

# Climate change guide

How you can help tackle climate change by taking action today



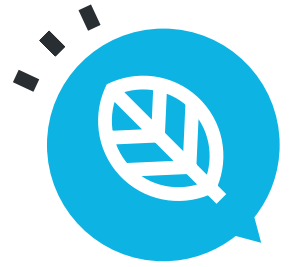
**Luton**

# Contents

<b>Why take action?</b>	<b>3</b>
<b>How to use this guide</b>	<b>4</b>
<b>Your home</b>	<b>7</b>
<b>Your food</b>	<b>13</b>
<b>Your travel</b>	<b>16</b>
<b>Luton 2020 to 2040</b>	<b>23</b>



# Why take action?



When climate change is described in the media the challenge facing us can seem vast. The need for action is immediate – at the Paris Agreement, signed in 2015 by 195 countries worldwide, they committed to preventing a 2 degrees centigrade rise above pre industrial temperatures. It was recognised that any such rise above this could have catastrophic implications for our health, economy and natural environments as well as our way of life, and so action must be taken now.

**Our goal in Luton is to achieve carbon neutrality by 2040, but we need everyone on board and taking action.** People may question whether any actions they take will make a difference and, more importantly, how they can make a start? We've produced this guide to answer your questions and to demonstrate how action on climate change is within our grasp.

The actions detailed in this guide are realistic and achievable, and any combination of them can make a difference in tackling climate change. This guide shows that taking action is not something that is difficult, expensive or likely to impact negatively on our lives – in fact, it's quite the opposite!

Throughout this guide you will find co-benefits boxes which outline the near term positives of action on climate change for you personally, such as actions which can save you money!



# How to use this guide

Everyone has a unique carbon footprint. It is based on factors such as how we travel, what we eat and where we live. The three-step approach provided in our guide will help you identify your own personal emission's footprint and direct you to clear set of actions that you can take.

Follow these steps to make the best of this guide.



- ▶ **Step 1:** use the [World Wide Fund's carbon footprint calculator](#) to find out which aspects of your life have the largest emissions footprint
- ▶ **Step 2:** you can then compare your emissions to the UK's and Luton's emissions profile to see evaluate your carbon footprint
- ▶ **Step 3:** once you know what your carbon footprint consists of, you can use the relevant sections of this guide regarding the actions you can take. For example, if your transport footprint is high, consult the your travel section. You can still use all sections of the guide if you wish - there are no limits on the beneficial actions that you can take!

## Step 1: What is your carbon footprint?

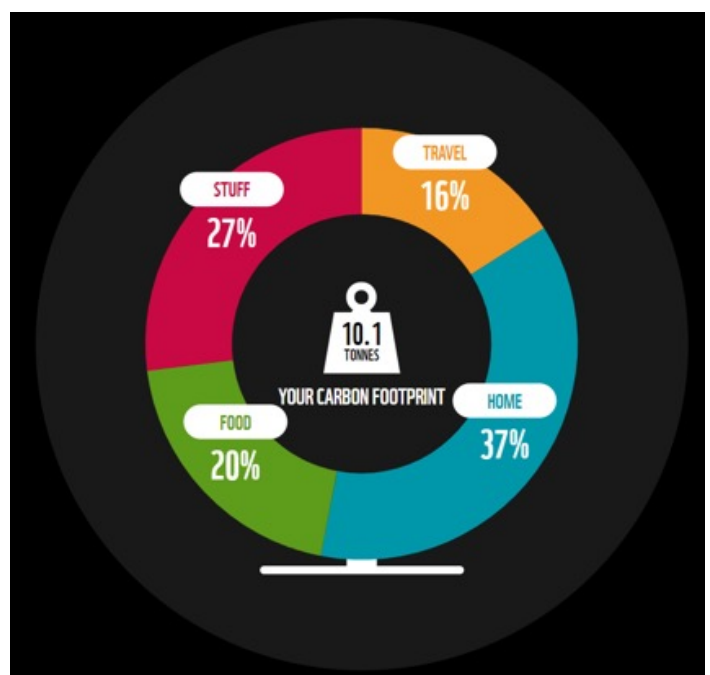
Knowing your own contribution towards emissions, and taking relevant actions to address it, will be the most effective way that you can tackle climate change.

Once you complete the quick set of questions in the WWF's footprint calculator, you'll be presented with a pie chart which breaks down your emission thematically (as you can see in the example below).

Such a breakdown will help you identify the areas you may wish to prioritise. Step 3 of this guide, which details the actions you can take on climate change, is divided thematically so you can use the sections relevant to you.

