JUNE 2026

My Green Pod .COM



WORLD ENVIRONMENT DAY

‘AN INVISIBLE BURDEN’
Why Breast Cancer UK wants the government to ‘act now to avoid future harms’ from EDCs

MFW 2026
We found out why Manchester has its own fashion week – and MFW 2026 is set to be stronger than ever

VALLEY FEST 2026 PULLOUT
Your essential guide to the UK’s first mainstream regenerative festival

WHEN AI MEETS HR
Could artificial intelligence be the next frontier in sustainable recruitment?

EDCS: HIDING IN PLAIN SIGHT

EDCs are hiding in your everyday products.

EDCs (Endocrine Disrupting Chemicals) are hidden in thousands of everyday products.

It's time to act. **Sign the pledge today.**

Why this matters.

Hormone disruption:
EDCs disrupt hormones especially during pregnancy, childhood, and puberty.

Everywhere:
Hidden in cosmetics (parabens), furniture (flame retardants), food (pesticides), and clothing (PFAS).

Unregulated:
Many are untested, yet still reach our products, putting us and our families at risk — a precautionary approach is essential.

**Thalie Martini,
Breast Cancer UK CEO:**

We didn't ask for EDCs, and we don't have to put up with them.



What can you do?

SIGN THE PLEDGE.

Scan the QR code.
Be part of something that could protect future generations.

Link: bit.ly/4eZSt1k

Welcome to My Green Pod Magazine!



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

For decades, climate communication has centred on distant warnings, inaccessible language, scientific targets and doomsday scenarios; the threat has felt remote and its presentation cold.

At the same time politicians in the UK and beyond have painted environmental protections as an economic threat, claiming policies to clean our rivers and decarbonise our energy supply would merely exacerbate a cost-of-living crisis that has already brought families to their knees.

Thankfully, politics and science don't dominate the narrative like they used to; people and communities are sharing stories and coming together to imagine their own futures.

This is the quiet observation behind the theme for World Environment Day (05 June) 2026: it is calling for each of us to read the signals Earth is sending – from extreme weather to increasingly barren soil – and then send our own signal back. Every action is a signal, UNEP says, and when we move together in the same direction, we can effect real change.

It's no secret that climate impacts are increasing — but so are the solutions. Acting now using technology that is already available would deliver safer and healthier societies, while preventing millions of deaths and trillions in economic losses by 2050.

Marking World Environment Day 2026, UN Secretary-General António Guterres said: 'This is the moment to act for our environment and for our future.' We have always been advocates of people power and we have always believed in human ingenuity. The solutions are here – many inside the pages of this World Environment Day issue of My Green Pod Magazine – we just need the courage to implement them.



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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Each year we produce over 400 million tonnes of plastic

7 in 10 Brits don't know Endocrine Disrupting Chemicals (EDCs) exist





Less than 10% of plastic is successfully recycled

WORLD LAND TRUST | Saving land Saving species

Registered charity 1001291

WILDLIFE IS DISAPPEARING

BUT **YOU** CAN STOP IT HAPPENING

Right now, irreplaceable wild places are being lost. But you can protect them by supporting the work of World Land Trust



"The money that is given to the World Land Trust, in my estimation, has more effect on the wild world than almost anything I can think of"

Sir David Attenborough - World Land Trust Patron

Be part of the **solution**, visit **worldlandtrust.org**

You can trust us, it's in our name

Scan for info

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PHOTOGRAPHY MIAMI WATERKEEPERS

THE DAY AFTER EARTH DAY

EARTHDAY.ORG's **James Banks** explores what happens when care becomes action

In Kenya's Kessup Forest, a young man began planting trees. 24 hours later, after exhaustion, uncertainty and thousands of holes dug into this critical ecosystem in Kenya's North Rift, Hillary Kiplagat Kibiwott had planted 23,326 indigenous saplings – enough to attract national attention, government recognition and headlines far beyond Elgeyo Marakwet County.

Extraordinary though it was, the thing that stayed with many people was not simply the number of saplings that had gone into the ground that day, but the sentiment Hillary offered afterwards when he reflected on the effort: 'people stood with me'.

In a year marked by political retrenchment, environmental fatigue and growing anxiety about whether meaningful climate action even remains possible, that short phrase landed with unusual force. Because perhaps the real story of Earth Day 2026 was never simply what happened on 22 April, but what happened when people chose, once again, to stand with one another.

SHOWING UP

For the 56th Earth Day, the global theme – Our Power, Our Planet – arrived at a complicated moment. Across parts of the world, climate commitments appeared increasingly fragile, environmental protections faced renewed pressure and public conversations about sustainability often seemed trapped somewhere between urgency and exhaustion.

Cynicism can be seductive in moments like these. It offers the comfort of lowered expectations – the quiet permission to disengage. Yet Earth Day 2026 suggested something more complicated and, perhaps, more hopeful: people have not stopped caring. More importantly, they have not stopped showing up.

Across more than 180 countries, communities organised cleanups, classrooms gathered for climate education, governments formalised partnerships, volunteers restored ecosystems and local leaders found ways to transform concern into something visible and practical. Earth Day, at least this year, felt less like a symbolic observance and more like a living demonstration of what changes when care is organised into action.

BRINGING ACTION HOME

One of the quiet truths emerging from this year's movement is that climate action began to feel local again. For years, environmental conversations have often arrived in the language of overwhelming scale: warming thresholds, melting ice sheets, emissions trajectories and international negotiations unfolding thousands of miles away. Necessary conversations, certainly, but also very distant ones.

For many people, climate change can feel simultaneously existential and strangely abstract, something too vast to touch. What Earth Day 2026 revealed, however, was a growing hunger for something more tangible: visible acts of participation rooted in everyday life.

UNITY IN SÃO PAULO

In São Paulo, one of the world's largest urban centres, environmental action unfolded not through abstraction but through civic participation at street level. Across all 32 subprefectures, municipal officials worked alongside volunteers, schools, waste pickers and neighbourhood residents in one of the city's largest coordinated environmental mobilisations. Roughly 200 tonnes of waste were removed, but the deeper significance was harder to quantify.

What residents witnessed was a city making environmental responsibility visible in real time – not through distant policy discussions, but through people standing shoulder to shoulder in the streets. The message was subtle but powerful: climate action does not always arrive through grand gestures; sometimes it begins with neighbours deciding their community deserves better.

PLASTICS IN MIAMI

A similar spirit emerged along the shoreline of Biscayne Bay in Miami, where volunteers gathered not simply to remove marine debris but to participate in a broader conversation about public health, plastics and civic accountability. More than 250 people joined the effort, collecting debris and restoring habitat in ways that felt both immediate and symbolic.

Perhaps the most consequential outcome emerged afterwards, when municipal leaders expressed interest in strengthening local plastics policy efforts. It was a reminder that environmental change rarely moves in a straight line; sometimes transformation begins with cleanup gloves, community trust and enough visible participation to shift what feels politically possible.

BEYOND THE HEADLINES

Elsewhere, Earth Day moved beyond volunteerism and into the realm of institutional consequence. In Maharashtra, India's largest and most economically significant state, a formal partnership linked Earth Day to long-term climate action through an agreement to support the planting of 5.6 million trees, climate education, monitoring systems and public engagement strategies. At a moment when climate rhetoric often exceeds climate follow-through, the distinction mattered.

The significance of the agreement was not simply the number of trees promised but what the agreement represented: an attempt to transform environmental concern into measurable systems capable of enduring beyond headlines and political cycles. It offered something increasingly rare in the contemporary climate: evidence that institutions can still move when public will and governmental leadership find common ground.

EMPOWERING RESILIENCE

Further south, in the fragile ecosystem of the Sundarbans, one of the world's most climate-vulnerable regions, restoration carried an even more human dimension. Efforts supporting the planting of mangrove saplings were tied not only to biodiversity protection but also to women's empowerment, healthier energy systems,



Volunteers at the Biscayne Bay, Miami cleanup event (left); planting mangrove trees in The Gambia (above and bottom-right)

sanitation, sustainable livelihoods and resilience against increasingly severe cyclones and rising seas. Environmental action here was not framed as aspiration; it was framed as necessity.

For communities already living on the front lines of climate disruption, restoration was inseparable from survival itself. The lesson felt important: some of the world's most meaningful environmental work no longer treats human wellbeing and ecological protection as competing priorities but instead recognises them as deeply interconnected.

Nevertheless, perhaps one of the most quietly powerful stories of Earth Day 2026 unfolded not outdoors, but underground.

REBUILDING UKRAINE'S FUTURE

At Taras Shevchenko National University of Kyiv, students and faculty participating in an Earth Day symposium were interrupted by air-raid sirens. In another context, the day may have simply ended there. Instead, participants relocated to a bomb shelter and continued the programme.

Exhausted, uncertain and living through circumstances few outside Ukraine can fully comprehend, they resumed conversations about environmental leadership and rebuilding the future. It was a moment almost too easy to overlook amid larger headlines, yet it lingered precisely because of what it revealed.

Hope, contrary to popular imagination, is not always optimism. Sometimes hope looks like persistence. Sometimes it looks like continuing difficult conversations in impossible conditions because you still believe tomorrow is worth preparing for.

CLIMATE EDUCATION

Education, in many ways, may prove to be the long-est game Earth Day plays. Throughout 2026, cli-mate education initiatives expanded across schools, universities and youth networks in 112 countries, connecting millions of students and educators through project-based learning, climate literacy, coding and sustainability programmes.

Yet the significance of education cannot be captured solely through numbers. Climate education does something subtler and perhaps more profound: it teaches agency. It reminds young people that environmental instability is not inevitable, that systems can change and that participation still matters. In a world increasingly saturated with despair, there is something quietly radical about teaching young people not only what is broken, but also what remains possible.

A GLIMPSE OF A POSSIBILITY

None of this is to suggest Earth Day 2026 solved the climate crisis. It did not. No single day could. The scale of the challenge remains immense, and the setbacks are real. But movements have never succeeded because they solved impossible problems overnight; they succeed because enough people repeatedly and imperfectly decide that resignation is unacceptable.

That truth feels particularly relevant now. In moments of instability, it becomes tempting to mistake fatigue for failure or political resistance for inevitability. Yet the quieter story unfolding beneath the noise this year suggested something else entirely: people still want meaningful ways to contribute. They still want reasons to believe collective action matters. They still want evidence that institutions, communities and individuals can move together towards something better. Earth Day 2026 offered glimpses of that possibility in classrooms, forests, coastlines and city streets.

Perhaps that is what Our Power, Our Planet ultimately came to mean: not optimism detached from reality, nor naïve confidence that the hardest work lies behind us, but a recognition that even in difficult times, people remain capable of extraordinary things when they are given credible ways to participate in shaping the future.

In Kenya, one young man planted trees while a community stood beside him. In São Paulo, neighbours reclaimed streets. In Miami, volunteers transformed a cleanup into a civic possibility. In the Sundarbans, restoration became resilience. And in Kyiv, students carried on conversations about tomorrow underground because they refused to surrender the idea that tomorrow still matters.

