

Jennifer Clark Consulting

ORGANISATION SIZE / SOLE TRADER

Jennifer Clark

11 Walton Dene
Aylesbury
Bucks
HP21 7LQ

OVERALL SUMMARY

1.0 CSR Environment - Energy:

Lighting:

LED lights in kitchen and bathroom (en-suite and family bathroom)

Energy saving lightbulbs in all other lights

Lights off when not in rooms

Heating and cooling

I have a wood burning stove and burn wood cut from my garden or donated by friends and family from their garden maintenance.

In winter when I have the wood burning stove on I often do not have any other heating on in the house

No air conditioning but ceiling fan in main bedroom

PV panels have not been possible due to shadow from neighbours' house and steep pitch of the roof.

I paid for cavity wall insulation to be injected as apart of a government subsidized scheme.

1.2 CSR Environment - Natural resources: *

Water:

I have 3 water butts (totaling 750 litres) for water use in the garden reducing water draw from mains which is higher in energy and carbon footprint.

Dual low flush toilets throughout

I have a water softener which reduces limescale build up and all detergents go further

Three compost bins to reduce food waste to landfill and to generate compost for the garden (avoids buying it)

70% of household detergents are eco friendly (Method)

Plastic reduction:

Water bottle to drink out of at home and when I go out. I never buy bottled water

Soap instead of shower gels (one use bottles)

Biodiversity

Previously my garden was a plain square of grass (100ft by 50ft) and I have planted 4 mature trees, 3 smaller trees and borders full of plants, ground cover etc – good for wildlife and biodiversity.

Bird feeders x 2 – encourages wildlife in the garden

Three compost bins – avoids compostable waste to landfill and recycles garden waste back into the garden/soil to improve quality and therefore yield.

Herb Garden – avoids buying herbs from the supermarket with their associated carbon airmiles etc

Growing vegetables

I grow a huge amount of vegetables which avoids me buying produce from the shops which have higher chemical and fertilizer use, carbon travel miles, packaging, water usage etc

I grow: tomatoes, potatoes, red and white spring onions, regular onions, asparagus, beetroot, red and white cabbages, radishes, horse radish, brussel sprouts, peas, sweetcorn and chilis. Where possible sauces, pickles etc are made to see me through into winter.

1.3 CSR Environment - Travel: *

Whilst my car is not electric or super low in emissions my overall output is low as I only do 10-11,000 miles per year.

I cycle locally and walk as much as possible, often to the local supermarket with a ruck

sack or granny trolley.

1.4 CSR Environment - Environmental supply chain management: *

I buy the following:

- I bank through Triodos a global ethical bank www.triodos.com who invest in sustainable projects. There is transparency on where and what funding is going into.
- eco-friendly detergent products most of the time (70%) (Method, Ecover)
- certified coffee and tea Fairtrade
- toilet paper from recycled sources
- shop in charity shops (sometimes)
- donate clothing and household items to charity (Sue Ryder Jansel Square, Bedgrove, Aylebsury)

1.5 CSR Environment – Waste: *

- I separate out 100% of all recyclables (plastic, paper, metal, cardboard)
- I compost all organic (uncooked) matter
- Waste garden cuttings get mulched and reused as bark weed barrier or compost
- Vacuum cleaner contents go in compost bins
- Prevention rather than cure – I have switched to hand soaps only and no plastic pump dispensers for kitchen, toilets and bathrooms (4 rooms)
- I take my own jute shopping bags to the supermarket and carry cloth bags for all other shopping. I have not bought a plastic shopping bag in years

COMPANY NAME HERE

ADDITIONAL ENVIRONMENTAL DOCUMENTATION

Include documentation on your environmental policies, procedures and systems such as systems for recording energy saving, reviews of performance against strategic targets, impact reports and notes from audits. Add as PDF's or provide links to online information

2. CSR Workplace *

As a sole trader there is only me, however I do commit to flexible working and a healthy approach to work life balance.

Having worked 28 years in the corporate world of hours ranging from 12 hour shifts days and nights shifts in my first job on the Channel Tunnel, to 5.5 days working 8-6 in Hong Kong and more recently 8-6 five days a week in my last company – I now take a more measured approach to work.

