

Caring Hands in the Vale **Environmental Policy**

Caring Hands in the Vale is committed to improving both the quality of energy saving methods, reducing our environmental impact and encouraging sustainable development. Our strategy includes:

- A commitment to comply with environmental legislation and other requirements such as approved codes of practice
- Assessing the environmental impact of our operations and objectives and targets to reduce these impacts
- To continually improve environmental performance
- Environmental considerations in capital investment decisions
- A commitment of all employees and volunteers to improve overall environmental performance
- The use of sustainable principles
- Reducing waste and increase recycling
- To liaise with the community to address any environmental related complaints
- Public reporting on environmental targets
- Setting similar environmental standards from third parties, e.g. suppliers
- To communicate aims and objectives to employees and other interested parties

Reducing Caring Hands in the Vale's footprint

Caring Hands in the Vale will take action to minimise any adverse impact we are having on the Earth and improve overall environmental performance by issuing each employee and volunteer of Caring Hands in the Vale with the following guidelines:

- To only boil as much water as you need when you put the kettle on. Jug-type kettles need less water as they have smaller elements.
- Put the urn on standby when it will be unused for over 2 hours and certainly overnight.
- Switch off lights when you leave a room
- Don't leave electrical appliances in standby mode and remember not to leave them on charge unnecessarily.
- Always put the plug in your basin or sink. Leaving hot water taps running with it removed is akin to washing money down the plughole.
- Keep doors and windows closed in cold weather where possible to reduce heat loss.
- Close curtains/draw blinds at dusk to stop heat escaping through the windows.
- Pots and pans: Choose the right size pan for the food and cooker (the base should just cover the cooking ring) keep lids on when cooking and cut food into smaller pieces. With gas, the flames only need to heat the bottom of the pan. If they lick up the side then you're wasting heat.
- Taps: In just one day, a dripping hot water tap can waste energy and enough water to fill a bath. Make sure they're off.
- Keep furniture away from radiators, if possible: These work by convection and if the air flow is blocked, the air cannot circulate.
- Buy pump-action sprays rather than aerosols - even alternatives to CFCs can contribute to greenhouse gases.
- Recycle newspapers, cans, bottles, cardboard containers and plastic containers.
- Washing machine and tumble dryers: Always wash a full load and if you can't, use a half-load or economy programme if your machine has one. Always use the low temperature programme bearing in mind that modern washing powders will be just as effective at lower temperatures.
- Don't put really wet clothes into a tumble dryer; wring them out or spin-dry them first.

Additional Guidelines for Volunteers and Employees at Caring Hands

- Buy FSC timber - The FSC label demonstrates that timber and timber products have come from sustainably managed sources.
- To monitor temperatures and if necessary turn the thermostat down by 1°C to cut heating bills by up to 10%.
- Light bulbs: replace light bulbs with energy-saving equivalents - which will use around a quarter of the electricity and last up to 12 times longer.
- The sun is the most readily available source of heat there is - and the cheapest! So make the most of it by opening internal doors (only within fire safety regulations) of any rooms which get more sun than others and let the warm air travel through the building.
- Don't buy products with excessive amounts of packaging and, where possible, choose products with re-useable containers.
- Buy recycled or recyclable products such as toilet tissue and stationery.
- Buy in bulk wherever possible - it saves packaging and money.
- **If you drive to Caring Hands, try to share your journey with colleagues.**
- To look at ways where we can use green power – most energy firms now have green energy options which don't necessarily cost more than your current one.
- Compost food waste where possible
- **To look at introducing a water butt attached to the guttering to allow us to re-use rainwater for watering plants.**
- Repair, restore or adapt something we already have
- To avoid food and drink from distant countries and support more local produce

We will regularly update our Environmental Policy and its associated plans and targets to reflect the organisation's commitment to continuously improve on our sustainability in the future.