

“SUSTAINABLE SHORES”

Lisa Bowman, Town Clerk

SETTING THE SCENE

- Exmouth is the largest town in East Devon, with a population circa 37,000
- 2019: Exmouth Town Council (ETC) declared a climate emergency
- 2020: ETC commissioned a consultancy to assess its carbon footprint and established a dedicated working party
- The working party invited Transition Exmouth to attend bi-monthly meetings. Together, we developed a ten-point climate action plan.
- 2022: Climate Officer joined the team
- 2023: Climate Action Plan ratified at Full Council & is ongoing
- 2025: Won 'Climate Response of the Year', NALC Star Council Award

OUR INFLUENCE

**LEADING BY
EXAMPLE**

PROCUREMENT

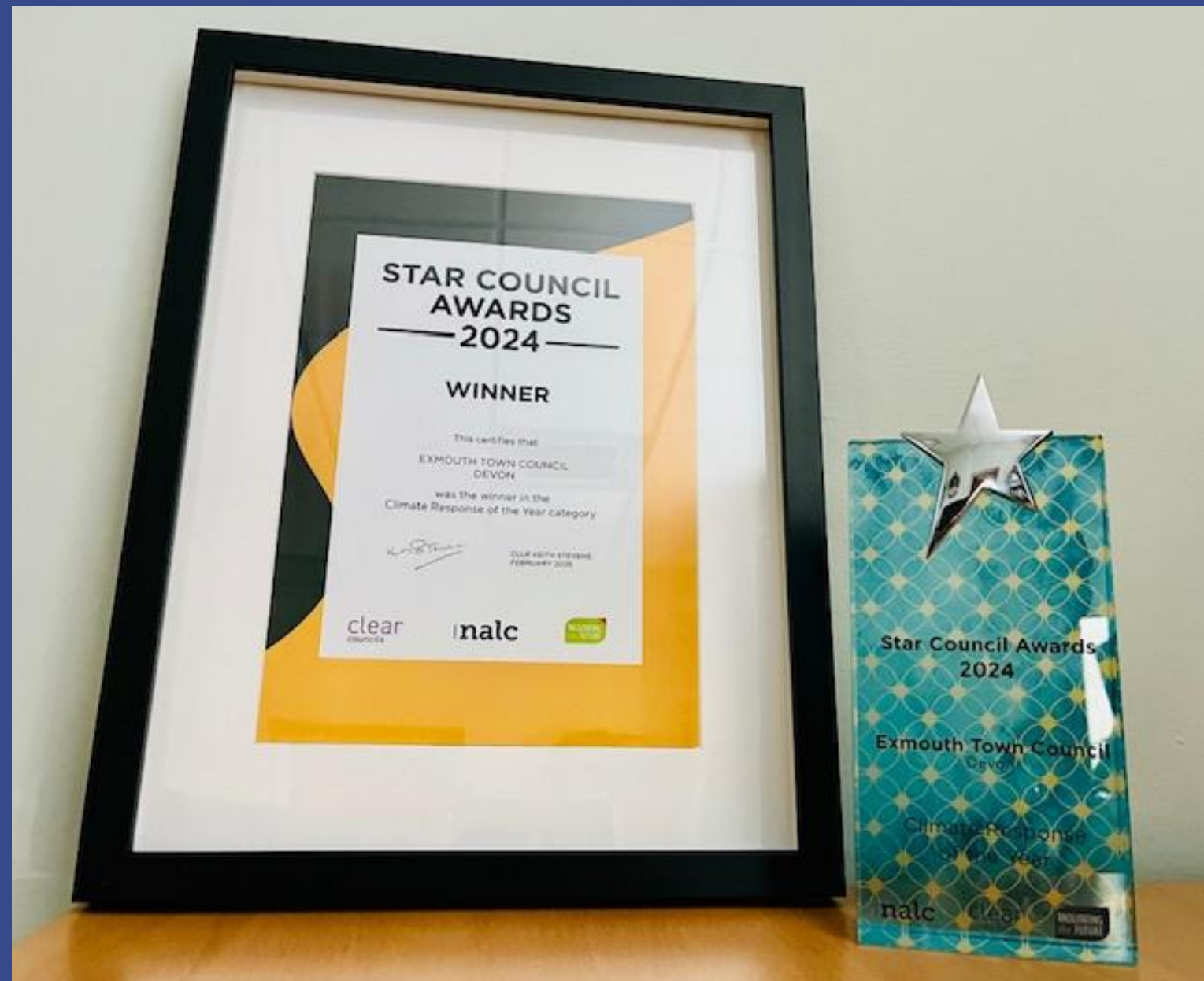
PLACE-SHAPING

**ENGAGING &
EDUCATING**

CONVENING

LOBBYING

(AWARD-WINNING) CLIMATE ACTION PLAN



FOOD

WASTE

ENERGY

TRANSPORT

NATURAL ENVIRONMENT



Films and Q&A

DIET CHANGE



Bring & shares



(Exmouth version)



REFLECTIONS FROM A FAMILY OF FOUR

This year, our family decided to take part in [No Meat May](#) (see over for more about the challenge), with support from Exmouth Town Council. We are a local family of four who love cooking, eating, and trying new foods, so this felt like a good challenge for us. That said, going completely meat-free for a month was still a bit daunting, especially with two teenagers in the house.

Meet the family

Our children are 12 and 14, a girl and a boy, and while they're generally adventurous eaters who enjoy plenty of vegetables, they weren't exactly thrilled at the idea of a whole month without meat. That made my personal challenge very clear from the start: could I make vegetarian food that they'd genuinely enjoy?