The real story of Earth Day 2026, it turns out, may never have been about one day; it was about what happened afterwards, when people went home carrying something increasingly rare: evidence that collective action, though imperfect, still works.



Find out more

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

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YOUR PATCH OF THE PLANET

This new project will turn ordinary people into Earth's guardians

There are nearly 37 billion acres of territorially owned land on this planet, ranging from desert and tundra to rainforest, urban park, ocean floor and tropical reef. All of it is alive, all of it is under pressure and, despite our population of over 8 billion people, almost all of it has nobody to look out for it.

That's the quiet crisis at the heart of a bold new idea that began with a conversation between a mentor and his student; it has since grown into something that could change the way each one of us relates to the world we live in.

WHAT IS FOUR ACRES?

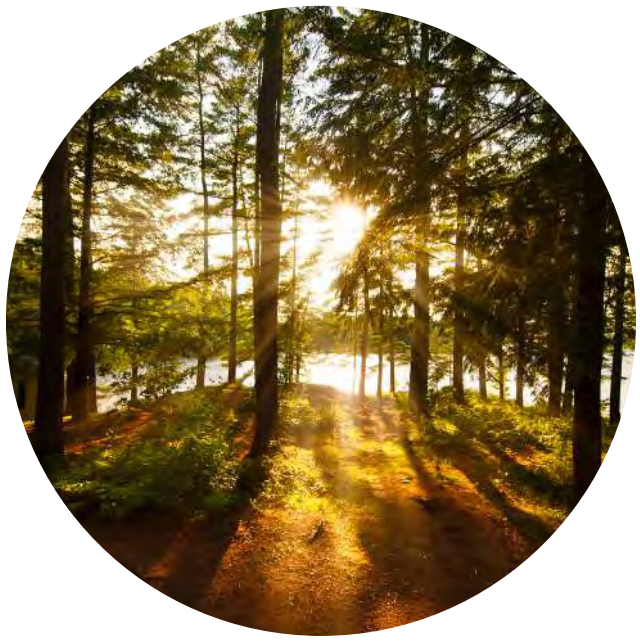
The seed for Four Acres was planted during a conversation, between My Green Pod co-founder Jarvis Smith and his mentor, about what a truly connected, citizen-led stewardship movement could look like. That vision took root and now, alongside Katie Hill, co-founder and editor-in-chief of My Green Pod and a storyteller with a gift for making complex ideas feel human and alive, Jarvis is turning it into reality.

The idea is beautifully simple: every person on Earth is assigned a random four-acre plot somewhere on this planet. It might be a stretch of Amazonian canopy, a bleached patch of coral or a strip of urban wasteland in a city they've never visited. Then they're invited to care about it – to be its custodian and to learn about the pressures it faces; to learn what's living there (or what's struggling to) and to imagine what it could become. From wherever they are in the world, they are invited to advocate for this four acres.

MEANINGFUL ACTION

The platform, in active development, is being built to support this journey and help people learn, connect and take meaningful action for their patch of the planet. The goal is to inspire action and advocacy on an unprecedented global scale.

PHOTOGRAPHY ISTOCK





This is not a subscription box. It's not a carbon offset. It's a deeply collaborative initiative focused on meaningful global action: the goal is to create a genuine, personal relationship between a human being and a piece of the Earth they may never have visited, but are choosing to stand up for.

A MOVEMENT OF STEWARDS

Nature is chronically underfunded and biodiversity is collapsing at an alarming rate, yet millions of people feel helpless. They want to do something but don't know where to start, and lack confidence that any individual contribution could even make a difference. Four Acres is built on the belief that every effort will make an impact and that at scale, these efforts will change everything.

Imagine billions of stewards, each one connected to a specific place. Each one is learning, advocating and acting. That's not a campaign, it's a movement – a worldwide web of human care, mapped on to the land itself. It could generate the kind of momentum that would make governments pay attention; it would weave individuals, families, schools and businesses into a community that shifts culture and makes protecting the natural world feel less like a policy debate and more like a basic human commitment.

GET YOUR FOUR ACRES

Four Acres was launched on Earth Day 2026; it was presented on stage in New York's Times Square and brought to the United Nations by Jarvis on the same day. Over the next 12 months, the team will continue to develop the platform and deepen the proposition, with the ambition of reaching the global population by Earth Day 2027. That's when the real impact will begin: billions of stewards, billions of connections and one shared planet.

For now, all you need to do is add your name to the waiting list to stay up to date with all the latest news and developments. When the platform opens its doors, your four acres will be waiting for you.

Find out more

- Add your name to the waiting list at **4acresearth.com**

East Yorkshire's hidden gem

Spectacular wildlife & countryside charm meet boutique luxury: our family trip to The Highfield

Tucked away on the outskirts of Driffield, surrounded by rolling countryside and just a short drive from Yorkshire's dramatic east coast, The Highfield is a picture-perfect getaway that has it all. It instantly captured the hearts of new owners Laura and Jake Grayson on their very first visit in October 2025. 'We completed the purchase in May 2026, but from that first viewing we both knew there was something incredibly special about the property', Laura tells us. 'What drew us in most was the character and soul of the house.'

The Highfield's previous owners, Andy and Lindsey Lampard, lovingly restored the property over many years, blending contemporary luxury with the original charm and history of the building. They succeeded where many fail: the house feels elegant and refined but retains the warmth and personality that makes it feel like a home rather than simply a hotel. 'It's very rare to find a place that feels both luxurious and deeply personal', Laura shares; 'that balance is something we completely fell in love with.'

Laura and Jake have always enjoyed creating experiences that bring people together, and The Highfield has a romantic history that aligned perfectly with the couple's vision for the future. Over the years it has hosted countless weddings, celebrations, family gatherings and special moments, and all the joyful memories that have gone with them. 'We see it not only as a boutique hotel, but as a destination for unforgettable weddings, private house parties, wellness escapes and meaningful celebrations', Laura explains.





A SENSE OF CALM

The house is full of character, and as you might expect the grounds are equally magical. One unique feature is the chalk stream that runs through the woodland, which is believed to be the most northerly chalk stream in Europe. 'It's an incredibly peaceful part of the estate and changes beautifully with the seasons', Laura tells us. 'When nearby farms temporarily close the dam, the stream bed dries naturally and fresh mint begins to grow through it, filling the woodland with the most incredible scent. Alongside that, we also have wild garlic, rosemary and thyme growing naturally within the grounds, creating a real sense of connection to the landscape around us.'

Jake and Laura care deeply about protecting and enhancing the gardens and woodland. 'Guests often comment on how tranquil and restorative the setting feels', Jake says; 'whether it's sitting with a coffee overlooking the trees, wandering through the grounds at sunset or simply listening to the birds in the morning, there's a real sense of calm here that's difficult to describe until you experience it yourself.'

THE WELLNESS FOCUS

One of the most exciting additions currently underway is the transformation of part of the property into a dedicated Wellness Wing. This new space will feature treatment rooms, a reformer pilates studio and a wellness-focused conservatory overlooking the woodland. This area will include a relaxation space and hot tub, designed to encourage guests to slow down, reconnect and enjoy the surroundings.

'We want The Highfield to become somewhere people visit not only for celebrations, but also for rest and restoration', Laura shares. The couple's





CLOCKWISE The Highfield's grounds are bursting with nature; puffins return to Bempton Cliffs from April to August; the RSPB Bempton Cliffs reserve is the best place to view the seabird spectacle; The Highfield combines elegance with warmth; the gardens host Europe's most northerly chalk stream; Laura and Jake with their son, Romeo

long-term vision is to establish The Highfield as East Yorkshire's leading five-star boutique hotel and wellness retreat. 'We want to create something that feels luxurious yet welcoming – somewhere that delivers exceptional experiences without losing its warmth and authenticity', Laura tells us. 'For us, luxury is about atmosphere, comfort, personal touches and meaningful experiences rather than formality. We want guests to feel completely at home while still enjoying a taste of the high life.'

LOCAL SOURCING

Laura and Jake are both committed to supporting local businesses and producers. 'Yorkshire is filled with talented independent suppliers, growers, makers and creatives, and we're passionate about showcasing the very best of the region', Laura explains. 'We're already working with local suppliers for fresh produce deliveries and collaborating with nearby businesses across hospitality, wellness and events. We believe that when local businesses support each other, the entire community is able to reap the benefits.'

Community involvement is something the couple genuinely cares about. The Highfield has always been a well-known part of the local area, and Laura and Jake want to continue building relationships with the people and businesses around them. Through wellness classes, collaborations, events and local partnerships, the goal is to create a space that feels welcoming not only to overnight guests but also to the wider community.

Local sourcing is also an important part of Laura and Jake's sustainability plan, which is a strong focus for the future. The grounds will soon boast herb and vegetable gardens to supply ingredients for the kitchen, and opportunities for more on-site growing and foraging within the estate are being explored. 'Using herbs and produce grown within the grounds allows us to reduce food miles while also creating a stronger connection between the landscape and the guest experience', Jake shares.

'We're also working on developing more homemade products for our food and beverage offering, using ingredients sourced either on site or from nearby producers wherever possible', Laura adds. 'Our aim is to create a more thoughtful and sustainable approach to hospitality while still delivering a luxurious guest experience.'

PHOTOGRAPHY JULIA HEALEY PHOTOGRAPHY, JEMMA KING



THE SEABIRD SPECTACLE

The surrounding area also has a lot to offer; The Highfield is perfectly positioned for exploring the Yorkshire Wolds and the east coast, with beautiful beaches, walking routes and nature reserves all nearby. The King Charles III England Coast Path links Bempton to Filey Brigg to the north and Flamborough Head to the south.

The 'Flamborough Front' – the meeting of cold and warm water – creates an upwelling of nutrients and plankton that fills the waters around Flamborough Head with food for seabirds and other marine wildlife. Seals, harbour porpoise and bottle-nosed dolphins can be seen on a clear day from the world-famous Flamborough Head, the UK's most northerly chalk cliffs. We timed our family visit to The Highfield in June so we could make the most of the spectacular annual display of seabirds from RSPB Bempton. The reserve's clifftop trails are great for families and offer the perfect viewing spots for the UK's largest seabird colony. We watched gannets, kittiwakes, razorbills, guillemots and even a few puffins chatting away on the cliffs and making tireless journeys over the water.

A NEW CHAPTER

Guests visiting The Highfield can expect a relaxed and personal stay – whether it's a romantic getaway, a wellness retreat, a wedding celebration or simply a countryside escape. The unique setting and warm staff will make every visit feel memorable. There's a balance here between elegance and comfort that encourages people to properly switch off and enjoy the slower pace of countryside living.

The market town of Driffield offers independent shops, cafés and a wonderful sense of community. 'Yorkshire as a whole is incredibly rich in both natural beauty and local character', Laura shares, 'and we feel very lucky to call this part of the world home'.

The Highfield is entering a new chapter, and while Laura and Jake want to preserve everything people already love about the property, they are equally determined to evolve it into something even more special. 'Over the coming years we hope to continue expanding the wellness offering and strengthening our sustainability initiatives to further establish The Highfield as a unique boutique destination', Jake says.

