Range: up to 314 miles

Time to charge 0-100%:
22kW: 4.5 hours
120kW: 40 min



PORSCHE TAYCAN TURBO

Price starts from: £115,860

Range: up to 280 miles

Time to charge 0-100%:
7kW: 14 hours
120kW: 40 min

Porsche Taycan Turbo **Best sports car**

The Taycan (pronounced Tie-caan) is the first all-electric car from Porsche. And it's truly epic. This is a driver's car first and foremost. It instantly reacts to any instruction from your foot or from the steering wheel. It's just a whole new world of driving enjoyment. This particular model had more than £23k of extras fitted, one of which is called 'Porsche Electric Sport Sound', which adds a spaceship frequency to the acceleration. And it's warp speed territory this car.

Stick on the launch control (to engage: put your foot hard on both the brake and accelerator) and you'll be hurled into another galaxy before you know it. Zero to 60mph in 3.1 seconds. My mother didn't enjoy it, but my nephew asked me to do it again. 120mph in just over 9 seconds. Not that I tried that, of course.

The interior is beautifully contoured with black digital panels with high-grade leather seats. Porsche have hit a home run here, and while the price tag may be hefty for most, it's perhaps the best electric car money can buy. 🚗



THINK SMARTER

BY 2050, Britain has committed to cutting greenhouse gas emissions to 'net zero', a shift that will affect all of our lives.

Smart meters will be a 'crucial cog in the wheel' as Britain switches to renewable energy, Robert Cheesewright of Smart Energy GB says. Smart meters will also help our country to adopt green technologies such as electric cars, Cheesewright believes.

'The challenge is that renewables such as wind and wave power are intermittent,' Cheesewright says. 'You can't just turn them on, like you can with coal and gas power stations. But we need to use renewables, because they're carbon zero.'

He says smart meters will be key to helping our country to reduce demand at peak times.

'What you need is to have your home be part of the system,' says Cheesewright. 'Your smart meter sends energy-use information to the grid, so homeowners can make the most of renewable power when it is most helpful.'

This will also pave the way for technologies such as electric cars, Cheesewright says.

'If we all got electric cars and came home from work at 6pm and plugged them in, the demand would hit just as our home demand is highest,' he says.

Smart meters offer the potential to work with

Smart meters are set to revolutionise the way Britain uses and generates energy – here's how

WORDS BY Rob Waugh



electric cars' smart chargers so that they will fill up overnight when electricity is cheapest and cleanest, reducing demand at peak times.

In the future, homeowners will use the batteries in electric cars to sell electricity back to the grid, further 'smoothing out' demand, Cheesewright says.

'Your smart meter will be able to tell the vehicle that energy is expensive now: you'll make money if you sell it back to the grid.'

Along with technologies such as solar panels, in-home batteries and even smart kettles, smart meters will be crucial in Britain's journey to becoming carbon-neutral by 2050, Cheesewright believes. 'Getting to net zero will be more

costly, more piecemeal and more risky without smart meters,' he says.

■ Smart Energy GB is a Government-backed organisation tasked with informing the nation about the benefits of the smart meter rollout.

To get your smart meter installed, contact your energy supplier

"Your smart meter sends energy-use information to the grid, so homeowners can make the most of renewable power when it is most helpful"

HOW TO GET A SMART METER



- Smart meters are now being installed throughout Britain, offering homeowners the chance to work together for a cleaner future.
- Every home in England, Scotland and Wales will be offered one.
- The devices will be crucial to ensuring a switch to clean energy sources such as wind and wave power, and to creating a carbon-neutral Britain by 2050.
- Ask your energy supplier for a smart meter, or visit smartenergygb.org for more information.

Smart Meters
Join the quiet revolution

green life

TV presenter,
Ben Fogle, 46,
lives in Henley-on-
Thames with his
wife Marina, and
their children
Ludo and Iona



by Ben Fogle



Natural products At home we use my friend Kate Humble's Humble By Nature products which are biodegradable, sustainably sourced and packaged in recycled and recyclable containers.

Enjoying nature We've planted a lot of trees in our garden both because we love to be surrounded by nature, and as a way of carbon offsetting some of the travelling I do. In my new book, *Inspire*, I talk about our relationship with nature, and the lessons we can learn from the flora and fauna that we're inadvertently destroying. *'Inspire' by Ben Fogle is published by William Collins, £20)*



Cycling fun We all have push bikes and we try to cycle as much as we can, but I worry about the dogs running behind us if we're cycling on busy roads.

Eco-home heating We've recently installed a Mitsubishi heat-exchange system. That meant taking out the old oil burner and replacing it with a more environmentally friendly system – and it works a treat!

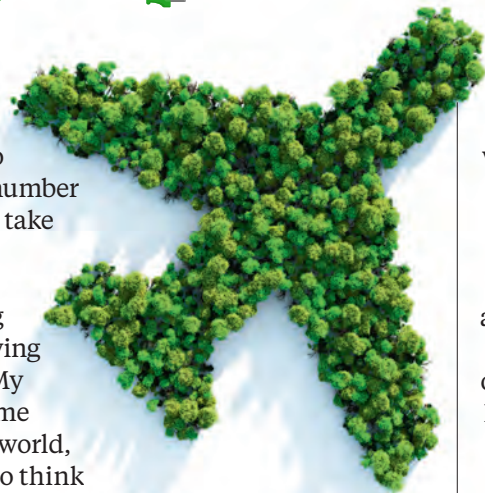


Electric wheels We have an electric car, and we love it. It has a range of 140 miles and we charge it about once a week at a cost of around £10.

Plastic-free shopping We try to buy products with as little packaging as possible. I have been known to return excess plastic packaging to stores. I have been working with Plastic Oceans (a group campaigning to reduce the impact of ocean plastics) on its campaign to get supermarkets to offer a plastic-free aisle, and my children have become huge anti-plastic activists.



Fewer flights We have tried to reduce the number of flights we take as a family, focussing on spending time holidaying in the UK. My work takes me all over the world, but I'd like to think that the positive, empowering messages that come from the documentaries I make will help inspire others to take care of the environment.



No more bottled water For the past ten years, I've been making a conscious effort to use a refillable water bottle so I don't have to buy water bottled in plastic. It can be difficult when I'm travelling in remote areas without easy access to clean water, and I do sometimes get caught out. I'm eco-conscious, but I am definitely not perfect. That's just not possible. Far better if 100 per cent of us aim to change our lives by ten per cent, than ten per cent of us try to make a 100 per cent change. ♻️



WHERE YOU'LL FIND THE WORLD'S GREATEST WONDERS

Welcome to Queensland, Australia - where you can connect with the world's oldest living Indigenous culture. Where you can immerse yourself in World-Heritage wonders like the Daintree Rainforest or Great Barrier Reef. Where you can watch sunrise on the beach with our local wildlife and discover an underwater world packed full of marine life. Where you'll find experiences like nowhere else in the world. We look forward to seeing you.



THE DAINTREE,
CAIRNS & GREAT BARRIER REEF



CAPE HILLSBOROUGH, MACKAY



WALKABOUT CULTURAL TOURS,
CAIRNS & GREAT BARRIER REEF





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being called out at an awards show
is something any car manufacturer
would enjoy.

But at Honda,
we don't just listen
to enjoyable things.
We listen to scary things.
Ideas. Big bold ones,
that come out of nowhere
and keep us up at night,
because they push boundaries.

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new Honda e, a small electric city car.

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