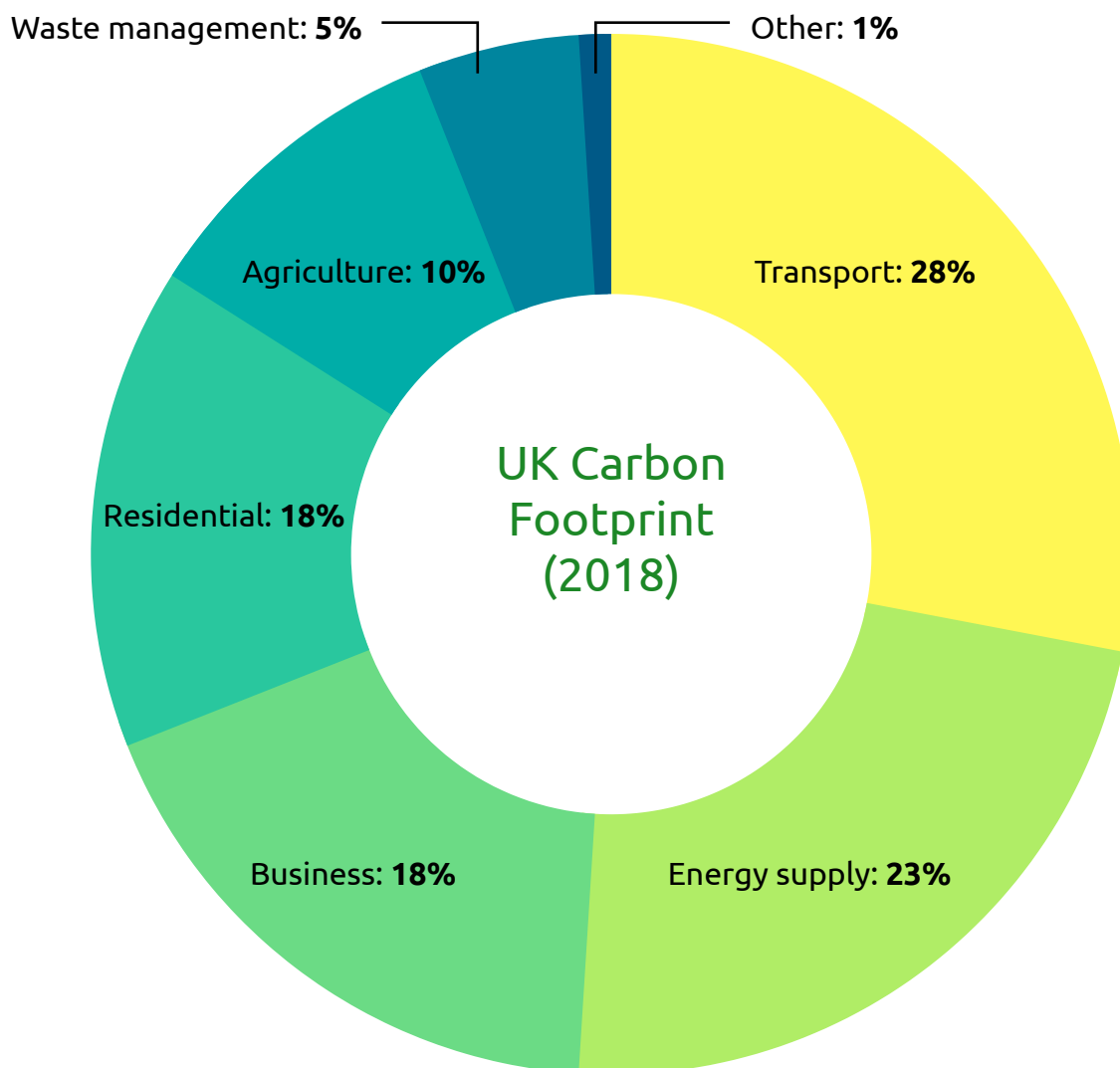


**Calculate your carbon footprint**

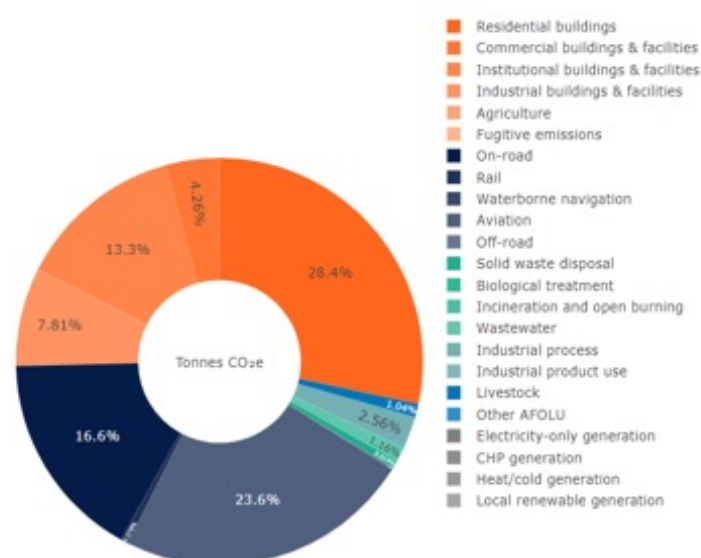


## Step 2: How do you compare?

Use your personal pie chart and compare to the UK as a whole and Luton.



## Luton's overall emissions



Residential buildings: **28.4%**

Institutional buildings and facilities: **13.3%**

Commercial buildings and facilities: **4.26%**

Industrial buildings and facilities: **7.81%**

Road, rail and waterborne travel: **16.6%**

Aviation and off road travel: **23.6%**

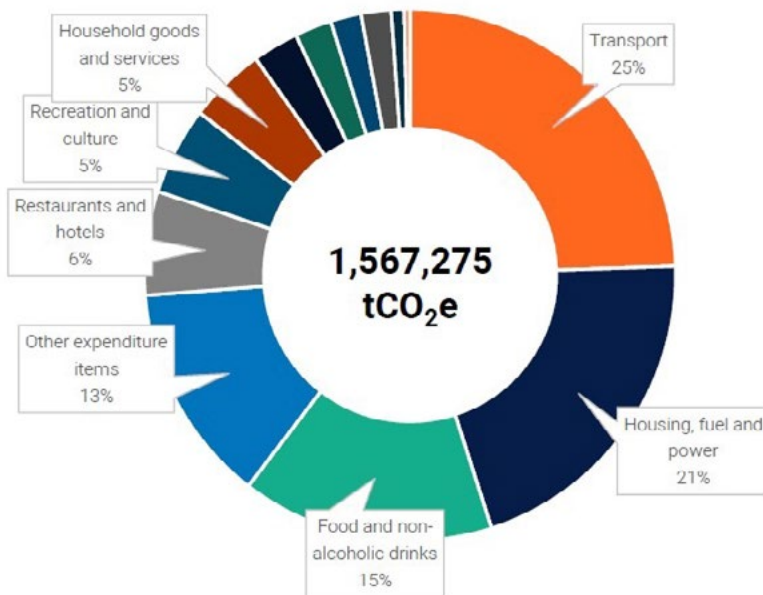
Industrial: **2.56%**

Agriculture, forestry and other land use: **1.04%**

Solid waste disposal, biological treatment, incineration and wastewater: **0.691%**

