



ideas



Park in the shade or a garage in the summer to keep your car cool and minimize evaporation of fuel.

DRIVE
SMART
DRIVE
GREEN

Travelling at less than 15mph creates the most pollution. 60mph is the most energy and emission efficient.



We understand how people love their cars, but whatever you drive it should be green. You can save petrol, emissions and money by being a smart driver. And stop using it for short journeys, walk or cycle instead. For more tips on how to turn your car green visit www.drivesmart.info

DRIVESMART
GREEN

DRIVE
SMART
DRIVE
GREEN

All on board electronics use extra fuel,
the rear screen heater for example
adds 5% to the fuel consumption.



DRIVE
SMART
DRIVE
GREEN

Want to be

**Replace clogged air filters to improve
MPG by as much as 10%.**



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**DRIVE
GREEN**

DRIVE
SMART
DRIVE
GREEN

Don't drive over 40mph with the windows wide open. It decreases the car's aerodynamics and lowers fuel economy.



We understand how people love their cars, but whatever you drive it should be green. You can save petrol, emissions and money by being a smart driver. And stop using it for short journeys, walk or cycle instead. For more tips on how to turn your car green visit www.drivesmart.info

DRIVE
GREEN

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ideas



LONDON



wood for good



Plug your washing machine into this at no extra cost.



juice
Friendly electricity from power with Greenpeace

Wind power at sea is a renewable source of energy that doesn't harm the environment. Now you can buy it for the same price as your existing supply.*

Juice, brought to you by npower with Greenpeace, is clean, green 'friendly' electricity. It's generated by the natural power of the wind and water, and works like normal electricity: a non-stop supply to power all your household needs.

By switching to Juice you will be buying clean electricity and showing you support the development of wind farms at sea.

You can buy Juice wherever you live in the UK, so why not switch today?

Freephone 0800 3162610
or go to www.npower.com/juice

*Compared with npower's existing tariff, regional variations apply.

Line 07000

Plug your telly into this at no extra cost.



juice
Friendly electricity from power with Greenpeace

Juice, brought to you by npower with Greenpeace, is clean, green 'friendly' electricity. It's generated by renewable sources of energy, and works like normal electricity: a non-stop supply to power all your household needs. Now you can buy it for the same price as your existing supply.*

Juice is generated by land based wind and water power but by the end of next year a wind farm at sea will be the sole source of Juice electricity.**

As a Juice customer you are guaranteed that for every unit of electricity you use, a unit of Juice

electricity is fed into the national grid. This ensures an equivalent amount of electricity is supplied from renewable sources, which is good for the environment.

By switching to Juice you will be buying clean electricity and showing you support the development of wind farms at sea.

It's simple to switch, just call us.

Freephone 0800 316 2610
or go to www.npower.com/juice

**Compared with npower's existing tariff, regional variations apply. ** This wind farm will be built off the coast of North Devon subject to planning and government permission.

* you will be contract at prices set by your Customer Service, 25 Bay St, Plymouth, PL6 3JH

Line 07000

ideas



LOVE

HATE

GREENPEACE



wood for good

Can you think of another building material that can renew itself naturally? Because wood is good for the environment, it's good for your projects: it can reduce a building's carbon footprint along with its running costs. Best of all, the more you build the more we will grow.* Inspired? Visit www.woodforgood.com

We grow.
You build.
We grow.

*Over 90% of the wood we use comes from European forests, where strict laws are required by law to ensure growth matches or exceeds harvest (JHEU, Using Wood to Mitigate Climate Change 2004). Currently Europe's forests are growing by some 3,500 square miles a year (MCPFE/UNICE/FAO/State of Europe's Forests 2005). wood for good is a promotional campaign sponsored by the Nordic Timber Council, the Forestry Commission, the Confederation of Forest Industries and the Northern Ireland Forest Service. All members are committed to sustainable forest management. In each of the members' countries credible third party certification schemes are now operating and increased areas of forest are being certified.