At its heart, The Highfield is about creating memorable experiences in a beautiful setting. 'It's a place built on love stories, celebrations and connection', Laura says, 'and we feel incredibly proud to now be part of its story, too.'

Find out more

- For availability and rates, visit **thehighfield.uk**
- Details of Bempton's wildlife are at **rspb.org.uk/days-out/reserves/bempton-cliffs**



BEAUTY & CONSCIOUSNESS

Natural beauty expert **Janey Lee Grace** talks crystals, cacao & conscious living for World Environment Day



Every year, World Environment Day (05 June) reminds us of something important: most of us can't single-handedly reverse climate change, clean the oceans or rewild the planet. But we can make conscious choices – choices about what we buy, how we live and how we replenish our own energy. Those small, consistent decisions create a ripple effect that brings benefits to both our wellbeing and the world around us.

Holistic living isn't just about self-care; it's about recognising that we are part of a wider ecosystem. The Platinum Awards recognise the best in natural, innovative and sustainable products and services; when we choose products, practices and people who honour nature, we support our own health while reducing our impact on the planet.

INSIDE-OUT NUTRITION

It's important to choose products that are pure, responsibly sourced and created with intention. Nature Provides is a nutritionist-led company founded by nutritional therapist Rachel Aceso; the focus is on creating supplements without unnecessary fillers or preservatives. These formulations are highly bioavailable, meaning your body can actually use what you're taking.

The high-strength Dual-Form Iodine (£21.32, 30ml), extracted from natural kelp and uniquely formulated for optimal absorption, supports energy, mood, skin and the nervous system.





INDULGENT CACAO

For those who love a little indulgence, Meraki Cacao is unique. Founded by Vicky Armitage and inspired by her travels, the products in this cacao range are handmade using unrefined, nutritious ingredients – raw Peruvian cacao, palmyra blossom nectar and natural flavours.

Free from dairy, soy and refined sugar, Meraki Cacao is crafted using a slow stone-grinding process that preserves nutrients.

Try the Meraki Cacao Edesia roasted hazelnut-cacao spread (£14) or the Olé orange & raw caramel bars (£18.95, 4x50g bars).

Cacao can be a real treat for the face, too! You can elevate your daily skincare ritual with Pure Radiance Crème (£34.50, 50ml) from Enowa Skincare. It's a 100% natural, whipped facial moisturiser, handcrafted in small batches, that combines real cacao, pure oils and mineral actives to nourish and soothe.

ZERO-WASTE HYDRATION

Sustainable living doesn't have to be complicated; sometimes it's as simple as choosing refillable, long-lasting essentials. Salt of the Earth's Melon & Cucumber Natural Roll-On Deodorant (£7.49) is fresh, energising and refillable, helping you cut down on plastic waste without compromising on performance. Made with 100% natural-origin ingredients and certified by COSMOS, it's a small switch that would make a meaningful difference.

We all know the importance of staying hydrated, but drinking from plastic bottles won't cut it! The Watery (£299) is a compact unit that delivers fresh, clean, drinkable water. It has a four-stage reverse osmosis (RO) filter and water quality monitor, and it even gives you instant hot water. With no single-use plastics or cartons, it creates zero waste.

For a unique take on hydration, the Quantum Water Charger for Daily Water Wellness (£34.99), from Crystal Water Experience, is a compact, frequency-based device that works without electricity, refills or maintenance – ideal for anyone seeking a simple, portable way to enhance their hydration while keeping things eco-friendly.



CLOCKWISE
Salt of the Earth natural deodorants; Nature Provides Dual-Form Iodine; Quantum Water Charger from Crystal Water Experience; The Watery; Enowa Pure Radiance Crème; Meraki Cacao bars







Mina Manjeet Soni (left), founder of Mina's Fani Soul, and Jenny Moore, founder of Tamaya

NOURISH YOUR ENERGY

Holistic wellbeing involves tending to your emotional and energetic health, too. Therapists like Mina's Fani Soul offer distant energy healing and crystal healing, practices rooted in the understanding that energy isn't limited by time or space. Mind and spirit can be balanced and supported wherever you are.

Similarly Tamaya, founded by massage therapist and energy practitioner Jenny Moore, blends somatic work, nervous-system support and Native American-inspired wisdom. Her nurturing approach helps clients process trauma, grief and emotional blocks.

World Environment Day isn't about perfection – it's about choosing products that respect the planet, supporting practitioners who honour the body and spirit and giving yourself permission to live more intentionally. Vote for your favourites in the Platinum Awards and you could win a huge hamper of natural and organic skincare.



Find out more

- Cast your vote in the Platinum Awards at **janeyleegrace.com/your-vote**



‘An invisible burden’

Breast Cancer UK calls for government to ‘act now to avoid future harms’ from EDCs

Breast Cancer UK is calling on the UK Government to ban Endocrine Disrupting Chemicals (EDCs), warning they are ‘hiding in plain sight’ and placing ‘an invisible burden’ on the body. Research from the charity also reveals this burden is not shouldered equally; women – and women of colour – are at higher risk of exposure, and therefore also of the health risks.

‘EDCs can affect our hormone system, sometimes copying or increasing the production of our natural hormones, such as the sex hormone oestrogen’, said Dr Hannah Moody, Breast Cancer UK’s Director of Research & Engagement. ‘This is particularly concerning for Breast Cancer UK, as high levels of oestrogen are associated with an increased risk of developing breast cancer.’

WHAT ARE EDCS?

EDCs are used for their practical properties; they provide everything from preservatives to water-proof coatings, durable perfumes and pesticides. The most well-known EDCs are PFAS, a group of over 10,000 manmade ‘forever chemicals’ known to persist in the environment and the human body. First developed back in the 1930s, PFAS are now widely used in items such as non-stick pans, fire-retardant foams and stain-resistant fabrics.

‘EDCs, which can be inhaled, ingested or absorbed through the skin, may be lurking in every part of our daily routine: from our perfume and makeup in the morning to our food and cookware, clothes, carpets and furniture – even children’s toys’, Hannah tells us. ‘They are invisible and yet hiding in plain sight’, adds Thalie Martini, CEO of Breast Cancer UK.

EXPOSURE AND RISK

A recent Breast Cancer UK poll revealed that women are at higher risk of daily exposure to EDCs through contact with everyday items such as cosmetics, scented products and detergents. Women of colour could be even more vulnerable due to the prevalence of EDCs in specific hair products. We may also be more susceptible to EDCs during certain developmental stages, such as in the womb, from childhood to adolescence and during pregnancy and menopause.

We’re exposed to products that may contain EDCs at least 60 times per week, yet we know very little about these chemical interactions. ‘We may be exposed to unique mixtures of many different EDCs and not to one chemical at a time’, explains Hannah. ‘These chemical cocktails are very hard to measure, and yet failing to account for how the separate chemicals can interact and build up in our daily routines is like calculating how healthy our diet is by viewing each ingredient independently: it’s only a tiny part of a much larger picture.’

A recent poll by Breast Cancer UK revealed that seven in 10 Brits aren’t even aware of the existence of EDCs. This is not helped by confusing labelling, which lacks clarity and transparency.

‘Forward-thinking companies are already paving the way for safer alternatives – for example, it’s possible to seek out PFAS-free activewear, to replace non-stick pans with cast iron and stainless steel or substitute plastic food containers for glass and wood varieties’, said Thalie. ‘However, safer alternatives can be expensive or hard to find, and it shouldn’t fall on individuals to protect our health – governments and companies need to step up.’

THE CASE AGAINST EDCS

Growing scientific evidence, alongside commentary from trusted sources such as the World Health Organization (WHO), shows that exposure to these harmful chemicals is a public health priority due to their effects on health – from fertility issues and obesity to contributing to increased risk of breast cancer.

Alarmingly, many of these chemicals haven’t been tested for their effects on human health, yet they still make their way into our products. ‘This is why Breast Cancer UK wants to avoid putting public health at risk by taking a precautionary, evidence-based approach to chemicals, and calling for their restriction’, Hannah tells us.

The ‘precautionary principle’ is an approach to decision-making that puts measures in place to protect human or environmental health where there is a plausible threat and the stakes are high, even when evidence is incomplete or inconclusive. The stakes in this case, as Breast Cancer UK points out, couldn’t be higher, which is why the charity is urging a precautionary approach to regulation.

‘We believe the government isn’t acting fast enough to translate scientific knowledge into meaningful policy change’, warns Thalie. ‘We know there is enough evidence to justify taking this risk management approach, so we believe the government should act now to avoid future harms.’

WHAT TO DO

We don’t need to wait for a change in the law to start protecting ourselves; Breast Cancer UK has put together some easy, everyday swaps and free educational resources, such as its guide to EDCs in the home, to help everyone understand more about EDCs and reduce their exposure.

‘It’s hard to read the ingredient lists on labels – in fact, our poll found that 60% of Brits find it difficult to identify whether their products contain EDCs’, acknowledges Hannah. ‘However, Breast Cancer UK has produced some tools to help, such as our ‘A to Z Chemicals of Concern’. Where possible, we recommend avoiding scented and stain-repellant products, which are more likely to contain EDCs.’

Through its campaign, Breast Cancer UK is calling on the public to sign the pledge to ban EDCs, and will be providing multiple opportunities to speak directly to the government and industry with one unified message: we didn’t ask for EDCs, and we don’t have to put up with them.

Find out more

- Sign the pledge to ban EDCs at **breastcanceruk.org.uk/get-involved/campaign-with-us/Ban-EDCs**

PHOTOGRAPHY ISTOCK

HERO PRODUCTS

Introducing our June 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

HOME & GARDEN



NATURE NURTURE KIDS THE NATURE NURTURE KIT

The ultimate nature adventure kit, built to empower and inspire kids to help nature and the Earth.

mygreenpod.com/heroes/nature-nurture-kids-the-nature-nurture-kit

HEALTH & BEAUTY



INCOGNITO NATURAL INSECT REPELLENT

A light, non-greasy spray that's free from Deet and provides 100% protection from mosquitoes.

mygreenpod.com/heroes/incognito-natural-insect-repellent



TABITHA JAMES-KRAAN SCENTED ORGANIC HAIR OIL

Restore, protect and polish your hair naturally with this luxe certified-organic oil.

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

FOOD & DRINK



STROUD BREWERY HOP DROP PALE ALE

A vibrantly hoppy organic pale ale, packed with punchy citrus and tropical hop aromas.

mygreenpod.com/heroes/stroud-brewery-hop-drop-organic-hazy-pale-ale



HAOMA ORGANIC DEODORANT

This organic spray deodorant contains a strikingly revitalising blend of certified organic essential oils to keep you feeling fresh naturally.

mygreenpod.com/heroes/haoma-organic-deodorant



NEVE'S BEES HAPPY DAYS CLEANSING BALM

This soothing, 100% natural cleansing balm supports bees and other pollinators.

mygreenpod.com/heroes/neves-bees-happy-days-cleansing-balm

TOP 5 JUNE SWITCHES

1

If you're packing a picnic (or just saving some leftovers), try WaxWraps. The waxed organic cotton wraps are a reusable, eco-friendly alternative to single-use cling film.

