SEPTEMBER 2026

My Green Pod .COM



‘A SHORTCUT TO BETTER’
The easy solution to ‘label fatigue’ when it comes to sustainable shopping

MANCHESTER FASHION WEEK
The guests, the talks, the vision and the schedule – we’ve got everything you need for MFW26

THE SOIL BENEATH TOMORROW
EARTHDAY.ORG explains why healthy soil may be the infrastructure that determines our future

MUSHROOM FORAGING
Slow down, switch off and take a journey into the woods with River Cottage

ORGANIC SEPTEMBER



LET THEM GROW

OUR CHILDREN. OUR FOOD. OUR FUTURE.

JOIN MOTHERS MANIFESTO FOR A JOYFUL, FAMILY-FRIENDLY ACTION OUTSIDE THE LABOUR PARTY CONFERENCE

THIS SUMMER HAS BEEN A WAKE-UP CALL.

FROM DROUGHT AND WILDFIRES TO EXTREME HEAT AND GROWING PRESSURE ON OUR FOOD AND WATER, THE CLIMATE CRISIS IS ALREADY AFFECTING MILLIONS OF FAMILIES AND IS A UK SECURITY THREAT.

WE HAVE THE SOLUTIONS. NOW WE NEED POLITICAL LEADERSHIP TO ACT.

JOIN US AS WE CALL FOR A FUTURE WHERE OUR CHILDREN, OUR COMMUNITIES AND THE NATURAL WORLD CAN THRIVE.

JOIN US



WHAT'S HAPPENING

12-1.30PM
🌱 MAKE FLAGS OF HOPE
Creative family workshop • block printing • hopes & calls to action

1.30-2.30PM
🥕 FAMILY PROCESSION
A colourful, joyful procession bringing our vision for abundant, resilient food systems to life

3-3.30PM
📣 YOUNG VOICES & SPEAKERS
Hear from young people and others calling for urgent action

3.30-4PM
💚 CIRCLE & DISCUSSION
A chance to come together, reflect and talk about what happens next

All welcome. Bring plants, fruit, veg or animal teddies for our procession.

LIVERPOOL
SUNDAY 27 SEPTEMBER '26

MOTHERS MANIFESTO

Welcome to My Green Pod Magazine!



Katie Hill, EDITOR-IN-CHIEF
katie@mygreenpod.com

The weekly organic veg box used to be among the first casualties of a household budget that was starting to the feel the strain. Not any more.

Supplements, gym memberships and wellness products are all having their day in this golden era of mushroom powders and matcha lattes, and organic food is seen not as a nice-to-have luxury but as a cornerstone of the healthy diets and lifestyles we increasingly crave. Organic certification helps us to identify the high-quality, responsibly sourced food we want, and lets us support the farmers and growers who are investing in healthy soils, biodiverse land and a resilient food system.

The shift is helping to drive prices down, too; rising demand is causing supermarkets to extend their organic ranges and win new shoppers by pricing their organic offerings competitively. M&S recently announced it will invest £4 million into reducing the prices of more than 50 products in its Organic range, making them more affordable and accessible to those who want to eat organic food. The retailer's goal is to double its share of the organic market. Perhaps the supermarket dilemma – plastic-free packaging or organic, you can't have both – will come to an end sooner than we thought.

One day common sense and sound economics will prevail, and it will be cheaper to buy healthy, organic food than it is to buy ultra-processed junk. Until that day arrives, the Soil Association suggests that we use Organic September 2026 as an opportunity to make a few small tweaks to our diets and change one or two items to organic alternatives. It's not as expensive as you might think – and the investment will go way beyond the food on your plate.



ABOUT US

My Green Pod is an independent, family-run UK business, founded by Katie Hill and Jarvis Smith. We want to share the real stories behind the brands and people working tirelessly to offer ethical alternatives to mainstream products and services. You might not see these options on the high street and they may not be the first to appear in online searches. But they are on **mygreenpod.com**. Use the search bar to find conscious lifestyle inspiration – and you could save some cash along the way!

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PHOTOGRAPHY ISTOCK



230 sustainability labels have been recorded in the EU



53% of green claims on products in Europe give vague, misleading or unfounded information



We're willing to spend nearly **10%** more on products that are more sustainable

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‘A shortcut to better’

Soil Association Certification’s **Paige Tracey** shares the easy solution to ‘label fatigue’ when it comes to sustainable shopping

Despite the rising cost of living and inflationary pressures, consumers are willing to spend nearly 10% more on products that are more sustainable. However, with new claims, ‘eco’ labels and quick-fix health trends continuously popping up, shopping can feel like a minefield for people who just want to buy the right thing.

Shocking research by the EU lays bare just how misleading the landscape has become. Over half (53%) of the green claims being made about products in the European market give vague, misleading or unfounded information, while 40% of claims have no supporting evidence to back them up. 230 sustainability labels have been recorded in the EU, but there’s considerable variation in the guarantees they offer.

It’s unsurprising that shoppers report feeling label fatigue – and new research, commissioned by Soil Association Certification, demonstrates just how confused consumers are. Fewer than half of the respondents said they trust food labels and 53% said they find them overwhelming.

THE GREENWASH CRACKDOWN

Attempts have been made to crack down on misleading claims. The Empowering Consumers for the Green Transition (EmpCo) directive, which will come into force on 27 September this year, will also apply to businesses that are based in the UK and ‘third countries’ that import products into the EU. The regulation stipulates that claims like ‘environmentally friendly’, ‘green’ and ‘organic’ can only be used if there is sufficient evidence to support them.



CLOCKWISE
Look for the Soil Association Organic logo on products when you shop; 230 sustainability labels have been recorded in the EU; ‘regenerative’ farming is open to greenwash

The directive also places heavy restrictions on sustainability labels, including a complete ban on all labels that are self-created. Certification schemes must now be established by public authorities, developed through industry stakeholder consensus or based on independent third-party certification.

For food and drink, it is worth remembering that ‘organic’ is a legally protected term in both UK and EU law; any entities that use the term have always been subject to checks by an accredited third party. When consumers are looking for food and drink that is more sustainable and will reduce their exposure to certain artificial chemicals, organic labels provide a reliable shortcut at the point of sale.

ORGANIC OR REGENERATIVE?

Certified organic farmers must pass a yearly inspection to prove that they are meeting organic standards. The use of fossil-fuel derived fertilisers and artificial pesticides is forbidden; instead, organic farmers must build soil fertility naturally through methods like growing nitrogen-fixing legumes and using composts. Organic has the added assurance of higher animal welfare, no use of GMOs and no routine use of antibiotics.

While other forms of farming, most notably regenerative farming, can share many of the same principles as organic farming, they are not enshrined in law in the same way. The types of pesticides used on



Certified organic farmers must pass a yearly inspection to prove that they are meeting organic standards. The use of fossil-fuel derived fertilisers and artificial pesticides is forbidden



PHOTOGRAPHY ISTOCK

regenerative farms varies considerably, as does the reality of how sustainable these farms and their products are.

When FAIRR (a collaborative investor network) conducted a review of companies claiming to have regenerative agricultural programmes, it found that none of them had even set a target to reduce the use of pesticides.

While some regenerative farmers are doing great things, it's clear others can currently use the term to greenwash. A lack of legal regulation leaves the term open to abuse – an issue that simply cannot happen with organic.

WHAT SHOPPERS WANT

Despite feeling overwhelmed by claims and labels, our research found that one in five consumers say they try to avoid pesticides, environmental contaminants and GMOs. Nearly three-quarters of respondents said exposure to artificial pesticides and other contaminants like PFAS is 'somewhat a concern' for them when buying food, while nearly one-third said it is 'a major concern'. Consumers evidently want food that organic standards can deliver.

BEYOND FOOD & DRINK

Unfortunately, 'organic' is not a legally regulated term for non-food products like cosmetics and textiles. The EmpCo directive may curb some of the misleading uses of the term in these areas, but looking for reputable third-party organic certification logos remains the best way to guarantee a genuine 'organic' product.

For cosmetics and personal care, the COSMOS Organic logo shows 95% of the product's physically processed agricultural ingredients are organic. For textiles, the GOTS logo ensures a minimum of 70% organic fibre, as well as extra assurances on better conditions for workers throughout the supply chain. As with food and farming, both these standards subject certified businesses to a yearly inspection.

In Organic September, choose organic – a shortcut to better.

Find out more

- More on why organic matters is at **soilassociation.org/what-we-do/championing-organic**
- Discover ways to participate in Organic September at **soilassociation.org/support-us/take-action/organic-september**

The soil beneath tomorrow



EARTHDAY.ORG's **James Banks** explains why healthy soil may be the infrastructure that determines our future

When governments talk about infrastructure, they usually mean highways, railways, ports, airports, reservoirs, power grids, broadband networks and supply chains. These systems move people, goods, energy, water and information; they make growth possible and crises survivable, which is why nations measure them, debate them and spend trillions to build and repair them.

Civilisations, we understand, are only as resilient as the infrastructure beneath them. Yet one form of infrastructure remains largely invisible, even though its work is essential to human prosperity. It captures rainfall, filters water, stores more carbon than the atmosphere and all terrestrial vegetation combined, supports pollinators, moderates floods and sustains the biological processes behind nearly 95% of humanity's food. It was not designed by engineers or financed through public investment; it evolved over millions of years, quietly making civilisation possible. It exists beneath our feet.

MORE THAN A RESOURCE

Healthy soil is often called a natural resource; that definition now feels too small. Soil is living infrastructure – a dynamic system of bacteria, fungi, insects, earthworms, plant roots and microscopic organisms that continuously exchange nutrients, water and energy. Each teaspoon of soil contains a complexity that scientists are still working to understand.

CLOCKWISE
Healthy soils are the foundation of resilient farms and thriving communities; Madagascar's rainforests are being restored with native trees; along Kenya's Great Rift Valley, Kessup Forest is being restored through community-led tree planting that benefits both people and nature

Together, these communities recycle nutrients, suppress disease, stabilise landscapes and buffer crops against flood, drought and erosion. They work constantly and invisibly, until degradation makes their absence impossible to ignore.

The Food and Agriculture Organization of the United Nations treats healthy soils as fundamental to food security. At the same time, the Intergovernmental Panel on Climate Change identifies improved land management as a major opportunity for climate mitigation and adaptation. In Europe, the Green Deal and Farm to Fork Strategy place soil restoration, biodiversity and organic agriculture at the centre of resilient food systems. Similar conversations are unfolding from Kenya and India to Brazil, Australia and the USA.

A DIFFERENT PREMISE

Different priorities are converging on one reality: healthy ecosystems are strategic assets that shape food security, water security, rural livelihoods and national resilience.

