



- **How to host an eco-friendly baby shower**  
– celebrate special occasions whilst also doing what you can to protect the environment

- **Award-winning induction kettle launched through crowdfunding platform**  
– Italian household appliance brand LAICA has launched its innovative kettle

- **Half of Brits will be vegetarian by 2040**  
– half the UK will be vegetarian in less than 20 years, as the impacts of climate change increase



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## FOOD

• Why not try Real Good Ketchup? It's a low salt and sugar alternative to other branded sauces, which are typically high in salt and sugar.

## GIFTS

Do you need gift ideas? There are gift suggestions for him, her and the kids.

## ENVIRONMENT

Music Industry executives have come together to launch a ground-breaking platform, MusicArt, which uses cutting edge blockchain and NFT technology.

## A word from the Editor

When Her Late Majesty Queen Elizabeth II addressed COP 26 last year, she reflected on how history has shown ...

“That when nations come together in common cause, there is always room for hope.”

Such words of wisdom.

It was, therefore, very good to see the Prime Minister Rishi Sunak do a u-turn with regards to attending the COP 27 held in Egypt this year. He was there to cement the UK's COP legacy with a series of announcements on energy transition, climate financing and forest and nature preservation.

I am pleased to report that the UK has agreed to spend £11.6 billion on international climate finance. The Government has stated that it will commit to triple funding for climate adaptation as part of that budget, from £500m in 2019 to £1.5bn in 2025.

The Prime Minister launched the Forests and Climate Leaders' Partnership. This new group, initially comprising 20 countries, will meet twice yearly to track commitments on the landmark Forests and Land Use declaration at COP26, which aims to halt and reverse forest loss by 2030.

The UK has also committed:

- £90m for conservation in the Congo Basin, a vital tropical rainforest which is home to some 10,000 species of tropical plants and several endangered species, including forest elephants, chimpanzees and mountain gorillas to support the forest agenda;
- £65 million in funding the Nature, People and Climate Investment Fund, which supports indigenous and local forest communities;
- new financing for Treevive, which is working to conserve and restore two million hectares of tropical forest; and
- a further £65.5 million for the Clean Energy Innovation Facility, which provides grants to researchers and scientists in developing countries to accelerate the development of clean technology.

Prime Minister Rishi Sunak announced at COP27 that “the world came together in Glasgow with one last chance to create a plan that would limit global temperature rises to 1.5 degrees”.

He continued: “The question today is: can we summon the collective will to deliver on those promises? I believe we can. By honouring the pledges we made in Glasgow, we can turn our struggle against climate change into a global mission for new jobs and clean growth. And we can bequeath our children a greener planet and a more prosperous future. That's a legacy we could be proud of.”

These are just some of the initiatives taking place which are all very good. However, my main concern is that this all a little too late – only time will tell.

Thank you for reading our winter issue. Members of the team work hard to get Eco Living magazine published each quarter, and without them it would be impossible to do so. I am truly grateful for their help.

If you are stuck for a Christmas gift then look no further – an Eco Living magazine subscription would be well received for the eco-conscious warrior; just go to our website – [ecolivingmagazine.com](http://ecolivingmagazine.com) – to subscribe.

May I take this opportunity in wishing you all a very merry Christmas and a healthy prosperous New Year.



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WE ARE  
HAVING A  
BABY

## *How to host an eco-friendly baby shower*

**W**ith the pandemic baby boom, baby showers became increasingly popular in the UK. It's important to celebrate special occasions whilst also doing what you can to protect the environment. Following a recent 80% increase in interest for the search term 'baby shower themes', sustainable nappy providers The Nappy Gurus share their top ten tips on how to host a sustainable baby shower:

### **1. Host your baby shower at home**

Having a baby shower at home allows you to stay in control of the event. You can make sure that sustainable products are used and you can save on cost and travel time. Whilst hosting an event at a venue may allow for more guests, it has a negative effect on the environment as it requires more energy and electricity to power the building.

### **2. Invite guests using electronic invitations**

The amount of paper used when creating and sending out invitations is highly damaging to the environment. By going paperless you cannot only save money, but you will be saving trees and reducing carbon emissions. Digital invites are also a lot easier for the sender and guests to manage.

### **3. Request and buy eco-friendly gifts**

The majority of high street presents for children are plastic-based. However, following a 55% increase in searches for the term 'sustainable baby gifts' over the last 12 months, it's clear to see that parents are taking positive steps to become more eco-conscious. There are many eco-friendly present options available that are practical for expecting parents and their baby, such as reusable nappies, washable baby wipes and washable changing mats.

### **4. Discourage the use of wrapping paper**

Wrapping paper is a significant contributor to landfills, but there are many alternative ways to wrap presents that have a much smaller impact on the environment. For example, you could ask your guests to bring their gifts without wrapping, or they could decorate them with brown paper, leftover fabric, baby blankets, or reusable gift bags.

### **5. Use sustainable decorations**

Decorating for an event is often the most exciting part. However, it's usually done using single-use plastic that's thrown away when the party is over. Instead of using harmful materials such as balloons, you could decorate your home using paper lanterns, fabric bunting and paper streamers. Natural elements also make beautiful decorations – for example, flowers, shells, seeds and pine cones.

### **6. Eco-friendly tableware**

Tableware is one of the most common features of a baby shower, with many disposable cups, plates, cutlery and tablecloths being wasted after only hours of use. Instead of using single-use materials, you could make use of your own crockery. If you don't have enough for all of your guests, buying from your local charity shop or borrowing from your family and friends are good options.

### 7. Choose homemade dishes over shop-bought products

Buy as many local and organic food products as possible and get creative with your home cooking. Cooking with locally sourced products saves on plastic waste and gives back to your community. If cooking for your entire baby shower is too much, why not share the task among family members? Easy and organic dishes include hummus and pitta bread, fresh salads, homemade sandwiches, fresh fruit and sweet treats such as cupcakes and cookies.

### 8. Switch up your gender reveal

Instead of your gender reveal revolving around confetti-filled balloons, why not choose a more sustainable option? You could bake a cake using organic ingredients, make the inside colour symbolise your baby's gender, hand out scratch cards made from biodegradable brown paper or use flower petals instead of the plastic confetti.

### 9. Guest books

Guest books are a great way to remember your baby shower and create a keepsake for your family, and this doesn't need to be sacrificed when becoming more eco-friendly. The book can be made with recycled or brown paper, and guests can be as creative as they like whilst protecting the environment. Alternatives to a guest book include jigsaw puzzles with handwritten messages on the wooden pieces, or a picture frame filled with wooden hearts signed by loved ones.

### 10. Baby shower favours

It's common for the baby shower host to give their guests a gift, thanking them for attending the celebration. There are many sustainable baby shower favours to choose from, including beeswax candles, naturally made soaps, plants or homemade sweet treats such as jars of jam, cupcakes or cookies.

### Founder of The Nappy Gurus, Laura Davies, said:

"As we head into the new year and restrictions on gatherings are lifted, there will be much larger celebrations for families welcoming a newborn. We are delighted to see an increase in interest in making more sustainable choices when hosting these events.

We are not only advocates for reusable nappies and washable wipes, but we are advocates for using a wide range of sustainable products, including those at parties. Baby showers are so important for families to get together and welcome a newborn, and parents shouldn't have to compromise on the styling of their shower but, instead, be encouraged to think about where they can make sustainable choices that will not only save their money but help the environment.

With 88% of parents looking to make eco-conscious resolutions in the new year, we are looking forward to seeing how this reflects into their baby showers and other celebrations, and we hope sustainably focused parties become the norm ..."

For more information on eco-conscious baby showers, please visit: <https://www.thenappygurus.com/blog/eco-friendly-baby-shower.html>.



# *Fashion*





## *From 3D printer to international catwalk*

It's a new era for fashion as the National Manufacturing Institute Scotland (NMIS) opens doors for sustainable catwalk-worthy fashion accessories created using 3D printing technology.

Following a research and development project with the Renfrewshire-based research centre, which is operated by the University of Strathclyde, a reinvented signature ROCIO handbag had its debut at Paris Fashion Week.

Founded in Scotland, ROCIO is a luxury eco-fashion brand renowned for its decorative handbags, which are traditionally and individually sculpted from harvested acacia wood over a meticulous 19-stage process. Celebrities, including models Irina Shayk and Kate Upton, as well as actress Susan Sarandon, have all been photographed with the handbags.

The brand was eager to explore new, sustainable ways of manufacturing, and combine the technological capabilities at NMIS with its own craftsmanship, to develop the inner structure of a bag that could be used as the basis for luxury fabric coverings.