#WaxWrap
mygreenpod.com/heroes/kinetic-wax-wrap

2

Make the most of the sunshine and get that coffee to go! The Huskup reusable coffee cup is made from rice husk, not plastic – so no melamine, plastic, BPA or toxins.

@huskup_eco
mygreenpod.com/heroes/huskup-eco-coffee-cup

3

If you're working hard in the garden, make sure you look after your skin. Pure Lakes Hydrating Hand Balm is an easily absorbed balm that softens and repairs skin.

@PureLakes
mygreenpod.com/heroes/pure-lakes-hydrating-hand-balm

4

This summer you could make money and hire out your tent, or save money and rent a tent! Tentshare works just like Airbnb, but for tents.

@Tentshare1
mygreenpod.com/heroes/tentshare

5

Looking for a family-friendly festival set in a beautiful location? Valley Fest has it all – from arts and music to the very best food and first-class fun.

@LoveValleyFest
mygreenpod.com/heroes/valley-fest



PHOTOGRAPHY STEVE NYMAN; ANYA ROSE

Just fashion

How **Safia Minney** is helping to drive a just transition in fashion and textiles



Dr Safia Minney MBE is no stranger to ethical fashion; author of nine books on human and environmental exploitation in the fashion industry, she is also the founder of sustainable challenger brands Global Village and People Tree, which she launched in Japan and brought to the UK in 2000.

Last year Safia built on her experience and success with the launch of Indilisi, a new artisan fashion label boasting timeless and luxurious clothes made from 100% GOTS-certified organic, handwoven materials. Each piece is designed to withstand trends instead of adding to the cycle of fast fashion.

'We should all be buying less, and reducing from 40 new garments a year to five', Safia tells us. 'If we made just one of those five garments handcrafted, and bought it through a social enterprise, we could transform the fashion industry, bit by bit. Every fashion item should empower, not exploit – and regenerate our natural world.' For Safia, this inherent power is why fashion, when done right, can be a tool for change.

ORGANIC TEXTILES

Safia, a self-confessed 'organic farming nut', is a passionate advocate of fabrics derived from organic processes, as they promote soil, food, biodiversity and planetary health. 'Fashion can help communities work in harmony with the natural world and support healthy soils and biodiversity on their land', she tells us. 'We should listen to farmers. They are the canary in the coal mine when it comes to understanding the impacts of climate change.'

In addition to supporting environmental and human health, clothes made from 100% certified-organic cotton also feel great to touch and wear. 'They breathe with you and wash well', Safia explains. 'People tell me that they are not used to 'real' fabrics any more; they are blown away by the fabric quality when they see and touch Indilisi products in a store.'

ARTISAN SKILLS

With Indilisi, Safia's goal is to demonstrate that by using traditional crafts – such as organic cotton growing, handweaving, hand embroidery and hand knitting – fashion can revive artisan skills and create livelihoods for rural people. 'For me, 100% handcrafted clothing has the power to lead a just transition in the textile and clothing industry', Safia explains. 'That's what I'm trying to prove – in my small way!'

Yet Safia recognises that a skills revival alone won't be enough to shift the dial; while providing decent, dignified work for millions of handweavers and craftspeople around the world, we must also radically curtail the production of new fashion. 'Some people are switching to secondhand clothes, yet many are still addicted to fast fashion and ultra fashion', she says. 'Consumption has become a mental illness, and we need to help people gently through recovery.'

REGULATION & UK FASHION

Regulation could help curb the tide of fast fashion, but the UK lacks a coherent framework to regulate fashion and textiles. In 2022 Safia founded Fashion Declares as a way to effect positive change in the broader fashion industry, and recently launched the white paper 'The Future of Fashion in the UK' as a way to address the policy gap.

'We can't expect businesses to honour human rights and national environmental laws – if they did then we wouldn't be in the mess that we are in', Safia tells us. 'We need high-street brands to demand regulation, too'. This is why Fashion Declares runs carbon literacy training for fashion practitioners – including buyers, marketing, ops and legal teams as well as designers themselves. 'We work with a broad range of household names – from Dr Martens to John Lewis – as well as small brands that are just starting out', Safia tells us. 'We also run events and conferences that are specifically designed to encourage dialogue and shift the Overton window.'

WEARING THE STORY

For Safia, product and systems change must go hand in hand; this is why she is determined to keep up her activism while creating beautiful, fair and ethical fashion.

'People are jaded by luxury brands that often rely on modern-day slavery and bad environmental practices', she says. 'People increasingly feel duped. It's great to see the global craft trend growing but it's crucial that craftspeople are paid fair prices and receive living wages.'

With Indilisi you get to be a part of this change, and to wear the story of the people who have made what you wear. 'That's very magical to me', Safia shares. 'We urgently need a less extractive, exploitative way of doing fashion, and I hope Indilisi will show that this is possible.'

Find out more

- Sign up to Fashion Declares at **fashion-declares.org**
- View the full Indilisi range at **indilisi.com**

MFW 2026

There's a reason why Manchester has its own fashion week – and this year the event is set to be stronger than ever

Manchester has always created movements, from the Industrial Revolution to modern computing. For Gemma Gratton, executive producer of MFW (Manchester Fashion Week), that legacy comes with a responsibility to lead again – particularly in an industry that urgently needs systemic change.

'The ambition is for MFW to act as a cultural catalyst', Gemma tells us. 'We want to build something that not only showcases fashion but actively reshapes it – starting with our regional ecosystem. We're creating a platform to connect creativity, technology, education and industry.'



Gemma exploring New York City during an 'inspirational trip' in 2022

A UNIQUE CITY

MFW returned in 2025, after a 10-year break and a legacy of challenges around finding the right balance between public engagement and industry credibility. 'Reviving MFW in 2025 felt urgent', Gemma shares. 'There is a narrowing window to address the environmental and social challenges facing fashion. With 2030 targets fast approaching, we felt it was critical to establish a platform now that could evolve over the next five years and beyond, contributing to real, measurable change.'

Gemma recognised there was a strong case for Manchester to have its own Fashion Week; 'The city has an undeniable energy', she tells us. 'It's expressive, unapologetic and deeply rooted in culture. Style here isn't dictated – it's lived. From underground scenes to emerging designers, there's a raw authenticity that you don't often find elsewhere. It's a city where creativity cuts through, and that makes it very exciting.'

Manchester offers an interesting fusion of heritage and future thinking; it is a city built on textiles that is now evolving into a hub for tech and innovation – and that's what makes MFW different. 'A powerful convergence is happening here – across advanced materials, digital innovation, manufacturing and community-led circular initiatives', Gemma says. 'What stands out most is the collaborative spirit; people come together, share knowledge and build collectively. That openness creates the conditions for real innovation – not just ideas, but action.'

WHAT'S NEW FOR 2026

Manchester's spirit of collaboration was key to the success of MFW 2025 (09-12 September). Delivered by a very small team with limited funding, it was driven by community – people showing up, supporting and believing in the vision. 'Now, with proof of concept established, 2026 is about building on that momentum', Gemma says. 'We're expanding the programme, bringing in more pioneering voices and deepening our focus on education, systems change and cross-sector collaboration. Expect talks, runways, swaps, auctions, performances, exhibitions – a cultural sprinkle of everything that built this city!'

SUSTAINABILITY STANDARDS

Gemma travelled to Cambodia and Vietnam, often referred to as tailoring capitals, as a way to better understand production processes for her own womenswear tailoring brand. Seeing the realities of the industry firsthand was a turning point. 'The conditions, the waste, the disconnect between product and process – it stays with you', she reflects. 'From that moment, fashion became more than a passion; it became a responsibility to contribute to change.'

One designer who really stood out for Gemma at MFW 2025 is Malon Fashion. 'His 'Rags to Riches' couture collection – created entirely from scrap materials – was a real moment', Gemma remembers. 'It challenged perceptions.'

MFW champions transparency, ethics and sustainability as everyday standards, but it isn't always easy to find designers who meet the brief. 'Many designers want to do better, but navigating materials, sourcing and ethical decision-making can still be complex without the right support', Gemma acknowledges. 'That's why we've focused on building structure around this.'

SUPPORTING CHANGE

For 2026, MFW has partnered with Collective Fashion Justice to introduce a framework for guiding designers through complex decisions; they will get access to a materials library and an assessment process. 'It's less about expecting designers to arrive fully formed', Gemma shares, 'and more about creating the conditions for them to evolve – with transparency and accountability at the core.'

BUILDING A MOVEMENT

For Gemma, the long-term vision is for MFW to evolve into a city-wide platform that uses fashion as a thread to connect people, culture and purpose. 'Fashion touches everyone – it's universal', Gemma tells us. 'Our role is to use that accessibility to educate, inspire and drive better choices.'

At the same time, Gemma wants to elevate local talent and attract global leaders who are committed to shaping a more responsible industry. 'Ultimately, this is about building a movement – one that starts in Manchester, but has relevance far beyond it', she shares. 'If something is rotten, you pull it from its root – back where industry began!'

Find out more

- Register for Manchester Fashion Week 2026 at **fashionweekmanchester.co.uk**

VALLEY FEST

30TH JULY – 2 AUGUST 2026

DENNY LN. BRISTOL BS40

THE SOUTH WEST'S BEST TASTING MUSIC FESTIVAL, WITH SOUL AT IT'S HEART

SET ON AN ORGANIC FARM OVERLOOKING THE BEAUTIFUL CHEW VALLEY LAKE, IT'S THREE DAYS OF MUSIC, FEASTING AND CONNECTION IN THE SOMERSET COUNTRYSIDE.

Independent and intimate by nature, Valley Fest is for those who like their festivals wild in spirit but rooted in something real: **community, land and a genuine love for where and how we live.**

From farm fresh feasts and local producers to dancing under open skies, everything at Valley Fest is shaped by a passion for the South West and the people who make it special. It's a place where music, food, wellbeing and togetherness come naturally. Whether you're a first timer, a long time Fester, a family, a foodie or simply looking for something a little more soulful this summer, Valley Fest offers a weekend to properly exhale. Big names and local heroes. Barefoot moments and unforgettable views.

The kind of festival that makes your shoulders drop the minute you arrive. As a big thank you to My Green Pod readers, we're offering..

20% OFF
ADULT WEEKEND TICKETS WITH THE CODE
MGPVF26
OR SIMPLY SCAN THE QR CODE BELOW.

