





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

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
SMART
DRIVE
GREEN

**DRIVE
SMART
DRIVE
GREEN**

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



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GREEN

**DRIVE
SMART
DRIVE
GREEN**

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



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GREEN

**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.



**DRIVE
SMART
DRIVE
GREEN**





LONDON



LISTERINE®



Plug your washing machine into this at no extra cost.



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.

Plug your telly into this at no extra cost.



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

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LOVE

HATE

GREENPEACE

We grow. You build. We grow.

*Over 90% of the wood we use comes from European forests, where owners are required by law to ensure growth matches or exceeds harvest (JED). Using Wood to Mitigate Climate Change, 2004). Currently Europe's forests are growing by some 3,500 square miles/year (MCPFE/UNICEF/FAO State of Europe's Forests 2003). 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.

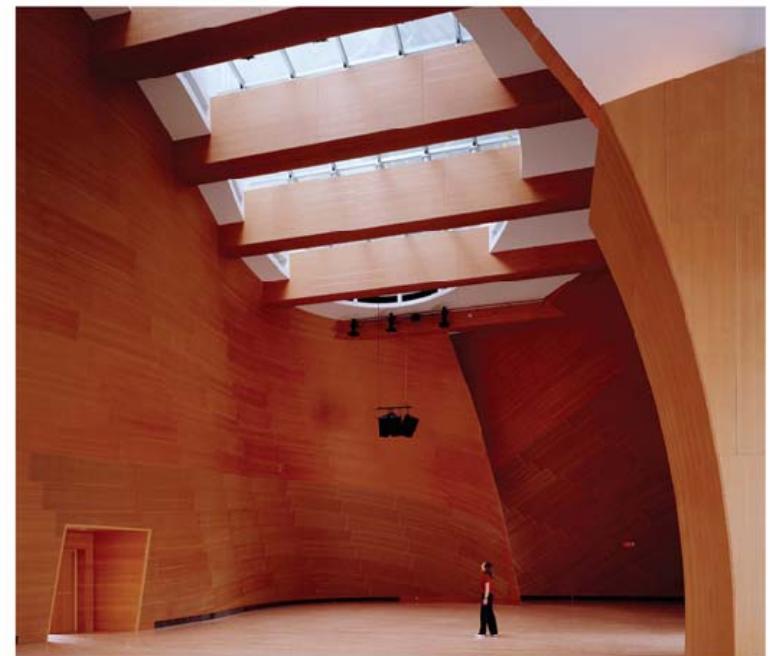


wood for good

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

©Wood for Good Ltd. for simplicity, ©2004, Norway, 2004

Your plans. Our planet.



wood for good

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



Registered Charity No. 1116017

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.

Airport Watch, CAFOD, Christian Aid, Friends of the Earth, Greenpeace, Medact, Operation Noah, Oxfam, People & Planet, Practical Action, The RSPB, Save the Children, Women's Institute, WFP-UN, Woodland Trust, The Wildlife Trusts



STOP CLIMATE CHAOS



Getting the message across in the home

The Energy Saving Trust is already a major source of information and help for householders keen to minimise their energy costs and make their contribution to reducing climate change. This year, we expect around a million customers to receive advice on everything from buying an energy efficient condensing boiler to fitting cavity wall insulation and plugging draughts. They can do this by contacting one of our 52 Energy Efficiency Advice Centres, calling our hotline or logging on to our website. People are also visiting our Renewable Advice Centres to get advice on renewable energy measures such as photovoltaic solar panels and solar water heaters.

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Energy Saving Trust

Inspiring action for sustainable energy

in the community

The Community Living programme, jointly managed with the Carbon Trust, provides advice, resources, training and support for delivery and improving communities making homes more energy efficient and cost effective.

Local councils across the UK public sector energy sector, have been instrumental for the Energy Saving Trust's assistance. Under the building programme, we give grants to local authorities to help with the uptake of落后的 consumers soft energy efficient technologies, allowing the continuation of the programme. The Energy Saving Trust recently launched Energy Champions for Schools, a new programme to encourage schools to develop their own energy action plans and on the roads.

Partnership runs several programmes to bring clean energy efficient vehicles into UK roads.

Our Drive programme focuses on the issues of owning vehicles to provide technology to reduce emissions. Our New Vehicle Technology (NVT) supports the demonstration of new vehicles that can innovative emission reduction technologies and powertrain aims to create a sustainable market for cleaner, lower-emission vehicles over its lifetime and those buying and using them reduced personal emissions.

The Energy Saving Trust is also a partner in the Low-Carbon Vehicle Partnership set up by the government in 2003 to promote clean low-carbon vehicles and fuels. The Energy Saving Trust is a core LCV partner in the UK's largest research project, Clean Car Drive, which is working to consumers consumer barriers to the introduction of cleaner low-carbon technologies, and to inform a practical and easily understood decision-making system for consumers' purchase decisions.