The collaboration began with a desire to uncover the capabilities of additive manufacturing, which is often considered more sustainable than traditional manufacturing techniques.

3D printing is a form of additive manufacturing where an object is built one thin layer at a time, allowing for unique customisation from various materials. The technique also enables the design and production of lightweight complex shapes and structures that would be impossible to produce by other means, reducing waste during initial product development, saving time and production costs.

Incorporating novel technologies into the manufacturing process opens doors to scale-up operations to meet customer demand, while simultaneously revolutionising the design process, allowing ROCIO to explore different materials and design constructs.

Atelier, a fashion business school in Spain, then used this prototype to create a final fully-structured leather handbag – a first for ROCIO, compared to its wooden product.

**Andrew Brawley, NMIS Research & Design Engineer, said:** “A core aim of NMIS is to engage with and support SMEs to facilitate a positive impact on the local economy and the wider industry. We have a team dedicated to helping SMEs in their route to innovation and exploitation of new goods and services in response to industry needs – and this ROCIO project is a prime example. We hope this will be the beginning of a long-trusted relationship with the team at ROCIO, as this new exploration showcases the endless possibilities available.”

The structure created captured the same structured art form of ROCIO wooden bag sculptures, which enabled the brand to retain its signature characteristics in aesthetic and silhouette.

**Hamish Menzies, ROCIO Creative Director, said:** “We are really taken aback by the results. We're at the heart of sustainable fashion and take pride in each accessory being a uniquely creative masterpiece. The pieces produced are works of art and this unique leather handbag concept delivers outstanding beauty in a structured art form, which I believe pushes the boundaries of design.

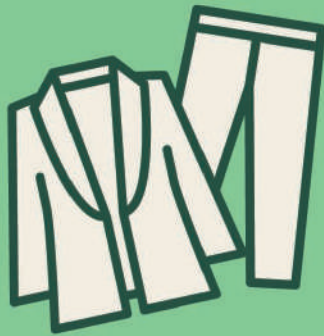
For us, exploring the use of a 3D printed prototype is more cost, time and material efficient in the long term. Through using this technology, we are one step closer to improving our endeavours to be even more sustainable, whilst unlocking and embracing the future capabilities of our industry.”

For more information on National Manufacturing Institute Scotland, visit [www.nmis.scot/](http://www.nmis.scot/).



**#REUNIFORM** FASHION

**3.1 MILLION TONNES OF TEXTILE WASTE GOES TO LANDFILL IN EUROPE EACH YEAR**



**WEARING CLOTHING FOR JUST 9 MONTHS LONGER WOULD EXTEND ITS LIFE AND REDUCE CARBON, WASTE & WATER FOOTPRINTS BY**

**20-30%**



**LOVE IT, FIX IT, SWAP IT  
BUY SUSTAINABLE BRANDS**



**£3 BILLION PER YEAR**

**COULD BE SAVED IF WE CHANGED THE WAY WE SUPPLIED, USED AND DISPOSED OF CLOTHING**





## *Six simple ways to save money and upcycle your clothes*

**W**ith 3.1 million tons of textile waste going into landfills each year and the cost-of-living crisis creating financial pressures for many, the luxury of buying a new dress or shirt seems somewhat less of a priority.

Therefore, David Luke has put together top tips on how to maintain and upcycle your looks in the most cost-effective and sustainable way. So, whether you consider yourself to be a style connoisseur or someone who just wants to make the most out of their wardrobe, you can continue to do so affordably.

### **Six top tips to save money on clothes**

#### **1. Repair**

Often, we're too quick to throw away clothes at the first sign of wear and tear. We're all guilty of it. However, whether you have access to a sewing machine or just a trusty old needle and thread, you can easily repair lost buttons, fallen hems and holes formed on your favourite items.

#### **2. Swap & sell**

Nowadays there are hundreds of sites, such as Vinted, Depop and eBay, where you can buy and sell your second-hand clothing online. These can be great places to pick up some new staple pieces for your wardrobe as well as earn you some money in exchange for preloved clothing. It's a win win.

#### **3. Thrifting**

Over the past couple of years, thrifting has become an increasingly popular way to revamp your wardrobe on a budget – seeing an 86% search increase for “clothing thrift shops near me” over the last 12 months. If you're willing to do a little bit of digging, there are some hidden gems to be found and upcycled.

#### **4. Upcycle**

With TikTok and YouTube at your disposal, people are producing more creative and innovative ways to make the most out of their preloved wardrobes. Did you know that you can extend the life of trousers by turning them into shorts for the summer? What about a top? With some simple hemming, ankle-skimming trousers can be given a new lease of life.

#### **5. Spread the cost**

If you're shopping online, look out for credit options such as Klarna and Clear Pay, which can help spread the cost of buying new clothing.

#### **6. Maintain**

Ever shrunk your favourite jumper or turned white socks pink? Just imagine how much more wear we could have out of clothes if we took just two minutes to read and understand the care labels of our clothes. David Luke has created a laundry guide to help simplify and explain the labels which so often get looked over.

**Kathryn Shuttleworth, Managing Director at David Luke,** comments: “With the cost of living becoming increasingly expensive for the average household, buying and selling clothes sustainably and embracing a ‘Love it, Fix it, Swap it’ approach has never been more important.

Being able to upcycle and repair existing wardrobes not only helps to reduce our environmental footprint significantly but can also be a fun and cost-effective way to re-refresh our wardrobes. Nowadays, with social media platforms and online tutorials at our fingertips, there are so many fun and innovative ways in which a pre-loved item can become a new and exciting item of clothing without the cost of buying new.”

David Luke School Wear is one of the biggest school uniform brands in the UK, with a history dating back over 40 years. An early pioneer of the use of recycled polyester in its products, David Luke has, to date, prevented 40 million plastic bottles from entering landfill through the manufacturing process of its eco-uniform. [www.davidluke.com](http://www.davidluke.com)



## *Is vegan fashion actually eco-friendly?*

**W**hilst it's widely accepted that vegan supply chains, overall, have a positive impact on animals and the climate, the reality of vegan fashion is far from black and white. Gilson Pereira, Marketing Director at Zendbox, has lifted the lid on whether vegan fashion truly is an eco-friendly option for consumers ...

### **What does veganism mean when it comes to fashion?**

"Given the ethical and environmental concerns surrounding traditional fashion, it's no wonder many celebrities are inspiring consumers to adopt a 'greener' lifestyle. For some, this may mean shopping conscientiously by avoiding fast fashion websites and, for other, this may be opting for vegan clothes, which are often perceived as the most ethical and environmentally friendly choice."

### **What is vegan fashion?**

"Vegan fashion refers to clothes, shoes, bags and other accessories that have been made without using and harming animals. To be more specific, vegan fashion items do not contain any animal-derived materials such as fur, leather, wool or silk, and for which no animal by-products were used during their production process."

### **Why is vegan fashion becoming increasingly popular among consumers?**

"Vegan fashion is becoming increasingly popular among consumers, considering the ties traditional fashion has to poor animal welfare, and the negative environmental impact of the fur trade and animal agriculture.

The carbon footprint of cow skin leather is 110 kilograms per square metre, making it nearly seven times more climate impactful than synthetic leather, and the climate impact of one kilogram of fur is at least five times higher than wool.

Silk relies on exposing silkworm cocoons to extreme heat through boiling or baking, which ultimately kills the pupae inside and makes the fibres easier to unwind. This process not only raises animal cruelty concerns, but also demands a great deal of water and energy. According to the Higg Index, silk has a larger water usage and global warming impact than synthetic alternatives like polyester."

### **What is the issue with synthetics?**

"Vegan leather is often made of polyvinyl chloride (PVC) or polyurethane (PU). These synthetics rely on the petrochemical industries for their raw material, meaning this fashion industry staple is dependent on non-renewable fossil fuel extraction.

Synthetics are also non-biodegradable and every time a polyester garment is washed, it releases plastic microfibrils into our waterways, which can cause significant damage to marine wildlife and ecosystems. Currently, over a third of all microplastics released into our oceans are from synthetic textiles.

Then there's the product lifecycle to consider. One study comparing the impact of four jumpers made from wool, cotton, polycotton and acrylic found that the wool jumper had the least environmental impact when accounting for the use phase. A short product lifespan raises yet more questions about the green credentials of some vegan fashion products. If you replace leather with plastic-based fabrics made from petroleum, can your fashion brand claim to be more ecological?"