FRIDAY

BIG SPECIAL

DUTTY MOONSHINE BIG BAND
BILLY NOMATES
THE JACQUES
YESTERDAY'S GIRL
THE BEAT WITH RANKIN JNR
THE EGG
NEW AGE COLLECTIVE
MID NITE LIFE
VENICE TREACLE
WINGS OF DESIRE
BERTY
GIRLS CAN MIX & MC JOHNNIE DARKO
FATBOY JIM
SHERMANOLOGY
GARDNA
SUBZERO & MC WEEJII
SEXY LADY MASSIVE
LAID BLAK
AUDIOMISSION & JMAN (MC)
PAPER DRAGON
JAYCEE & MC JONNIE DARKO
COUNT SKYLARKIN
MAMUDA
ROB TISSERA
FAYDZ
HOUSERULES
CANO-B
WILCIE

SATURDAY

FRIENDLY FIRES
The Herbaliser Band

DOREEN DOREEN
CAM COLE
SOFY
FÜLÜ
DJ HANLEY X BONGO WINN X DANCE SHOW
LOUISE PLUS 1 & HUGHESEE
SOJEBE
ANWAR
AKOLA TAMBOO
STEVE RICE
SAMBISTA
ISABELLA & KESH
THIS IS INJA
MADDY V SHOWCASE
FUZE
FUTURE DUB ORCHESTRA
MS PINK
LMNT B2B LIBTEXX
DJ MATTER
DJ DIGGZ
CHRISSIE MAC
SEB FONTAINE
JON PLEASED WIMMIN
LISA UNIQUE
DARREN CANE
TERRY FISHER
BECKI DE FUNK

SUNDAY

CAST

HOUSE GOSPEL CHOIR
FISHERMAN'S FRIENDS
HENGE
CAM COLE
OASISH
BEANS ON TOAST
THE KABINS
RENEGADE BRASS BAND
K.O.G
THE SHINGALINGS
HOT KNIFE CLUB
STEEL FOXES
FOLKLAW
WEST COAST VS EAST COAST 90'S HIP HOP
SIP THE JUICE
DJ FORMAT
DJ PAULETTE
GRACIE FRIEL
J. ANIMALISM
LYNKS (DJ SET)
MR BRUCE
NUALA
RUMAC
THE MUSIC WORKS PRESENTS CHAKA, IMMI DASH, TAN SHOLTO
JODY WISTERNOFF
MARK ANDERSON
MIKE HEALY
SIMON LLOYD
DJ EMMA
GOODGROOVE
GRAHAM S
KARL G GOOD VIBES
SIR FUNK

ALL WEEK AT VALLEY FEST

REGENERATION
GETTING OUR HANDS DIRTY WITH SOIL SCIENCE BARNYARD BREAKFAST BINGO
BECAUSE YOU'RE EARTH IT!
THE MAGIC OF MUSHROOMS WITH BRISTOL FUNGARIUM
SUSTAINABLE FASHION PANEL AND MORE!

COMEDY
LUKE HONORATTY MC
MARKUS BIRDMAN MALINDA MAKUMA
MARCEL LUCONT
MICHAEL FABRI
ANDREW WHITE
TOM WARD AND MORE!

FOOD, FEAST & FIRE
TOBY GRITTEN CURATES:
THE PONY BUS
SIMON DYR AND THE FIRE JOCKEYS • OUT OF THE ASHES WITH MARTIN ANDERSON
FEASTING
THE COMMUNITY FARM FIRE COOKING

FAMILY
CRAFTING • MESSY PLAY
THE DRUM RUNNERS
JUNIOR JUNGLE
ICE BATHS • MEDITATION
SOUND HEADLING • REIKI
STORYTELLING
WORKSHOPS WITH UPFEST, INKIE AND MORE!

WELLNESS
HOT TUBS
SAUNAS • YOGA
BREATHWORK
MASSAGE
ICE BATHS
MEDITATION
SOUND HEALING
REIKI

SAVEOURSCENE · awexperience · BillyChip · a retrospective of house · WIPER AND TRUE · TRUESPEED · THATCHERS

TICKETS ON SALE NOW



VALLEY FEST

30 JULY-2 AUGUST 2026

DENNY LN, BRISTOL BS40

FIRE IN YOUR SOUL

FIRE, SOUL AND NATURE

FRIDAY

HOT TUBS · SAUNA · ICE BATH · BREATHWORK · MASSAGE · YOGA · MEDITATION · VISION BOARDING · SOUND HEALING

HOT TUBS, SAUNAS AND ICE BATHS WITH SIVO WELLNESS • WAKE UP AND FLOW YOGA WITH BEX
FITNESS SESSION WITH BACK BONE & FEEL IT • POWER YOGA WITH SEANA • MEDITATION WITH CHARLEE & FEEL FIT
CRYSTAL SOUND BOWL HEALING WITH KELLY JONES • BREATHWORK WITH ASH NAOMI
SOMATIC YOGA WITH ANA SZOPA • VISION BOARDS WITH CHARLEE & FEEL FIT
LAUGHTER YOGA WITH PETER CANN • FAMILY CONSTELLATION WORKSHOP WITH KATIE DESPRESS
VINOYASA (YOGA AND WINETASTING) WITH ABBIE JONES

SATURDAY

HOT TUBS · SAUNA · ICE BATH · BREATHWORK · MASSAGE · YOGA · MEDITATION · VISION BOARDING · SOUND HEALING

HOT TUBS, SAUNAS AND ICE BATHS WITH SIVO WELLNESS • WAKE UP AND FLOW YOGA WITH BEX
FITNESS SESSION WITH BACK BONE & FEEL FIT • MEDITATION WITH CHARLIE & FEEL FIT
CRYSTAL SOUND BOWL HEALING WITH KELLY JONES • BREATHWORK WITH ASH NAOMI
SOMATIC YOGA FLOW WITH ANA SZOPA • VISION BOARDS WITH CHARLIE & FEEL FIT • LAUGHTER YOGA WITH PETER CANN
GENTLE HEALTH YOGA WITH ANNIE LEITH • LIMITLESS LIVING BREATHWORK WITH KAKITA DAVI
VINOYASA (YOGA AND WINETASTING) WITH ABI JONES

SUNDAY

HOT TUBS · SAUNA · ICE BATH · BREATHWORK · MASSAGE · YOGA · MEDITATION · VISION BOARDING · SOUND HEALING

HOT TUBS, SAUNAS AND ICE BATHS WITH SIVO WELLNESS • WAKE UP AND FLOW YOGA WITH BEX
FITNESS SESSIONS WITH BACK BONE & FEEL FIT • POWER YOGA WITH SEANA • MEDITATION WITH CHARLEE & FEEL FIT
CRYSTAL SOUND BOWL HEALING WITH KELLY JONES • BREATHWORK WITH ASH NAOMI
SOMATIC YOGA FLOW WITH ANA SZOPA • VISION BOARDS WITH CHARLEE & FEEL FIT • LAUGHTER YOGA WITH PETER CANN
GENTLE HATHA YOGA WITH ANNIE LEITH • LIMITLESS LIVING BREATHWORK WITH NAKITA DAVI
VINOYASA (YOGA AND WINETASTING) WITH ABI JONES

ESCAPE THE PACE OF THE WEEKEND AND STEP INTO FIRE IN YOUR SOUL, VALLEY FEST'S DEDICATED WELLBEING SPACE OVERLOOKING THE BEAUTIFUL CHEW VALLEY LAKE.

From wood-fired saunas and ice baths to yoga, breathwork, meditation, sound healing and mindful movement and massage! The programme has been carefully curated to help festivalgoers reconnect, recharge and reset in the heart of the Somerset countryside.

Whether you're joining an energising morning flow, unwinding in the sauna after dancing all night or simply carving out a quiet moment beneath the trees, the wellbeing area offers a soulful counterbalance to the festival's music, feasting and celebration.





VALLEY FEST'S 2026 WELLNESS PROGRAMME...

VISIT OUR WEBSITE: VALLEYFEST.CO.UK

SAVEOURSCENE · artexperience · BillyChip · a retrospective of house · WIPER AND TRUE · TRUESPEED · THATCHERS



Why regenerative festivals matter

VALLEY FEST 2026

Something is shifting in festival culture. For many people, music and escapism alone no longer feel like enough; alongside celebration, there's a growing desire for experiences that offer connection – to nature, to community and to more meaningful ways of living.

Valley Fest was rooted in these ideas long before 'regeneration' became a thing. Overlooking Chew Valley Lake in the Somerset hills, the independent festival, founded by Luke Hasell, has always been shaped by a close relationship with farming, food, music and the landscape itself. What began as a celebration of place has steadily deepened to reflect Luke's passions for regenerative farming, environmental storytelling and creating spaces where people can come together to reconnect.

GREENPEACE AT VALLEY FEST

That ethos is perhaps most clearly reflected in Valley Fest's new partnership with Greenpeace, which will host a takeover of the Save Our Scene stage on Sunday 02 August. Bringing together artists, DJs and activists including DJ Format, DJ Paulette, Gracie Friel, J. Animalism, Lynks, Mr Bruce, Nuala and Rumac, the collaboration places environmental engagement firmly at the heart of the festival experience.

Rather than separating activism from culture, the partnership reflects a growing belief that festivals can play a meaningful role in creating space for conversation, collective action and hope. At a time when many audiences are looking for cultural experiences aligned with their values, the Greenpeace collaboration feels both timely and in keeping with Valley Fest's long-standing identity.

That vision extends into the launch of Wake The Valley – a new immersive area to spark curiosity, creativity and collective imagination through storytelling, participation and sensory experiences. Rooted in the belief that environmental conversations need to engage people emotionally as well as intellectually, the space adds another layer to the festival's regenerative approach.





TOP TO BOTTOM
Luke Hasell has been included in the Europe's Top 50 Farmers cohort; Wahaca co-founder Thomasina Miers cooked a Feast at Valley Fest 2024; Valley Fest Spa is a new addition for 2026

SPEAKERS & SUBJECTS

Across the weekend, conversations around soil health, rewilding, food systems, sustainable fashion and climate resilience will unfold alongside music, creativity and wellbeing. Voices from farming, conservation, nutrition and community-led climate action include Transition movement founder Rob Hopkins, rewilding advocate Derek Gow and *Countryfile* podcast host Fergus Collins. Sustainable fashion advocate Amelia Twine and clinical nutritionist Eva Humphries will explore how everyday choices – from clothing to food – connect to wider environmental change.

Elsewhere, Bristol Fungarium's fungi specialists will delve into the hidden ecological intelligence of fungi and mycelium networks, while hands-on ReGenCraft sessions will encourage festivalgoers to reconnect with making, creativity and learning.

The atmosphere will remain joyful and accessible rather than overly earnest. Comedian and broadcaster Phil Hammond will bring his blend of humour and social commentary, while 6 Foot Stories will create opportunities for reflection, participation and shared storytelling.

THE VALLEY FEST SPA

Valley Fest is also deepening its focus on wellbeing. In partnership with Sivo Wellness, the new Valley Fest Spa will feature wood-fired saunas, hot tubs and ice baths overlooking the Somerset landscape, alongside breathwork, yoga, meditation, sound healing and creative wellbeing sessions.

What makes Valley Fest feel distinctive is the way these ideas are woven naturally throughout the experience rather than existing as a separate 'green' agenda. Regeneration here is not treated as a trend or marketing exercise, but as an ongoing conversation about how people gather, celebrate and care for both themselves and the environment.

At a time when many are experiencing climate anxiety, digital fatigue and disconnection from nature, Valley Fest points towards something more hopeful: cultural spaces that nourish as much as they entertain. In many ways, the festival reflects a broader shift away from passive consumption and towards experiences rooted in participation, community and a deeper sense of place.

Find out more

- Tickets for Valley Fest are available at **valleyfest.co.uk**

VALLEY FEST'S 2026 FOOD PROGRAMME BRINGS...