I have set a goal to not work more than 3-4 days per week as I want to spend time with family, follow my own pursuits and concentrate on health and fitness.

In my coaching work – I work flexible both around myself and my clients. For example, I do Skype sessions which reduces transport and associated emissions but also gives flexibility to myself and clients. Several of my clients are between 6-8pm.

Workplace Supply Chain

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Workplace Customer Satisfaction

As part of my coaching work I get feedback from each client on how the coaching

is going both during coaching and at the end of a contract. As the details of clients are confidential I cannot evidence feedback in the appendices but I do have some testimonials on my website www.jenniferclarkconsulting.com

"I approached Jennifer for help/guidance with career /life goals and the role has been one of coach and mentor a role she fills very well. Jennifer is very professional, perceptive and practical and a real asset to my career direction".

BT July 2019

Senior Purchasing Manager, Construction – London, 2018

"Jennifer is an accomplished professional with a wealth of experience in senior business roles. She draws on many years of a successful career to help others reach their full potential. With a calm and relaxed approach, she provides guidance and support to assist others progress and develop their career paths.

Having benefited from Jennifer's support as a mentor. I can recommend her to anyone wishing to receive a guiding hand to help them hone their skills and techniques to progress in either their existing role, or progression with their career path.

Using multiple skills and approaches Jennifer can help you understand both your strengths and explore areas requiring focus to improve".

Pro Bono work

I always have 2 coachees that I work with pro-bono. Previous coaches have been for the charity United World Schools based in London, others are private clients that have been referred through friends who are in crisis and cannot afford to pay for coaching.

ADDITIONAL ENVIRONMENTAL DOCUMENTATION

Include documentation on policies, procedures and systems such as systems for recording engagement, reviews of performance against strategic targets, impact reports and notes from audits.

3. CSR Community *

I attend local business groups such as:

- ABC – Aylesbury Business Club who meet every other Wednesday at the Hartwell Nurseries coffee shop
- Aylesbury Buzz – a local business networking group
- Athena – I am an annual paid member of the Athena Group – the fastest growing womens networking group in the UK

As well as supporting local charities detailed in section 4 Philanthropy – I also support their public/community facing events that they run such as Wreath Making Courses, Lindengate Christmas stall in Great Missenden High Street etc.

I am also a member of a local tennis club/ gym and use all the usual local services such a green grocers and butchers.

Where possible I try invest in the high street shops and local pubs and restaurants rather than national chains.

4. CSR Philanthropic *

Whilst I do not have a written policy per se – I do have a personal policy about giving back and engaging in the local community. I support and volunteer at the following (see appendices for evidence letters:

1. Lindengate (for approx. 3 years, approx. 10 full days per year plus support of functions)
2. Odyssey Charity (I became a trustee of this charity in July 2019)
3. The Clare Foundation (for approx. 3 years support as a volunteer. Since 1st Oct 2019 I now do some regular paid part time work)
4. Various charities with monthly online payments or through subscription such as the National Trust where the subscriptions goes to support the charity as well.

Lindengate

I volunteer at local charity Lindengate approx. 10 days per year. Lindengate is a mental health charity that combines

COMPANY NAME HERE

STH (Social Therapeutic Horticulture with improving mental health) www.lindengate.org.uk. Volunteering includes hosting corporate volunteer days, town centre stalls, general gardening on Fridays, picking up and dropping off charity collection pots at local shops and stores selling raffle tickets and providing prizes, I bake cakes for resale at fairs and events and support the summer fair and Christmas wreath making courses. I have volunteered at Lindengate for three years

Odyssey

I am a trustee (July 2019) for the charity Odyssey which enhances the quality of life for people with cancer www.odyssey.org.uk. This involves challenging and supporting the overall direction of the charity, the accountability of spend, the quality of the service and governance required for a charity.

The Clare Foundation

I support the Clare Foundation charity with support of local events and the CHAT (charity help advisory team) to support other charities.

I donate monthly on direct debit to Water Aid, The Woodland Trust, RSPB and the local Chiltern Dog Rescue Sanctuary. I have annual subscription to National Trust and English Heritage.