### **Does vegan always mean sustainable?**

Vegan doesn't always mean sustainable; however, more research and investment is being made into the area, which means sustainable fashion options will continue to improve for the benefit of both businesses and consumers. Mushroom leather, for example, is proving to be a particularly promising leather alternative, and is already being used by well-known brands like Adidas and Hermès."

### **Does the fashion industry have a vegan future?**

Vegan fashion will only become more popular as the demand for ethical, eco-friendly and cruelty-free products continues to increase. Now is the time for fashion brands to look at their e-commerce operations holistically and take advantage of every opportunity within their supply chain to be more sustainable. The result will be happier repeat customers and an even happier planet.

If you're a sustainable e-commerce brand looking to outsource your fashion fulfilment operations, Zendbox can help; check out their website for more information. <https://www.zendbox.io/>

# *Environment*



## ***Earthshot finalist: Low Carbon Materials (LCM)***

**Next generation low carbon building material recognised by The Earthshot Prize as a ‘fix our climate’ environmental solution**

**N**ortheast-based Low Carbon Materials (LCM), a green construction company, has been nominated as one of 15 global finalists in HRH Prince William’s Earthshot Prize 2022, for its innovative low-carbon building material.

The Earthshot Prize is a global initiative launched in 2020 by HRH Prince William and the Royal Foundation. The aim of the initiative is to address some of the critical environmental challenges facing the planet – identifying the next generation of environmental pioneers that are developing radical solutions to help society repair, restore and rejuvenate the environment.

Low Carbon Materials, a science-based independent company, has created a revolutionary new material that is a ‘win-win’ for the environment. Following an extensive R&D program, the LCM team of scientists has developed a unique material, named OSTO®, which is produced using waste (that would otherwise be destined for incineration) and by-products, to create a new-age ingredient which construction companies can utilise in concrete to help achieve net zero targets – reducing carbon emissions.

The gravel-like material has been specifically designed to be used as a substitute for other high carbon footprint aggregates, in the production of concrete, which accounts for 8% of carbon emissions (Chatham House).

**Prince William, who founded the Earthshot Prize with The Royal Foundation in 2020, said:**

“The innovators, leaders, and visionaries that make up our 2022 Earthshot Finalists prove there are many reasons to be optimistic about the future of our planet. They are directing their time, energy, and talent towards bold solutions, with the power to solve our planet’s most significant environmental challenges to create healthier, more prosperous, and more sustainable communities for generations to come.

I am so excited to celebrate these fifteen Finalists and see the five Winners of The Earthshot Prize announced in Boston – the hometown of President John F. Kennedy, who shared The Earthshot Prize’s belief that seemingly impossible goals are within reach if we only harness the limitless power of innovation, human ingenuity and urgent optimism.”

**LCM Co-Founder, Dr Natasha Boulding, said:**

“To have our low-carbon, waste-based building material recognised as a formidable solution that can be scaled to reverse environmental damage, and to better protect the environment, is truly game-changing. This is real independent verification from the highest authority that OSTO has, [has] the potential to help fix our planet.”

The company is currently scaling its operations, working with large manufacturers to accelerate its production capacity in readiness for the launch to the commercial market.

OSTO can be used as an ingredient in concrete blocks which, once produced, share similar material properties to traditional concrete blocks in terms of strength and durability, with the potential to offer improved thermal performance. OSTO is suitable for all types of construction: industrial, commercial and residential.

Initially intended for the construction sector, it is envisaged that OSTO will become available for consumers to purchase in time. For more information about OSTO and to register your interest, visit [www.lowcarbonmaterials.com](http://www.lowcarbonmaterials.com)

## George the Poet celebrates Nextdoor Nature

**F**resh new community rewilding projects are shooting up across towns and cities, thanks to The Wildlife Trusts' Nextdoor Nature scheme which will leave a nature legacy to mark the Queen's Jubilee.

Funded by the National Lottery Heritage Fund and delivered by The Wildlife Trusts across the UK, Nextdoor Nature will support around 200 new groups with 50 community organisers, to re-introduce nature into local areas deprived of natural places to enjoy.

**Nikki Williams, Director of campaigning and communities at The Wildlife Trusts**, said:

"Good things happen when people are passionate about where they live. Community wildlife champions can, and do, achieve the extraordinary – and Nextdoor Nature is all about local people doing small things that, when combined, will make a huge difference to tackling the nature, health and climate crises.

Over the last two years, nature has shown us that it has a magical way of helping us feel freer, healthier and more positive in ourselves – and nature itself is stronger when people feel a part of it and can help it thrive. Our projects – alongside George the Poet's heart-warming poem – have brought our ground-breaking programme to life."

In his poem, 'The Natural World', George the Poet highlights how people feel brighter and more at ease when they can tune into nature and he said: "Linking up with The Wildlife Trusts for Nextdoor Nature reminded me that nature is all around us – it is us. Let's stay tapped in with the natural world."

Evidence shows that people are increasingly disconnected from nature, with profound consequences for health, and it also means that they are less likely to protect their natural heritage. The poem explores George the Poet's sense of being part of nature:

"...like the birds and bees.  
Like the ferns, the seeds, the dirt, the trees."

It ends:  
"Let's celebrate nature in our day to day,  
At home, at work, in how we talk, how we think.  
It starts with recognising we're part of it all.  
Nature's reaching out. Let's answer the call."

Listen, watch and share George the Poet performing his poem at [wildlifetrusts.org/nextdoor-nature](http://wildlifetrusts.org/nextdoor-nature).

Led by The Wildlife Trusts, the scheme will run over the next two years, giving people the skills, tools and opportunity to take small actions for nature. If everyone did just one small action like sowing some wildflower seeds, putting up a bird nest box, making a solitary bee home or picking up some litter, together we could make a big difference for nature and our lives.

Together we can establish wild habitats and green corridors in areas of economic and nature deprivation, rewilding school grounds, or naturalising highly urbanised or unused areas. The pandemic has demonstrated just how important access to a well-cared-for natural environment is to communities across the UK. As George the Poet says, "Nature's reaching out. Let's answer the call."





## *Tax is not the only solution to a plastics problem*

The UK Government Budget decision to impose a “plastics packaging tax” (PPT) is an important acknowledgement that action must be taken to tackle climate change. Whilst a necessary step, it has left manufacturing and retail companies uncertain as to how to meet these requirements. The tax charges manufacturers and importers £200 per tonne on packaging made of less than 30 per cent of recycled plastic, as of April 2022. Manufacturing companies are being called to critically assess their processes and systems to meet the PPT compliance obligations and implement necessary changes.

According to the Waste & Resources Action Programme (WRAP), plastic bags and wrappers make up a quarter of all the packaging we use and yet only 6% is recycled, partly due to a lack of recycling facilities and poor habits. Collaboration between policy makers, businesses and consumers alike needs to happen. Ultimately, we need proper recycling mechanisms to reach targets and change habits to reduce waste going into landfill. The Extended Producer Responsibility legislation, set to come into force in 2024, further increases companies’ incentive to react and change their current manufacturing practices.

Whilst these legislative measures, alongside a greater consumer demand for recycled packaging materials, has demonstrated an urgent need to reuse materials, the emphasis should be how companies can reduce the amount of virgin materials they introduce to the supply chain. Ultimately, the question should not only be centred around where did the plastic come from but where will it end up. When materials have been used once, we need to ensure that they are recycled as many times as possible. Of course, this poses its own challenges as supply struggles to keep pace with demand, resulting in soaring prices and good quality recycled plastics costing very close to the price of virgin.

One way of solving the issue of the limited supply of recycled plastic is to invest in your own facility and technology, or partner with a company that already has these mechanisms in place. Last year, for example, Mainetti launched the world’s first global initiative that allows retailers to implement a closed-loop clear polythene recycling system called Polyloop.

Of course, there will always be the question of responsibility and, ultimately, that belongs to us all. Yet, governments should take the lead and not just by taxing companies. Denmark’s approach sets an enviable example, viewing waste as a valuable resource and, by 2019, 92% of all plastic bottles and cans in the country were recycled.

In the drive to address sustainability, no single entity will have all the answers and be able to develop the appropriate solutions. Collaboration will be fundamental to combining resources and expertise to combat climate change. As such, innovation will yield practical solutions that make a real difference in shaping a greener future. Above all, though, we need to start thinking in a more circular, and less linear, way when it comes to the world’s precious resources.

Source: Keith Charlton, Chief Operations Officer at Mainetti.



