



## Sustainability Policy

### 1. Purpose

I recognise the urgent need to care for our planet and reduce the impact of human activity on the environment. Through my work, I am committed to making sustainable choices that protect natural resources, reduce waste, and support a healthier future for all.

### 2. Scope

This policy applies to all areas of my work, including service delivery, business operations, partnerships, and the materials or resources I use.

### 3. My Commitment

I will:

- **Reduce Waste:** Minimise the use of single-use items and choose reusable, recyclable, or compostable alternatives wherever possible.
- **Use Resources Responsibly:** Limit energy and water use in my activities, and adopt low-impact solutions where I can.
- **Digital First:** Use digital communication instead of travel unless meeting in person is strictly necessary.
- **Sustainable Travel:** When travel is required, choose low-carbon options (such as walking, cycling, or public transport) whenever practical.
- **Ethical Purchasing:** Select suppliers and products that align with sustainable and ethical practices, including plant-based, cruelty-free, and fair-trade options where possible.
- **Continuous Improvement:** Regularly reflect on my practices and seek new ways to reduce my environmental footprint.

### 4. Responsibilities

As a sole trader, I take full responsibility for ensuring that sustainability principles are integrated into my work and decision-making.

### 5. Review

I will review this policy periodically to ensure best practice and to remain relevant and effective.

**Date of policy:** 5<sup>th</sup> September 2025