

Climate Newsletter

From Spelthorne Borough Council



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Flying abroad this summer? Here's how to offset your family's holiday flight

Looking forward to some sunshine, sightseeing or simply switching off? If your family is heading abroad by plane this summer, it is worth considering the environmental impact of your journey.

Flights are one of the biggest contributors to personal carbon emissions. A single return trip can release hundreds or even thousands of kilograms of carbon dioxide per person. For a family of four, that can mean several tonnes of emissions in just one holiday.

Why Offset Your Flight?

Offsetting means paying to support projects that reduce emissions elsewhere. This could include planting trees, protecting forests or building clean energy in areas that need it most. It helps balance the carbon your trip creates and supports communities working on climate solutions.

While avoiding flights altogether is the best option for the planet, many families understandably want to travel. Offsetting is a practical way to travel more responsibly.

How to Offset Your Flight in Three Easy Steps

- **Step one: Calculate your emissions** Use a simple online calculator. Two trusted ones are [Atmosfair](#) and [MyClimate](#). Just enter your flight details and number of travellers.
- **Step two: Choose a project** Both websites offer verified projects with global impact, including reforestation, wind power and clean cooking initiatives. These are certified by groups such as Gold Standard and Verified Carbon Standard.
- **Step three: Make your payment** Once you select a project, you can offset your emissions with a secure payment. It only takes a few minutes.

Typical Offset Costs for a Family of Four (Return Flights)

Destination	Approximate Total CO ₂	Cost to Offset
Spain or Portugal	1 tonne	£20 to £28
Italy or Greece	1.5 tonnes	£30 to £40
New York (USA)	6 tonnes	£100 to £130
Florida or California	8 tonnes	£130 to £170

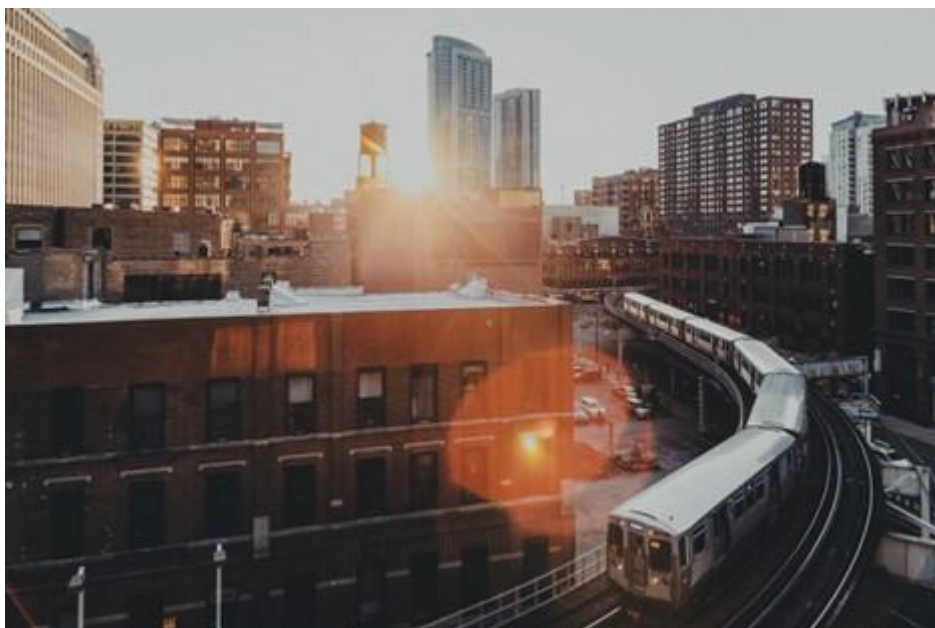
These estimates are for two adults and two children flying economy. Costs vary slightly by provider.

Travel Tips to Lower Emissions

- Choose direct flights when possible
- Pack lighter to reduce fuel use
- Use public transport or walk once you arrive
- Stay in eco certified accommodation
- Make offsetting a regular part of your holiday planning

Offsetting your flight is a simple step that makes a meaningful difference. It is a chance to explore the world while giving something back. If every family travelling this summer took this small action, the collective impact would be huge.

Enjoy your break and travel thoughtfully.



Greener getaways: 10 brilliant train trips from Staines

Looking for an easy summer day out that doesn't involve sitting in traffic, paying for fuel or stressing about parking? You're in the right place. Staines-upon-Thames is a

great base for low-carbon adventures, with quick train links to some of the South East's best towns, countryside spots and seaside escapes.