## Adaptology for skincare

**A**daptology is an adaptogen-based range of targeted skincare solutions born from a real drive to create a more personalised 'whole person' approach to skincare, with a mission to empower people to understand their skin concerns, and make knowledgeable choices to improve their skin and their health in the long run. The company's search for the most effective natural skincare ingredients for four of the most common skin concerns has taken it to the extreme ends of the earth, where high performance adaptogenic plants that thrive in stressful conditions have been found (a bit like trying to get on the Central Line at rush hour in summer!).

These plants, found in extreme conditions, adapt their biology and evolve bio-correcting molecules to protect their cells and thrive. They include adaptogens such as Arctic Rose plus other 'extremophiles', marine algae and cacti. Adaptology uses the biocorrectors that these extremophiles evolve to protect cells from irritants, infection and environmental extremes. On human skin, they are proven problemsolvers for the stresses that cause skin concerns.

It is our modern way of living that has introduced multiple skin disruptors, resulting in an increasing prevalence of skin challenges. Seventy-one per cent report having sensitive skin, resulting in irritation,

redness and/or dry skin. Acne is on the rise and now affects 15% of adult women (as well as 85% of under 24s). These conditions – plus premature ageing – can be triggered by external factors such as UV or blue light radiation and pollution, along with internal factors such as hormone imbalances, gut issues, stress, poor diet and lost sleep.

With modern life becoming more disruptive to skin health, Adaptology takes a supportive approach to problem-solving skincare, with philosophy based on restoring a healthy balance. This includes a scientifically formulated skincare range, alongside online skin coaching and nutrition advice, to address underlying causes and help establish healthy habits. It's like taking supplements for your skin.

Adaptology has four skin type-specific ranges, plus a booster range that is good for all skin types: Red Avert – for redness & sensitivity; Time Warp – for ageing skin; Break Free – for blemish prone skin; Dry Spell – for dry skin; and the Hydro Pump Booster.

The company's research has shown that many people are unsure of their specific skin type and, for this reason, it offers a skin quiz which can be found at [www.adaptology.com](http://www.adaptology.com). You will be guided to your perfect skincare collection. Full information on all of Adaptology's adaptogens and ingredients can also be found on the website.

Passionate about fusing business and ethical values, Adaptology is part of Good Ventures, a company dedicated to formulating certified organic and sustainable products accessible to everyone. Adaptology, and its parent company Good Ventures, has been plastic negative as of 2020 and has offset all direct, manufacturing and transportation carbon footprints. Good Ventures produces all products in small batches, using wind-powered clean energy.





## *Pharos showcases the splendour of Lincoln Cathedral*

**S**tanding tall over the city, Lincoln Cathedral is a magnificent and iconic international landmark, and one of Britain's most spectacular pieces of architecture. Once admired as the tallest building in the world, the spire at Lincoln Cathedral was an impressive feat of engineering, reaching a remarkable 525 feet, before the central spire collapsed in 1548, nearly 250 years after its completion, and was never replaced. The cathedral has provided a beacon of light for residents of the city and visitors to enjoy, whilst being viewed from vantage points all over the county and beyond.

As part of Lincoln Cathedral Connected – a multi-million-pound transformational project funded by The National Lottery Heritage Fund – significant work has been undertaken to radically improve the cathedral's setting and visitor experience, offering engaging and dynamic spaces for many more visitors to enjoy.

Light Perceptions, which provides a highly specialised lighting design service for historic buildings, was appointed to deliver a new lighting system to replace the exterior lighting at the cathedral. The previous exterior lighting was installed in 1970 and became obsolete; it accumulated very high running costs and posed other challenges in terms of care and maintenance. The up-lighting for the cathedral's three towers needed replacing, and an essential component of the design brief was to change the orange-tinted floodlights for softer, whiter lights, to showcase the cathedral's intricate stonework and Gothic features.

In accordance with the carefully considered lighting brief, Pharos Architectural Controls was selected by Light Perceptions to bring the project to life, using Pharos Cloud to control the external lighting scheme remotely. Pharos Cloud offers simple and secure lighting installation control and management remotely from any PC, tablet or mobile, any time and from anywhere in the world. Featuring a highly adaptable online scheduler, Pharos Cloud enables lighting to be programmed for just the right moment and updated by users with ease, making it the perfect solution for Lincoln Cathedral, which requires versatile lighting to deliver a variety of colour options when lighting the towers, in recognition of important, local, national and international events.

The installation uses a dynamic lighting control system, also from Pharos. Lincoln Cathedral features a Pharos LPC 2 (Lighting Playback Controller 2), connected to Pharos Cloud, which supports the DMX lighting protocol, and seventeen RIO D (Remote Input Output DALI) devices, which provide a remote and scalable way to control all the DALI fixtures and ballasts. Each RIO D supports a single DALI bus, which is used as an output for control and as an input for triggering, allowing the cathedral to be lit in beautiful, colourful lighting scenes.

Five Pharos TPS (Touch Panel Station) screens have been integrated into the scheme to provide users with a customised interface to trigger and adjust scenes, timelines and overrides. It was essential for the cathedral's new lighting to reap the benefits of LED technology, to ensure the lighting was more environmentally friendly, had a longer working life and required considerably less maintenance.

Lighting fixture manufacturers Meyer, iGuzzini and Studio Due were integral to the success of this project, which featured Studio Due's Citybeam LED SL84 RGBW (High Power) to deliver a powerful beam of light and long-distance outdoor colour change with single LEDs. The lighting and controls were supplied and installed by Experience Lighting and Lighting Assist. The electrical contractor was G-Tech.

Commenting on the project, Tim Edwards at Pharos Architectural Controls, said: "Lincoln Cathedral is a phenomenal structure which, to this day, has stood the test of time. It has been a great pleasure to work with Light Perceptions over many years and the wider project team to deliver a futureproofed lighting solution that ensures the cathedral continues to shine for years to come. Lincoln Cathedral has great significance to the people of Lincoln, and we take great pride in the role that Pharos has played to ensure it runs efficiently and is fit for the modern day."

Bruce Kirk, Director at Light Perceptions, said: "We are immensely proud of the work carried out at Lincoln Cathedral. As we celebrate the company's 20th anniversary, this is undoubtedly one of the most significant projects we have had the pleasure of working on. Both the city and the cathedral are steeped in history and, as with any project in an historic environment, there were a number of hurdles to overcome.

The flexibility and adaptability of the lighting efficiency was a key priority throughout, and Pharos' contribution was important to the project's success with the installation of a dynamic and straightforward control solution. In addition, the cathedral team were immensely enthusiastic and supportive of the project."

Michael Sheppard, Director of Works and Property at Lincoln Cathedral, added: "Our cathedral has become a spectacular beacon of light. The impact of the new dynamic lighting scheme has been profound, coupled with the Pharos control solutions which have enabled us to communicate and portray messages through the medium of colour, from the ease and comfort of a phone.

The cathedral can now mark specific dates and occasions in the calendar supporting our key mission. Recently, we have lit the towers in purple to represent Lent, and in blue and yellow to show solidarity with the Ukraine. As well as looking great, this transformational lighting scheme has also allowed us to reduce energy costs, helping us reach our goal of carbon net zero by 2030. It has been a pleasure to work [with] all the project partners, especially Light Perceptions – whose service throughout has been second to none."

## ***Birmingham and Warsaw take decisive action to address air pollution***

**T**he UK's second largest city, Birmingham, and Poland's capital, Warsaw, have taken decisive action to address the plight of air pollution.

They have taken the first step to monitor air quality through Airly, the clean tech company which will install their sensors across the cities. In doing so, Warsaw becomes the city with the most air pollution monitors in Europe.

Birmingham and Warsaw join a host of other cities around the world, including Hong Kong, Jakarta, Oslo, and Granada, which are partnering with Airly (and Airly Public, in the case of Warsaw) to tackle the problem of air pollution. Airly offers a comprehensive SaaS solution for air quality monitoring and control. This is made possible by a proprietary low-cost distributed sensor network which provides hyper-local, real-time air quality data. They offer decision-ready data on air quality, enabling users to analyse trends and sources, develop targeted initiatives to combat pollution, and track improvements. They support users on their journey to eliminate pollution, improve air quality and protect public health.

"Airly is the first step toward pollution-free cities and communities", commented **Wiktor Warchałowski**, **CEO of Airly**. "These were competitive tenders and we are delighted to serve the municipalities and their communities to help address the world's biggest killer – air pollution – which is reducing life expectancy by three years, around the world".

