

Health Talks Ltd – Carbon Reduction Plan (CRP)

Prepared in accordance with PPN 06/21 and the Carbon Reduction Plan Guidance (UK Cabinet Office).

1. Introduction

Health Talks Ltd is committed to reducing its environmental impact and contributing to the UK Government's target of achieving **Net Zero greenhouse gas emissions by 2050**. This Carbon Reduction Plan outlines our current emissions profile, the actions we are taking, and the future measures planned to reduce carbon emissions across our operations.

This plan will be reviewed annually and published on our website.

2. Organisational Boundary

This Carbon Reduction Plan covers:

- All Health Talks Ltd staff
- All officebased and homebased operations
- Digital service delivery
- Commissioned training, consultancy, and programme management services

Our emissions reporting boundary includes **Scope 1, Scope 2, and mandated elements of Scope 3**, in line with PPN 06/21 requirements.

3. Baseline Emissions Footprint

Baseline Year: 2023–24

This baseline represents the first full year for which Health Talks Ltd measured emissions.

Emissions Source	Scope	Tonnes CO ₂ e	Notes
Direct fuel use (company vehicles, gas)	Scope 1	0 tCO ₂ e	No company vehicles; no fuel combustion.
Purchased electricity	Scope 2	0.5 tCO ₂ e	Based on small office & homeworking energy.
Business travel (rail, road mileage, occasional flights)	Scope 3	1.8 tCO ₂ e	Primarily rail/mileage—very low flight use.
Waste disposal & water	Scope 3	0.1 tCO ₂ e	Office-based and remote worker waste.
Supply chain (digital tools, services)	Scope 3	2.1 tCO ₂ e	Estimated from supplier reporting.

Total baseline emissions: 4.5 tCO₂e

4. Current Emissions Reporting (Most Recent Year)

Reporting Year: 2024–25

Emissions Source	Scope	Tonnes CO ₂ e
Scope 1	0 tCO ₂ e	
Scope 2	0.4 tCO ₂ e	
Scope 3	1.6 tCO ₂ e	

Total emissions: 4.0 tCO₂e (11% reduction from baseline)

5. Carbon Reduction Targets

Health Talks Ltd commits to:

- **Achieving Net Zero by 2050**
- Reducing total emissions by **50% by 2030** from the 2023–24 baseline
- Achieving incremental reductions of **5–10% per year**, primarily through reduced travel and energy-related emissions

Projected reductions:

- **2026:** 3.6 tCO₂e
- **2030:** 2.25 tCO₂e
- **2050:** Net Zero

6. Carbon Reduction Measures Implemented To Date

6.1 Travel & Transport

- Prioritised online/virtual delivery of training and consultancy
- Default to rail instead of car where travel is essential
- Eliminated all domestic flights
- Encouraged sustainable transport options when travel is unavoidable

6.2 Energy & Office Footprint

- Adopted hybrid working model reducing commute-related emissions
- Use of energyefficient equipment and LED lighting

- Selection of office spaces with renewable or lowcarbon electricity tariffs

6.3 Procurement & Supply Chain

- Adopted environmental criteria in supplier selection
- Prioritised digital tools and cloud services hosted by providers with Net Zero/ renewable energy commitments

6.4 Waste & Recycling

- Reduced paper use by over 90%; digital-first document and training approach
- Implemented recycling processes for all staff (office and home-working)

7. Planned Future Carbon Reduction Measures

7.1 Travel & Logistics

- Introduce a formal travel hierarchy favouring active and public transport
- Carbon reporting and monitoring for all business travel
- Transition to carbonneutral mileage where feasible

7.2 Energy Management

- Move all office spaces to 100% renewable electricity suppliers
- Provide guidance to remote workers on lowcarbon homeoffice practices
- Implement annual energy reporting for all staff

7.3 Procurement Improvements

- Introduce sustainability questionnaires for all new suppliers
- Prioritise UKbased suppliers to reduce transport emissions
- Require environmental commitments from subcontractors

7.4 Waste Reduction

- Move to fully paperless operations by 2027
- Formal e-waste management and recycling programme

8. Governance & Reporting

- Carbon performance is reviewed **quarterly** by the Senior Management Team.
- An annual progress report will be published on the Health Talks Ltd website.
- A named director holds responsibility for environmental performance.

Responsible Director: *[Insert Name]*

Role: Director of Operations / Sustainability Lead

9. Declaration & Sign-Off

This Carbon Reduction Plan has been approved by the Board of Directors of Health Talks Ltd.

Signed: 

Name: Alix Sheppard

Role: Director Health Talks Ltd

Date: 21st December 2025