## Luton household expenditure emissions

Analysis conducted by Anthesis in 2019 estimated expenditure for households in Luton in terms of Carbon dioxide (or GHG) emissions:



- transport at 25% is the largest source of emissions here. A high car usage by households in Luton is the likely cause of this
- housing, fuel and power account for 21% - these demonstrate the impact of electricity usage and the gas used to power residential buildings
- food and non-alcoholic drinks account for 15%, demonstrating the impact these have on global emissions
- other expenditure including recreation, eating out, household goods account for 29% of total household emissions

## Step 3: Actions you can take

The sections below detail the actions you can take today on climate change to help ensure a carbon neutral Luton by 2040. It provides guidance as to how you can achieve a lower carbon footprint and highlights any co-benefits you would receive.

If you click on the title of the section below you will be taken to the relevant page.



### Your home

- Energy efficiency measures
- Energy saving
- Greening your energy supply
- Saving water



### Your food

- Eat less meat and dairy
- Eat in season
- Buy local
- Check food packaging and consume by dates
- Reduce food waste



### Your travel

- Cycle more, especially for short trips
- Walk more, especially for short trips
- Use public transport instead of travelling by car, if you feel it is safe to do so
- If you need to travel by car, consider an electric one. If your car is petrol or diesel, drive 'smart'

# Your home

**Challenge:** Our homes are still predominantly supplied by energy generated by greenhouse gas emitting sources.

1. Energy efficiency
2. Energy saving
3. Greening the energy supply
4. Saving water

## Energy efficiency measures



**Did you know?** 19 million UK homes have poor levels of energy efficiency!

Poor levels of energy efficiency in houses means that heating and powering them uses more energy than is required. As a significant proportion of the UK's energy still largely derive from fossil fuel more greenhouse gases are emitted than necessary.

A range of energy efficiency measures can be adopted to limit these emissions and keep your home warm, many of which are detailed below. The impact of such measures can range from significant to small, yet any action on the energy efficiency of a household can reduce on the amount of greenhouse gases emitted – and your energy bill!!

### Co-benefits of energy efficiency measures

Installing energy efficiency measures can save a household up to 30% on their energy bills. Insulation, low energy lighting and double glazing can cut energy bills considerably.

## How to get started

### 1. Low or no cost insulation measures

These measures are easy to implement and can achieve savings on your energy bill over time:

- insulate your loft space
- fit a heavy curtain over the front door
- fill gaps under skirting boards with newspaper, beading or sealant and put rugs over bare floor boards
- at night, pull the curtains to stop heat being lost through the windows. Avoid draping curtains over radiators as this will funnel heat straight out of the windows
- put draught strips around windows and outside doors and fit a flap across the letterbox

## 2. Check the energy performance certificate (EPC) rating of your household

Knowing how efficient your property is will influence any further measures you can take towards energy efficiency. An EPC rating has scores ranging from A (most efficient) to G (least efficient). A residential EPC is valid for 10 years before it requires renewal, though it is worth reassessing once you've installed a major energy efficiency measure in your home.

If you own a property you can find out how to obtain an EPC from the [\*\*GOV.UK website\*\*](https://www.gov.uk).

Prices of an EPC certificate can vary. However, the savings which can be achieved from the energy efficiency measures you implement as a result of this, can recoup the fee.

If you rent a property, ask the landlord for evidence of an EPC. All rented properties must have a valid EPC.

## 3. Make sure gas boilers and room heaters work efficiently.

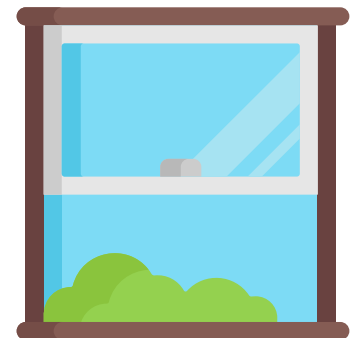
A number of these measures can be implemented quickly and provide significant savings to your energy bill:

- have them serviced regularly by a Gas Safe registered engineer - if you rent, your landlord must provide an annual gas appliance check
- keep your water warm by insulating your hot water pipes, especially between the boiler and hot water cylinder, which should be insulated with a British Standard jacket at least 80mm thick - this could save you £10 a year
- put reflective foil behind radiators on internal walls

## Significant energy efficiency measures

### 1. Installing double glazing

Windows are a huge source of potential heat loss in a home. Double glazing is important in preventing this, and can cut heat loss through windows by 50%, reducing the need for room heating. They also have the added benefit of significantly cutting down noise and condensation.



### 2. Insulation

Types of insulation that can be installed include:

- cavity or solid wall insulation, depending on the type of walls your house has - installation should be carried out by a professional
- floor insulation
- loft insulation - often using mineral or sheep's wool, this can be fitted yourself using protective equipment or through a professional installer to a depth of at least 250mm, potentially saving as much as £70 a year
- draught proofing around doors and window frames

Find out more about how your home can benefit from [\*\*insulation measures\*\*](#).



## Home energy grants

### 1. Grant finder

The availability of grants can often change, depending on where you live and if they are still in operation. Discover what **grants are available in your area.**

#### Grants offered by energy suppliers

Most energy suppliers operate a scheme of grants and discounts for energy efficiency measures. Call the number on your bill to check for competitive offers.

#### Useful links

##### **Energy Saving Trust**



## Energy saving

As promoted through energy efficiency, the more energy we save, the better. Reducing our energy and heat consumption may seem like an arduous demand given the crucial role they have in our everyday lives. However, there are some simple ways in which we can cut back our energy use without it negatively impacting our lives.

### Co-benefits of energy saving

As with installing energy efficiency measures, you can save significant sums of money on energy bills if you adopt energy saving measures into your everyday life.