We're a fairly typical family in how we eat. We do eat meat, though not every day. One of our children has a dairy intolerance, so we already limit dairy, and we rarely eat fish (aside from the occasional fish finger sandwich). In theory, a vegetarian month should have been manageable but Week One quickly reminded me that theory and practice aren't always the same thing.

I'd forgotten I'd signed up!

A slightly chaotic start ...

The first challenge was entirely my own fault: I'd forgotten I'd signed up. I had some sandwich meat in the fridge that needed using, and I didn't want to waste it. So for the first weekend, the children still had chicken in their sandwiches, while my husband and I stuck strictly to vegetarian meals. I also decided that while I would follow the No Meat May rules carefully, I'd allow the children flexibility when they were out of the house. Twice a week they have school lunches, and I felt it was important they felt comfortable with their choices.

On Bank Holiday Monday, we headed to a local car boot sale. We'd been setting up since 7am and were absolutely starving. Unfortunately, there were no vegetarian food options at all. In the end, I settled for a coffee. It wasn't ideal, but it taught me a valuable lesson very early on: **planning and preparation** are going to be key this month.

Another learning curve came with social situations. I'm visiting my parents this weekend, and my step-mum is a wonderful cook, had planned a roast lamb dinner with all the trimmings. I had to make a quick phone call to explain the **No Meat May** challenge. Luckily, she was completely understanding, and I'll happily enjoy the roast potatoes and vegetables instead.



ADOPTING FAMILY FAVOURITES

Once I got over the initial mindset shift, the week became easier. Rather than reinventing everything, I mainly adapted recipes we already love.

- A cottage pie with tinned green lentils instead of minced meat
- A colourful vegetable chow mein
- Mexican-style spiced beans served on flatbreads with plenty of toppings!

