



Carbon Reduction Plan

Document Owner	Chair of Trustees	Date Created	October 1 2024
Originator	Compliance and Quality Manager	Issue Date	October 10 2024
Reviewers	Environment Champion Board of Trustees	Review Date	October 10 2025
Approval Date	October 10 2024	Richard Crone (Chair of Trustees)	

This **Carbon Reduction Plan** for **Mind in West Essex** will help the organisation demonstrate its commitment to environmental sustainability while aligning with broader goals of social and mental wellbeing.

1. Baseline Assessment

- **Carbon Footprint Assessment:** Measures current carbon emissions from operations, including energy usage (electricity and heating), transportation, waste management, and procurement. This forms the baseline for reduction targets.
 - *Data collected:* Utility bills, vehicle mileage, staff commuting methods, and waste management practices.

- **Current carbon emissions footprint 1676.5 tonnes emissions per year 01/10/23-01/10/24**

2. Carbon Reduction Goals

- **Short-term (1-3 years):**
 - Reduce energy consumption by 10-15%.
 - Transition 20% of office energy usage to renewable sources (solar, wind).
- **Long-term (5-10 years):**
 - Achieve carbon neutrality (Net Zero) by 2050.
 - Reduce overall carbon emissions by 50%.

3. Energy Efficiency

- **Office Energy:**
 - Install energy-efficient lighting (LED) and appliances.
 - Implement smart heating and cooling systems to optimise energy use based on occupancy.
- **Switch to Renewable Energy:**
 - Use green energy tariffs for electricity or explore installing solar panels on the office buildings.

4. Transportation and Travel

- **Promote Sustainable Commuting:** Encourage staff to share car journeys, use public transport, or cycle.
- **Limit Business Travel:** Utilise video conferencing tools for meetings to reduce the need for travel.
- **Electric Vehicles (EV):** Encourage the use of electric vehicles, and explore installing EV charging points if feasible.

5. Waste Reduction and Recycling

- **Paperless Office:** Transition to digital documents and records, reducing reliance on printed materials.
- **Recycling Programmes:** Implement office-wide recycling for paper, plastics, and electronics. Make sure that all e-waste is disposed of responsibly.
- **Composting:** For food and organic waste, introduce a composting programme.

6. Sustainable Procurement

- **Eco-friendly Suppliers:** Prioritise purchasing office supplies, equipment, and services from suppliers with sustainable practices (e.g., certified B Corporations).

- **Reduce Packaging:** Where possible, purchase in bulk and opt for suppliers who minimise plastic packaging or use biodegradable alternatives.

7. Staff Engagement and Training

- **Green Champions:** Create a team of Environment Champions within the organisation to lead sustainability efforts and encourage staff involvement.
- **Training:** Provide training on sustainable practices such as energy conservation, recycling, and digital efficiency.

8. Offsetting Remaining Emissions

- **Carbon Offsets:** For emissions that cannot be eliminated, invest in carbon offset programmes (e.g., tree planting or renewable energy projects).

9. Tracking and Reporting

- **Annual Carbon Audit:** Perform an annual review to track progress on emissions reductions.
- **Public Reporting:** Share updates on your carbon reduction journey through newsletters and the website, enhancing transparency and accountability.

10. Community and Stakeholder Engagement

- **Raise Awareness:** Host community workshops or events to promote sustainability and mental well-being, reinforcing how environmental health impacts mental health.
- **Collaboration:** Partner with local environmental organisations to enhance the impact of your sustainability initiatives.

Conclusion

By implementing this Carbon Reduction Plan, **Mind in West Essex** can contribute positively to the environment, align with broader sustainability trends, and reinforce its values of care and responsibility for the community.