



Story of Energy - website resources

Introduction

Welcome to our selection of further resources for the Story of Energy. If our video, booklet or leaflet have left you keen to find out more, this is the place to find some organisations and schemes that can help you take action, as well as help you investigate certain issues in more detail.

We've only included a couple of the best resources in each area as we want to keep things simple and not overwhelming! If you have any questions or other ideas, email us - info@lifesquared.org.uk.

Resources for taking action

1. Use and waste less energy

[Energy Saving Trust](#) - an organisation dedicated to helping you save energy. Includes a free phone line to experts who can give you tailored advice on what to do!

[What can I do?](#) - guide from Life Squared showing the 10 most important things you can do to reduce your CO2 emissions.

2. Buy less stuff

[The problem with consumerism](#) and [Better than shopping](#) - guides from Life Squared showing the influence of consumerism and how you can enjoy life more with less stuff.

[Center for a new American dream](#) - ideas on how to live well and consume less.

3. Switch to a green energy provider

[Green Electricity](#) - respected, independent site helping you to evaluate the different green energy products on offer. Also helps you switch to your chosen one.

4. Cure yourself of the modern disease

[Life Squared](#) - visit our website for practical ideas on how to stand back from modern life and live the way that you really want.

[The man in seat 61](#) - a brilliant site showing how to travel comfortably and affordably overland by train where you might think that air is the only option. See timetables, book your journey - very easy to use.

5. Generate your own energy

[Energy Saving Trust](#) - again, the EST has good, practical advice on how you can generate your own power - from solar panels to microgeneration.

[The Home Energy Handbook](#) - a comprehensive handbook for energy action that includes excellent practical advice on generating your own energy.

6. Influence your workplace

[Greening the office](#) - check out this tool from Friends of the Earth Scotland to help you review how green your office or company is, and then take action to make it greener!

7. Take action online

[Avaazz](#) and [38 Degrees](#) - two organisations to help you join millions of other people in on-line campaigns on issues you care about - including the environment.

8. Influence politicians

www.theyworkforyou.com - find out who your MP is and what they've been saying and voting on in Parliament.

www.writetothem.com - make direct contact with your MP.

9. Influence companies

www.care2.com - start your own petition on any topic on this site, or sign someone else's. A good place to start lobbying companies.

[Greenpeace](#), [Friends of the Earth](#) - join a campaigning organisation and increase the power of your voice.

10. Influence individuals

[Facebook](#) - go to your Facebook account and share the Story of Energy link with all your contacts!

[Twitter](#) - tweet about [@Life_Squared](#) and share the Story of Energy link with all your followers.

Other resources and background

[Six Degrees by Mark Lynas](#) - book showing the possible effects, for each degree of warming, of the planet warming by one to six degrees.

[2050 Carbon pathway calculator](#) - government-built model to enable you to make decisions about UK energy use and see how they affect us. A good way of getting to understand the issues.

[One planet living in the suburbs](#) - report from Bioregional discussing the challenges of one planet living in the suburbs - where around 86 per cent of the UK population lives.

[The great green electricity con](#) - Guardian article showing how some 'green energy' schemes may not be as green as they seem.

[WWF - change how you live](#) - some practical tips on how to move towards a one-planet lifestyle in various areas of your life. Includes a calculator to enable you to work out your carbon footprint.

[Along with the Arctic ice, the rich world's smugness will melt](#) - article by George Monbiot discussing the fast melting of the Arctic and asking why we are still doing nothing about the climate crisis.