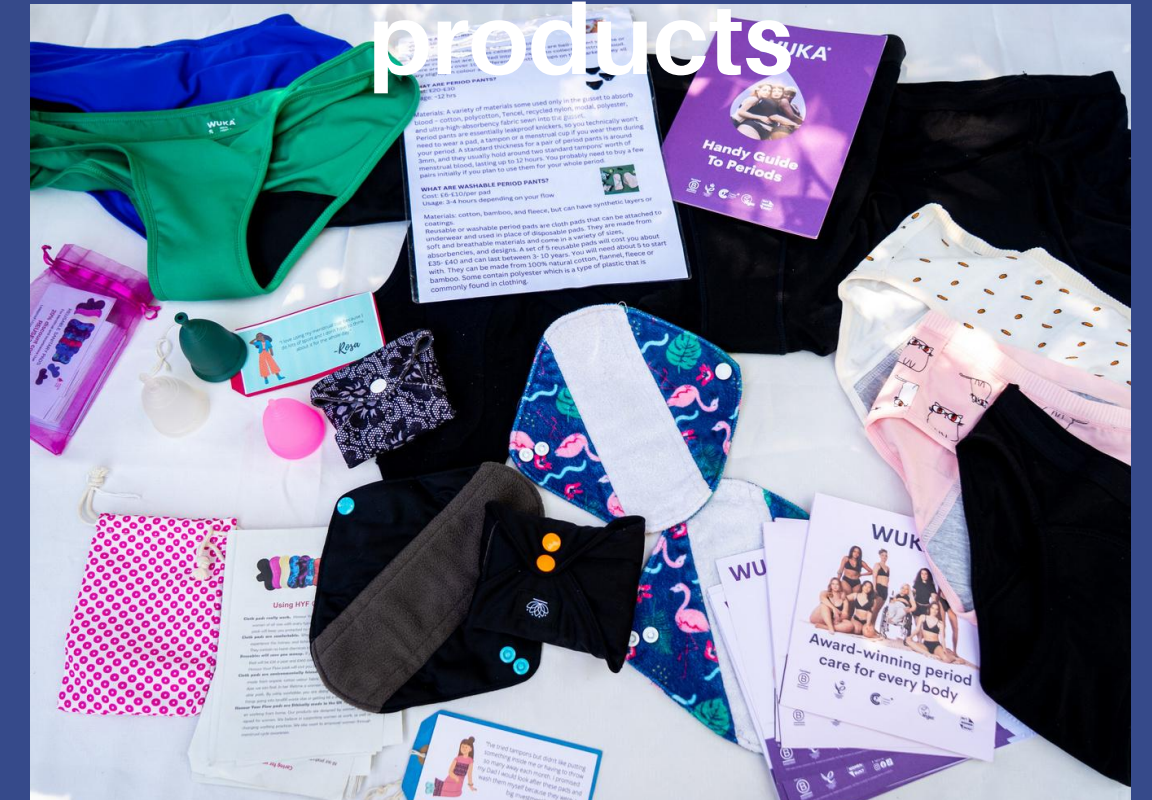
Plant-rich blogs

WASTE

Exmouth Cup



Hygiene products



Sea serpent



Butt ballot bins



Clothes swaps



ENERGY

ECOIE Advice partnered with Exmouth Town Council to launch a pilot Retrofit Project

The project stimulated conversations and inspired action around retrofitting homes in Exmouth to improve energy efficiency and sustainability.

Make your home cosy, efficient and future-ready!

In partnership with **Exmouth Town Council**, ECOIE Advice are selecting 3 homes in Exmouth to receive a **FREE Whole House Plan Retrofit Assessment** – worth up to £1,000!



What you'll get:

- ✓ Detailed home survey
- ✓ Personalised Home Retrofit Report
- ✓ Multiple retrofit scenarios with cost & savings estimates

Who should apply?

- Applications welcome from all homeowners in Exmouth
- Especially those who've recently purchased a home or are planning refurbishments
- And homes that reflect common local housing styles (to aid sharing learnings in the community)

Interested?

Apply here:
[www.ecoie.org.uk/
exmouth-retrofit-
offer/](http://www.ecoie.org.uk/exmouth-retrofit-offer/)



Not eligible for this offer?