For much of the past century, agricultural progress meant simplifying nature: fields grew larger, landscapes became more uniform, diversity gave way to specialisation and productivity depended more heavily on external inputs that replaced ecological functions once performed by living systems. Those innovations helped feed a growing world, but they also created a vulnerability. As biological complexity declined, agriculture became more exposed to drought, flooding, soil

degradation, pollinator loss, volatile input costs and climate uncertainty.

Organic agriculture begins from a different premise: the most resilient farms may be those that restore natural systems rather than replace them. Seen this way, organic agriculture is defined less by what it excludes than by what it rebuilds – healthy soils, functional watersheds, diverse microbial communities, pollinator habitat, natural nutrient cycles and landscapes that are able to absorb disturbance. Its central insight is simple: resilience grows from relationships that have evolved beneath our feet for millennia.

BEYOND THE FARM

The evidence is no longer confined to one country or farming philosophy. From long-term field trials in Pennsylvania to regenerative coffee landscapes in Brazil, from natural farming in India to sustainable land management in Kenya, governments, farming communities and researchers are reaching similar conclusions. Different regions have arrived by different paths, but together they point to a larger shift: the future of agriculture may depend less on controlling nature than on learning to work with it. That transformation extends far beyond the farm.

In India, the idea of soil as infrastructure is taking shape through Andhra Pradesh's Natural Farming programme, one of the world's largest agroecological transitions. Because agriculture remains the primary livelihood for millions, climate resilience is household economic resilience. By rebuilding soil biology with locally available organic inputs, farmers can reduce dependence on costly external fertilisers and limit their exposure to erratic monsoon seasons. What began as an effort to cut production costs has become a model for reducing financial risk. Here, healthy soil functions as an economic asset that is just as valuable as irrigation or transportation.

Across East Africa, Kenya's investment in sustainable land management applies the same logic to rural development. Farmers adopting agroforestry, composting, crop rotation and improved soil management report stronger yields, higher incomes and greater resilience during prolonged dry periods. What was once treated as conservation is increasingly understood as development policy.

In Brazil, agroforestry makes the link between ecology and economic opportunity especially visible. Coffee and cocoa grown beneath native tree canopies can diversify farm income while reducing pressure for further deforestation.

RESILIENCE FROM DIVERSITY

These landscapes challenge a defining assumption of the industrial era that productivity requires simplification; they suggest instead that resilience often emerges from diversity. Farms, forests and communities need not compete: properly managed, each can strengthen the others.

That same principle increasingly informs global restoration efforts beyond agriculture. Through EARTHDAY.ORG's Canopy Project, ecosystem restoration spans the mangrove forests of India's





Sundarbans, Mexico's Sierra Gorda Biosphere Reserve, Uganda's Mount Elgon and community fruit tree initiatives in Tanzania. Each landscape faces different environmental pressures, but they share the understanding that resilient ecosystems depend on biological diversity. Increasingly, scientific research supports that conclusion.

AN OVERLOOKED TRAIT

Studies have found that greater tree diversity can increase soil carbon storage by approximately 30-32% and increase soil nitrogen storage by 42-50%. Restoring forests, therefore, is not simply an investment in trees; it is an investment in the living soil systems that sustain food production, strengthen biodiversity and improve climate resilience for generations. Long-term research at the Rodale Institute in Pennsylvania shows what this means over decades, not just seasons.

In one of the world's longest-running comparisons of organic and conventional farming, organically managed soils accumulated more organic matter and allowed more rainfall to infiltrate rather than run off the surface. During a severe drought, those fields yielded far more corn because decades of rebuilding soil biology had created an underground reservoir. The lesson is clear: resilience cannot be manufactured when a crisis arrives; it must be cultivated long before. This may be living infrastructure's most overlooked trait.

Unlike roads, bridges or seawalls, healthy ecosystems can appreciate rather than depreciate when maintained well. Each season that builds organic matter strengthens the soil's capacity to support the next harvest, absorb future storms and sustain the relationships upon which agriculture depends. That insight also expands the meaning of food security. Production, trade and distribution still matter, but they describe only the visible part of a larger system.

Every supply chain begins beneath the surface of a field. Before food reaches markets, ports, railways or supermarket shelves, it depends on soil ecosystems that can sustain life year after year. Healthy soil isn't just an agricultural resource, it is the first link in every food system on Earth.

SHAPED BY INFRASTRUCTURE

Civilisations have always been shaped by the infrastructure they build – whether aqueducts, railways, electrical grids or digital networks. The defining infrastructure challenge of the 21st century may be different; it may not be simply about constructing something new, but about restoring the living systems that have supported civilisation from the beginning.

The soil beneath tomorrow has always been there. Around the world, farmers, researchers, Indigenous communities and conservationists are beginning to recognise that the future depends as much on rebuilding living systems as on creating new ones. The question is whether we will value our living infrastructure before its decline becomes irreversible, and recognise the health of our soils ultimately determines the resilience of our food systems, our economies and our shared future.

Find out more

- Discover events, toolkits and ways to effect and sustain positive change at **earthday.org**

UK Youth for Nature

Neel Zaver introduces the young people rewilding Britain's political conversation



There's a particular kind of hope that comes from watching a 16-year-old stand up in front of an MP and ask, plainly, why their local council still sprays nature-harming pesticides on the pavement outside their school or homes. It's the hope of UK Youth for Nature (UKY4N), a UK-wide movement of 16- to 35-year-olds who believe young people can – and should – shape the future of nature and be at the heart of decision-making.

Founded in 2020 and formalised under co-directors since September 2022, UKY4N exists on a simple but radical premise: you don't need a background in ecology, policy or campaigning to fight for nature. You just need to care. The organisation's volunteer-led structure, spanning specialist task forces for webinars, podcasts, TikTok, policy and campaigns, grew from five to 10 active volunteers in 2021 into a genuinely national network – with formal safeguarding, EDI and governance structures. It is now the leading UK youth movement for nature.

MOVEMENTS FOR GOOD

UKY4N currently runs two flagship campaigns designed to turn youth energy into real political change. Not So Freshwater tackles agricultural pollution issues in our UK freshwater systems. The campaign focuses on building relationships with MPs and hosting impactful events like the Chemical Cocktail Bar, where young campaigners influenced policy and showcased how youth-led action can make a positive difference.

The Your Wild Streets campaign tackles something closer to home: the routine spraying of pesticides on parks, pavements and verges, which strips biodiversity from urban spaces and exposes communities and pollinators to unnecessary toxins. The campaign runs annual Urban Nature Days in cities across England and has secured a petition with over 300 signatures, pushing Newcastle City Council towards a full pesticide debate. It is also working alongside Sian Berry MP's push for a national ban on urban pesticides.

A YOUTH-LED MOVEMENT

The thing that makes UKY4N distinct in what could already be considered a crowded sector of established environmental charities is its insistence on staying youth-led rather than becoming, in the words of one review, 'another youth wing of a large environmental NGO'.

Each and every UKY4N campaign is designed and delivered by volunteers, who are trained to write briefings, speak to the press and meet directly with decision-makers – sometimes for the first time in their lives.

This September, that philosophy will be brought to life across three major moments.

A SEPTEMBER PACKED WITH PURPOSE

On 08 September, UKY4N will team up with Butterfly Conservation for Wild Fringe at The Station in Bristol. The evening will interrogate what the nature sector is getting wrong. Two panels will address uncomfortable questions: award-winning author and Curlew Action director Mary Colwell will join wildlife podcaster Ryan Dalton and award-winning climate activist Domi Palmer to discuss why the environmental movement needs to acknowledge the interconnectedness of nature, people and justice. A second panel, featuring Ealing Beaver Project's Urban Beaver Officer and grassroots community organisers, will explore what happens when individuals stop waiting for institutions and start building their own solutions.

The following day (09 September), those same conversations will be carried into the Wild Summit, hosted by the Wildlife and Countryside Link. Running its own session on the Wild Summit's Youth & Early Careers Programme, UKY4N Waves of Change: Crafting for Cleaner Rivers will be a hands-on craftivism workshop connecting the Not So Freshwater campaign's fight against agricultural pollution to a communal art piece destined for Parliament.

On 19 September, UKY4N's flagship Urban Nature Day will land at Wolves Lane in London. Each year the event moves to a different UK city – including Liverpool, Bristol and Newcastle – to celebrate urban wildlife. With craftivism, nature journaling, seed ball making and skill-shares, it invites young people who might not see themselves as environmentalists but are curious and eager to get involved.

NATURE EDUCATION

Behind the scenes, UKY4N will also launch a new schools and youth group programme this September. The fully funded, interactive workshop for KS4 and KS5 students will go far beyond a one-off assembly. Delivered in partnership with schools across the UK, each two-hour session will equip 15 to 30 students with the tools to design and run their own environmental campaign, whether that's tackling pesticide use on their own school grounds or building a biodiversity project in their community. Crucially, it doesn't stop at the workshop: every participating school will receive some seed funding to actually deliver their idea, plus ongoing mentoring from UKY4N.

A USEFUL MIDDLE GROUND

UKY4N already has a track record for effecting change; it has secured commitments from sitting MPs, put youth voices in front of Senedd members ahead of the 2026 Welsh elections and built a pipeline of young people who go on to lead in the wider environmental sector – which has been described as the movement's 'true legacy'.