### Install a smart meter

A smart meter monitors and provides an accurate measurement of your energy usage and the cost per day. All UK energy companies should offer a smart meter to their customers. By having a visual monitor of your energy consumption and the cost, a smart meter can help you identify ways in which you can reduce your energy usage and save money!

Visit the Money Saving Expert to learn more and check your eligibility for a smart meter.

## General energy saving tips for your home

### Turn off your mobile phone or laptop charger as soon as it's charged

Chargers still use energy, even if the appliance is fully charged.

### Don't leave your TV on standby when not in use

Standby can use up to 60% of the electricity.

### Buy energy efficient goods

'Which?' the consumer choice website has a useful section to help in the purchasing of such goods. See more information from the Which website.

## Washing machines

Where possible, wait until you have a full load before using your washing machine.  
Try washing at 30°C.

## Lighting in your home

Switch to LED lightbulbs. Compared to previous lightbulbs these use 80% less energy, last 25% longer and still produce same amount of light.

## Switching off lights to prevent unnecessary use.

Lighting accounts for 15% of a household energy bill on average.



## The temperature of your home

Turn down your thermostat if possible, even by just 1 degree. Whilst it is important to ensure your home is well heated, especially during winter, consider whether the level of heating is necessary. By turning down your thermostat by just 1 degrees Celsius can reduce the energy you use for heating by 10%.

## Program heating and hot water to come on only when you need it.

Set your cylinder thermostat at 60°C or below.

## Reduce your use of air conditioning.

As with decreasing the temperature on your thermostat, reduce your use of air conditioning so long as it is safe to do so. Air conditioning units are extremely energy intensive, so any reduction in their use will have a positive effect.

See **further guidance** on how to have a heated, energy efficient house on the Luton.gov.uk website.

## Saving energy in your kitchen

### Boil the kettle with only as much water as you need.

Kettles are extremely energy intensive, so putting more than you need will waste vast amounts of energy.



### Put lids on pots and pans when cooking.

They will boil a lot quicker and therefore use less electricity or gas, depending on your hob.

### Regularly defrost your freezer.

Avoid putting hot food into the freezer.

### To heat small amounts of food, use a microwave rather than your cooker.

Turn your microwave off at the plug until you need it.

Keep your fridge door closed as much as possible to avoid cold air escaping.

## Useful links

- **How to reduce energy use in the home**  
(Business Green website)



## Securing a renewable energy supply

Much of what has been suggested already relates to saving energy, due to the role of fossil fuels' in the UK's energy generation. Switching to a renewable energy supply would resolve several issues as these emit little or no greenhouse emissions. Over the last few years, renewables have become a cheaper, increasingly reliable as a source of energy, for UK households.

### Switching to a green tariff

UK energy companies are increasingly offering tariffs supplied by renewable energy due to the increased reliability and reduced cost of such an energy supply. With the internet, it is also easier to find the best deal for you. You can therefore pursue the following options if you wish to make your energy supply renewable:

Check with your supplier regarding your tariff options. The source of your energy supply, whether it is renewable or not, can often be found on your bill.

Use a price comparison website to gain impartial, independent information on energy suppliers for no cost.

### Install renewable sources of energy and heating

#### Solar Photovoltaic panels (PV).

These forms of panels only require daylight, rather than direct sunlight, to work. They should be south facing and unobstructed for maximum efficiency.

#### Ground source heat pumps.

These transfer the heat residing below the surface of the ground, which remains at a constant temperature, to the property above.

During winter, when the ground temperature is warmer than the house, a heat exchanger transfers such higher temperatures to a heat pump.

Consent for heat pumps is required. See more information on the Environment Agency's website.

#### Air source heat pumps.

Similar to heat pumps, these collect heat from the air outside.

#### Renewable heat incentive (RHI) scheme.

This scheme offers regular payments to households who generate their own heat from renewable sources. Visit the [Energy Savings Trust website](#) to find out if you're eligible.

To see if your property can adopt these renewable sources, [find an assessor](#) who can evaluate your property.