MICHELIN RECOGNISED CHEFS, AWARD WINNING CULINARY TALENT AND SOME OF THE SOUTH WEST'S BEST PRODUCERS TO THE CHEW VALLEY FOR A WEEKEND OF FEASTING, FIRE COOKING AND HANDS ON MASTERCLASSES.

Highlights include **Green Michelin Star chef Chantelle Nicholson, Great British Menu Champion of Champions Amber Francis,** acclaimed chef Pegs Quinn and curated feasts by Michelin trained food curator Mark Lloyd, alongside live fire cooking, wine and cocktail sessions, **nutrition talks** and a huge line up of **independent food traders.**



VALLEY FEST

30 JULY-2 AUGUST 2026

DENNY LN, BRISTOL BS40

FEASTS - THE TUCK INN

CHANTELLE NICHOLSON MICHELIN GREEN STAR, APRICITY, MAYFAIR
AMBER FRANCIS CHEF & FOOD EDUCATOR | PEGS QUINN SUNNY STORES BRUNCH
DEAN EDWARDS & MARK LLOYD 8 PLATES

COOKING OVER FIRE

SIMON DYER HOST | LESLEY GATES | IAN SHERLOCK CHEF SHERLOCK.NET
MARK LLOYD REGEN SUNDAY ROAST | LARRY MOODY COOK LIKE A TEXAN LARRY | IMKE POTGIETER UBUNTU FOOD, BRISTOL
HUGO HARVEY BLASÉ, BRISTOL | STEVE ENGLAND FORAGING & OUTDOOR COOKING
EVA HUMPHRIES WHOLEFOOD WARRIOR | FIRE JOCKEY'S COOK OFF "WASTE NOT, WANT NOT!"

DEMONSTRATIONS

CHANTELLE NICHOLSON MICHELIN GREEN STAR, APRICITY, MAYFAIR | AUNTIE LESLEY LESLEY GATES "QUEEN OF THRIFT: WASTE NOTHING"
IMKE POTGIETER UBUNTU FOOD, BRISTOL | EVA HUMPHRIES WHOLEFOOD WARRIOR
AMBER FRANCIS CHEF & FOOD EDUCATOR | SIMON DYER | MARK LLOYD

WORKSHOPS

FULL PROGRAMME COMING SOON

MASTERCLASSES

ANDY CLARKE COCKTAIL ALDWICK WINE | ALDWICK ESTATE WINE | WIPER & TRUE BREWERY, BRISTOL

FOOD TRADERS

YEO ICE CREAM · LOS CHURROS AMIGOS · NAWA KITCHEN · SAVEUR DES CREPES · STREET FOOD SOUTHWEST INC
THYME & TIDE CORNWALL · BARBICAN BAO · GOURMET POKÉ · PAD THAI · SON OF A BUN · THE MELTED CHEESE COMPANY
TNT TACOS · FIRE & DOUGH · THAT'S NACHO BURRITO · THE FISHTRUCK · HOLY MOLY

SAVE OUR SCENE · BillyChip · a retrospective of house · WIPER AND TRUE · TRUESPEED · THATCHERS

SEASONAL EATING



PHOTOGRAPHY ISTOCK

The team at Olio shares why eating seasonally is one of the best things you can do for the planet

Most of us know that 'eating seasonally' is a good thing – but what does that actually mean? The reality is that seasonal eating can help counter some of the biggest pressure points in our food system: carbon emissions, water use, biodiversity, soil health and local farming livelihoods – and it usually costs you less.

At Olio, we're passionate about building stronger, more sustainable food systems. A big part of that is eating the food we produce rather than throwing it away – but making good choices about what we eat, and when, matters just as much. Here's a deeper look at why seasonal eating deserves more attention than it gets.

THE ENVIRONMENTAL CASE

When you buy a tomato in January, it was most likely grown in a heated greenhouse in Spain or the Netherlands, or flown in from Morocco. Out-of-season produce relies on energy-hungry growing environments, air freight (which generates up to 50 times more CO^2 per kilogram than sea transport) and long, cold-chain logistics. A British tomato grown in August has a fraction of the carbon footprint of a tomato imported in winter.

Carbon is only part of the picture. Growing crops in drought-prone countries to meet year-round UK demand puts serious pressure on water sources that are already depleted. Seasonal and rotational farming – growing different crops in sequence across a field – is far better for soil health, reducing the need for synthetic fertilisers and building organic matter over time. And when we eat a wider variety of seasonal foods, we support farms that grow a wider variety of crops, which in turn supports more diverse wildlife habitats and pollinators.

IT'S LOCAL – & IT'S CHEAPER

Choosing British, seasonal produce supports UK farmers directly. When supermarkets can source cheaper year-round produce from overseas, it erodes the market for domestic growers. Buying a British leek in winter or a British strawberry in June sends a signal through the supply chain that local food has value.

When a crop is in season there's more of it – and prices fall as a result. A punnet of British strawberries in June costs a fraction of the price you'd pay in December, when they have likely been grown in Morocco and flown in.

Shopping seasonally, especially from markets, greengrocers or veg box schemes, is one of the most underrated ways to cut your food bill. And the flavour is usually better, too – because the veg didn't spend two weeks in a shipping container.

WHAT'S IN SEASON IN THE UK?

SUMMER (June-August):
Strawberries, raspberries, broad beans, French and runner beans, courgettes, cucumbers, tomatoes, beetroot, chard, sweetcorn, new potatoes, peas, summer squash, salad leaves of all kinds.

AUTUMN (September-November):
Butternut squash, pumpkin, apples, pears, blackberries, parsnips, leeks, kale, celeriac, carrots, Brussels sprouts (from October), cauliflower, red cabbage, swede, main-crop potatoes, chestnuts.

WINTER (December-February):
Brussels sprouts, parsnips, leeks, celeriac, kale, swede, red and white cabbage, carrots, turnips, stored potatoes and apples.

SPRING (March-May):
Purple sprouting broccoli, asparagus, spring onions, wild garlic, watercress, spinach, radishes, new potatoes (late May), peas (late May), rocket, mint and chives.

YOU DON'T NEED NEW RECIPES

Most recipes – especially plant-based ones – are more flexible than they look. Soups and stews absorb almost any root veg; you can swap sweet potato and butternut for celeriac and parsnip and the result is just as good. Pasta sauces and stir-fries are endlessly adaptable. Switch peppers for kale, courgette for leek, spinach for chard. The seasoning carries the dish. Curries and traybakes work with whatever is abundant; most root veg, brassicas and squash are interchangeable in spiced dishes.

Unlike baking, cooking is forgiving – there's no precise chemistry to upset, which means most ingredients can be swapped in and out without the dish falling apart. If you're ever unsure what to do with a seasonal veg you've never cooked before – celeriac, kohlrabi, purple sprouting broccoli – there are endless recipes to discover online.

Seasonal cooking connects you to the rhythm of the year, the land around you and the farmers growing your food. It's good for the planet, for your wallet and – because the food is at its freshest and most abundant – it's good for you, too.

Find out more

- Olio is available to download on the **App Store** and **Google Play**

WORLD ENVIRONMENT DAY FOOD

Henry Firth, Ian Theasby and the BOSH! team share two plant-based recipes for World Environment Day



While most ingredients simply exist in the food system, legumes do something rarer: they give back.

Butter beans, chickpeas and lentils are all plants that fix nitrogen directly into the soil, meaning the land they grow on ends up healthier than it was before they arrived. It's one of those quietly radical facts that deserves more airtime.

On World Environment Day, when every small action counts, we want to celebrate not with a lecture, but with lunch. Here are two recipes for you to try – both built on legumes, and both worth making this week.

Find out more

- For more plant-based recipe inspiration, head over to **bosh.tv**



BRAISED FENNEL & BEANS (Serves 6)

Fennel is one of the most underrated vegetables in sustainable cooking. It's inexpensive, low carbon and packed with flavour. Here it's braised in a rich butter bean base until tender and caramelised, and finished with a bright walnut and parsley drizzle that brings the whole dish to life. One pan, mostly store-cupboard ingredients and absolutely delicious.

INGREDIENTS

- 1 fennel bulb (fronds reserved)
- 2 tbsp olive oil
- 1 jar queen butter beans
- 1 tsp fennel seeds
- 2 garlic cloves, diced
- 1 shallot, diced
- 2 tbsp nutritional yeast
- Juice of ½ lemon
- 10g vegan parmesan
- Crusty bread, to serve

For the drizzle

- 25g flat-leaf parsley
- 50g walnuts, toasted and chopped
- Zest of 1 lemon
- Extra virgin olive oil

Before you start

Preheat oven to 180°C (fan); large ovenproof pan; sharp knife.

METHOD

Prep ingredients

Slice the fennel bulb into wedges and reserve the fronds. Dice the shallots, garlic and any remaining fennel. Toast and roughly chop the walnuts.

Fry the fennel

Heat 1 tbsp oil in your ovenproof pan over a medium-high heat. Fry the fennel wedges until golden on each side, then remove and set aside.

Make the base

Add another 1 tbsp olive oil to the pan. Add the shallots, diced fennel, garlic and fennel seeds and fry for 5 minutes, until softened. Add the butter beans, nutritional yeast, parmesan and lemon juice. Bring to a simmer, adding a splash of water to loosen, then nestle the fennel wedges back in the pan.

Bake

Transfer to the oven and bake for 20 minutes, until the fennel is tender.

Make the drizzle

Blitz the parsley, walnuts, lemon zest and enough olive oil to loosen in a blender until smooth.

Finish

Spoon the drizzle over the beans, scatter over the fennel fronds and serve straight from the pan with toasted crusty bread.

CRISPY RICE & HERB SALAD WITH CHILLI-LIME DRESSING

(Serves 2–3)

Here's a recipe that starts with something many people would throw out: leftover rice. Day-old rice crisps better than fresh, and when you add chickpeas and gochujang to the pan, you get layers of heat, crunch and nuttiness that make this feel like anything but a use-up. Topped with a bright herb salad and a chilli-lime dressing, it's a dish that punches far above the sum of its parts.



INGREDIENTS

For the crispy rice & chickpeas

- 250g cooked jasmine or basmati rice (day-old works best)
- 1 × 400g tin chickpeas, drained and rinsed
- 1 tbsp gochujang
- 1 tbsp neutral oil (sunflower or light olive)
- Generous pinch of salt

For the salad

- 1 small red onion, finely sliced
- 1 red pepper, finely sliced
- 1 small cucumber, finely sliced
- 2 spring onions, finely sliced
- 2 mild red chillies, finely sliced
- Large handful of fresh coriander, roughly chopped
- Large handful of fresh mint, roughly chopped
- 2 tbsp sesame seeds

For the dressing

- Juice of 1 lime
- 1 tbsp soy sauce
- 1 tbsp maple syrup
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- 1 garlic clove, grated
- 1 tsp grated ginger
- 1 tsp chilli crisp or a dash of sriracha (optional)

Before you start

Use day-old rice for the best crisp; large non-stick frying pan or skillet; mixing bowl.

METHOD

Prepare ingredients

Drain and rinse the chickpeas. Finely slice the red onion, red pepper, cucumber, spring onions and chillies. Roughly chop the herbs. Peel and grate the garlic and ginger.