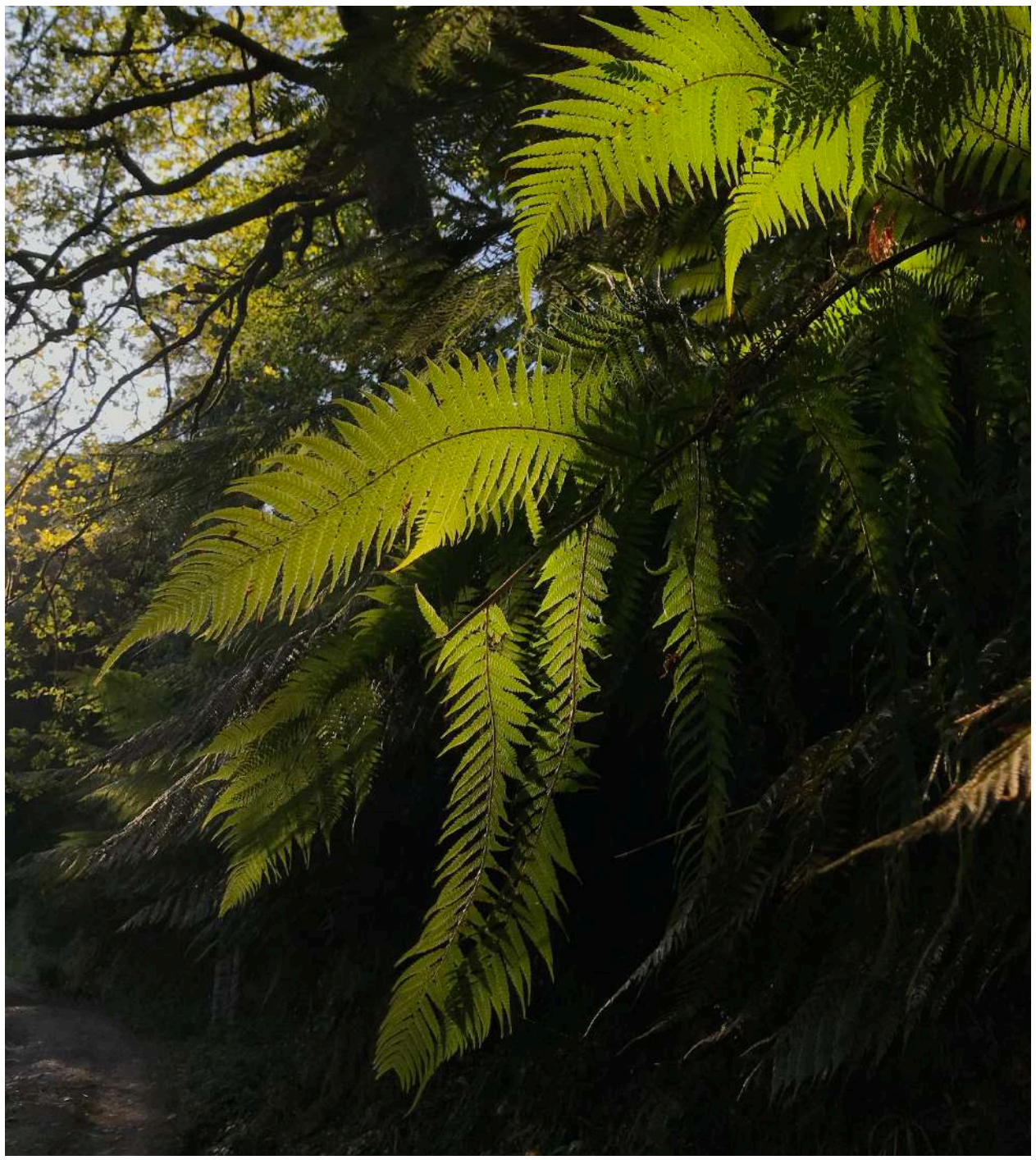


What strikes me most, having spent the past few years watching this organisation grow, is its refusal to be tidy. UKY4N doesn't do direct action in the vein of Just Stop Oil, but it isn't content with polite lobbying either. It occupies a genuinely useful, occasionally spiky middle ground, creative enough to get a bee costume and a billboard campaign talked about locally, political enough to get an Early Day Motion supported in Parliament.

In July I stepped into that work more closely than ever when I joined UK Youth for Nature as the organisation's co-director. Having seen what it has achieved – from its scrappy early wins to its steady professionalisation and its unwavering insistence that young people belong in every room where decisions about nature's future are made – I couldn't be more excited to help shape what comes next. If Wild Fringe, the Wild Summit or Urban Nature Day sound like your kind of September, I'd love to see you there.

Find out more

- Support and get involved with UK Youth for Nature's campaigns at **ukyouthfornature.org**



CLOCKWISE
UKY4N puts young people at the heart of decision-making; Urban Nature Day will take place on 19 September; the organisation is campaigning to end the routine use of pesticides in public spaces

EMPOWERING THE NEXT GENERATION

Growing an organic future from the heart through love, peace & harmony

Every generation inherits the world created by those who came before them; rather than asking what kind of planet we will leave behind, we should look at whether we are empowering the next generation with the values, confidence and compassion to care for it.

Around the world, young people are increasingly aware of the challenges shaping their future. Climate change, biodiversity loss, pollution, declining wellbeing and growing social disconnection have left many questioning what kind of world they will inherit. Yet alongside these challenges is something equally powerful: a generation ready to lead with creativity, compassion and purpose.

CLIMATE, PEACE & UNITY

This September, the world will come together around two important global moments. During Climate Week NYC (20-27 September) leaders, innovators and communities will explore solutions for a more sustainable future, while the International Day of Peace (21 September) will unite people across cultures around a shared vision of hope, cooperation and harmony.

The Love Peace Harmony Foundation will join the Peace Day celebrations in New York's Times Square, standing alongside a growing global movement committed to creating a more peaceful and sustainable future.

These conversations are closely aligned with Organic September, which reminds us that sustainable living is about more than the choices we make as consumers. It is about cultivating healthier relationships – with ourselves, with one another and with the natural world.

Together, these global moments point towards one shared responsibility: how do we empower the next generation to create a healthier, more peaceful and more sustainable world? For the Love Peace Harmony Foundation, the answer begins with transforming people as well as well as the planet.

A PRACTICAL PATHWAY

For decades, the Love Peace Harmony foundation has shared a vision that lasting change begins within the individual and expands outwards through families, communities and humanity as a whole. When we cultivate greater love, peace and harmony within ourselves, we naturally create healthier relationships, stronger communities and a more conscious connection with the world around us.

Richard Rogers, the executive director of the Love Peace Harmony Foundation, is working towards an ambitious global goal to bring love, peace and harmony to two billion households worldwide. It is a movement founded on the belief that lasting transformation happens one person, one family and one community at a time.



'We are looking to inspire this world that love, peace and harmony still has a place to positively transform humanity and the planet.'

RICHARD ROGERS

EXECUTIVE DIRECTOR OF LOVE PEACE HARMONY FOUNDATION

This vision comes to life through three interconnected pillars: nurture yourself, support others, heal the planet. Together, they offer a practical pathway for creating positive change – beginning in the heart and spreading out to humanity and the world.

GROWING LEADERS FROM WITHIN

When we nurture greater peace, compassion and balance within ourselves, we create the foundation for healthier relationships, stronger communities and a more sustainable future.

Today's young people are not only inheriting environmental challenges; many are also navigating rising levels of stress,

anxiety, loneliness and uncertainty. If we hope to empower future generations as compassionate leaders and environmental stewards, we must also support their wellbeing, resilience and sense of purpose.

Across the Foundation's global community, people come together through Love Peace Harmony music, calligraphy art, meditation and daily practices that encourage balance, gratitude and connection. Together, these experiences create a positive environment of compassion and shared purpose – what the Foundation refers to as the Love Peace Harmony Field. At its heart is a simple message: when people experience greater inner harmony, they are better equipped to support others and contribute positively to the world around them.

BUILDING COMMUNITIES THAT THRIVE

The Foundation's growing global volunteer network – the Love Peace Harmony World Movement – helps to extend the Foundation's philosophy outwards into communities. All round the world, volunteers contribute their time, skills and compassion to support initiatives connected with education, wellbeing, community outreach and service.

These experiences are especially powerful for young people; they learn that leadership is not defined by age or position, but by the willingness to contribute, collaborate and care. Through service, they discover that even small actions can create meaningful change.

In a world that can often feel divided, building stronger communities rooted in kindness, empathy and connection is essential to creating a sustainable future.

INSPIRING ENVIRONMENTAL STEWARDSHIP

Protecting the environment begins with recognising our deep connection to the natural world. The Love Peace Harmony Foundation brings this principle to life through initiatives that empower people of all ages to become active participants in creating a healthier planet.

Through its tree planting initiatives, communities come together to restore ecosystems, support biodiversity and create a lasting legacy for future generations. Every tree planted represents hope, responsibility and a commitment to the world we share. Through Plastic to Purpose, children discover that environmental challenges can become opportunities for creativity and innovation. By transforming discarded plastic into useful products, they learn about sustainability, responsibility and the power they have to create change today. They discover they are not simply leaders of tomorrow – they are changemakers today.

Together, these initiatives demonstrate that sustainability is not only about protecting nature, but about creating a culture where caring for the planet becomes part of everyday life.

PEACE & SUSTAINABILITY

Climate solutions require innovation, science, education and investment, but perhaps most importantly of all they require a level of collaboration that requires something deeper: trust, compassion and a willingness to work together for the benefit of all. This is why peace and sustainability cannot be separated.

Climate Week NYC will bring together global voices to shape the future of our planet, and the Love Peace Harmony Foundation's participation in the International Day of Peace celebrations in Times Square reflects a wider message: a sustainable future requires not only solutions for the planet, but a transformation in how we relate to one another.

Through music, calligraphy art, meditation, service and shared purpose, the Foundation brings people together across cultures and communities, creating opportunities for connection, compassion and collective action.



'Love melts all blockages. Peace brings inner joy. Harmony leads to success.'

DR & MASTER ZHI GANG SHA

FOUNDER OF LOVE PEACE HARMONY FOUNDATION

LOOKING TO THE FUTURE

This September, the Love Peace Harmony Foundation's focus on Empowering the Next Generation is about a responsibility to ensure young people inherit not only cleaner oceans, greener landscapes and healthier ecosystems, but also the confidence, compassion and leadership skills to protect them.

Whether through planting trees, mentoring young people, volunteering, reducing waste, supporting environmental education or choosing kindness in our everyday lives, every action contributes to a more harmonious future. Every tree we plant, every child we empower, every volunteer we inspire and every heart we uplift brings us one step closer to Master Sha's vision of bringing Love, Peace and Harmony to two billion households worldwide.

The future will not be transformed by one extraordinary act, but by billions of everyday choices rooted in compassion, service and hope. The greatest environmental movement begins not with planting the first tree, but with nurturing the first heart that will choose to plant it.

Find out more

- Information about Love Peace Harmony is at **lovepeaceharmony.org**
- Discover how to volunteer with the Love Peace Harmony World Movement at **lovepeaceharmony.org/global-movement**

Kintsugi



Introducing the debut album from
OMMMbassadors **Reachel Singh** and **Vinay Vyas**

Music has always invited transformation: throughout history it has brought us together, shifted paradigms and defined collective consciousness. The debut album from singer-songwriter Reachel Singh and musician, producer and songwriter Vinay Vyas promises just that: it is a reminder that beneath the noise we are one, connected by our humanity and the shared experience of everything it is to be human in this world.

STORYTELLING THROUGH SONG

The album, *Kintsugi*, was executive-produced by OMMM, an organisation that exists to deepen connections and raise consciousness through events and meaningful experiences. 'As OMMM's first recording artist, Reachel represents everything we hope OMMM Music will stand for: exceptional artistry, meaningful storytelling and music that contributes something positive to the world', said Michelle Narciso, founder and CEO of OMMM. 'We are proud to support her journey and excited to see where her voice will take her next.'

We invited to Reachel and Vinay, who are also OMMMbassadors (ambassadors for OMMM), to share the story behind their album, and tell us why they believe music has a unique power to change and heal the world.