According to the EEA's latest estimates, 307,000 people died prematurely due to exposure to fine particulate matter pollution in the EU in 2019. At least 58%, or 178,000, of these deaths could have been avoided if all EU Member States had reached the WHO's new air quality guideline level of five  $\mu\text{g} / \text{m}^3$ . As part of the European Green Deal, the EU Zero Pollution Action Plan sets a target to reduce the number of premature deaths due to exposure to fine particulate matter by more than 55% by 2030, as compared to 2005.

**Councillor Waseem Zaffar MBE, Cabinet Member for Transport and Environment at Birmingham City Council**, said: "There is clear evidence that air pollution can have long- and short-term health implications. Our ambition is to create an environment where people can live and work to their full potential without the threat of this entirely preventable pollution.

It is a promising next step for us ... to launch the Air Pollution Sensors project with Airly, as this will help us create further awareness across our communities of how the air pollution situation is progressing. Now it is time all to think about changes we can make to create a difference, as individuals and as organisations."



Wiktor Warchałowski added: "We're incredibly proud to partner with Birmingham City Council to provide them with hyper-local, real-time air quality sensors for schools. Our comprehensive air quality platform will enable them to make intelligent, data-driven decisions based on the insights gained from our platform. Airly will also provide support to the Council to help reduce emissions, raise awareness and protect public health, wherever possible."

Warsaw, the largest city in Poland, is installing a large network of air quality sensors, making it the European metropolis with the highest density of this device. The Airly monitors, installed in the capital and all neighbouring municipalities, thanks to a contract with Airly Public, will monitor air quality at 165 locations in real time, 24 hours a day. The devices will monitor the concentration of the most harmful dust - PM1, PM2.5, PM10 – and gases – (nitrogen dioxide) and O3 (ozone)

## Bitcoin: an eco-friendly technology?

A popular belief is that Bitcoin ‘mining’ operations consume a huge amount of energy. That is certainly true for some blockchains, especially BTC and Ethereum.

Three Music Industry executives have come together to launch a ground-breaking platform, MusicArt, which uses cutting edge blockchain and NFT technology to revolutionise the way we appreciate music artwork, old and new.

For their NFT MusicArt platform of BSV, they have chosen to partner with the Bitcoin BSV blockchain, which uses only a tiny fraction of energy compared to the other blockchains.

So-called ‘miners’ use energy to find and verify new blocks which are then appended to the blockchain. Depending on the size of a block, it can contain less or more transactions.

In the case of the BTC blockchain, the block sizes are between one and two MBs and its maximum capability is around seven transactions per second. Because the size of the blocks is limited to one to two MBs, it will not be possible in the future to store more transactions in a block.

On the other hand, the block size of the BSV blockchain is unrestricted. Blocks with a size >two GBs are already being ‘mined’ and the block size will be rising >four GBs. Excitingly, in one to two years, terabyte blocks will be a reality.

A BSV block of two GBs can store 1,000 times more transactions than a two MB BTC block. A two TB block will be able to contain 1,000,000 transactions – more than a two MB BTC block. That means that the energy per transaction will be only a fraction of 1 / 1,000,000.

The important point is that the energy, which is used to mine a block, does not depend on the number of processed transactions. This, in turn, increases the block size more and more, and results in highly efficient transactions.

This is the main path to an eco-friendly technology which is getting greener every year.

However, there are also other planet friendly components within its platform.

“For our NFTs, we use the STAS token technology of the largest BSV miner TAAL which is a publicly-listed, regulated Canadian company. TAAL uses significant Canadian clean energy resources to power up blockchain computers.”

A third approach is the improvement of the computer technology. This will also reduce overall power consumption.

However, BSV has the potential to enhance a variety of industries when they use blockchain technology to process their transactions. So BSV would certainly optimize these industries, which would reduce energy consumption.

If Visa, for example, would use the BSV blockchain for their transactions, it would reduce the required energy on Visa’s side enormously, without increasing the energy needs on the blockchain side.

Hence, Bitcoin BSV transactions will be a net energy saver.



Photo by Crypto Crow from Pexels



Photo by Karolina Grabowska from Pexels

## What is an eco-home and why does everyone suddenly want one?

The demand for sustainable, eco-friendly homes has never been as high as it is now. A 2021 survey, carried out by Leaders Romans Group (LRG), revealed that 70% of respondents across the UK would like their property to be more eco-friendly.

The rise of carbon-negative homes is fantastic, not only for reducing a household's energy bills but also for their carbon footprint.

### What is an eco-home?

As we all know, the world is evolving and we need to make a collective effort to reduce carbon emissions. In terms of homes, this means ensuring that they're created with the environment in mind.

True eco-friendly homes typically feature smart energy-saving technology, including thermostats and lights. In addition to this, they offer maximum insulation due to their air-tight build. Let's take a deeper look at exactly what an eco-home entails and how many people now want one.

### Building

Ecological advancements must be extended to the building itself; the architectural design and the building's features should have green qualities to create the ultimate eco-friendly home. This could look like a property with double or triple-glazed windows, insulation, or renewable technology such as solar panels.

Once upon a time, incredibly sustainable homes were a rarity – how things change! In 2021, there were up to 30,000 low-carbon homes in the pipeline; another indication that the demand for eco-friendly properties is rising.

When looking for houses, focus your time and attention on the buildings that have green qualities. As well as the characteristics mentioned above, this can also include electric vehicle charging points, air source heat pumps, and pollution and waste reduction measures.

St. Modwen is one company building eco-friendly homes that feature the green characteristics mentioned above, such as the carbon-negative houses for sale in Copthorne.

### Heat and electricity generation

Renewable technology has come a long way over the years. Now, homes can employ solar panels and air source heat pumps to dramatically reduce the cost of their heating and electricity bills. According to The Energy Saving Trust, solar panels will reduce your electricity bills. Use their online calculator to find out how much you could save. In a similar way, air source heat pumps could save you up to £3,400 per year on your heating bills (depending on your property type and existing heating system).

When looking for a new home to buy, more and more people are treating renewable energy systems as a must-have. In fact, a recent survey revealed that 65% of respondents are either "very likely" or "likely" to purchase a property with solar panels.

### EPC rating

The EPC (Energy Performance Certificate) rating of a property offers a great indication of how eco-friendly a home is, and the system is starting to be taken more seriously by prospective buyers. People want to know that the house they're purchasing isn't going to cost a fortune in running costs.

Insulation, double glazing, and renewable technology can all boost a home's EPC rating, and properties that have a high rating of A or B are likely to sell faster than those with a rating of C and below, according to House Fox.



### How popular are eco-homes becoming?

A Green Homes Report produced by Rightmove claims that one in ten movers are now actively searching for green homes. In addition, there are now 73% more green features in property listings compared to 2020. The demand for eco-friendly homes is certainly on the rise, with 89% of homeowners saying that saving money on energy bills is their biggest motivation.

Generally, people are becoming more eco-conscious and are regularly looking for ways to do their bit for climate change and, as a result, we can expect to see more eco-homes on offer across the UK.

Further information:

<https://www.lrg.co.uk/media-centre/nearly-three-quarters-of-buyers-would-like-their-property-to-be-more-eco-friendly/>

<https://www.theguardian.com/artanddesign/2021/mar/06/eco-homes-become-hot-property-in-uks-zero-carbon-paradigm-shift>

<https://www.pvfitcalculator.energysavingtrust.org.uk>

<https://energysavingtrust.org.uk/advice/air-source-heat-pumps/>

<https://www.theecoexperts.co.uk/blog/uk-residents-want-to-buy-properties-with-solar-panels>

<https://www.housefox.co.uk/blog/why-good-epc-ratings-are-important/>

<https://www.rightmove.co.uk/news/content/uploads/2022/07/Rightmove-Green-Homes-Report.pdf>



## Does the climate crisis make you anxious? Us too.



The climate and ecological crisis is the greatest threat facing our planet today. In response, we are seeing a rise in anxiety, fear and overwhelm globally - especially amongst young people, the generation inheriting the climate crisis.

This is a rational response not only to the enormity of the climate crisis, but the lack of leadership in the face of it. However, we must create spaces to navigate these emotions in solidarity with a global community already experiencing the impacts of the climate crisis. In this way we can come together, share openly and honestly, and reflect on how we can channel eco-anxiety into action.

**That's why we're inviting you to run  
a youth-led climate café.**



## *Civil participation at COP27*

### **Ecosia partners with Force of Nature and Climate Cafés across the UK**

**C**ivil participation at COP27 has been severely limited this year, with many environmental activists saying that they haven't felt safe enough to attend. Yet activism and protests calling for more climate action have been instrumental in powering the global environmental movement and pushing for change. This was particularly important during COP26 last year, where civil society played a vital role in securing a more ambitious deal among world leaders.