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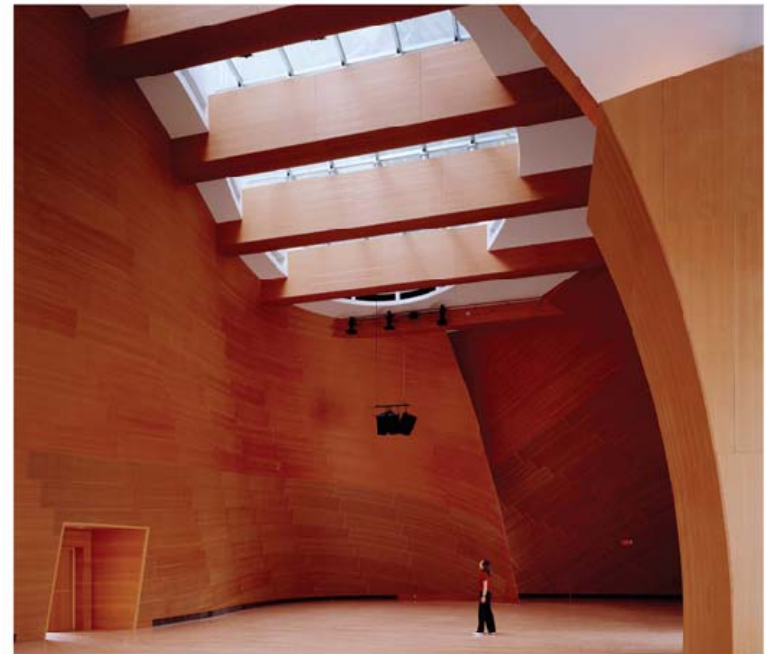


wood for good

Reduce your carbon footprint. Use wood. It's natural, sustainable, has excellent insulation properties and will make a little impact on our planet as possible. What else can you gain by using wood? EcoPoints and BREEAM credits. Choosing wood as a building material really can make a world of difference. Download your copy of Building Sustainably with Timber by visiting www.woodforgood.com

Your plans.
Our planet.

www.woodforgood.com



wood for good is a promotional campaign sponsored by the Nordic Timber Council, the Forestry Commission, the Confederation of Forest Industries and the Northern Ireland Forest Service. All members are committed to sustainable forest management. In each of the members' countries credible third party certification schemes are now operating and increased areas of forest are being certified.



STOP CLIMATE CHAOS



Registration Charity No. 1138073

GLOBAL WARNING.

We can't be sure Hurricane Katrina, with its terrible consequences, was caused by global warming. But without urgent action to slash greenhouse gas emissions, we can expect hurricanes as powerful as Katrina to occur more often:

'...the intensity of hurricanes is related to sea surface temperature and we know that over the last 15 to 20 years sea surface temperatures in these regions have increased by about half a degree centigrade.' Sir David King, the Government's chief scientific adviser speaking about Hurricane Katrina on Channel 4.

The response of the governments of the world to climate change is too little, too slow. Hundreds of millions of people, particularly the world's poorest and most vulnerable, will be at increasingly severe risk of extreme weather, as well as drought, flooding, starvation and disease.

We have been warned. Go to www.stopclimatechaos.org and urge the Prime Minister to act now before it's too late.

Report WASH, CAPD, Christian Aid, Friends of the Earth, Greenpeace, Medact, Operation Noah, Oxfam, People & Planet, Practical Action, The RSP, Sustrans, Tearfund, Women's Institute, WWF UK, Woodland Trust, The Wildlife Trusts



STOP CLIMATE CHAOS



**forum for
the future**
action for a sustainable world

Forum for the Future

www.forumforthefuture.org.uk



LONDON



FREE BEAR WITH THIS AD.

"I'm being eaten alive. Please free me"

These Asiatic black bears, or 'Moon Bears', are imprisoned in cages so tiny they can barely move. A crude catheter, permanently lodged in their stomach, drains the bile from their gall bladder, making them scream in pain. And all in the name of Traditional Chinese medicine.

For anything up to 14 years they endure unthinkable physical and mental agony.

IFAW's goal is to rescue these 8,000 tortured bears and liberate them into natural sanctuaries, to live out their days in peace and safety. But we desperately need your support. Just £15 will help us stop the unspeakable torment of animals like these.

Help IFAW release animals from torture and suffering. Call us on 020 7587 6700 (Mon-Fri, 9-5) to make a credit card donation.



PHONE 020 7587 6700

DEFENDING THE DEFENCELESS.

INTERNATIONAL FUND
FOR ANIMAL WELFARE

Wake up and smell the GM coffee.



The GM coffee bean.
It could potentially push 60 million
people further into poverty.

actionaid
campaigns

What happens if you drink GM coffee.