If you're on a low income or benefits, our advice team may be able to help with free energy advice & grant referrals. **Learn more:** www.ecoie.org.uk/healthy-homes-wellbeing/

GORFIN HALL



- Solar panels: 2021
- Battery (to harvest solar): 2024
- Rainwater harvesting
- Refresh and retrofit: 2024
- Local suppliers & contractors
- Tuk-tuk power

TRANSPORT



"Chasing The Sun"



Exmouth Festival



Active travel

NATURAL ENVIRONMENT



Living roofs



Water butts



Wildlife

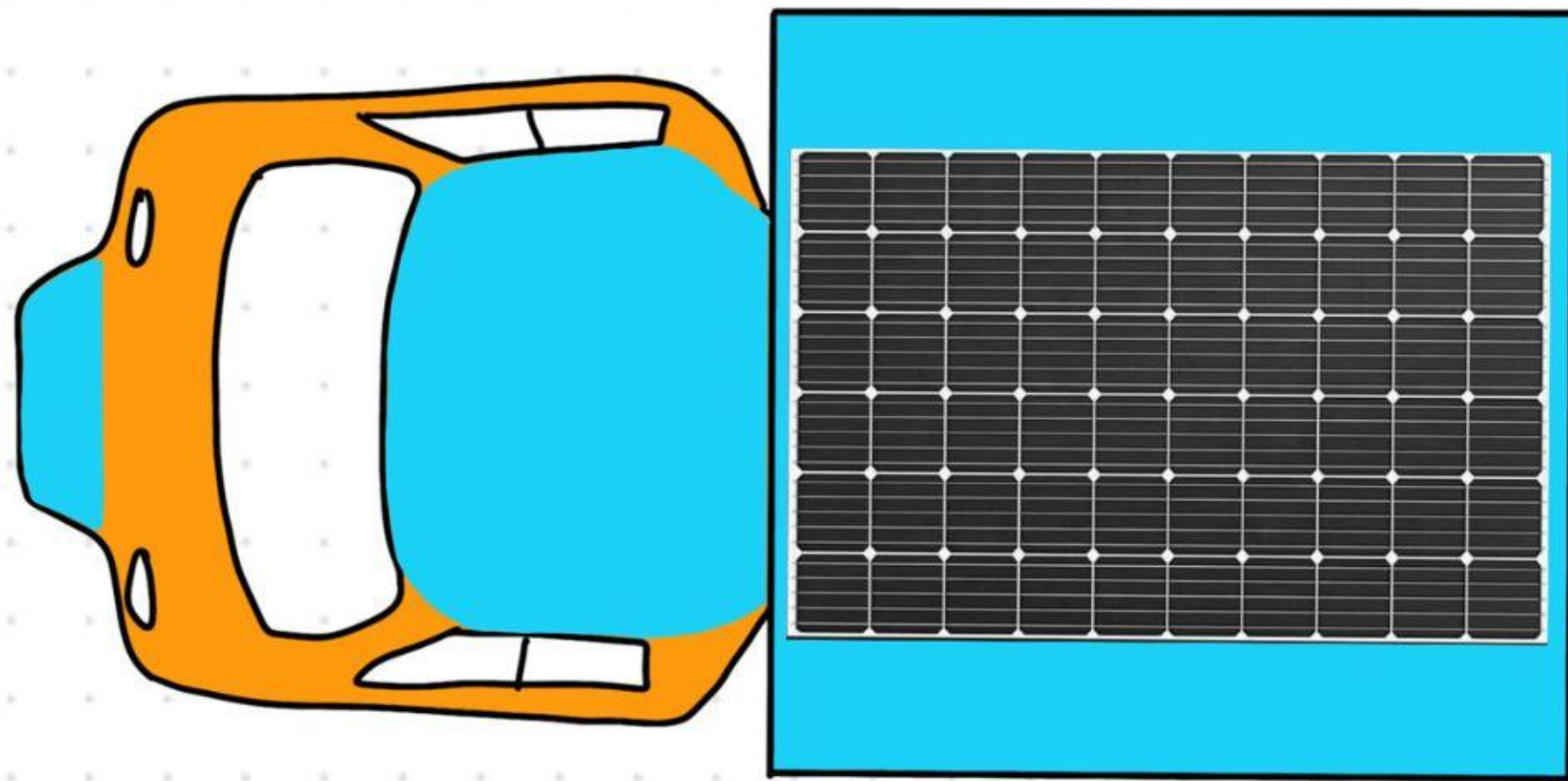
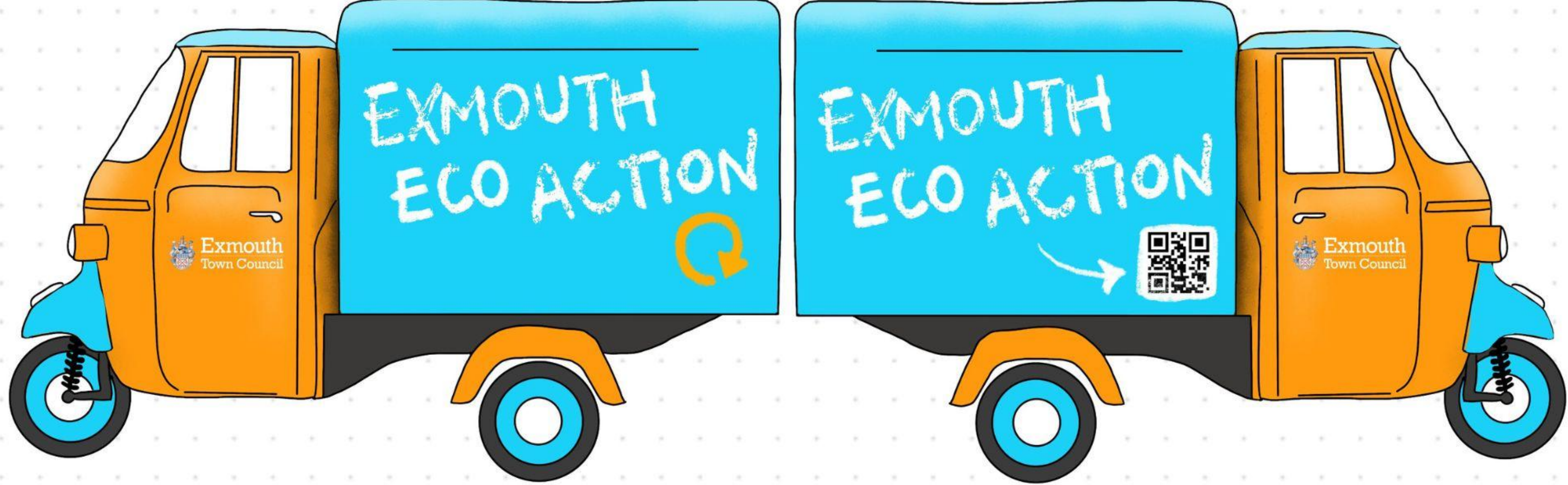


