



Environmental Policy

PROTECT the environment - IMPROVE mental health - REDUCE anxiety.

1. Introduction

Anxiety UK recognises the importance and urgency of environmental issues, including climate change.

As a charity that supports those affected by anxiety, Anxiety UK is also uniquely placed to recognise that mental health and the planet's wellbeing are intrinsically linked.

In addition to complying with environmental legislation, Anxiety UK is committed to minimising its impact on the environment and strives to implement sustainable practices wherever possible.

2. Purpose

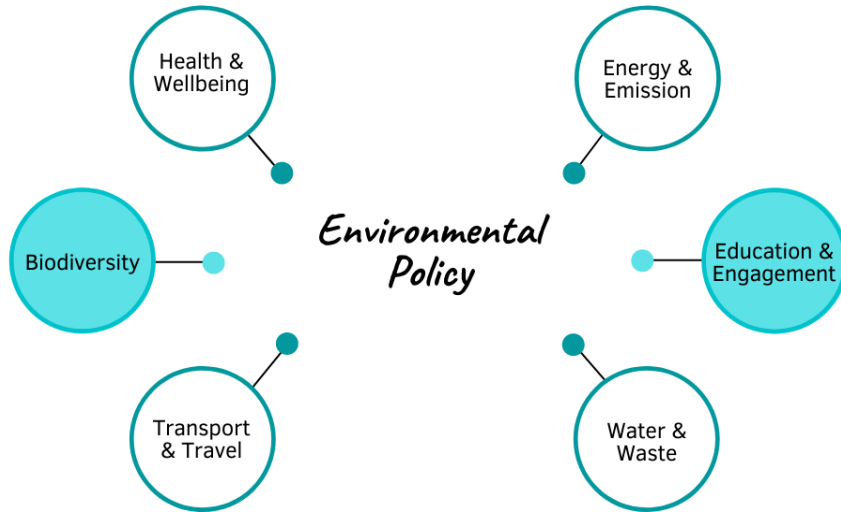
The Environmental Policy outlines how Anxiety UK will improve its environmental performance, addressing both physical and socio-economic dimensions.

3. Responsibilities

The CEO is responsible for the implementation of the Environmental Policy. However, staff members also have a responsibility to comply with the objectives of the policy.

4. Aims

Through the use of an action plan (see Appendix A), the policy aims to improve environmental performance in the following key area:



5. Objectives

- i. Education & Engagement: *Provide environmental education and promote engagement with environmental initiatives*
- ii. Health & Wellbeing: *Promote the health and wellbeing of staff and volunteers*
- iii. Energy & Emission: *Reduce energy consumption and emission*
- iv. Water & Waste: *Minimise water consumption and waste*
- v. Transport & Travel: *Reduce the need to travel and encourage greener modes of transport*
- vi. Biodiversity: *Improve local biodiversity and minimise harm to the ecosystem*

6. Policy Management & Availability

The success of the implementation of the policy will be regularly monitored and reported to the Anxiety UK board, and the action plan will be reviewed annually.

The policy will be shared internally and made available publicly on our website.

Appendix A

Action Plan

i. Education & Engagement

Action	Deadline
Provide Environment and Sustainability course on Moodle for staff to complete	Month 2022
Share Environmental Policy with staff	
Publish policy on Anxiety UK website and social media	
Publish Environmental feature in Anxious Times	
Encourage staff and volunteer engagement through regular campaigns and initiatives	
Promote volunteer days for staff to engage with local wildlife and the community as environmental stewards	
Provide/research green therapy	

ii. Health & Wellbeing

Action	Deadline
Provide ergonomic chair and standing tables	
Promote group wellbeing walks for staff	

iii. Energy & Emission

Action	Deadline
Use energy efficient or recycled computers	
Utilise whole life cost analysis when purchasing office equipment	
Provide customers with the option to offset carbon emission from website orders	

iv. Water & Waste

Action	Deadline
Install smart water meter to monitor water usage and set reduction targets	
Introduce a compost heap for food waste and use the resulting compost for the greenhouse	

v. Transport & Travel

Action	Deadline
Develop a green transport and travel plan for post-covid	

vi. Biodiversity

Action	Deadline
Provide a greenhouse for growing fruit and vegetables	
Use natural pesticides and minimise the use of artificial pesticides	
Take part in the 'Adopt a Tree' project by Trafford Council	