Crisp the rice & chickpeas

Heat the oil in a large frying pan over a medium-high heat. Add the rice and chickpeas in a single layer, pressing down slightly. Leave to cook undisturbed for 6–8 minutes, until they have turned golden and crispy on the bottom. Stir once or twice to toast the other sides. Season with salt and the gochujang, stir to coat, then transfer to a tray to allow to cool slightly.

Make the dressing

Whisk together the lime juice, soy sauce, maple syrup, rice vinegar, sesame oil, grated garlic, ginger and chilli crisp (if using) in a small bowl.

Assemble the salad

In a large bowl, toss the crispy rice and chickpeas with the sliced vegetables, herbs and sesame seeds. Pour over the dressing and toss it all together again to make sure everything has been coated.

Serve

Pile the mixture into bowls and top it off with extra herbs, sesame seeds or an additional splash of chilli oil if you like a bit more heat. Serve immediately for maximum crunch.

‘There’s no creativity without purpose’



The world’s biggest challenges deserve the best creative thinking, says StrategiQ’s Emily Sotudeh

Good intentions don’t always change minds – but great creative can. Earlier this year, StrategiQ entered into a strategic partnership with Four Acres, a groundbreaking new sustainability startup that has been designed to connect people with the Earth and their environmental responsibility.

The Four Acres proposition is powerfully simple: if you were to divide the Earth equally, every person would be responsible for roughly four acres of the planet.

Our role as the creative partner was to bring the brand to life through a new visual identity, website and launch film that debuted in Times Square on Earth Day (22 April) 2026. Our ongoing partnership will help build and promote the brand over the next 12 months, to help drive environmental awareness and action globally. It’s the kind of brief that reminds you why creative work can be extraordinary.

P.E.A. AWARDS 2026

We’re also proud to be sponsoring this year’s P.E.A. Awards as creative partner; we’ll be producing the digital creative for the event and supporting the social media presence, and on the day our head of creative will deliver a talk on how to build brands with purpose – because we believe that’s a conversation worth having in public.

The P.E.A. Awards echo our belief that creativity is most powerful when it’s in service of something larger than itself. The awards sit alongside work from brands we deeply respect and campaigns that prove you don’t have to choose between commercial effectiveness and doing the right thing.

BREAKING BOUNDARIES

Our happy place is creating space for big ideas, defining culture and making brands unmissable in the moments that matter. It’s about always doing what’s right, not what’s easy.

From an AI-powered film told through the eyes of a pangolin for the David Shepherd Wildlife Foundation to a rebrand empowering young people to see a better future for themselves through Inspire Suffolk, we believe that the briefs that really break boundaries are the ones that lead to meaningful change in the real world.

While we’re proud of our award-winning work, what matters most is the environment we create for our people, the opportunities we open up for clients and future generations and our role in shaping a more sustainable, equitable world.



StrategiQ has been named Best Place to Work by the Sunday Times

‘While we’re proud of our award-winning work, what matters most is the environment we create for our people, the opportunities we open up for our clients and future generations and the role we play in shaping a more sustainable, equitable world.’

EMILY SOTUDEH

CONTENT STRATEGIST & COPYWRITER, STRATEGIQ

NURTURING TALENT

Something we never compromise on is our wellbeing, development and leadership programmes. We support our people at every stage of their career with annual performance reviews, motivation maps, 1-1s and a dedicated People Team, so we can maintain a safe and supportive culture.

We think that agencies who look after their people make better, braver, more empathetic work – and that in turn, that creates a better world. Burnout produces mediocre thinking and fear leads to playing it safe – but belonging produces the kind of creative risk-taking that actually moves us forward. Our purpose is to transform lives beyond the day job. Our mantra? Attitude is everything.

AWARD-WINNING CULTURE

People truly are the heart of our business – this is something we hold close and nurture wherever we can, and it’s where our ESG journey is at its strongest. It’s entirely possible to run an agency at full capacity, with every person working at the edge of their bandwidth to produce decent work. But it’s also possible to build an agency where people can actually grow, where the best talent wants to stay and where the quality of the thinking reflects the quality of the environment.

In recent years we’ve been named Best Place to Work by the *Sunday Times* and our HR tool has won a UK Company Culture Award. We’re dedicated to supporting young talent through work placements and internships, and recently hired three client execs early in their career. They are now training within our client services team.

LONDON CALLING

At the beginning of last year we moved the StrategiQ HQ from Suffolk to London. It was a big move, so we had to get it right. Being a stone’s throw from Liverpool Street station was a priority to ensure people could easily travel into the office using public transport.

Our London office runs on 100% renewable electricity and we support hybrid working to reduce travel. Our building also has secure bike storage, which means we are able to make carbon-free commuting a reality for London-based workers. These aren’t exactly radical commitments, but every small decision ladders up to reducing our footprint.

RESPONSIBLE GROWTH

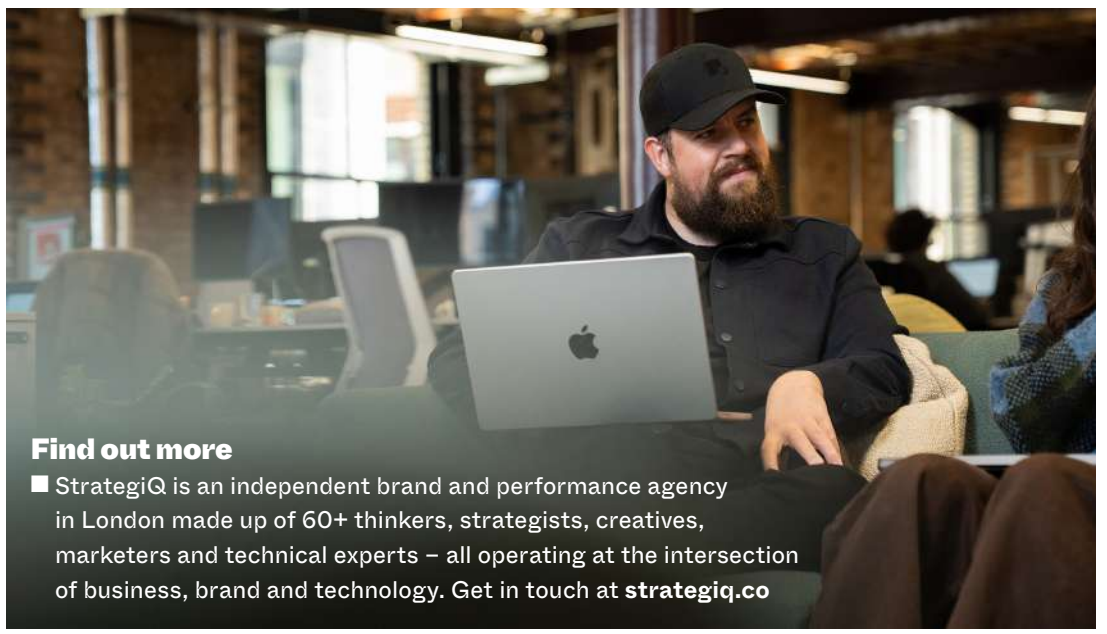
We’re not claiming to be forerunners in ESG, but we’re a good bunch who want to achieve good things. We’re committed to running a better business and producing work that makes a positive contribution.

The brands we want to work with share that viewpoint; they might not necessarily be brands that have perfect sustainability credentials, but they are honest about where they are, clear about where they’re heading and willing to invest in the work that makes a purposeful position credible in the market.

We also work with youth charities like Inspire Suffolk, often sponsoring their annual ball and amplifying their support for young people from a wide range of backgrounds.

GET IN TOUCH

We’re always open to new ideas, initiatives and partnerships that will help us grow responsibly. If something here resonates, or if you have thoughts on where we could go further, we’d love to hear from you.



Find out more

- StrategiQ is an independent brand and performance agency in London made up of 60+ thinkers, strategists, creatives, marketers and technical experts – all operating at the intersection of business, brand and technology. Get in touch at **strategiq.co**

AI MEETS HR

Could AI be the next frontier in sustainable recruitment?



Algorithmic bias, blanket rejections, torrents of AI-generated CVs and applications – these are just some of the issues that have given AI in recruitment a bad reputation. But for Kevin Chan, CEO of Epitome Global, they are simply examples of AI used badly; he argues that when done right, AI can align talent with the purpose-driven roles they seek and give recruiters the tools to hire candidates who stay.

'Most coverage of AI in recruitment focuses on speed', Kevin explains; 'faster screening, faster rejection, faster matching. Instead, HR teams should use AI to look deeper at each candidate – not to screen CVs faster, but to better understand the people behind them.'

For Kevin, when used well AI can enable a hiring manager to genuinely consider 500 people rather than reflexively reject 450 of them. 'That's a different role for AI', he says, 'and it's the one we're built around.'

BEYOND THE CV

Epitome's founding conviction is simple: most workforce technology reduces a human being to a row on a spreadsheet – little more than a list of skills and experiences on a CV. 'Most companies know more about their stock than they know about their people', Kevin shares. 'They can tell you what's in the warehouse, but they can't tell you which employees are most likely to leave in the next six months, or who could best step up to a role if given the chance.'

Rather than just viewing a candidate as a simple set of credentials and experiences, Epitome empowers HR teams to understand both prospective and existing employees as rounded individuals – something it calls 'whole-person intelligence'. 'Our platform's default is to

understand the person first, then match the role', Kevin explains. 'Epitome began as a psychometric and competency platform, and only later moved into career matching, job posting and workforce analytics. That's the opposite of the path most HR-tech vendors have walked.'

BEYOND INTUITION

Over the last 10 years, Epitome has grown into a workforce intelligence layer that is used by governments, enterprises and education systems across Asia-Pacific and Europe.

The platform focuses on eight sectors – finance, professional services, healthcare, construction, energy, technology, government and education – but the size of each organisation varies hugely. 'Our customers run from 30-person companies to government organisations covering more than 145,000 employees', Kevin says. 'The common thread isn't sector or scale; it's that they have reached the point where intuition no longer suffices. They need a system that understands the potential of their workforce and can help them to make informed decisions about it.'

When used intelligently, AI enables HR to look at existing employees and ask questions – such as: who's at risk of leaving? who's underused? who'd succeed in a stretch role? – and get answers based on hard data rather than gut feel.

IN-DEPTH PROFILES

At the heart of Epitome is a proprietary database of employee profiles: 1.3 million individual profiles collected over a decade, plus over 330,000 skill-occupation records. Each candidate – whether internal or external – is guided through a 45-minute assessment which collects in-depth psychometric data on the individual, including interests, values, motivations and skills. The platform's AI cross-references these data against Epitome's database of employee profiles and skills records to identify what a person can do, how they'd thrive and where they'd be wasted. The output is a profile that an HR manager can actually act on.

'AI gives organisations the power to really understand their people – and workforce sustainability starts with knowing who you have and making the best use of them', Kevin says.