You have been warned: GM spraying-controlled coffee has some serious side effects. Up to 60 million people could be permanently harmed by drinking it.

So what makes GM coffee so destructive?

In nature, coffee beans don't all ripen at the same time, making any mechanical picking inefficient. No wonder then that 70% of all coffee is grown by smallholder farmers in developing countries around the world. Changing the way coffee is grown would wipe out the livelihoods of these poor farmers and push millions of people further into poverty.

Frighteningly, a US company, KTI, is developing genetically modified coffee beans, which can be made to ripen all at the same time. These GM coffee beans can be sprayed with a chemical which "switches them on" making them perfect to be mass machine harvested.

There's no doubt that GM spraying-controlled coffee is being developed for large plantations. They will be able to increase the size of their operations and drastically reduce the size of their workforces.

Up to seven million poor farmers won't be able to afford the chemical or compete with the big companies. As a result many will go out of business, be forced to move their families to the cities in search of work and plunged into conditions of appalling health, squalor and the insupportable unemployment of the urban developing world.

Now, we at Actionaid are not against technology being used to make food more productive. It's just that we are worried that GM coffee will destroy the lives

of poor coffee farmers and their families, rather than improve it.

What can you do? (Apart from getting angry.)

UK supermarkets and coffee retailers have the power to stop the development of GM coffee. They only sell your business and if they know you won't swallow GM coffee, then they won't stock it. There will then be little point in growing it.

As a consumer you have a powerful voice. Use it.

Call or text on 0800 492 400 or write the names to find out how you can make the UK supermarkets and coffee retailers wake up and smell the GM coffee.

Please send this information on how I can help stop the GM coffee being developed.

On a scale from 1-10 how sure

are you about this?

My/Ms/Ms/Ms name:

Address:

Postcode:

Tel. (day):

Tel. (eve):

Date of birth (if under 18):

Return to: Actionaid, Eastern House,

Chard, Somerset, TA20 9BB.

Visit us at www.actionaid.org

actionaid
campaigns

For Christmas I'm hoping for a sponsor.



Sujata is four years old and sure of malnutrition. Tragically, in Nepal, she will not live to see their fifth birthday.

Here's how you can help children: by sponsoring just one child through ACTIONAID, you can help support the whole community, help clean water, health care and education.

Sujata to escape from hunger and poverty. As a sponsor you will see how your money makes a real difference, thanks to regular updates and messages from the child you sponsor.

Join the many who are already committed to making a difference. Contact us today and we'll send you an information pack with a photo of a child hoping for a better Christmas present.

Please send me further details or call 01460 61073.

I'm interested in sponsoring in: Africa Asia Where need is greatest

Mr/Mrs/Miss/Ms
Address

Postcode

I can't sponsor a child now, but enclose a gift of: £10 £25 £50

Make cheques / POs payable to ACTIONAID, and send to: ACTIONAID, FREEPOST, Chard, Somerset TA20 1BR

What if we all sponsored a child?



If we all supported a child in the developing world just imagine the difference we could make. The world's poorest people would get a chance to create a self-reliant future for themselves. Poverty could be a thing of the past.

You can take a vital first step towards defeating this poverty simply by sponsoring a child through ACTIONAID.

As a sponsor you'll be helping the child's whole community by providing access to safe, clean water, health care, education and an escape from a life of hardship and disease.

You'll see how your money is working through regular updates from our field workers and messages back from the child you sponsor.

Contact ACTIONAID today and join the many people who already make a difference. In return we'll send you an information pack with a photo of a child awaiting your sponsorship.

Fill in the coupon. And help a child build a better future. Please send me further details about sponsoring a child, or call 01460 61073.

I'm interested in sponsoring in: Africa Asia Where need is greatest

Mr/Mrs/Miss/Ms
Address

Postcode

Tel (Daytime) (Evening)

I can't sponsor a child now, but enclose a gift of: £10 £25 £50 £

Make cheques / POs payable to ACTIONAID, and send to: ACTIONAID, FREEPOST BS4868, Chard, Somerset TA20 1BR



An angel in search of a guardian.



It's not just someone caring for a child like Joshi that makes a difference. It's the whole community working together to support him.

Supporting a child through ACTIONAID means you can help to provide access to safe, clean water, health care and education. It's the difference that makes a difference.

