Cut back on flying

Flying is one of the fastest-growing sources of greenhouse gas emissions. Consider taking your next holiday in the UK or hop on the train if you're heading to Europe. At work, try video-conferencing and when flying is unavoidable, choose a standard class seat as that will use the plane's capacity more efficiently than first or business class.

Leave the car at home, and help cut air pollution

Walk or cycle when you can – and enjoy the physical and mental health benefits, as well as the money saved. For longer journeys, use public transport, or try car sharing schemes.

If you cannot avoid it, think about the way you drive – switch off the engine when you park up, drive smoothly and avoid aggressive accelerating and braking.

Eat less meat and dairy

Eat fewer or smaller portions of meat, particularly beef and lamb, and reduce your dairy intake – it's one of the biggest ways to reduce your impact on the planet. A plant-based diet is also better for your health. Try to eat local, seasonal food to reduce emissions from transportation and refrigeration.

Respect and protect green spaces

Green spaces absorb carbon dioxide, cool overheated urban areas, reduce flood risk and provide multiple benefits to public health.

Plant a tree, create your own green space, and help to protect and nurture local parks, ponds or community gardens.

Invest your money wisely

Find out where your money goes. Voice your preference for responsible investment by writing to your bank or pension provider, and ask if you can opt out of funds investing in fossil fuels. There are a growing number of ethical and environmental funds you can invest in instead.

Cut consumption – and waste

Shop for long-lasting, good quality items and choose brands that align with your green aspirations.

Repair and reuse, or give unwanted items a new life by selling them on or donating them to charities.

Make your voice heard by those in power

Tell us what you're doing for #ClimateAction
on Twitter @Grantham_IC
or by email to grantham@imperial.ac.uk

Tell your MP, local councillors and city mayors that you think action on climate change is important, and that steps to reduce carbon emissions will have a positive impact on other local issues, like improving air quality and public health, creating jobs and reducing inequality.

Join a social movement or campaign that focuses on environmental activities or climate change action.

Find out more about working towards a cleaner, greener, fairer future
http://bit.ly/Personal-climate-action

£ / Hour

Reduce your energy use, and bills

Ensure your home is energy efficient, with proper insulation and draught-proof windows and doors.

Even small changes can make a difference, like putting on an extra layer and turning down the heating, turning off lights and appliances when you don't need them, and using a water-efficient shower head.

You can often save money by switching your energy supply to a green tariff.

Talk about the changes you make

Conversations are a great way to spread big ideas. Talk to your family, friends, colleagues and clients about climate change, and if you make a positive lifestyle change, share the experience with them.

9 things you can do about climate change