REACHEL SINGH

I don't remember choosing music; it always felt like music was there. As a child I sang constantly, but somewhere along the way I lost trust in my own voice. After being rejected by music schools, I convinced myself that perhaps music wasn't meant for me.

I became a primary school teacher instead, building what looked like a stable life. Yet there was always a quiet voice inside whispering that I was here for something else. Eventually my body spoke louder than my mind. Stress, sleepless nights and burnout became an invitation to listen.

I left everything behind and began travelling without knowing exactly what I was looking for. My journey led me through India and many other parts of the world, where I immersed myself in ancient traditions, meditation, mantra, Kabbalah and the healing power of sound. Somewhere along the way I realised that music was never simply entertainment: it was remembrance. It was prayer. It was a way of coming home. From that moment on, creating music became less about performing and more about listening – allowing something greater than myself to move through me. That journey became *Kintsugi*.

The album could never have been anything else for my debut because it tells the story of how I found my way back to my own voice. The Japanese art of repairing broken pottery with gold became the perfect metaphor for my life. Every rejection, every detour, every moment of uncertainty, every leap into the unknown became part of something more beautiful than I could have planned. Looking back, I wouldn't remove any of the cracks because they shaped both the person and the artist I've become.

Writing these songs transformed me because they demanded honesty. Music has taught me that healing doesn't happen because someone gives us answers; it happens because something helps us remember what has always been within.

I believe that is what music can offer the world today – and that very little else can. We live in a time of endless information and opinions, yet music speaks somewhere beyond language. Before we understand with our minds, we feel. A melody, a voice or a single vibration can soften the nervous system, open the heart and remind us of our shared humanity. In a world that often feels divided, music quietly reminds us that beneath all our stories, we are not separate.

This album would not exist without OMMM; Michelle recognised the vision before it fully existed and gave Vinay and me the trust and space to create without rushing the process. Rather than encouraging us to follow trends, they encouraged us to follow truth. That has been an incredible gift.

Working with Vinay has been equally special. Over the past few years we've learned to create from a place of listening rather than forcing. We often begin with one simple question: 'What wants to come through?' Many of the songs felt less like they were written and more like they arrived. That shared trust has become the heartbeat of this album.

AI is now creating music at an unprecedented scale; I believe what remains uniquely human is consciousness. AI can generate melodies, lyrics and beautiful arrangements, but it cannot live a life. It cannot experience grief, surrender, forgiveness, falling in love, losing everything or finding hope again. Those experiences leave an invisible imprint within every note we sing.

People don't only hear music; they feel the intention from which it was created. Presence, lived experience and genuine emotion carry a frequency that cannot be manufactured. I believe those qualities will become even more valuable as technology continues to evolve.

Kintsugi feels like the beginning rather than the destination. I don't think in terms of building a catalogue of albums; I simply want to follow life and allow the music to reflect whatever truth each season is asking me to embody.

If someone listens to this album with an open heart, the intention is not to remember me – it is to remember themselves. When people listen, I hope they leave feeling a little softer, a little lighter and a little more courageous to live from their heart rather than from fear. That they remember that joy is not something we earn once everything is perfect, but something we can choose, even in an imperfect world.

Ultimately, *Kintsugi* is an invitation to remember that beneath every crack, every loss and every transformation, there is something within us that has never been broken. If these songs help even one person remember that, then this music has fulfilled its purpose.

Cont.

'As OMMM's first recording artist, Reachel represents everything we hope OMMM Music will stand for: exceptional artistry, meaningful storytelling and music that contributes something positive to the world.'



Cont.

VINAY VYAS

We are living in extraordinary times; never before have we had so much music within reach, and yet it has become so easy to forget how to truly listen. Songs move endlessly through playlists. The skip button waits beside the play button. We consume more than ever, yet gather less.

Perhaps that is why music has become more important than ever; not because we need more songs, but because we need more moments that remind us how to be human.

Music asks almost nothing of us – it doesn't ask us to become someone new, it simply invites us to stop, to listen and to remember the quiet space that has been here all along – beneath the noise, beneath the striving, beneath the endless becoming.

When people gather around a fire, stand together in a concert hall or sing with open hearts, something primitive awakens. For a few precious moments, we stop performing our lives and begin inhabiting them again. We remember that beneath our stories, our ambitions and our differences, there is something we all share.

My own relationship with music began long before I understood any of this. As a child I didn't simply listen to songs – I listened to sound itself. The rhythm of cutlery against a plate. The hum of a room. The silence between sounds. While my sister discovered herself through movement, I discovered myself through listening. Every melody felt like a tiny crystal carrying its own colour, atmosphere and way of seeing the world.

Music became a lifelong companion or, perhaps more truthfully, a lifelong lover. She never asked me to become someone else; she only ever asked for my full presence. Whenever life became too joyful to contain or too painful to understand, I returned to her. Music became the friend that carried the tune of whatever I was living in that moment: my first heartbreak found its melody there, my wonder found its melody there, my questions found their melody there.

She waited without judgement, asking nothing of me except honesty. And every time I returned, she reflected something back to me that I had not yet been able to see for myself. Percussion became melody. Melody became the piano. The piano became a landscape where my hands could wander from the deepest notes to the highest, as though tracing the length of a spine.

Eventually, writing songs became inevitable. Like a fruit tree that naturally longs to bear fruit, music simply wanted to express itself through me. What began as fascination slowly became a vocation, carrying me into studios around the world and, ultimately, to Portugal, where life unfolded in ways I could never have planned.

Later, technology entered my life and opened doors that previous generations could scarcely imagine. I welcomed it with gratitude.

Somewhere along the way, I discovered that the song is never the destination. A song may live for four minutes; the becoming of that song may live for months. That is where life happens: in shared silence. In laughter between takes. In conversations that wander without knowing where they are going. In a melody that appears from nowhere and leaves everyone in the room smiling because none of us knows where it came from.



'Every generation mistakes its newest tools for either salvation or catastrophe. They are neither. They are simply tools. AI cannot miss someone. It cannot forgive [...] Technology may help us shape music, but life gives it breath. '

Long after the song has travelled into the world, those moments continue living. That is what music means to me now: not the product, the process. Not the performance, the presence. Meeting Reachel deepened that understanding. From the first moment she sang, it felt as though the music arriving between us belonged to neither of us. Our collaboration became less about writing songs and more about creating the conditions in which songs could reveal themselves. Friendship came before production. Listening came before direction. Care came before achievement. Our album grew the same way a tree grows: patiently, quietly, always reaching towards the light. It was never a rigid concept waiting to be executed; it has been a living conversation, shaped by trust and by our willingness to arrive without fixed ideas.

Every song carries its own colour, and together they tell a story neither of us could have written alone. That same spirit is what drew us to Ommm. Through Michelle, I experienced another powerful transformation: discovering that business itself can have a heart. Creativity and integrity need not compete. Kindness and excellence can walk together. That realisation healed a story I didn't even know I had been carrying.

People often ask whether Artificial Intelligence (AI) threatens the future of music. I see it differently. Every generation mistakes its newest tools for either salvation or catastrophe. They are neither. They are simply tools. AI cannot miss someone. It cannot forgive. It cannot sit beside a friend whose heart is breaking. It cannot spend months wrestling with silence until a melody finally reveals itself. Only a human heart can do that. Technology may help us shape music, but life gives it breath.

If someone carries anything with them after listening to this album, I hope it is not simply a melody. I hope they leave a little slower, a little softer, a little more willing to listen – not only to the music, but to the quiet song that has always been playing beneath the noise of the world.



TOP
Reachel and Vinay performed at Love Your Mother, presented by OMMM, in New York's Times Square, on Earth Day (22 April) 2026

Find out more

- Download the album Kintsugi at **ommmpresents.com**

MFW 2026

Gemma Gratton,
CEO & executive producer of Manchester Fashion Week, shares some highlights from this year's schedule





TOP TO BOTTOM
Drew Kent opened MFW 2025 with the SS26 Adora Flora Capsule Collection; Mancunia Ugly at MFW 2025; independent brand Bepo backstage at MFW 2025

Manchester Fashion Week (MFW) 2026 is shaping up to be something really quite special. It has come round quickly, but the initiatives we have been building outside the week itself carry impactful messages that will leave space for real consideration. We're past the point of just building a Fashion Week and are now creating a platform for the north to have a much bigger voice in the future of fashion.

This year we've expanded the programme across four days; MFW 2026 will bring together designers, brands, retailers, technology, education, culture, music and some incredibly inspiring people from across the industry.

From runways showcasing the incredible talent emerging from the north to the conversations challenging how the industry operates, the thing that excites me most is creating a space where people can see, hear and experience what the future could look like.

BEYOND THE NOISE

Our themes of Changing Narratives, Changing Behaviour and Changing Industry are about getting beyond the noise and asking the difficult questions: how do we make fashion work better for people, animals, planet and place? How do we use technology, innovation and collaboration to create real systemic change?



We're bringing together established industry voices, emerging designers and young talent because we genuinely believe the future shouldn't be dictated by those who created the old system. It should be reengineered and built collectively, with processes in mind. We've joined forces with Collective Fashion Justice to do just that – because collective impact leaves a lasting impact.

CHANGING FASHION

There's something really powerful about doing this in Manchester. This city has always been a place where things happen – fashion, music, football, technology, manufacturing and creativity. We're reconnecting those dots and putting Manchester firmly back in the conversation.

We're excited, incredibly proud and deeply invested in what we're creating. So much has been built independently, through belief, collaboration and a determination to keep pushing the conversation forward.

More than anything, we're excited to see what happens when all these brilliant people come together with one shared ambition: to change fashion for the better.

Cont.

MFW 2026: Schedule Highlights

FASHION: The Conversation

09 September, 18.00-19.00
On the panel:

Katharine Hamnett



Katharine Hamnett is a British fashion designer best known for her bold slogan T-shirts and commitment to political and environmental activism. She launched her eponymous label in 1979, quickly gaining recognition for her sharp tailoring and powerful messaging. In 1984 she won the inaugural British Fashion Award for Designer of the Year. Rising to fame with designs like 'Choose Life', Hamnett used fashion as a platform to address global issues such as war, nuclear disarmament and climate change. A pioneer of ethical and sustainable fashion, she has consistently challenged the industry to take responsibility for its social and environmental impact, making her one of the most influential and outspoken figures in modern fashion.

Lynne Franks OBE



Throughout Lynne's long and successful career, she has influenced awareness of many societal shifts and trends both in the UK and internationally. She positioned the UK as a world fashion leader by initiating London Fashion Week and the British Fashion Awards. Her wide breadth of influence in the business world includes developing McDonald's UK women's leadership network; working with Tesco on engaging their women's customers through media partnerships; launching high-fashion home shopping with NEXT and much, much more.