Trees

FESTIVALS & EVENTS



As a town surrounded by sensitive ecological sites, it's important the **Exmouth Festival** 'treads as lightly' as possible. Last year we hosted another **Craft Your Christmas** event.



People's Emergency Briefing



Everything you need to host a screening:

<https://bit.ly/49cq3UX>



FIVE KEY STEPS

Assess and map existing climate initiatives in your Town or Parish (Council and/or local group-led).

Identify areas for impact and build partnerships with community organisations to meet those opportunities.

Identify areas of influence for all Working Parties and Committees. Lock sustainability into your Terms of Reference.

As best you can, measure your carbon footprint. Most importantly, share your sustainability journey.

Develop a Climate Action Plan, lead by example & promote your efforts.

FINAL THOUGHTS ...

**Listen to your community.
Set clear expectations
about what you can and
can't do.**

**Identify your allies! Learn
from other Councils and
take field trips for
inspiration.**

**Be patient - change
takes time. Your actions
(large or small) will have
a ripple effect across the
community.**

**Encourage Council
Members and Staff to take
Carbon Literacy training.**

**Host a People's
Emergency Briefing
Screening**

THANK YOU

Contact:

climate@exmouth.gov.uk

<https://exmouth.gov.uk/ecoaction>



Exmouth
Town Council