Instead, young people are taking matters into their own hands, supported by youth-focused, non-profit Force of Nature and its Climate Cafés movement. With research showing that 70% of young people are eco-anxious and 56% feel that humanity is doomed, Climate Cafés was a tool to help people navigate this fear during COP27 and beyond.

In support, green tech company Ecosia is dedicating the money it would have spent on travelling and participating in COP27 to the Force of Nature's crowdfunding campaign, to enable young activists across the world to come together and discuss ways to make a difference. This is all part of Ecosia's wider mission to power a regenerative future.

In the UK, cafés will be taking place in Bristol, Bournemouth, Edinburgh, Oxford, York, Leeds and Wolverhampton, as well as London, with Force of Nature's flagship café HQ'd at the Natural History Museum.

#### **Clover Hogan, 23-year-old CEO of Force of Nature, said:**

"Many young people today feel anxious about the crisis, and despairing in the face of widespread inaction – including politicians pedalling denial and delay. We are being locked out of decisions affecting our future, and we urgently need spaces to come together and galvanise community action. The Force of Nature team is hosting a Climate Café at the Natural History Museum in London; however, we wanted to ensure that young people around the world had the support to self-organise. That's why we created a free resource, detailing every step of how to host a café, as well as a fund to provide micro-grants to activists facing accessibility barriers. This work would not be possible without the support of organisations and allies like Ecosia."

#### **Sophie Dembinski, Head of Policy & UK at Ecosia, said:**

"It's unacceptable that so many civil society representatives from around the world feel unable to participate fully in COP27, either because it feels unsafe or the costs involved are prohibitive. With the rights to protest being curtailed around the world, and through the oppressive UK Government's Public Order Bill, it is now more important than ever to support efforts for civil society to mobilise around the climate crisis. We hope that by dedicating our budget to attend COP27 in support of Force of Nature's Climate Café, we will enable hundreds of young people around the world to come together, feel inspired, share ideas and take climate action in a way that feels safe during COP27."

#### **About Ecosia**

Headquartered in Berlin, Germany, Ecosia is the world's largest not-for-profit search engine. The tech company dedicates 100% of its profits to the planet and has collaborated with local communities in over 35 countries to plant more than 150 million trees. In 2014, Ecosia was the first company in Germany to be accredited as a B Corporation, and in 2017 it built the first of a growing portfolio of solar plants, which now produce enough energy to power all searches twice over. In 2018, Ecosia gave away its shares to the Purpose Foundation, to assure that it can never be sold and that no one, including the founder, can profit or receive dividends from the company. Ecosia was founded by Christian Kroll in 2009. Visit <https://info.ecosia.org/> to learn more.

#### **About Force of Nature**

Force of Nature is a youth non-profit organisation, mobilising mindsets for climate action. From students to CEOs, they're inspiring a movement of people to step up rather than shut down in the face of the climate crisis. They have counselled heads of state, consulted within the boardrooms of Fortune 50 companies, taken global stages and run programmes with young people in 50+ countries. Visit <https://forceofnature.xyz> to learn more.

**Need an energy boost for your hair?**

Natucaïn has launched two caring and energising products for your hair and scalp. The new vegan Natucaïn haircare duo, consisting of a shampoo and matching conditioner (£30 each), support hair growth when used with the Hair Activator, and perfectly complement the product portfolio for a holistic haircare routine. The two products are completely free from silicones and sulphates, which makes it easier for the scalp to absorb the ingredients for strong, healthy hair.

Available at [www.natucaïn.co.uk](http://www.natucaïn.co.uk) and other online stores.



**Generation Z realise importance of well-being at work**

A new report found that employees are placing greater emphasis on personal well-being at work — this is especially so for Generation Z (those aged 18-24 in 2022). Results showed that they are happier than the over 55s at work and were three times more likely to place importance on well-being at work than their older colleagues. Gen Zs are 20% more likely to engage with employee benefits packages, too.

*The report, The State of Work Life Wellness, was released by corporate well-being platform Gympass, which surveyed over 9,000 employees across the UK, US, Brazil, Mexico, Argentina, Chile, Italy, Spain and Germany.*



**Ayurvedic approach at Indian wellness spa**

The Lhasa Ayurveda and Wellness Resort in Kerala actively encourages an Ayurvedic approach to life, seeking a balance with nature, our surroundings, and our consciousness. Located in idyllic surroundings on the banks of the River Periyar, there are several treatment packages to choose from, depending on how in-depth an Ayurvedic experience you want, as well as regular yoga sessions.

The resort follows the Satvik diet, which is based on Ayurvedic and Yogic concepts; individual dietary plans are developed following a consultation with the residential Ayurvedic doctor.

With just 11 beautifully furnished air-conditioned suites with ensuite bathrooms, the resort is a boutique spa with intimate and personalised service. <https://lhasakerala.com/>



**Refill pouches for body products**

Creating biodegradable refill pouches was a natural evolution for Bramley, the British bath and body care brand, whose commitment to sustainability began with introducing refillable, full-size products to the hotel industry in 2012. The innovative pouches, created in partnership with On Repeat, enable UK customers to refill their Bramley products without generating any waste.

The Compostable Refill Pouches launch with five of Bramley's best selling products, including the Hand Wash, Body Wash, Shampoo, Little B Hair & Body Wash, and Digby Dog Wash. Order at [www.bramleyproducts.co.uk](http://www.bramleyproducts.co.uk), with prices starting from £12.



**New creative and ethical candles**

Undo Candles is a new home fragrance brand that launched on World Environmental Health Day, 26th September this year. A range of luxurious fragrances inspired by the outdoors, each fragrance is named after a different ecosystem. Undo never use ingredients from endangered plants and the sale of each candle contributes to restoration projects around the world. This brand has a clear mission to reduce impact and restore balance to the environment. All packaging is carbon balanced and registered by World Land Trust. Visit the website for a map detailing where the ingredients and materials are sourced, along with an admirable anti-greenwashing policy. Candles burn for 50 hours and retail at £42.

[www.undocandles.com](http://www.undocandles.com)



# Products



## ***Glass Art by Linda***

**G**lass art is an ecologically sound art medium using only abundant natural materials and just a single short burst of energy to last 1,000 years.

Linda's glass art is about happiness expressed through light, colour, shape and intensity, using an unparalleled medium: fused glass in the Hard Edge glass art style – a new experience for many.

The Hard Edge style naturally dominates the space you give it with its colour, passion and intensity, from a casual alcove to a large compelling centrepiece.

Glass artist Linda Rossiter creates unique glass artworks – from vividly coloured wall and display art – to sculptures and statement bowls.

See more at: [www.glassartbylinda.com](http://www.glassartbylinda.com)

## ***Award-winning induction kettle launched through crowdfunding platform***

Italian household appliance brand LAICA has launched its innovative Visione induction kettle exclusively through crowdfunding platform Indiegogo.

The Visione, which combines the classic functionality of a traditional hob-top kettle with stylish Italian design and innovative features, has already won a Red Dot design award and German Design Award.

Its clever induction technology is built directly into a stylish 1.7 litre glass body which is dishwasher-safe, easy to clean and, thanks to its sleek cordless design, will keep kitchens clutter-free.

A smart auto-stop function means that the Visione can never over boil, making it the safest induction kettle on the market, whilst its unique 360° funnel lid makes filling quick and effortless.

As well as saving on cable and plug waste, the product's environmental benefits include sustainable packaging which is 100% recyclable, with no plastics or cable ties.

The Visione is powered by technology from parent company Strix, a global leader in the design and manufacture of kettle controls.

Harry Kyriacou, Chief Commercial Officer at LAICA, said: "We're delighted to introduce the Visione induction kettle through Indiegogo, inviting consumers to rethink the way they boil water. The Visione is one-of-a-kind, a combination of striking design and technological innovation that we're proud to share.

We expect it to be popular with both design-conscious homeowners, passionate about style and form, and traditionalists seeking a high-performance induction kettle."

The LAICA Visione was launched exclusively through Indiegogo from 6th June 2022. Discounted pre-orders plus exclusive perks and bundles were available for backers, with products expected to ship from autumn 2022.



## Gifts for kids



### SPOTS & STRIPES - Dream Hair for Girls

This sweet-smelling, sulphate-free duo is hair heaven and the perfect gift for a teen or tween girl. Happy Hair High Shine Shampoo busts greasy roots and leaves hair smooth, strong and fantastically shiny (it even calms dry scalps).

Tangle Wrangler Smoothing Conditioner is a serious detangler, packed with virgin coconut oil and a bunch of awesome essential oils. Packed in the signature blue, stripy gift box with stickers and a card.