Whether you're in the mood for castles, splash parks, a walk in the woods or a day at the beach, here are ten fantastic day trips you can take by train. They're all doable in a day, many won't break the bank, and every one is a simple way to reduce your carbon footprint while making summer memories.

Top Train Trips from Staines-upon-Thames

Destination	What to Do	Time (Return)	Family Fare*
Windsor & Eton	Visit Windsor Castle, walk the Long Walk, cross the bridge to Eton	20 mins (direct)	~£12
Richmond	Spot deer in Richmond Park, stroll along the river, visit Kew Gardens nearby	30 mins (direct)	~£18
Hampton Court Palace	Explore the Tudor palace, gardens, maze and riverside café	45 to 50 mins	~£20
Weybridge & Brooklands Museum	Discover cars and planes at Brooklands, or enjoy a peaceful canal walk	25 mins (direct)	~£16
Guildford	Climb up to the castle, browse the markets, stroll by the river	50 mins	~£24
Woking	Visit The Lightbox gallery, explore canal paths, try the food court	20 mins (direct)	~£14
Reading	See the abbey ruins, grab street food, relax in riverside parks	50 mins	~£28
Brighton	Head to the beach, browse vintage shops, enjoy classic fish and chips	1 hour 45 mins	~£52
Oxford	Wander through college quads, go punting, visit museums and gardens	1 hour 45 mins	~£48

Hastings	Explore the beach, smugglers caves, castle ruins and funicular railway	2 hours	~£56
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*Prices are off-peak return fares for a family of four (two adults and two children under 16) using a [Family & Friends Railcard](#), which costs around £30 per year.

Why take the train?

- No traffic or parking fees to worry about
- Far better for the environment than driving
- Kids often see the journey as part of the adventure
- Railcards can save between 30 and 60 percent on most fares
- Pack your own food and drinks for a waste-free picnic day out

A few handy tips

- Check live times and ticket prices in advance on National Rail or Trainline
- Off-peak tickets are cheaper and trains are often quieter
- Bring reusable water bottles, sun hats and a few games for the ride
- Look out for free things to do at each destination, like parks, museums or walking trails

From riverside castles to coastal days out, there's a lot within easy reach of Staines — no car required. So this summer, skip the motorway, grab a railcard and take the scenic route instead.



Natural World Documentaries to Keep the Kids Entertained This Summer

Looking for something educational, inspiring and screen-time-worthy for the kids this summer? Nature documentaries are a brilliant way to keep young minds engaged while sparking curiosity about the planet.

From oceans to rainforests, animals to climate change, here are some top picks that are perfect for family viewing. They are fun, beautifully made and full of fascinating facts.

1. **Blue Planet II** *BBC iPlayer / Rated U* Dive into the wonders of the deep. This series is full of amazing sea creatures, stunning underwater footage and important messages about ocean health. A great watch for kids aged 7 and up.
2. **Our Planet** *Netflix / Rated PG* Narrated by David Attenborough, this breathtaking series explores habitats across the globe. From icy tundras to lush jungles, it shows the beauty of wildlife and the challenges facing the natural world. Suitable for most primary and secondary age groups.
3. **The Elephant Queen** *Apple TV+ / Rated PG* Follow Athena, a wise elephant matriarch, as she leads her herd across the African savannah. This touching film blends drama, emotion and learning. Ideal for older children and animal lovers.

4. **Puff: Wonders of the Reef** *Netflix / Rated U* Told through the eyes of a baby pufferfish, this colourful underwater adventure is perfect for younger children. Short, gentle and packed with coral reef magic.
5. **Night on Earth** *Netflix / Rated PG* Using amazing night-vision technology, this series reveals the hidden lives of animals after dark. From desert lions to forest frogs, it is full of surprises. Best for ages 9 and up.
6. **Wild Isles** *BBC iPlayer / Rated PG* A celebration of wildlife in the UK, from orcas in Scotland to butterflies in chalk meadows. This is a brilliant reminder that nature is all around us, not just far away.
7. **Planet Earth II** *BBC iPlayer / Rated PG* From high mountains to city streets, this series showcases life in every corner of the planet. It is visually stunning and full of action and facts. Good for a wide age range.
8. **Big Beasts** *Apple TV+ / Rated PG* This lively series takes a closer look at the world's largest animals, including whales, elephants and polar bears. Full of humour and heart, with a tone children will enjoy.

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