Sophie Benson



Sophie Benson is a journalist, consultant, author and contributing editor at *Vogue Business*. She covers a host of topics across fashion and sustainability including policy and legislation, material innovation, supply chain transformation and responsible manufacturing. Her book, *Sustainable Wardrobe,* has been published in English, Italian and French Canadian.



Tuesday 08 September
Press launch
Castlefield Gallery, 17.00

Wednesday 09 – Sunday 20 September
Interwoven
Castlefield Gallery
Daily, 10.00 - 17.00
(open to the public)

Threads & Futures Connected is a collaboration between British Textile Biennial, Manchester Fashion Week, Castlefield Gallery and artists Pippa Eason and Nick Booton, exploring threads, materials and the future of fashion.

Wednesday 09 September
Panel talks & workshops
Speakers across the day include Manchester Fashion Week founders Gemma Gratton and Hayley Shaw; John Higginson, Eco Age; Liz Scott MBE, Turing Innovation; Tamara Cincik, Fashion Roundtable; Sasha Camilli, PETA and Lavinia Muth, sustainability consultant.

Runways
All at Versa Studios

Malon Fashion, 13.00
IGC Fashion Uganda, 15.30
Gbadebo, 17.30
ESAI, 20.30

Fashion: The Conversation
An unfiltered discussion with Katharine Hamnett, Lynne Franks and Sophie Benson on where fashion has been, where it stands today and where it needs to go next (*see box, left*).

Campfield Studios, 18.00
(open to the public)

Tickets can be purchased via Luma: luma.com/583nx3kq

Thursday 10 September
Panel talks & workshops
Speakers across the day of talks and workshops include designer Katharine Hamnett, journalist Tamsin Blanchard, Victoria Jenkins from Unhidden and Phillipa Grogan from Nobody's Child.



ABOVE Campfield Studios, a MFW 2026 venue
BELOW 2026 headliner Malon Fashion at MFW 2025

Runways
All at Versa Studios

Unhidden, 13.30
Kit Giroux, 16.30
Mancunia Ugly
& Make It Wet, 20.30

Friday 11 September
Panel talks & workshops
Speakers across the day include Lynne Franks, plus keynotes from tech brands including Loqbox, Voxelo, GS1 UK and Air Emea.

Runways
All at Versa Studios

Elite Preloved, 13.30
BEPO, 16.30
MGNL, 20.30

Susty Club Runway & Pop-up Shop
Campfield Studios, 18.00
(open to the public)

Tickets can be purchased via Luma: luma.com/3s8umimp

Saturday 12 September
Susty Club x The Big Swap
Campfield Studios, 10.00
(open to the public)

Tickets can be purchased via Luma: luma.com/51k6skw6

Northern Quarter Mash Up
Various retailers across the Northern Quarter.
Open to the public
(no tickets required)

Future Threads Runway
Luke Matthew Iveson Runway, Trafford Palazzo, 11.00 (open to the public)

This is a free event, but registration is required via Luma: luma.com/55utqm97

Find out more
- To view the full MFW 2026 schedule, visit **fashionweekmanchester.co.uk/schedule**

SIMPLE SKINCARE

Why effective cleansing should take centre stage in your skincare routine

'My own skin was the starting point', says Amina Khan Papadopoulos, founder and director of FYSHA. 'After experiencing persistent breakouts I followed the conventional advice to dry the skin out with stronger products. It had the opposite effect.'

When Amina changed how she cleansed, her skin changed with it; the experience made her question why cleansing has become such an overlooked aspect of skincare. 'The industry has become increasingly sophisticated about what happens after cleansing – serums, moisturisers and treatments – while cleansing itself is often treated as a functional first step', she tells. 'I saw an opportunity to rethink that.'









CLOCKWISE FYSHA's iconic cube shape is effective and beautiful; the cleansers help to simply your skincare routine; each has been designed to meet a specific skincare need; using a sponge extends the cleanser's life

CONSCIOUS CLEANSING

Amina spent two years immersed in traditional soapmaking, researching the chemistry of oils, botanicals and clays. 'I didn't want to take an existing base and put a brand around it', she recalls; 'I wanted to understand the process and develop formulations that were genuinely ours.'

At the heart of FYSHA is the simple belief that healthy skin begins with effective cleansing. Everything follows from this premise: waterless formulations; fewer, purposeful ingredients; no palm oil; plastic-free packaging and products designed to simplify a skincare routine.

'There is also a very practical intention behind that simplicity', Amina shares. 'I wanted skincare to give us something that has become increasingly scarce: time. One considered product should be capable of doing more, without asking us to consume more. That is the space I want FYSHA to own – where effective cleansing, conscious consumption and considered skincare meet.'

A QUEST FOR SIMPLICITY

Each FYSHA cleanser contains a maximum of eight ingredients. That is not a marketing exercise; it's a discipline that forces precision. Every ingredient has a purpose and every formulation has a reason. Nothing is there without intention. 'I believe sustainability begins with asking a much simpler question', Amina shares: 'Do we need this at all?'

FYSHA's artisan soaps are deliberately formulated without palm oil, sulphates, synthetic fragrances, synthetic colourants, preservatives, silicones, parabens, phthalates or mineral oils. 'I have always believed that what we put on our skin deserves the same level of consideration as what we choose to put into our bodies', Amina explains.

THE ICONIC CUBE

Greek extra virgin olive oil forms the foundation of each soap, with clays, botanicals, butters, charcoal and essential oils added to meet the specific needs of different skin types. Only one essential oil is used in each formulation; 'I wanted the sensory experience to remain clear and meditative rather than becoming a crowded composition of competing aromas', Amina tells us.

The formulation is also responsible for the iconic shape of FYSHA solid cleansers, which are distinct from both conventional (usually liquid) cleansers and traditional soaps. The striking cube shape is, like everything else about FYSHA, deliberate and effective. 'Our high proportion of Greek extra virgin olive oil gives the formulation a naturally softer character', Amina explains, 'so I needed a form that could withstand repeated use while controlling how much water reaches the cleanser's surface. The cube provided that.'

Each cube's compact geometry limits the exposed surface area, helping the cleanser remain intact for longer while still producing the lather needed for an effective cleanse. As it is used, the sharp edges gradually soften and the cube becomes rounded, almost like a pebble.

ZERO-WASTE SKINCARE

The cleansers are handmade in Greece using traditional cold-process soapmaking methods; they are individually moulded, hand-stamped and cured for a minimum of six weeks. As the cleanser cures, it hardens and develops its final character, creating a concentrated, long-lasting cleanser with a milder feel on the skin. 'Six weeks gives the finished cleanser time to develop rather than forcing production to conform to a faster commercial timetable', Amina explains 'That is what artisanal production means to me.'

Moulding each cleanser minimises production waste as there are no conventional cut-offs. The cleansers themselves also help to reduce waste; a concentrated, waterless solid cleanser can replace several liquid cleansing products within a routine, reducing water, packaging and unnecessary steps.

'When I travelled, I found myself carrying separate products for my face, body and hands', Amina shares. 'I began to question why cleansing had become so fragmented. I deliberately formulated the cleansers so that many can move naturally across the face, body and hands. The result is fewer products, fewer decisions, less packaging and a simpler daily ritual.'

The ingredients' provenance, grade and level of processing all affect the finished product. 'Precision, food-grade ingredients, nothing unnecessary', Amina concludes; 'that is where natural skincare becomes genuinely effective.'

Find out more

- View the full range of FYSHA solid cleansers at **fysha.co.uk**

‘Organic is an upgrade’

Natural beauty expert **Janey Lee Grace** shares why purity matters in wellbeing and beauty



Organic beauty has moved far beyond a trend; today, it’s a revolution – a shift towards products that nourish rather than overwhelm, formulations that work in harmony with the skin and brands that take environmental responsibility seriously.

Organic September is a reminder that what we put on our skin matters just as much as what we put in our bodies. It’s also a celebration of the brands leading the way with integrity, transparency and a commitment to nature.

SKINCARE & SENSORY

One of the pioneers in certified-organic skincare is Eco by Sonya, Australia’s number-one certified-organic body care and tanning range. Founder Sonya Driver built her brand on the belief that skincare should be both effective and kind – to the skin, to animals and to the planet.

Eco by Sonya Serum of Plenty (£44) is a certified-organic active serum that supports collagen, visibly smooths fine lines and evens skin tone. With hero ingredient vitamin C 15% (ascorbic acid), it improves the appearance of wrinkles, dark spots and acne. Organic daisy – exceptional at skin tissue repair – exfoliates and evens skin tone.

For the delicate area around the eye, Butterflies Eye Care offers dermo-cosmetics designed specifically for sensitive skin and eyes, plus oncology patients. Its Ultra Moisturising Eye Contour Serum (£18) blends niacinamide with dual-weight hyaluronic acid to hydrate deeply and restore suppleness. It’s a gentle, targeted formula that fits beautifully into an organic-leaning routine, especially for anyone seeking nourishment without irritation.

Organic September also celebrates the sensory side of natural beauty, and Penny Price Aromatherapy’s essential oil blends bring expertise and craftsmanship to this area. The Nurture Breathing Pillow Spray (£13.40) is a pocket-sized moment of calm; formulated with the company’s award-winning breathing blend, it disperses evenly thanks to an advanced solubilised base. This provides a safer alternative to applying essential oils directly to fabrics.

INNER BEAUTY

Organic September is also a reminder that beauty begins within. Nature Provides offers a high-strength, whole-food vitamin C blend sourced entirely from certified-organic fruits and berries, including acerola cherry, camu camu and amla. Unlike synthetic ascorbic acid, the whole-food vitamin C in naturaC® (£35.21) delivers natural bioflavonoids and enzymes that support absorption and utilisation. It’s a gentle, food-based option that the body recognises, supporting collagen production, skin health, immune resilience and protection against oxidative stress.

Another UK brand championing clean, careful formulation is Innopure, a small business dedicated to producing vitamins and supplements in slow, small batches. Its lightweight, fully recyclable pouches use 60% less plastic than traditional bottles. Innopure products are vegan friendly, non GMO and free from fillers, flow agents, ascorbic acid and citric acid – a rarity in the supplement world. Its Vitamin D3 & K2 (MK7) (£22.95) is simple, clean and kind to the environment.







CLOCKWISE
Eco by Sonya Serum of Plenty; Penny Price Nurture Breathing Pillow Spray; Butterflies Eyecare Eye Contour Serum; Innopure Vitamin D3 & K2; Nature Provides naturaC®; the International Practitioners of Holistic Medicine (IPHM) can be trusted by anyone seeking a qualified holistic professional

TRUST IN ORGANIC

Organic wellbeing isn’t just about products, it’s also about standards. As the wellness industry grows, clients increasingly want reassurance that practitioners and therapists are properly trained and accredited. The International Practitioners of Holistic Medicine (IPHM) has become a global trustmark for those seeking qualified holistic professionals; it supports therapists, coaches and training providers with independent accreditation that upholds professionalism, ethics and quality.