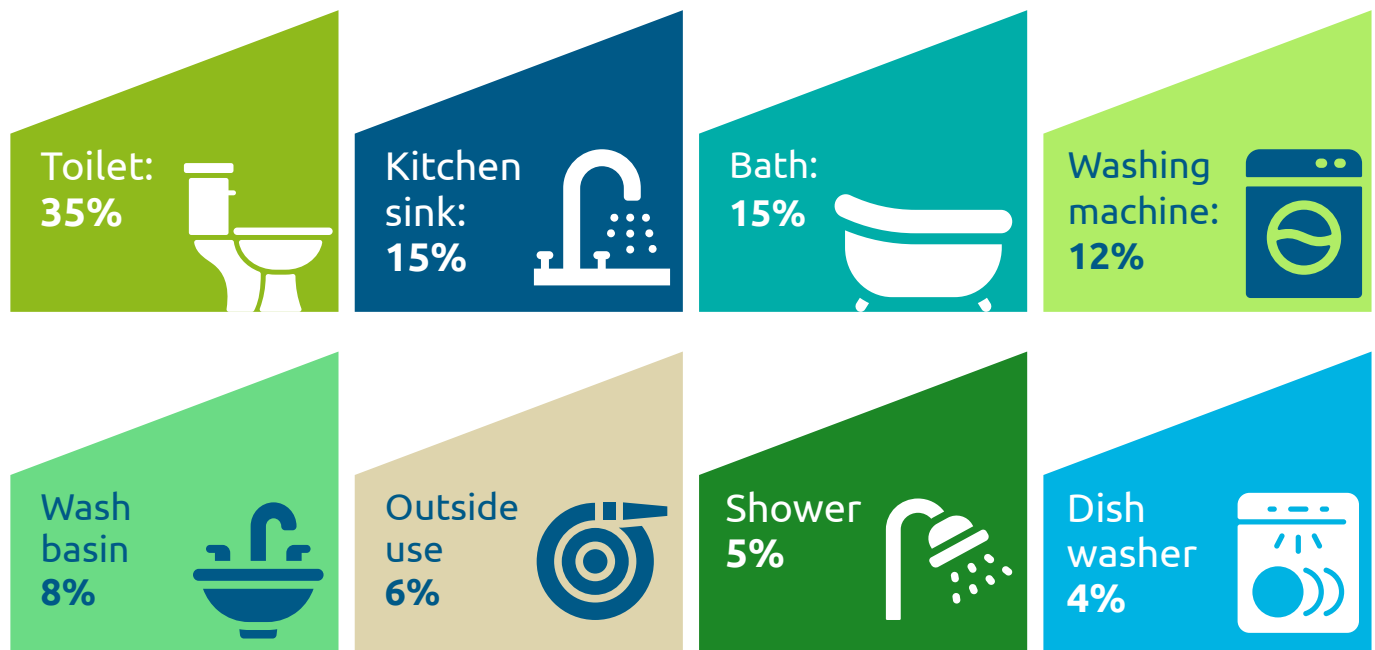


## Saving water

A clean and fresh supply of water is a luxury that we enjoy in the UK, but one that is limited. The Environment Agency has recently warned that the UK is running the risk of losing its supply within 25 years.

Ensuring a fresh water supply and treating it also requires vast amounts of energy. Reducing our water consumption will have the added benefit of decreasing our energy use.

The chart on the following page shows that some of the water used in our everyday lives has a significant impact. Taking steps to reduce its use can ensure we save water, save energy and take action on climate change.



### Co-benefits of saving water

The amount we pay in our water bills is determined by our water use. Decreasing our consumption of water can therefore save you money on your water bill!

### Start saving water

#### Wash clothes at 30°C

Doing so uses about 40% less electricity, and washes clothes equally as well as at a high temperature due to the quality of modern detergents.

#### Run washing machines and dishwashers only on full loads

**Dry clothes outside or on indoor driers where possible** rather than using a tumble drier.

**Take a shower rather than a bath** and try to ensure you don't take any longer than is necessary. A shower uses half the hot water of a bath.

#### Turn the tap off whilst brushing your teeth

#### Mend dripping taps

A dripping tap could fill a bath in one day.

**Visit Affinity Water to find out more on how you can save water.**



# Your food



**Did you know?** Food System activities account for a quarter of global greenhouse gas emissions.

## Problem

- Cattle emit greenhouse gases such as methane, associated with the production of red meat and dairy
- Deforestation to clear land for agriculture, releasing carbon stored in trees
- Emissions associated with the transportation of food
- Production emissions related to growing food out of season.

## Solution

The collective dietary decisions we make every day have a large influence on climate change, and present an opportunity for each of us to reduce our carbon footprints and therefore greenhouse gas emissions.

**Did you know?** A study by the University of Oxford conducted in 2019 suggested that decreasing your meat and dairy consumption can reduce the greenhouse gases associated with your food by up to 73%

## Eat less meat and dairy

### Eat less meat

The choice about whether to consume meat as part of a balanced diet, or adopt a vegetarian or vegan diet, is up to you. As the diagram below highlights, a diet with increased fruit and vegetable consumption and reduced intake of red and processed meat would contribute significantly towards reducing global greenhouse gas emissions.

Beef and lamb have a large climate footprint because the stomachs of cows and sheep contain bacteria that help them digest grass and other foods. Those bacteria create methane, a potent greenhouse gas that is then released into the environment.



Daily Carbon Footprint of different UK diets- based on 2000kcal/day  
(Scarborough et al 2014)

## Co-benefits of reducing meat consumption

High levels consumption of red and processed meat have been associated with increased rates of cancer, type two diabetes and cardiovascular disease. Decreasing the amount of red meat we consume reduces the risk of developing these.

### Eat less dairy

Livestock is raised not only for meat but also milk. Cows alone represent about 65% of the livestock sector's emissions, followed by pork (9%), buffalo milk (8%) and poultry and eggs (8%).

### What is the alternative?

The key is a balanced diet, one which isn't too dominated by meat or dairy. Whether you choose to include meat as part of a balanced diet, go vegetarian or vegan is your choice.

**BBC Good Food** offers guidance for how to maintain balance in your diet, to ensure it is healthy and reduces greenhouse gas emissions.

Eating more plant-based foods such as beans, pulses and grains are climate-friendly dietary options.

Several high profile chefs are bringing out cooking books that highlight how meat can be substituted for vegetables in some popular dishes. **BBC Good Food** offers a good range of recipes to get started.

Almond, oat and soy milk all have a smaller greenhouse gas footprint than cow's milk, offering an environmentally friendly alternative.

### Eat in season

All fruit and vegetables have a season, a time when they are abundant and taste best. Growing fruit and vegetables out of season requires highly intensive farming processes, resulting in high amounts of greenhouse gas emissions.

Such fruit and vegetables are often grown overseas, resulting in high levels of transport emissions associated with shipping. Eating in season will therefore have a substantial impact on global emissions.

## Co-benefits of eating in season

The local economy is the big beneficiary of a shift to eating in season. Supporting local businesses is important as we emerge from the impact of COVID-19, so eating in season can help our local economy, which ultimately benefits us all.

**BBC Good Food** have compiled a useful tool which informs you when fruit and vegetables are in season.



## Buy local

Importing food that can be grown or produced in the UK ensures that transport related emissions are higher than they should be. Buying local and British is therefore encouraged.

### Co-benefits of buying local and British

As with eating in season, buying produce sourced nearby supports our local economy, which provides jobs and growth that benefit us all.

### How to buy local

- Check food packaging before you buy - the country of origin should be displayed on products such as meat, fruit and vegetable.
- Check local businesses who offer the same products you usually buy from abroad.