£24 - [www.spots-and-stripes.com](http://www.spots-and-stripes.com)

### WENTWORTH PUZZLES - Rudolph the Reindeer

Choose your level with these puzzles, which come in quirky irregular shapes with multiple sizes, to suit different ages and abilities. Wentworth Puzzles pride themselves in offering intricately hand-crafted sustainable wooden puzzles.

This children's jigsaw puzzle features shaped puzzle pieces, called whimsies, designed to match the theme of the image for an entertaining experience.

£10.50 for 15-piece puzzle - [www.wentworthpuzzles.com](http://www.wentworthpuzzles.com)



### BEKIND - Eco Dolls

An eco-friendly doll range which promotes positive messages of kindness and inspires children to be compassionate. There are five larger dolls to collect – Brianna, Koral, Ivy, Nora and Daisy – and three smaller dolls.

All are eco-friendly – from the recycled materials with which they are made, to the eco-fashions they wear, to the reusable packaging created with ink made from soybeans. Children can re-use the packaging to construct their very own Kindness Board, too.

RRP: 11.99 for 15cm doll and £29.99 for 31cm doll – <https://bkinddolls.com> or Argos.



### BUILD YOUR OWN - Pinball Machine

A planet-friendly take on the traditional arcade game, this super cool tabletop pinball machine provides hours of entertainment. There are five targets to aim for in this fast-paced action-packed game.

It is easy to assemble using slot together techniques. With a colourful bold and striking design, it is suitable for children eight years and over, but is best enjoyed as a family experience.

RRP: £19.99 – [www.buildyourownkits.com](http://www.buildyourownkits.com)

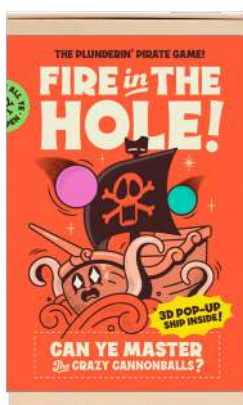


### McMILLER - Fire in the Hole

Part card game and part dexterity game, Fire in the Hole's gameplay centres around a large pop-up ship that gets bombarded by felt cannonballs throughout the game. Designed for two to four players (age seven and over), gameplay is simple: play your card — will it be a FIRE card or a SABOTAGE card? If you choose a FIRE card, roll the dice to find out if it's an ALL FIRE or SOLO FIRE. Then ... take your shot! If you choose a SABOTAGE card, take your pick from a bevy of evil tricks to infuriate your fellow pirates. First to link four cannonballs is the winner.

Every component in Fire In the Hole is 100% plastic-free and biodegradable, making it one of the most sustainable games on the market.

£29.99 – [www.amazon.co.uk](http://www.amazon.co.uk)



## Gifts for Him



### BALDAPE PARLOUR - The Silverback Kit

This 'DIY' grooming kit allows for a seamless hair removal experience — no razors, painful waxing or mess. The kit includes the Charcoal Hair Removal Cream, which clears hairs in as little as three minutes, as well as the 'Helping Hand', an applicator to help you apply the cream in tricky-to-reach areas, such as your back and shoulders. Finally, the Silverback Kit includes a microfibre loofah that helps to wipe away excess hair and gently buff away dead skin cells, leaving your skin feeling utterly soft. What's more, the brand put 5% of the profit from all orders into environmental charities, such as the Rainforest Trust and Animal Aid.

£25 — [www.baldapeparlour.com](http://www.baldapeparlour.com)

### DAGSMEJAN - Balance Man Pyjama Set

Men can now sleep better with the best breathable pyjamas for men, engineered to pair supreme moisture regulation with exceptional temperature control in a natural high-tech fabric. The ensemble made of super-soft NATTWELLTM fabric combined with the Balance sleeping mask will guarantee the highest level of sleeping comfort.

The Balance long sleeve, pants and sleep mask set is available in four shades and five sizes, with sustainable packing materials which are fully recyclable.

RRP: £234.70 — [www.dagsmejan.co.uk](http://www.dagsmejan.co.uk)



### BILLY TANNERY - The Key Wrap

The perfect gift for the man who has everything! Upgrade your keyring to a British goat leather key wrap. Stop your keys from jangling in your pocket or scratching your tech, all while looking fantastic in five colour options. It comfortably fits up to five keys with gunmetal studs for easy closing and opening. It is made from sustainable bark-tanned leather that ages beautifully with use, for a truly durable gift.

£35 — [www.billytannery.co.uk](http://www.billytannery.co.uk)

### HOXTON MINI PRESS - Work From Shed

Inspirational garden offices from around the world ... Remote working is here to stay. More people than ever before are finding it's not just possible to work from home but much more productive, affordable and – as this book will show you – inspiring.

From visually arresting structures that transform the experience of working, to plant-covered studios built in harmony with nature, discover just what can be built in a backyard. 'WORK FROM SHED' showcases some of the world's most extraordinary garden offices from both top architects and those who built their own. Why commute to an office when you can Work from Shed?

£25 — [www.hoxtonminipress.com](http://www.hoxtonminipress.com)



### BARE KIND - Save The Animals Bamboo Socks

Bamboo socks keep you warm in winter but cool in summer. They are available as individual pairs or in various collections, so you can choose to help your favourite species. This set of socks (Set #2) helps save rhinos, hedgehogs, elephants, rabbits and whales, with 10% of profits donated to animal conservation charities. Socks come in plastic-free packaging that is 100% recyclable.

£35 — [www.billytannery.co.uk](http://www.billytannery.co.uk)

## *Make positive environmental choices with Cosy Cottage Soap products*

**C**osy Cottage Soap's everyday personal products, like shampoo bars and household soap bars, help reduce the use of plastic; if it is disposed of in the ocean/beach, it will remain there for 450 years.

Cosy Cottage products offer customers the opportunity to make positive environmental choices and cut out plastic from their everyday life:

- Purchases of their solid soaps and shampoos over the last 12 months have enabled their customers to save over 225,000 plastic bottles from landfill.
- Purchases of their palm-oil-free soaps and shampoos over the last 12 months have enabled their customers to avoid over 11 Tonnes of palm oil consumption.
- By choosing to purchase their products over the last 12 months, their customers have avoided over four million leakages of endocrine-disrupting paraben into our environment.

### **The range of products:**

- Solid Shampoo Bar / Conditioner Bar – lasting far longer than an ordinary plastic bottled shampoo, with minimal waste.
- Natural Deodorant – to replace deodorants with chemicals damaging our ocean / marine life.
- Solid Household Soap Bar – to replace plastic bottled cleaning products.

**Clara Challoner Walker, Founder of Cosy Cottage Soap, comments:** “Reducing our negative impact on the environment can start at home by switching our everyday essentials for eco-alternatives. While many cleaning brands focus on reducing plastic packaging to position themselves as green, being eco-friendly goes much further. It’s about looking at minimising our impact to the planet at every stage of the product lifecycle, from sourcing the ingredients throughout manufacturing to consumer disposal of the empty packaging. The new Multi-use Household Soap replaces multiple products [and] is very concentrated, so a little goes a long way and avoids environmentally harmful chemicals without compromising on efficacy.”

Use the link below to read Clara’s blog on reducing short term and single-use plastics ...

<https://www.cosycottagesoap.co.uk/blogs/news/short-term-and-single-use-plastics>

### **About Cosy Cottage Soap**

It was founded in 2015 by Clara Challoner Walker, who started making natural, handmade soap in her 350-year-old cottage in Yorkshire.

When recovering from illness, the former corporate executive became aware of the number of harmful chemicals found in skincare and bathing products, and sought to offer consumers an alternative. Using her Chemistry degree, Clara created a range of natural soaps and skincare products that were kind to skin and the planet. Cosy Cottage Soap products do not include detergents such as SLS or preservatives such as Parabens, do not use palm oil (a crop that is decimating rainforests), are not tested on animals and avoid plastic packaging.

Dedicated to supporting economic growth in the local community and creating local employment opportunities, Cosy Cottage Soap sources ingredients from local suppliers. The eco-company hand-makes products in Malton, North Yorkshire, and sells the range online and in its Malton store.

[www.cosycottagesoap.co.uk](http://www.cosycottagesoap.co.uk)







## Gifts for her



### MABEL SHEPPARD - Vegan Leather Lightning Gloves

Crafted in the softest vegan leather substitute, these gorgeous gloves have a lightning applique design on the upper, and a flash of colour between the fingers.

Their soft, cosy fleece lining means that hands will stay warm no matter what.