The next stage

Much remains to be done to remove bottlenecks in the spread of technologies that are already available, whether in the home, the community or on our roads:

- There are training constraints. The Energy Saving Trust is helping to fill the skills gap by developing a training scheme for 100,000 boiler installers so they can fit condensing boilers.
- There are regulatory constraints. With around 175,000 houses built a year, we're aren't have energy standards for every new housing development much higher?
- And there are fiscal constraints. The Energy Saving Trust is working to VAT reductions on energy efficient products to make them cheaper and more convenient to buy.



The tasks are clearly going on current projections, and despite all the planned efficiency improvements, concern among consumers in the UK will rise by 6% over the next decade. As this, the UK will have become a less import of energy, and energy prices are likely to rise. The economic case for energy efficiency will be for everyone per person, as well as being an ecological imperative and a government target.

The UK's ambitions point to setting carbon dioxide emissions from electricity generation to zero by 2050. But more recently work to prevent over 50% of our power from renewable sources like wind and solar energy will not be enough without additional efforts to cut energy use. Improved energy efficiency is essential to deliver more than 40% of the government's Energy White Paper targets through 2020. The Energy Saving Trust's new corporate targets, reflecting the government's own targets as set out in the Energy White Paper and its Powering Future Vision, members reflect that our aim to make serious efficiency improvement activity for the whole population by 2010, we want to think that

- 4.5 million homes have fitted with cavity wall insulation;
- 95% of new fridges-freezers and dishwashers have an 'A' energy rating;
- 5.5 million homes have efficient heating systems; and
- 10% of cars and 25% of buses will be low-carbon.

These are tough challenges, but our belief is that a new energy saving culture and a new awareness about the economic cost of energy will continue to rise through political will & society's attitude to the most fundamental resource. We believe we are pushing at an open door, but we will need to push hard.





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.

act:onaid
campaigns

What happens if you drink GM coffee.



You have been warned: GM piping-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 disastrous?

In nature, coffee beans don't all open at the same time, making any mechanical picking inefficient. No sooner than 70% of all coffee is picked 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, ICFL, is developing genetically modified coffee beans, which can be made to open all at the same time. These GM coffee beans can be sprayed with a chemical which "watches them out" striking them gently so the beans mature faster.

There is no doubt that GM piping-controlled coffee is being developed for large plantations. They will be able to increase the size of their operations and dramatically reduce the use of their workforce.

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 tragicable 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 concerned 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 rely on poor business and if they know you won't buy 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 us today on 0800 482 480 or ensure the occasion to find out how you can make the UK supermarkets and coffee retailers wake up and smell the GM coffee.

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

(Or call 0800 482 480 now)

Mr/Mrs/Miss/Ms [initials/forename]

Address:

Postcode _____
(post)

Tel. (day) _____
(area)

Date of birth (dd/mm/yy) _____

Return to ActionAid, Room 204000,

4 Chancery Lane, London WC2A 1EE

Visit our website www.actionaid.org

actionaid
campaigns

ideas

For Christmas I'm
hoping for a sponsor.



Sujata is four years old and starved of malnutrition. Tragically, in Nepal live to see their fifth birthday.

Here's how you can help children by sponsoring just one child that supports the whole community, help clean water, health care and educate Sujata to escape from hunger and poverty.

As a sponsor you will see how your real difference, thanks to regular updates and messages from the child you sponsor.

Join the many who are already changing lives. Contact us today and we'll send you with a photo of a child hoping for a sponsor.

What better Christmas present could there be?

Please send me further details or call (01460) 61073.

I'm interested in sponsoring in: Africa

Mr/Mrs/Miss/Ms

Address

Postcode

I can't sponsor a child now, but enclose

£10 £25 £50 £—

Make cheques / POs payable to ACTIONAID, and send to: ACTIONAID, FREEPOST BS4868, 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

ACTIONAID

An angel in search of a guardian.



It's not always easy to find someone who cares a comforting one. In the developing world, part of growing up, raising a child like Joshi the beauty a way forward.

support we can help to access to safe, clean water trials make a difference in their fight to become or, you'll see how your efforts from our field workers most.

today and we'll send you a child awaiting your sponsor coupon and become a member of our family.

me further details 01460 61073,

I'm interested in sponsoring in: Africa □

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 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)

(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

ACTIONAID

Sponsorship can change your life too.



In life you feel as if you come to the problem ACTIONAID, if you sponsored a whole community, up that helps provide action, which we talk for greater.

ally be aware of the difficulty with regular updates in the child you sponsor, ACTIONAID today and in next week with a photo of a child coupon and bring change

me further details 01460 61073,

I'm interested in: Africa □

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 BS4868, 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: 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 BS4868, Chard, Somerset TA20 1BR

ACTIONAID

HERO

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