### Cut waste associated with food

Wasting food is bad for the environment and your pocket. We waste a third of all our food, meaning each household throws away around £700 of food per annum. Here are a few tips:

- Plan shopping and think before you buy: consider whether you will consume what you are buying
- Cook the correct quantity
- Disposing of food waste in a suitable manner
- Consider buying food for the store cupboard as well as fresh produce
- We often dispose of food that can still be consumed safely - the BBC website has **[guidance of when to throw food away](#)**



# Your travel

**Did you know?** transport is the largest single source of emissions in the UK - a staggering 28%.

**Challenge:** Emissions from diesel and petrol car journeys.

**Solution:** We benefit significantly from being increasingly interconnected, from being able to access goods in shops on demand, to how we travel to work. However at the moment during the pandemic, please ensure that local and national guidelines are followed.

So, how do we keep the benefits of travelling whilst taking action on climate change?

Any reductions in our carbon footprint can be made from changing HOW we travel, which can therefore have a significant impact. This section will suggest some actions that can be taken on your travel, and help you get started in putting them into practice.

## Cycle more, especially for short trips

**Did you know?** 68% of UK trips undertaken are under 5 miles, with 19% of trips being less than 1 mile in length. These short trips contribute disproportionately to emissions, yet can be undertaken by cycling or walking, instead.

Cycling is an excellent alternative to short car journeys that is suitable and accessible to people of varying ages and abilities. It's also a low-impact form of exercise, which means it will help you get fitter but is gentle on your joints, making it a great form of travel as well as being a leisure activity.

### Co-benefits of cycling

At the same time as cutting transport emissions, cycling has significant health benefits! It can reduce the likelihood of getting sick and the risk of developing health problems such as type 2 diabetes.

## Get started with cycling

### Bikeability cycle training

This is offered by Luton Council. See the website for full details of our **bikeability cycle training**.

If you're not a regular cyclist, training is highly recommended. Doing so ensures a level of competency in cyclists when cycling on roads. Our training uses instructors that are accredited to national standards and COVID resilience, working to instil confidence and safety for cycle users in Luton.

Find out more on the We are Cycling UK website: **[www.cyclinguk.org](http://www.cyclinguk.org)**



## **Bikeability cycle training:**

### **Cycle training for schools**

Aimed at pupils nine years and above, the course provides an introduction to road riding. Training begins by teaching control skills in an off-road environment and then, once everyone is competent to control their cycle, moves on to quiet residential roads where we can teach road positioning, right of way and how to deal with other road users, using a logical, confidence building framework.

### **Adult training**

For adults learning to ride, we offer full training so that participants will feel confident to start riding on the road.

For more information including how to join, please email: [safercycling@luton.gov.uk](mailto:safercycling@luton.gov.uk) or call our cycle training team on **01582 547153**.

Useful links

- **National standards for cycle training**
- **1st4Sport Level 2 Award in Instructor Cycle Training**
- **Bikeability**

### **Know your cycle routes**

Cycle routes are indicated by signs and markings. They may be either on the carriageway, on footways either shared with or segregated from pedestrians, or specially designated cycle paths. Below are details of the routes that can be taken in Luton:

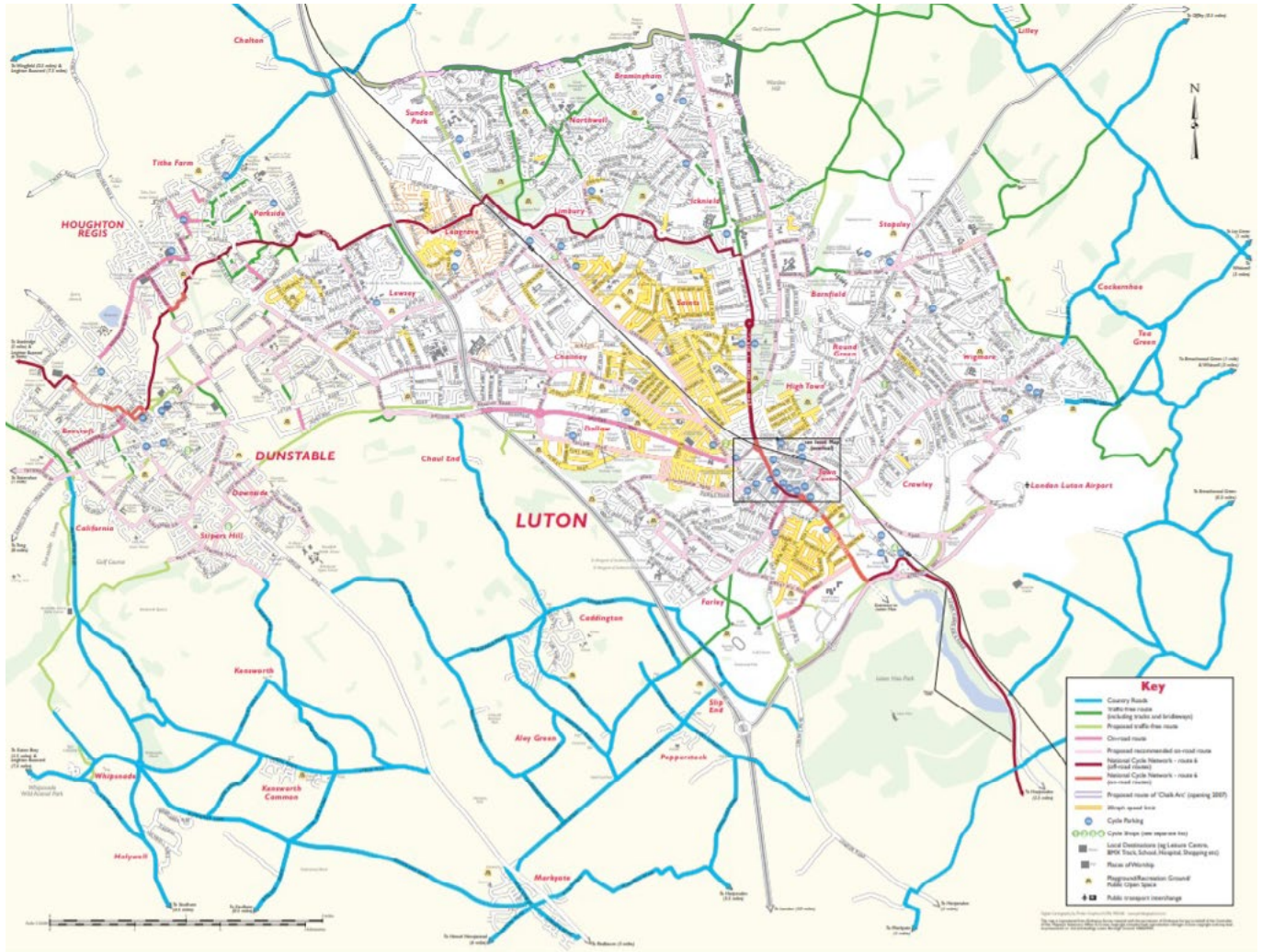
The core cycle network through Luton comprises two of:

- Sustrans National Cycle Network (NCN) routes
- part of NCN route 6 (which enters the south of Luton from Hertfordshire and broadly follows the Lea Valley through the town centre and continues through the north and west of the town)
- NCN route 606 alongside the Luton Dunstable Busway which principally runs along the south edge of the built up area between the two towns



## Map of Luton's cycle network

[Download a copy of the cycle network map](#)



Further routes in Luton and Bedfordshire can be found on the Let's Go website.

### Buying and maintaining your bike

Below are a number of services that are available locally to support your efforts in buying or maintaining a bike.

## Luton bike recycling scheme

### What is the scheme?

Pre-owned bikes are collected from recycling centers or donated by the police and **'Recycle your Cycle'**. Suitable bikes are then restored to a roadworthy condition, ready for use again and available to buy at a low price.

### Who can get hold of a bike?

Anyone! They're popular with people who want to get their families cycling, or are looking for a low-cost bike to ride to the station or to work.

### Is it successful?

Uptake has been strong since the scheme was launched in 2017. Money raised from the sales of the bikes is reinvested in the scheme. The Luton bike recycling scheme even won the award for Excellence in Cycling at the 2018 National Sustainable Travel Awards.

The scheme sometimes donates bikes to individuals who've been identified as needing a bike but don't have the means to buy one. Through our work with partners in Bedfordshire, bikes have been supplied to people in a range of different circumstances including:

- school pupils needing bikes to cycle to school
- adults needing bikes to access jobs
- key workers to use during the COVID-19 pandemic

The Recycled Bikes for NHS Keyworkers project subsequently won the award for Best Partnership in November 2020 at the 2020 National Sustainable Travel Awards.

## **Recycled Bikes for NHS Keyworkers**

Please email [safercycling@luton.gov.uk](mailto:safercycling@luton.gov.uk) for the latest bike catalogue. Once you've chosen a bike from the catalogue, inform them which bike you are interested in viewing. If the bike is still in stock, an appointment will be arranged. If it's no longer in stock, you'll be advised on other choices.

### **COVID-19 restrictions?**

The Bike Recycling Shop reopened in May 2020 and is following UK government guidelines on safety and social distancing rules. Therefore, the store will be open only for pre-booked appointments, which can be arranged when you initially contact [safercycling@luton.gov.uk](mailto:safercycling@luton.gov.uk). Face masks covering nose and mouth must be worn when in store.

The bike recycling shop is open for pre-booked appointments on Tuesdays between 10am and 3pm at: Unit 42, Portland Court, Kingsway Depot, Kingsway, Luton, LU4 8AU

## **Dr Bike - free of charge bike servicing scheme**

### **COVID-19 restrictions**

During the current lockdown this service is not in operation.

Face masks covering nose and mouth must be worn when using Dr Bike.

All customers must adhere to social distancing guidelines. There is plenty of space to keep 2 metres apart.

### **Where is Dr Bike based?**

Operating outside of Luton Train station on Thursdays between 7am and 2pm, provided by Luton Council.

### **Who can access it?**

Anyone!

Dr Bike now has a maximum limit of 40 minutes and one bike per customer. Bikes cannot be dropped off and picked up at later - customers must stay with their bikes at all times.

Keep up to date with Dr Bike on [Facebook](#).

### **Useful links**

[Luton and Dunstable Cycling Forum](#)

## Walk more, especially for short trips

**Did you know?** World Health Organisation guidance tells us that everyone needs at least 150 minutes of exercise per week to maintain health and wellbeing.

If you walked for a total of 20 minutes every day, for example, with ten minutes of walking in your commute twice a day, you'd be close to achieving this.

For short journeys, walking is an excellent alternative to going by car if you have the time. Unlike cycling, it's free and doesn't require any specialist equipment. Whether walking becomes part of your daily routine, such as walking to school or for leisure, it's an activity that can significantly reduce our dependence on cars.

### Co-benefits of walking

At the same time as cutting transport emissions, walking has significant health benefits! It can reduce the likelihood of getting sick and the risk of developing health problems such as type 2 diabetes and asthma.

## Getting started

### Walking routes

Whether it is for leisure or part of a commute to work or school, planning your route is important to ensure you are kept safe when doing so. As a result, we recommend the following sources to help you:

- **Chilterns Area of Natural Beauty** – news and information about walking in the Chilterns area
- **Lets Go** - information about walks, country parks, rides and nature reserves in Bedfordshire
- **Living Streets** - UK charity for everyday walking
- **Ramblers and Disabled Ramblers** - find, join and enjoy Ramblers group walks in Bedfordshire
- **Sustrans** - UK charity making it easier for people to walk and cycle
- **Walking in Bedfordshire** - download and print free walks to go on in Bedfordshire

### Staying safe

The importance of walking safely cannot be emphasised enough. The council has issued guidance to consider when planning to incorporate walking into your routine. Guidance on walking safely can be found **here**.