IPHM’s searchable global directory helps clients find practitioners who meet recognised standards, ensuring that holistic beauty and wellness remain rooted in transparency and trust rather than trends. For inspiration, check out *The Wellness Way* podcast with Philly J Lay; it cuts through the noise with raw, unfiltered conversations on health and wellbeing. Groundbreaking voices in this space include Barbara O’Neill, Dr Bryan Ardis and Dr Vandana Shiva.

Organic September invites us to choose consciously, support brands that honour nature and reconnect with the idea that beauty can be both effective and ethical. These brands show that organic isn’t a compromise, it’s an upgrade.

Find out more

- Discover more of Janey’s organic beauty recommendations at **imperfectlynatural.com**

P.E.A. THE AWARDS
IN ASSOCIATION WITH OMMM

The 2026 winners

This year's London awards ceremony brought humour back to sustainability

Green heroes from the UK and beyond have been recognised and celebrated at a glittering green-carpet ceremony at London's One Marylebone.

Winners of this year's P.E.A. (People. Environment. Achievement.) Awards, in association with OMMM, were congratulated in style over an evening hosted by comedian Stuart Goldsmith, who has performed standup comedy all over the world and is breathing new life into the way we talk about climate change.

A NEW NARRATIVE FOR SUSTAINABILITY

The awards, now in their 16th year, attract leading lights from the sustainability sector and are an official part of Europe's largest city-wide climate festival, London Climate Action Week (20-28 June).

This year guests were treated to speeches from Tony Juniper, one of the UK's best-loved environmentalists, and Joe Rajapaksha, a 12-year-old climate campaigner who is the author of five books and winner of last year's P.E.A. Award for Youth.

Tenzin Seldon, an established global leader, founder and venture capitalist with over two decades' experience scaling climate tech, delivered the keynote speech; she shared a new framework that incorporates ecological, economic and social resilience into measures of national progress.

Host Stuart Goldsmith performed a standup set that took guests on a journey 'from inertia and dread to action'. Stuart's recent climate show, *Spoilers*, won best show at the Leicester Comedy Festival and was among the best-reviewed shows at the Edinburgh Fringe.

Jarvis Smith, founder of the P.E.A. Awards, said: 'I'm always so impressed by the entries and nominations we receive, and this year is no different. The climate crisis isn't going away, but tonight's winners are taking matters into their own hands and proving that solutions exist and we can make a difference. There is hope, and tonight Stuart has reminded us to focus on the positives and celebrate all the best parts of being human.'

STANDOUTS FROM THE SHORTLIST

The shortlist, comprising individuals from six continents spanning 16 categories, represented a truly level playing field for recognition. A serving cabinet minister – the Rt Hon Ed Miliband MP, Secretary of State for Energy Security and Net Zero – competed shoulder to shoulder with grassroots activists and a teenage climate organiser from Kenya.





LIFETIME ACHIEVEMENT & BEST OF YEAR

The awards ceremony concluded with three special awards across two categories – Lifetime Achievement and Best of the Year.

The Lifetime Achievement Awards went to individuals whose considerable contributions and passion for change have led to exemplary long-term success in the field of sustainability. The first, for supporting Nature, went to Alastair Driver, Global Rewilding Alliance. The second Lifetime Achievement Award winner, for his work supporting humanity, was Master Zhi Gang Sha.

The Best of Year Award, which went to the judges' top-scoring nomination, was handed to Lola May, Paddington Development Trust, and Eman Asir, Westminster Libraries. This collaboration was shortlisted in four separate categories, and won in two of them, because it ticked so many boxes.

The all-female judging panel scored each entry and nomination on three criteria: success to date, scalability and impact.

Find out more

- For information on categories, judging and how to enter or nominate, visit **peaawards.com**



cont.

FROM THE TOP
Climate comedian Stuart Goldsmith hosted this year's P.E.A. Awards; the awards were once again created by Katie Weiner, jewellery designer; movers and shakers from across the sustainability sector attended the awards ceremony and sit-down meal

P.E.A. Awards 2026 winners











CLIMATE PIONEER

THE SHORTLIST:

- **Bianca Pitt, SHE Changes Climate**
- **Danielle Turkov Wilson, Think-Film Impact Production**
- **ecoSPIRITS Team**
- **NextGenLeaders Team**
- **Shanariha Evans, Young Warriors Club Kenya**

THE WINNER:

- **NextGenLeaders Team**

NextGenLeaders shows that young people most affected by environmental inequality are ready to lead when given trust, tools and support. The programme focuses on communities facing polluted air, fuel poverty, limited access to safe green space or littered areas where no one is addressing problems. Participants design solutions connecting everyday life with climate action, from creating community green spaces and protecting pollinators to tackling knife crime and social inequalities.

COMMUNITY

THE SHORTLIST:

- **B1G1 (BUY1GIVE1 PTE LTD) Team**
- **Botanicoir Ltd Team**
- **Karen Harvey, Toiletries Amnesty**
- **Lola May, Paddington Development Trust,** and **Eman Asir, Westminster Libraries**

THE WINNER:

- **B1G1 (BUY1GIVE1 PTE LTD) Team**

Rather than treating social impact as a separate initiative, the aim of B1G1 is to integrate it into everyday activity so it becomes a natural extension of commercial success. A corporate success – it could be a small sale or a big win – triggers an impact, setting a practical standard for how businesses can operate with purpose. The goal is to reach 1 Billion Impacts across more than 450 areas, ranging from a child's education to forest protection.

CULTURE

THE SHORTLIST:

- **Danielle Turkov Wilson,**
- **Think-Film Impact Production**
- **Rebecca Irby, PEAC Institute**
- **Ruben Aira Jr, Ruben Aira Jr Art LLC**
- **Stuart Trevor, Stuart Trevor**

THE WINNER:

- **Stuart Trevor**

Instead of producing new clothing at pace, what if fashion focused on reworking what already exists? The women's streetwear collection by Stuart Trevor transforms surplus and pre-owned garments into contemporary pieces designed for longevity, individuality and everyday wear. Rather than chasing seasonal trends or volume, the collection prioritises craftsmanship, durability and character while diverting materials from waste streams.

L-R: NextGen Leaders' Becks Wheatley with Stuart Goldsmith; Sustain Britain's Victoria Allnutt presented B1G1's award; Stuart Trevor with StrategiQ's Louise Goodthorpe; Tenzin Seldon receiving award from Duracell Energy's Mark Millar; Eman Asir and Lola May with Stuart Goldsmith

ENERGY

THE SHORTLIST:

- **Pavegen Systems Ltd Team**
- **Tenzin Seldon, Pulse Fund**
- **The Rt Hon Ed Miliband MP, Secretary of State for Energy Security and Net Zero**

THE WINNER:

- **Tenzin Seldon, Pulse Fund**

Tenzin has spent over two decades working at the intersection of climate, capital and systems change. As founder and managing partner of Pulse Fund, which invests across four climate technology verticals targeting companies that collectively address over $2.7 trillion in market opportunity, she is building the infrastructure for how climate technology gets funded, deployed and scaled, with the rigour of institutional finance and the urgency the moment demands.

EVOLUTION OF SUSTAINABILITY

THE SHORTLIST:

- **Becks Wheatley, NextGenLeaders**
- **ecoSPIRITS Team**
- **Lola May, Paddington Development Trust,** and **Eman Asir, Westminster Libraries**
- **Somy Madani, SOMY LONDON**

P.E.A. Awards 2026 winners

THE WINNER:

- **Lola May, Paddington Development Trust,** and **Eman Asir, Westminster Libraries**

Inspired by the Camino de Santiago, this collaboration between PDT and Westminster Libraries is a six-mile walking pilgrimage through Westbourne, Queen's Park and Harrow Road. By encouraging active travel and education about nature and wildlife in the area, the hope is that people will start to notice nature, care more and feel more embedded in their area. This will aid community building, connection to the land and a 'more than human' perspective in our urban environments.



HEALTH & WELLBEING

THE SHORTLIST:

- **Alfie Ruffell, SPEAK**
- **Fredrik Lie-Helgesen, Badstuegruppen AS**
- **Karen Harvey, Toiletries Amnesty**
- **Maeve Smith, Natural Wisdom**

THE WINNER:

- **Alfie Ruffell, SPEAK**

The UK construction industry has some of the highest suicide rates of any sector, driven by long hours, transient workforces, financial pressure and a culture where mental health struggles are often unspoken. Many wellbeing initiatives fail because they are reactive, overly clinical or disconnected from the realities of working life. SPEAK was founded by Alfie Ruffell to address this gap through a holistic, preventative mental health and wellbeing model that integrates seamlessly into real-world working environments.





INDIGENOUS COMMUNITIES

THE SHORTLIST:

- **Dikeledi Motshana, Thusanang Trust**
- **Leonel Ceruto, KAWSAY School of Mother Earth**
- **Ruben Aira Jr, Ruben Aira Jr Art LLC**
- **Tenzin Seldon, Pulse Fund**

THE WINNER:

- **Leonel Ceruto, KAWSAY School of Mother Earth**

The School of Mother Earth brings together different bio-cultures from the entire American continent, to give children and young people a vision of respect and reciprocity with Mother Earth. The main principle is to create learning communities that teach respect for all living organisms. The goal is to build a new, regenerative way of life where intercultural and community interactions can be used to address emergencies like global warming.

CLOCKWISE
KAWSAY's Alejandra Cuesta performed a powerful drumming solo; Alejandra collected an award from Tony Juniper on behalf of Leonel Ceruto; LPHF's Alexia Cito presented Alfie Ruffell's award

cont.

P.E.A. Awards 2026 winners

INNOVATOR

THE SHORTLIST:

- **Aaron Ableman, Gaia's Game Inc**
- **Corey Boaz, Omega Management Group**
- **ecoSPIRITS Team**
- **Nika Brunet Milunovic, Calm Nest Collective**
- **Robina Suwol, California Safe Schools**

THE WINNER:

- **Corey Boaz, Omega Management Group**

Corey's work has taken him across the United States, into the Virgin Islands, throughout Mexico and into parts of Africa, where access to water can mean the difference between survival and opportunity. No matter where he is, the approach is the same – listen first, understand the land and the people and then build something that will truly serve them. His patented directionally drilled intakes and slant well systems are smart and thoughtful; they protect coastlines, preserve natural systems and work with the environment instead of against it. When you provide reliable, clean water to a community, you change everything.