Today and we'll send you an information pack with a photo of a child awaiting your sponsorship and become a member of our global family.

Fill in the coupon and join ACTIONAID's global family. Please send me further details or call 01460 61073.

I'm interested in sponsoring in: Africa Asia Where need is greatest

Mr/Mrs/Miss/Ms
Address

Postcode

Tel (Daytime) (Evening)

I can't sponsor a child now, but enclose a gift of: £10 £25 £50 £

Make cheques / POs payable to ACTIONAID, and send to: ACTIONAID, FREEPOST BS4868, Chard, Somerset TA20 1BR

Aunties and uncles wanted.



Sponsoring a child through ACTIONAID is a bit like being a distant yet caring aunt or uncle.

Although not a member of the family as such you'll see the difference you're making with messages from the child you sponsor, and regular updates from our field workers.

Your sponsorship and long term support can help provide a child's community with their basic needs such as access to safe, clean water, health care and education.

The basics that are vital now and vital in their fight to become self-sufficient in the future.

Contact ACTIONAID today and we'll send you an information pack with a photo of a child awaiting your sponsorship.

Fill in the coupon and join ACTIONAID's global family. You'll be making a difference for life.

Please send me further details about sponsoring a child, or call 01460 61073.

I'm interested in sponsoring in: Africa Asia Where need is greatest

Mr/Mrs/Miss/Ms
Address

Postcode

Tel (Day) (Even)

I can't sponsor a child now, but enclose a gift of: £10 £25 £50 £

Make cheques / POs payable to ACTIONAID, and send to: ACTIONAID, FREEPOST BS4868, Chard, Somerset TA20 1BR



Sponsorship can change your life too.



It's not just someone caring for a child like Joshi that makes a difference. It's the whole community working together to support him.

Supporting a child through ACTIONAID means you can help to provide access to safe, clean water, health care and education. It's the difference that makes a difference.

Today and we'll send you an information pack with a photo of a child awaiting your sponsorship and become a member of our global family.

Fill in the coupon and join ACTIONAID's global family. Please send me further details or call 01460 61073.

I'm interested in sponsoring in: Africa Asia Where need is greatest

Mr/Mrs/Miss/Ms
Address

Postcode

Tel (Daytime) (Evening)

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Make cheques / POs payable to ACTIONAID, and send to: ACTIONAID, FREEPOST, Chard, Somerset TA20 1BR

Please will you sponsor me to walk a mile?



In parts of Africa and Asia children like Saima can walk up to ten miles a day just to get water. Completely exhausted she has little or no time for school. There certainly isn't any energy to play or enjoy life.

You can change a child's future, simply by sponsorship through ACTIONAID.

With your long term support we can help to provide a community like Saima's with access to safe, clean water, health care and education. These essentials make a huge difference to a family's quality of life.

More importantly it can create a self-sufficient future.

As a sponsor you'll see how your money is working through regular updates from our field workers and messages back from the child you sponsor.

Contact ACTIONAID today and we'll send you an information pack with a photo of a child awaiting your sponsorship.

Fill in the coupon. And help us to change miles to smiles. Please send me further details about sponsoring a child, or call 01460 61073.

I'm interested in sponsoring in: Africa Asia Where need is greatest

Mr/Mrs/Miss/Ms
Address

Postcode

Day time Tel (Evening)

I can't sponsor a child now, but enclose a gift of: £10 £25 £50 £

Make cheques / POs payable to ACTIONAID, and send to: ACTIONAID, FREEPOST, Chard, Somerset TA20 1BR



HEART CONDITION

MEDICINE



Frank + Shandy



+ THE BLUE CROSS

Britain's pet charity

HERO



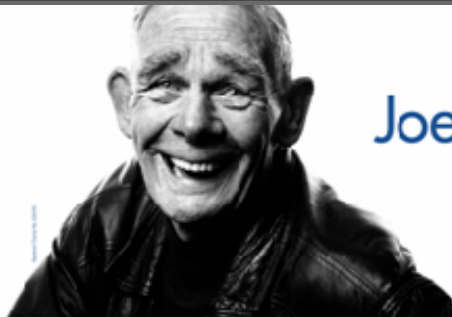
Malcolm + Molly



+ THE BLUE CROSS

Britain's pet charity

EX-PRISONER OF THUG



Joe + Trixi



+ THE BLUE CROSS

Britain's pet charity



ideas