## Use public transport instead of travelling by car

Long distance travel isn't preferable for walking or cycling, so buses and trains are recommended as low carbon options where possible and where you feel safe doing so. Doing so avoids congestion on the roads and, crucially, decreases emissions from private vehicles.

Due to COVID-19, any such travel must be undertaken with care. Unless you are exempt or under 11 years of age, face coverings must be worn at all times on public transport. Social distancing guidelines are also in place, at 2 metres where possible.

Travelling by train

Luton has three train stations:

- **Luton**
- **Luton Airport Parkway**
- **Leagrave**

These stations provide excellent train links to London and the south east. Trains can even be as short as 24 minutes to London St Pancras. There are also fast rail connections to the north of England from Luton. Here are a number of services that will reduce the cost of train travel and help you navigate it:

- **railcards** - check your eligibility for a rail card, which can provide you with substantial savings on train journeys
- **train timetables** - plan your journey and find out about any disruptions
- **Plusbus** - an easy-to-use add-on to your rail ticket that you can use as often as you like on most buses inside your local Plusbus area

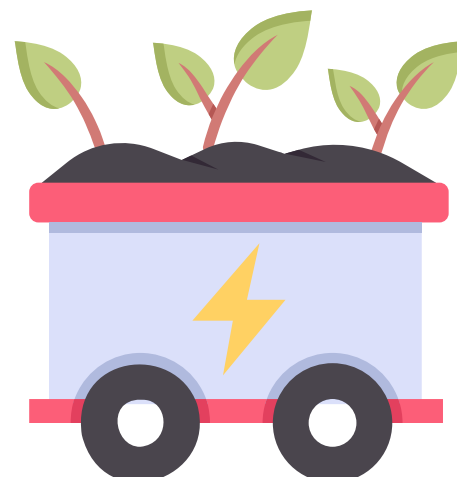
## Travelling by bus

### Bus routes

Being able to easily locate your closest and quickest bus route is important in being able to use public transport more often. Plan your journey on the Traveline website.

There are a number of bus operators currently serving Luton. Contact phone numbers and links to their websites are available below. You are advised to visit their website or call them on the number below for information about service changes, fares, timetables, or any disruptions during bad weather.

- |   |                |
|---|----------------|
| • <b><u>Arriva - the Shires Essex</u></b> | 0344 800 4411  |
| • <b><u>Centrebus</u></b>                 | 0844 351 1120  |
| • <b><u>Grant Palmer</u></b>              | 01525 719719   |
| • <b><u>Stagecoach East</u></b>           | 01223 433250   |
| • <b><u>National Express</u></b>          | 03717 81 81 81 |
| • <b><u>UNO</u></b>                       | 01707 275012   |





## Plusbus

As mentioned above, buying a PlusBus ticket will give you unlimited bus travel around town. You can buy your Plusbus ticket in advance and catch the bus to the station, with fares starting from £2.50 per day. **See the Plusbus website for more information.**

## Concessionary fares

Knowing if you're eligible for discounted or even free travel on buses can provide significant savings on your travel. **Check your eligibility on Luton.gov.uk.**

## If you need to travel by car, consider an electric one

Electric cars are growing in number within the UK due to their falling operational costs, increasing range and growing infrastructure to support them. Whilst cycling, walking and public transport are low carbon options, car journeys will be convenient for several of your everyday journeys. When considering your next car, or indeed your next car journey, ensuring it is electric will significantly reduce the emissions associated with diesel or petrol cars.

## Buying an electric car

Buying an electric car is not the same as purchasing a traditional petrol or diesel one due to refuelling. Charging an electric car will often be done at home, although major towns and cities are increasingly installing electric vehicle charging infrastructure.

However, grants can be accessed to install charging infrastructure in your home. **See the government website for more details on grants.** Some electric vehicle manufacturers will even install a home charge unit free of charge when you purchase an electric car from them.

## Electric car charging points

If you wish to charge your electric car when you're out of the house, you can do so due to the rise of rapid charging points in major towns and cities. Luton is one of those, with the ambition to install more going forward.

**Find a charging point for your car here.**

**Consider:** UK will end sales of diesel and petrol cars and vans in the UK by 2030

The UK is promoting the use of electric cars after 2030 with expected investment into the UK's infrastructure to support this initiative. **Visit GOV.UK for more information on the government's initiative on promoting low emission/electric vehicles.**



## Drive smart

Drive 'smart' measures include:

- Remove unnecessary weight from cars, which will improve fuel efficiency
- Check to ensure tyres have the correct air pressure, resulting in better mileage, cheaper maintenance costs and therefore a smaller environmental impact
- Slowing travel speed by 6mph can improve your cars fuel consumption by 25%

### Co-benefits of driving smart

Improving fuel consumption and efficiency can save money in the long term on the amount of refuelling required.

## Moving forwards to 2040

**Our aim for Luton to be net zero carbon by 2040 is ambitious and is only part of the actions needed to address the global climate emergency. By taking some of the steps in this guide you and your family are playing your part, but do think about what else you can do.**

Advice and guidance to help you is published by many organisations and the actions you take, do make a difference. Our belief is that if everyone works together we can make a real impact into our need to address the climate emergency.

***"Many individuals are doing what they can, but real success can only come if there is a change in our societies ..."***

**David Attenborough**

We hope that you find this guide useful and helpful. If there are any pieces of guidance that you believe we should add or modify in this guide, please get in touch with us at [myclimate@luton.gov.uk](mailto:myclimate@luton.gov.uk).

**The guide is for everyone, not just to use but to contribute.**



**Thank you for reading.**

To find out more visit: [www.luton.gov.uk/netzero](http://www.luton.gov.uk/netzero)