'I'm always so impressed by the entries and nominations we receive, and this year is no different. The climate crisis isn't going away, but tonight's winners are taking matters into their own hands and proving that solutions exist and we can make a difference.'

JARVIS SMITH

P.E.A. AWARDS FOUNDER





NATURE

THE SHORTLIST:

- **Edgardo Rossi, Preserved Plants Design**
- **Lola May, Paddington Development Trust,** and **Eman Asir, Westminster Libraries**
- **Sussex Grazed / We are Tilt Team**

THE WINNER:

- **Lola May, Paddington Development Trust,** and **Eman Asir, Westminster Libraries**

(See EVOLUTION OF SUSTAINABILITY winner info)



LEFT TO RIGHT
The Innovator Award was presented by Nathan Peart, energy specialist at Octopus Energy; Eman Asir and Lola May received their Nature Award from WLT CEO Dr Catherine Barnard

P.E.A. Awards 2026 winners

SHOPPING

THE SHORTLIST:

- Maeve Smith, Natural Wisdom
- Sian Colson, Obvs Skincare
- Sussex Grazed / We are Tilt Team

THE WINNER:

- Sian Colson, Obvs Skincare

Sian has built Obvs Skincare on results and truth: no fillers, no petrochemicals, no misleading claims – just high-performance skincare that respects the skin barrier and the planet. It challenges the status quo and proves that ethical beauty can be both effective and uncompromising. Sian formulates organic skincare under the Soil Association COSMOS standard, and helps to educate consumers on 'natural' beauty in her role as a Soil Association Beauty and Wellness Ambassador.



TECHNOLOGY

THE SHORTLIST:

- ecoSPIRITS Team
- GoCodeGreen Team
- Terrabyte LLC Team

THE WINNER:

- ecoSPIRITS Team

EcoSPIRITS replaces single-use glass bottles in the global spirits industry with a proprietary closed-loop distribution technology. The system transports premium spirits in bulk from their country of origin to local markets, where they are filled into reusable 4.5-litre glass ecoTOTEs. Bars, restaurants, hotels and retailers then dispense directly from these containers. The result is an average reduction of 95% in single-use packaging waste and a 60–90% reduction in the carbon footprint of packaging and distribution.





LEFT TO RIGHT
Sian Colson with Stuart Goldsmith; Epitome CEO Kevin Chan collected the Technology Award on behalf of the ecoSPIRITS team

'Tonight's winners are among the strongest sustainability pioneers we've seen. They are superheroes in their own right, tearing up the script and daring to do things differently – for everyone's sake.'

JARVIS SMITH
P.E.A. AWARDS FOUNDER

cont.

P.E.A. Awards 2026 winners

TRAVEL

THE SHORTLIST:

- **Fredrik Lie-Helgesen, Badstuegruppen AS**
- **Howard Carter, Howard Ltd (t/a incognito)**
- **Lola May, Paddington Development Trust** and **Eman Asir, Westminster Libraries**

THE WINNER:

- **Howard Carter, incognito**

Incognito offers a natural and non-toxic alternative to traditional insect repellents. Its formula, which uses the natural ingredient PMD instead of Deet, is 100% natural and biodegradable, and doesn't pollute local groundwater when washed away. The products, which include a tri-action suncream and kids' repellent, have been clinically proven to protect against mosquitos that carry malaria, dengue, West Nile, zika and other diseases. Incognito also publishes a blog to help customers make informed and responsible choices, and travel safely and sustainably to global destinations.







LEFT TO RIGHT
Incognito's Howard Carter with Stuart Goldsmith; the Youth Award, which was collected on behalf of Shanariha Evans by family member Cristina Isabel Cabral, was presented by Joe Rajapaksha; P.E.A. Awards founder Jarvis Smith

YOUTH

THE SHORTLIST:

- **Aaron Ableman, Gaia's Game Inc**
- **NextGenLeaders Team**
- **Rebecca Irby, PEAC Institute**
- **Shanariha Evans, Young Warriors Club Kenya**

THE WINNER:

- **Shanariha Evans, Young Warriors Club Kenya**

As a 14-year-old Youth Ambassador for Climate Change Education in Kenya and founder of Young Warriors Club Kenya, Shanariha Evans champions a community-led model that connects environmental learning with hands-on conservation. She has worked with over 36 public schools across Kenya, directly educating and inspiring more than 2,000 students. Through coordinated community efforts, Shanariha has led the planting of over 270,000 mangrove trees.

'You can't lecture people into changing the world – you have to show them that it's already happening. Climate progress won't come from government or grassroots alone. It comes when they're in the same room. That's why I created the P.E.A. Awards – to bring these change-makers together and celebrate their visions.'

JARVIS SMITH
P.E.A. AWARDS FOUNDER

HERO PRODUCTS

Introducing our September Heroes!
We've picked these products because we believe they are all best in their class for people and the planet. They represent simple, sustainable switches that will help to keep you, your home and the planet healthy – without compromising on experience or performance!

View all our Heroes at mygreenpod.com/heroes

HEALTH & BEAUTY



TABITHA JK SCENTED ORGANIC HAIR OIL

This Soil Association-certified organic pre-wash treatment will restore, protect and polish your hair. It's pure luxury in a bottle.

mygreenpod.com/heroes/tabitha-james-kraan-scented-organic-hair-oil

FOOD & DRINK



AURA SEA SALT

An organic Celtic sea salt, in five delicious organic flavours, that delivers your daily dose of vitamin D.

mygreenpod.com/heroes/aura-sea-salt

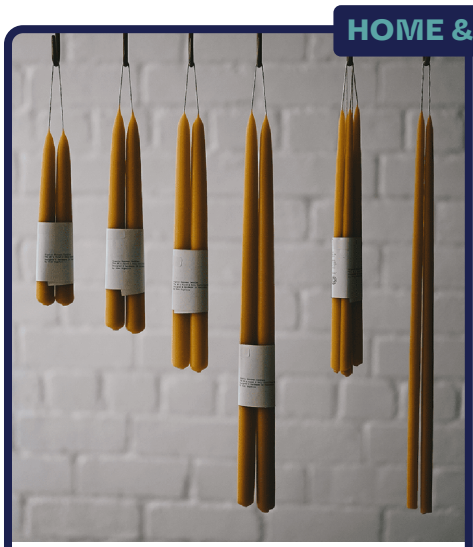


BIRD & WILD MEDIUM ROAST COFFEE

This shade-grown organic, Fairtrade coffee helps native and migratory birds by protecting crucial habitats.

mygreenpod.com/heroes/bird-wild-medium-roast-coffee

HOME & GARDEN



SKÄR ORGANICS ORGANIC BEESWAX DINNER CANDLES

The UK's first certified-organic dinner candles.

mygreenpod.com/heroes/skar-organics-organic-beeswax-dinner-candles

SHUI ME REED DIFFUSER RANGE

Luxury reed diffusers, made from 100% organic essential oils and only natural ingredients.

mygreenpod.com/heroes/shui-me-reed-diffuser-range



ARTS & FASHION



THTC ETHICAL T-SHIRT

Made with sustainably sourced hemp and organic cotton.

mygreenpod.com/heroes/thtc-ethical-t-shirt

TOP 5 SEPTEMBER SWITCHES

1

Looking for a lift? True Veda Organic Ashwagandha is an all-natural adaptogen that can enhance stress resilience, sleep and overall wellbeing.

𝕏 @trueveda
mygreenpod.com/heroes/true-veda-organic-ashwagandha

2

Try chocolate as it should be: Dandy's Raw Chocolate is unprocessed, raw, organic and vegan, flavoured with natural ingredients and wrapped in plastic-free packaging. What's not to love?

#DandysRawChoc
mygreenpod.com/heroes/dandys-raw-choc

3

The average woman uses 17,000 pads or tampons in her lifetime. Switch to Natracare organic and natural pads, liners and tampons for comfortable & unbeatable natural protection.

𝕏 @natracare
mygreenpod.com/heroes/natracare-organic-feminine-care

4

Ditch synthetic fragrances and embrace the unique, award-winning scent of Haoma Organic Eau de Parfum – No 1, made only with pure, certified-organic, food-grade essential oils.

𝕏 @Haoma_UK
mygreenpod.com/heroes/haoma-organic-eau-de-parfum-no-1

5

If late-summer cocktails are on the agenda, try PURE Organic Vodka – an award-winning, ultra-premium organic vodka that actively supports biodiversity.

#PUREOrganicVodka
mygreenpod.com/heroes/pure-organic-vodka



Into the woods

The experts at River Cottage share how to forage for mushrooms

There's a quiet magic to early autumn, as the light softens and the land begins to shift into a slower rhythm. While the hedgerows are laden with blackberries and apples begin to bend tree branches, something equally fascinating and exciting is happening closer to the ground: mushrooms begin to appear.

Part of the fascination with mushrooms lies in their mystery. Appearing quietly as the seasons shift, fungi play a vital role in woodland ecosystems while remaining largely hidden from view. Mushroom foraging encourages us to slow down and notice the landscape differently, turning a woodland walk into something more curious and attentive.

Mushroom foraging is about discovery and respect. Safe identification should never be left to guesswork, so expert guidance is an important part of learning to forage confidently and responsibly. At River Cottage, we offer a full-day mushroom foraging course led by expert forager and folklorist Nick Phillips. Nestled in the stunning countryside along the Devon/Dorset border, the experience is designed both to teach identification and encourage a closer relationship with the land itself during peak fungi season.

A DAY OF DISCOVERY

The day begins with a walk down the winding track to River Cottage, taking in the landscape before getting to know others on the course over tea, coffee and homemade treats from the kitchen. Inspired by the much-loved *River Cottage Mushroom Handbook*, Nick introduces the world of fungi before guests head out into the woods with two baskets: one for edible treasures and one for curiosities.

The beauty of mushroom foraging lies partly in its unpredictability. No two days are the same, and no woodland offers guarantees. Some excursions reveal edible treasures, while others uncover unusual species that spark conversation and interest. Under Nick's guidance, guests learn how to forage responsibly, identify fungi safely and better understand the rich biodiversity hidden within woodland ecosystems.

After a pause for refreshments and further explorations, everyone returns to River Cottage for a hearty lunch to celebrate the day's discoveries. A chef-led demonstration explores the possibilities of cooking with foraged fungi, alongside a showcase of the day's foraged finds, explored by Nick in greater detail.

At its core, mushroom foraging reminds us that nature rewards patience, attention and care when we take the time to understand what is growing just under our feet.

Find out more

- Browse the courses available at River Cottage at **rivercottage.net/courses**

CREAMY MUSHROOM SOUP RECIPE

If you fancy showcasing delicious mushrooms in your cooking this autumn, why not try our River Cottage Creamy Mushroom Soup? With its rich, earthy flavour, it's the perfect warmer when the weather starts to change.

