



# The story of energy 10 ways to improve the future of energy



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It's a big issue, but we all do something in our own lives to play our part. To make the critical extra difference we each need to go beyond just 'putting our own house in order' - we also need to make the effort to influence other people - including those with a much greater impact and influence, such as companies and governments. The poster on the other side of this leaflet gives 10 ways you can improve the future of energy - for everyone. When you're taking these actions, the amount of drive and passion you put in will be critical in convincing others - so get stuck in and don't take 'no' for an answer!

Check out the Life? website for more ideas and links to organisations that can help you to live a happier, wiser and more meaningful life - [www.lifesquared.org.uk](http://www.lifesquared.org.uk)

*How can we tackle our global energy problem?*

## Actions in our own lives

### 1. Use and waste less energy

There are a wide range of things we can do to use less energy - from insulating our houses to buying local, seasonal produce that requires less energy to grow and transport it. See [www.lifesquared.org.uk/SOE](http://www.lifesquared.org.uk/SOE) for more ideas and links, and our 'What can I do?' leaflet for more details on which steps to prioritise.

### 2. Buy less stuff

Electricity consumption from domestic appliances doubled between 1970 and 2002. So, let's buy fewer of them. In particular, be aware of your gadget use - devices such as plasma televisions, high-end PCs and mobile phones are pushing up our consumption of energy.

### 3. Switch to a green energy provider

Don't just switch to any green energy tariff - be sure to ask the provider how your tariff works - will it be a green supply tariff or will it be contributing to a green fund to support new renewable energy developments?

### 4. Cure yourself of the modern disease

If we ignore the very modern trend for doing things quickly and for hyper-mobility we could not only have better, more fulfilling, calmer lives but we could also seriously reduce our energy use. If we grow up and stop rushing around, we can become more comfortable with ourselves and our localities. We can travel less and when we do travel it could be on slower, more sustainable transport where we enjoy the journey.

### 5. Generate your own energy

Think about whether you can become your own energy source, whether by generating your own electricity from solar PV panels or heating your home through ground-sourced heating. If this isn't an option, think about whether there are opportunities near you for community energy generation.

## Actions to influence others

### 6. Influence your workplace

A great place to start influencing other people is your workplace, as this could achieve a big impact. Talk to your manager and senior management about the issues raised by the Story of Energy and what the organisation could do to improve its energy use and energy policies - from reducing its energy use in various areas to using greener energy sources.

### 7. Take action online

Join Avaazz, 38 Degrees and other mass-action campaigning organisations, as these are simple ways to add your voice to a large, influential audience on specific issues like energy and the environment. And don't just join - be an active online.

### 8. Influence politicians

Write to your MP and other politicians to get them to take action on the issue of energy. You can use resources like [www.theyworkforyou.com](http://www.theyworkforyou.com) to find out who your MP is and what they've been saying and voting on in Parliament, and use [www.writetothem.com](http://www.writetothem.com) to make direct contact with them. Also, most important of all - vote for candidates with a bold, clear-sighted approach to energy use.

### 9. Influence companies

You can use your influence as a consumer in a range of ways to push companies for change. You can boycott companies that have bad policies and records on energy use - and make sure you tell them you're doing this. Conversely, you can actively choose companies with good energy policies - and again, tell them to keep up the good work. Get in contact with influential companies to tell them the role they should be playing in securing a better, more sustainable future for our energy use.

### 10. Influence individuals

Whilst you're undertaking all the points above, make sure you're telling as many friends, family, colleagues and other contacts about them as possible. Help to build people's interest and awareness in these issues. You can start by telling everyone you know about the resources in The Story of Energy and get them to understand the issue for themselves and decide if they want to take action. Spread the word!