Each pair of gloves comes in a fabric Mabel Sheppard logo drawstring dust bag, to make them the perfect gift.

£39 – [www.mabelsheppard.co.uk](http://www.mabelsheppard.co.uk)

### RINGANA - Vegan skincare travel set

Award-winning vegan skincare and wellness brand RINGANA make its luxury products in small batches, using only the freshest and most sustainable, pure ingredients.

The FRESH Travel Skin Care Set for Women gives you all the vegan travel-sized products you need for face and body. The sets come in an airport-friendly transparent bag and are suitable for three skin types – choose from either light, medium or rich to suit your skin best.

£53.68 – [www.ringana.com](http://www.ringana.com)



### VENDULA LONDON - Tattoo Studio Bella Bag

“Where did you get that bag?” Vendula London’s vegan leather bags are loved by celebrities for their high quality design and detail, which are sure to delight any lucky recipient. This Bella bag has separate compartments with zip closure, as well as several pockets.

It is perfect to carry over the shoulder, or as a crossbody, thanks to the adjustable strap. The hand-stitched details in vegan leather and cotton, and fully lined with the iconic Vendula London lining. 22cm x 29cm x 4.5cm. Free shipping.

£85 – [www.vendulalondon.com](http://www.vendulalondon.com)



### VOYA – Comfort and Joy – luxury bathing set

Indulge in the ultimate self-care ritual and experience the Irish tradition of seaweed bathing at home.

Envelope your body in the silky fronts of hand-harvested Atlantic Ocean seaweed, cleanse your body with the iconic seaweed soap bar whilst the uplifting scent of spearmint and rosemary calms you and gives your home a relaxing and festive scent in a room spray.

£48 – [www.voya.ie](http://www.voya.ie)



### PAGURO UPCYCLE - EggGold Elegant Teardrop Resin Studs

These dainty studs are certainly not short of the wow factor. The gold and silver designs are achieved by suspending reclaimed sweet wrappers in plant resin, giving the look of an elegant jewel.

The eye-catching shapes are handmade and hand-polished by skilled artisans, using a material which would otherwise go to waste.

£27 – [www.pagroupcycle.com](http://www.pagroupcycle.com)



# Food



## *New report reveals half of Brits will be vegetarian by 2040*

**A** new report has outlined insights into the future of meat eating, revealing that half the UK will be vegetarian or vegan in less than 20 years, as the impacts of climate change increase.

The report, commissioned by No Meat May – a registered charity that challenges people to eliminate meat from their diets for 31 days – also reveals that we have fewer than 30 years to eat less meat, if humanity and life on the planet is to survive.

While meat consumption continues to rise in developing countries, in the UK it is estimated that 16 million people will be meat-free by the beginning of next year, and there are a number of reasons why this is such a continuing growing trend.

### **Meat and culture**

**Dr Morgaine Gaye** told us: “The amount of Gen Z whose purchasing decisions are based upon environmental impact is over 12% and growing, and this, partnered with other social factors such as the trend of uploading insta-friendly food photos, does indicate yet another potential decline in meat consumption by the emerging generations who consider being plant-based to be good for their online profiles.”

Already, almost 50% of Gen Z feel ashamed to order anything containing dairy, in public, and we can expect this trend to continue as younger generations will avoid buying meat in front of their peers – as its consumption further becomes linked with climate change, health problems and animal welfare issues.

### **Meat and future foods**

**Dr Morgaine Gaye** added: “Although in-vitro meat would address moral issues for some vegetarians, environmental issues for environmentalists, and also free-up land and grain supplies, there would be a number of ethical objections from a percentage of the population who would be adverse to such production methods.”

On the idea of a type of protein made from air, this started initially as research by NASA in the late 1960s as a closed loop food system, using the carbon monoxide expelled by the space crew as the starting point for a food system. “We can expect to see this product first come to market as plant protein isolate, a type of powder which can be used in the production of yoghurts, plant-based burgers or other ready meals using meat substitutes.”

### **Meat and health**

The growing resistance of bacteria to antibiotics causes tens of thousands of deaths a year, with about one in five resistant infections caused by germs from food and animals.

**Dr Morgaine** tells us: “Doctors believe that a plant-based diet could help prevent eight out of ten of the leading causes of death and that a shift to veganism could result in 8.1 million deaths fewer per year, according to the PNAS (The Proceedings of the National Academy of Sciences).”

### **Meat and environment**

Switching to a mostly plant-based diet would immediately reduce our carbon emissions by a quarter, an essential behaviour change to save the life of our planet and ourselves. In fact, Dr Gaye states that if we don't start eating less meat, our planet will be uninhabitable in less than 30 years. No Meat May challenged people to eliminate meat from their diet for four big reasons: health, environment, animals, and to do our bit for world hunger.





## Food & drink gifts



### MEAT FREE MOWGLI – Nisha Katona

In new cookbook, 'Meat Free Mowgli', Nisha weaves her magic once more, conjuring up healthy, effortless and cost-effective plant-based recipes, with just a handful of carefully paired and easily sourced ingredients. In this book, a high proportion of the dishes are also vegan, again a natural thing in Indian cuisine. The book is organised by ingredients, to be as useful as possible, and all the ingredients are easy to source.

£25 – [www.nourishbooks.com](http://www.nourishbooks.com)

### LOVE COCOA - festive chocolate selection box

A 21-piece selection of sumptuous luxury chocolate truffles, featuring suitably festive flavours including the delectable Mulled Wine Truffle! Lovingly made from single-origin, palm-oil free, premium quality chocolate and in beautifully-designed plastic-free packaging. Love Cocoa plant a tree for every bar, tube and nibble sold.

£23.95, 220g – [www.johnlewis.com](http://www.johnlewis.com)



### THE WASABI COMPANY - Fresh Wasabi Pro and Grow Kit

This kit contains a wasabi plant to grow in the garden or in a pot as a houseplant, plus 100g of fresh wasabi, for while you are waiting for yours to grow. You will also find a specialist wasabi grater and a bamboo wasabi grater brush. Attractive and exotic looking, this is the gift that just keeps giving as the leaves, leaf stems and flowers can all be eaten while the precious rhizome is forming at the base of the plant, which takes up to two years to mature.

£37 – [www.thewasabicompany.co.uk](http://www.thewasabicompany.co.uk)

### ELEPHANT GIN - Mini gin discovery set

Consisting of three mini versions, (50ml) of the London Dry (45%), Sloe (35%) and Orange Cocoa Gin (40%), in a premium tasting box adorned with beautiful illustrations. A perfect opportunity to sample the range, the gift set supports the wonderful work of the Sheldrick Wildlife Trust, an elephant orphanage near Nairobi; 15% of profits from the miniature bottles are contributed to their efforts – nurturing baby elephants which have been orphaned in the wild.

£19.50 – [www.elephant-gin.com](http://www.elephant-gin.com)



### GRUBBY - Two Week Plant Based Meal Kit Subscription Box for two

Championing healthy living, a plant-based diet and effortless cooking, Grubby is the UK's first 100% plant-based recipe kit, delivering fresh British produce straight to your door.

With this gift, for two weeks, two people can choose three recipes and enjoy great portions and colourful food bursting with flavour.

RRP: £69 – [www.buyagift.co.uk](http://www.buyagift.co.uk)

### LONDON NOOTROPICS - Frank Green Coffee Cup Gift Box

This contains a reusable ceramic coffee cup (grey, pink, blue or green) plus 12 sachets of their adaptogenic coffee blends (four of each).

Blended with the highest-quality adaptogens to help you find your flow, – power up with 'Mojo', find mental clarity with 'Flow' and feel calm and alert with 'Zen'. Free from preservatives and artificial sweeteners.

£40 – [www.londonnootropics.com](http://www.londonnootropics.com)





## *Real Good Ketchup*

**D**id you know that, on average, 100,000 people in the UK have strokes each year? That is approximately one stroke every five minutes!

A way to reduce your risk of a stroke is to cut down on salt, which is often added in large quantities to packaged foods, making it massively hard to avoid. Making small changes to your diet can have a big impact on your health, so swapping everyday favourites to lower salt alternatives is helpful.

Why not try Real Good Ketchup, a low salt and sugar alternative to other branded sauces which are typically high in salt and sugar. In fact, it has a whopping 78% less salt, is made with all natural, plant-based ingredients and is free from preservatives, artificial sweeteners, colourings and flavourings.

Real Good Ketchup is available in 310g and 700g squeeze bottles from Ocado, Amazon and the Real Good website. RPP: £2.20.