INGREDIENTS

- 30g butter
- 2 leeks, trimmed (white and pale green part only), washed and finely sliced
- 1 sprig of thyme
- 750g mushrooms, roughly chopped
- 1 small garlic clove, chopped
- 1 tablespoon plain flour
- 1.2 litres hot mushroom or vegetable stock
- 100ml double cream, plus extra to finish
- A few gratings of nutmeg
- 2 tablespoons dry sherry (optional)
- Sea salt and freshly ground black pepper
- A handful of chives, tarragon or parsley, finely chopped, to finish

METHOD

Melt the butter in a large saucepan over a medium-low heat and sweat the leeks with the thyme, stirring until soft – about 10 minutes.

Turn the heat up to medium-high and add the mushrooms with a pinch of salt (this will help the juices to run). Sauté for a few minutes until they soften and lose some of their moisture.

Add the garlic and stir for a minute, then sprinkle over the flour and stir for a couple of minutes.

Pour over the hot stock.

Bring to the boil and simmer gently, uncovered, for 20 mins.

Remove the thyme. Whiz the soup in a blender until smooth (or blend three-quarters of it if you prefer more texture). Return it to the pan.

Add the cream to the soup, along with the nutmeg, and reheat gently, stirring. Add the sherry, if using, then taste and adjust the seasoning, adding more salt, pepper and/or nutmeg as needed.

Spoon the soup into warmed bowls and add a swirl of cream and a sprinkling of chopped herbs before serving.



FOOD SYSTEM RESILIENCE

The team at Olio explains how wasting less food helps build a stronger, more resilient food system



Cutting food waste is one of the simplest ways we can make our food system tougher when global challenges arise.

Most of us think of food waste as a small, private slip-up: the bag of salad that went slimy at the back of the fridge; the bread that turned green before we got to it. What we may not realise is that each time food ends up in the bin, one more tiny crack is created in our food system.

'Food system resilience' might sound like something for policymakers and scientists, but really, it just means how well our food supply can cope when harvests fail, prices spike or supply chains stall. In a world of rising temperatures and global conflicts, events like these are happening more and more frequently.

UNDERSTANDING RESILIENCE

Wasting less food turns out to be one of the most powerful, everyday ways we can all help to strengthen our food system. Researchers define food system resilience as the capacity of a food system to keep providing enough good food for everyone, even when it's hit by shocks and surprises. That means a resilient system can take a knock – whether a bad harvest, a price spike, a pandemic, a war or a heatwave – and still feed people.

We've all seen how quickly food systems can wobble. The pandemic emptied supermarket shelves overnight and wars in Ukraine and Iran have sent food prices soaring. Each year extreme weather events and climate shocks only serve to add even more stress.

A WAKE-UP CALL

In the UK we feel food system shocks keenly, because we don't grow everything we eat. According to Defra, 57% of the food we ate in 2024 was produced here; 25% came from the EU and 18% from the rest of the world.

Globally, around a third of all the food we produce is never eaten. A food system that throws away such a large portion of what it produces is running with no slack; if we reduce waste, we can build some buffer back in.

In 2022 alone, the world wasted more than 1 billion tonnes of food. Closer to home, the UK throws away more than 10 million tonnes of food a year across farms, manufacturing, retail and hospitality. According to Wrap, household food waste alone costs the average family of four around £1,000 a year. We are a big part of the problem – but that also means that we could be a big part of the solution.

THE BIGGER PICTURE

When we bin food, we don't just waste the food; we waste all the land, water, energy and effort it took to grow, harvest, pack and transport it. We also waste the chance to keep all of the emissions from those efforts out of the atmosphere.

Food loss and waste causes 8-10% of global greenhouse gas emissions, almost five times the emissions from aviation. If food waste were a country, it would be the third-biggest emitter on the planet, behind only China and the USA.

PHOTOGRAPHY ISTOCK

FOOD WASTE WINS

- **Plan your meals and shop to a list, so less gets bought on impulse**
- **Store food properly so it lasts longer (your fridge and your wallet will thank you)**
- **Make friends with your freezer: it presses pause on almost anything**
- **Get creative with the food you've already got**
- **When you've got good food you won't use, share it instead of binning it**

This is how waste weakens the whole system: every item that we throw in the bin is something we have to grow all over again, pushing harder on tired soils, stretched water supplies and a warming climate. And all this makes future harvests much less secure.

THE GOOD NEWS

The numbers are sobering, but luckily food waste is one of the most effective insurance policies for protecting our food system against future struggles. Our kitchens can be where we make the biggest difference.

A stronger food system won't be built in boardrooms and government departments, it will happen in our communities. Every time you share spare food with a neighbour instead of throwing it away, you're saving money, helping the planet and adding a little resilience to the whole system.

BE A HERO

Download the Olio app to share and find free food near you, and join a community of over 10 million people working towards a world where no good food goes to waste.

Fancy doing even more? By becoming a Food Waste Hero, you can rescue surplus food from local businesses to share with people nearby.

Find out more

- Olio is available to download on the App Store and Google Play. Information about the Food Heroes programme is at **olioapp.com/business/food-waste-heroes-programme**

COMPETITIONS

We've got our hands on a bunch of prizes from fantastic companies that are doing things differently. We love them all and we want to give you a chance to get to know them, too – so we're running these competitions so you can have a go and see for yourself!

We've handpicked this selection of green pearls – including natural skincare, transformative art and even a retreat pilot – to help set you on a path to a lighter lifestyle.

To enter and view any Ts & Cs, visit mygreenpod.com

WIN

THE GOLD EARTH DAY & NIGHT RITUAL

One lucky reader will receive Gold Earth's complete Vegan Beauty Award-winning Day & Night Ritual: the Phoenix Radiance Day Oil (60ml) and the Laila Aura Night Oil (60ml), together worth £89.98. Both oils are handcrafted in the UK in small batches.

Deadline for entries: 31.10.26





WIN

GOLD EARTH GOLDEN BODY ESSENCE & KINGS RITUAL

Treat the face, beard and body with this Gold Earth set, created for the man who wants something simple, luxurious and different.

Deadline for entries: 31.10.26

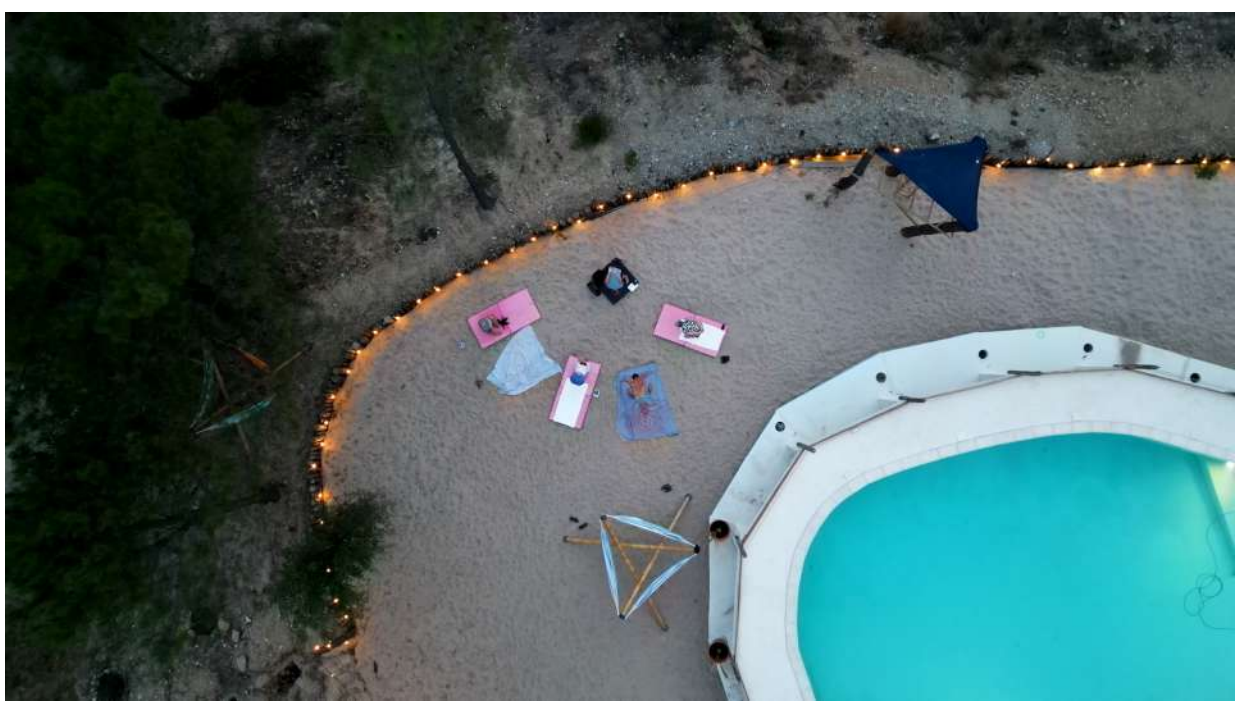


WIN

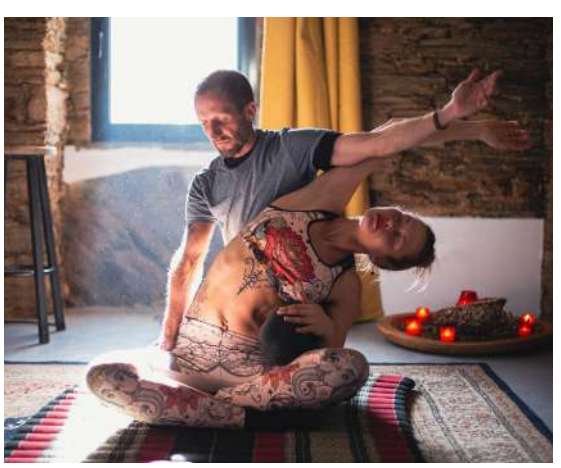
A RETREAT PILOT AT FREEDOM VILLE

We're offering one lucky reader an incredible opportunity to test their retreat ideas with a pilot at Freedom Ville, a nature-filled regenerative eco-village, retreat centre and creative sanctuary in Central Portugal.

Deadline for entries: 21.09.26







WIN

'LOVE' CALLIGRAPHY PRINT, BY MASTER SHA

This sacred calligraphy print has been created to uplift your wellbeing and your environment.

Deadline for entries: 21.09.26





WIN

FYSHA ESSENTIAL FACIAL GLOW SET

One reader will receive two targeted solid cleansers from FYSHA, worth £127. The Lemongrass & Detox Coconut Charcoal is for oily, combination and blemish-prone skin, while the Rose Geranium & French Red Clay was designed for dry and hormonal skin.

Deadline for entries: 31.10.26

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