ALIGNED VALUES

Instead of assessing candidates based purely on what they've done in the past, Epitome's platform also enables HR teams to accurately predict who'll be most suitable for roles based on the entire spectrum of their personality, including their motivations, values, personal qualities, ability to adapt and learning agility. In a world where jobseekers are increasingly avoiding companies whose values don't match their own ethics, this is a crucial benefit for HR teams.

'Across our 1.3 million profiles, one of the strongest predictors of someone staying in a role isn't compensation, but the alignment between what they value and what the organisation does', Kevin tells us. 'People are voting with their feet on values, and employers are starting to take notice.'

MATCHING CANDIDATES

Epitome's psychometric profile includes a values dimension – 16 distinct work values, ranging from autonomy to social impact, scored against both the person and the role. When a recruiter compares a candidate with a role they don't just see a skills match, but also a values alignment.

'Hiring someone who doesn't share your organisation's values is expensive', Kevin says; 'you'll pay them, train them and lose them within 18 months. Aligning values is sustainability at the employment level.'

'The organisations with the strongest environmental credentials tend also to be the ones with the lowest rates of attrition. This isn't a coincidence; the culture that respects the planet usually also respects its people.'

SUSTAINABILITY SUCCESS

Staff values can make or break a company's broader sustainability strategy; policies around waste reduction, energy saving, recycling and greener commuting can only succeed with employee buy-in. The appointment of 'sustainability champions' throughout the workforce can (and very often does) help to make these policies a meaningful part of a company's culture, but the challenge is finding the right people to take up these roles.

'Epitome can help organisations identify those people who not only have an abiding commitment to sustainability, but have the right combination of values, communication skills and influence to implement policies and encourage fellow employees to follow them', Kevin explains. 'But employees are the entire sustainability story. The best carbon reduction plan in the world fails if the people implementing it don't believe in it.'

REDUCING ATTRITION

Workforce sustainability in a broader sense – as the ability to retain, develop and redeploy people rather than constantly hiring externally – is itself a sustainability metric. Every external hire that should have been an internal promotion is preventable churn; a redundancy that could have been a redeployment is wasted human capability.

'Across our customer base, the organisations with the strongest environmental credentials tend also to be the ones with the lowest rates of attrition', Kevin shares. 'This isn't a coincidence; the culture that respects the planet usually also respects its people.'

DATA-DRIVEN MERITOCRACIES

Kevin has observed that most retention failures aren't pay-related, they're potential-related – people leave when they can't see a future inside the organisation. Epitome addresses this issue by revealing alternatives for every individual. 'Our platform enables HR teams to move people more intelligently within the organisation', he says, 'identifying roles and assignments that match their values and capabilities. By helping companies to rethink traditional expectations of which employees are appropriate for which roles, Epitome opens the way for them to become data-driven meritocracies.'

Over the next 12 months, one of the goals at Epitome is to scale its government work. 'The case for countries understanding their workforce at the same depth that a single company does is becoming impossible to ignore', Kevin reveals. Another area of focus will involve opening the profiling experience up to individuals. 'Right now, you can only access Epitome through an employer', Kevin explains. 'We're building a version where a jobseeker can assess themselves, understand their profile and use it to find roles where they'd genuinely thrive. That's where the consumer-facing version of workforce sustainability starts.'

Find out more

- Understand how AI can deliver 'whole-person intelligence' at **epitome.global**



Help us support science

Get your cap in our TV studio at
Sustainable Ventures in the **County Hall** during
London Climate Action Week

wedonthavetime.org/london

We Don't Have Time.

Download on the App Store
4.6 out of 5

GET IT ON Google Play
4.4 out of 5

From recognition to realisation

Why the green economy is gathering in London this June

The UK's green economy is currently defined by a unique paradox: on one hand we are witnessing an unprecedented wave of corporate and public sector commitment; on the other, the 'implementation gap' – the distance between setting a 2030 target and actually achieving it – remains the most significant challenge on the leadership table. For government officials, policymakers and public sector leaders, this gap represents a fundamental delivery challenge for the nation's infrastructure and energy transition.



TALKS & TOOLS

Taking place at Excel London, Reset Connect has established itself as the flagship event of London Climate Action Week. It serves as a high-functioning ecosystem where 'intentional collisions' between finance, policy and technology happen in real time to tackle the implementation gap at its roots.

The event brings together more than 7,500 sustainability, energy, finance and policy professionals, plus roughly 300 exhibitors and 2,500 investors. Over two days, attendees will hear from 400 visionary speakers driving real climate action. The stellar lineup features influential pioneers and policymakers, including Emma Pinchbeck (chief executive of the Climate Change Committee), Asad Rehman (chief executive of Friends of the Earth), Susan Aitken (Leader, Glasgow City Council) and corporate sustainability champions from the Woodland Trust, IKEA and KPMG.

Those attending will get a complete, 360-degree view of the transition: they will see policy and passion on stage, and then find the tools and partners to replicate it on the exhibition floor.

BRIDGING THE FINANCE GAP

Trillions of pounds in capital are waiting to be invested into the net-zero transition, yet the link between institutional investors and viable projects is often fragile. This is particularly true for local authorities and government bodies looking to fund large-scale retrofitting or energy projects.

The conversation in the boardroom and the council chamber has shifted; instead of debating the 'why' of climate action, leaders are grappling with three practical barriers: capital, collaboration and scalability. Reset Connect London 2026 has been designed to dismantle these hurdles across six main stages, to ensure every facet of the transition is addressed.

Through its Finance & Investment Stage and the Pitch & Invest Programme, Reset Connect is moving away from theoretical discussions and towards real deal-making. Whether it is a startup seeking seed funding or a public-private partnership looking for large-scale infrastructure investment, this is where the green economy gets funded.

CROSS-SECTOR COLLABORATION

Decarbonising a supply chain or retrofitting a city isn't something an organisation can do alone; it requires genuine cross-sector collaboration and a deep understanding of the evolving regulatory landscape. Reset Connect's eight show-floor hubs, ranging from Tech & AI to Nature & Food Systems, are where these partnerships are made.

Supported by headline sponsor KPMG, these hubs allow CEOs, CSOs and government directors to build partnerships with the engineers and innovators driving the next decade of regulation. For government business leaders, this provides a unique opportunity to align procurement strategies with the latest technological breakthroughs, ensuring that public spending drives sustainable growth.

INCENTIVISING INNOVATION

Reset Connect's Pitch & Invest competition will invite impact-driven founders to take to the stage in front of active investors, with the winner going on to represent the UK at the Startup World Cup. With more than 300 exhibitors on the floor at Excel London, this is where government teams can find the solutions, technologies and partners they need to meet their net-zero commitments. All under one roof, in two days.

STAYING AHEAD OF THE CURVE

In 2026, the 'wait and see' approach to sustainability is no longer a neutral stance; from evolving ESG and SDR reporting requirements to the impact of climate change on national infrastructure, the cost of inaction is rising.

Reset Connect brings together the clarity, connections and solutions needed to stay ahead – whether you're navigating new legislation, sourcing green tech or building partnerships that will define your net-zero strategy.

GOVERNMENT & THE GREEN TRANSITION

As 2030 targets draw closer, government has a critical role to play in creating the conditions where green innovation can take root and scale. Reset Connect is where policy meets practice. Attendees will gain vital insights into up-to-the-minute policy updates, sustainable procurement to embed social value into contracts and strategies for urban resilience.

Join the government and business community at Excel London, 23-24 June 2026, and turn inspiration into action. The transition to a low-carbon economy is the greatest commercial and civic opportunity of our generation; at Reset Connect you will find the partners, technologies and capital to make it happen.

Find out more

- Register for your pass to Reset Connect London 2026 at **reset-connect.com/mgp-rcl26**

NEW FIRE PILGRIMAGE 2026

Abuela Martha Pico shares details of the pilgrimage that is rooted in prophecy

Throughout history, diverse cultures, ancestral traditions and cosmologies have spoken of a period of profound transfiguration in which humanity would be called to remember its primordial origin, restore its sacred bond with the Earth and reconnect with the essential principles that harmonise life, consciousness and existence.

This is not a single prophecy; it's a convergence of many voices which, across different territories, memories and visions, point towards the same revelation: the return to a humanity capable of recognising itself once again as an inseparable part of the living web that sustains all existence.

A PERIOD OF TRANSITION

Since time immemorial, fire has been safeguarded by humanity as a primordial symbol of transformation, renewal and communion between human existence, the forces of nature and the invisible rhythms of the cosmos. Today, some of these memories are recognised through the New Fire ceremony within the Mexica tradition, the New Fire of Chickaban within Olmec cosmology, the Eagle and Condor prophecy of the Andes, the teachings of Abya Yala, the visions of Avalon and Shambhala, the return of the Golden Age, the revelations associated with the Kali Yuga in the East and numerous ancestral traditions that speak of the restoration of this sacred bond.

A GLOBAL INVITATION

Mexico is recognised as one of the territories where multiple cultures and ancestral traditions converge – traditions which, for centuries, have safeguarded the knowledge of fire as a ceremonial bridge woven through these prophecies. Yet the call of the New Fire does not belong to a single people or culture; it is a global invitation to remember that the Earth is a living organism and that we are all part of the same fabric of existence. Today, that call has become urgent.

Humanity stands at a point of inflection: we may continue through separation, exploitation and forgetting, or we may choose to remember, reconnect and co-create a new way of inhabiting



the world. The New Fire is that choice. It is the moment to gather once more around the fire – not as a symbolic act, but as a collective declaration: we are here to remember that we belong to the same planetary heart, and that within our differences resides unity.

As 2027 approaches, this call intensifies as a point of global convergence: a moment in which diverse communities, traditions and paths will begin to meet – not to dissolve into a single form, but to recognise one another within the same essence.

THE PILGRIMAGE

This year's pilgrimage in Europe bears the name The Breath of Existence: New Fire Pilgrimage 2026. It is an invitation to remember, to breathe with presence, to listen to the wisdom carried through wind and time, to walk the Earth with reverence, to become the whisper future generations will hear and to become the living prophecy. The pilgrimage offers immersive experiences where music, sound, fire, dance, the elements and communal coexistence allow participants to reconnect with a deeper perception of existence. The purpose of this pilgrimage is to invoke a collective preparation towards 2027.

A CULTURE OF AWARENESS

The pilgrimage will be facilitated by 'OMMMbassador' Alejandra Cuesta. As well as being an ambassador of OMMM, an organisation dedicated to raising consciousness through meaningful experiences, Alejandra is founder-director of ExpressArte London, a platform dedicated to delivering high-impact arts and multicultural projects that integrate environmental awareness, ancestral wisdom and social action.

Every year, Alejandra has carried out pilgrimages in alliance with guardians, communities, artists and carriers of ancestral wisdom from different parts of the world, weaving bridges between Latin America, Avalon and diverse territories throughout Europe.

Festivals have become one of the main points for this transformation; Alejandra has been an advisor to Glastonbury Festival for over a decade, supporting the inclusion of Latin American projects and ancestral knowledge in key areas of the festival, including the opening ceremony.

Through gatherings, ceremonies, music, fire, elemental practices and immersive experiences, Alejandra's purpose has always remained the same: to cultivate awareness, to remember our relationship with the Earth and to prepare the human heart for the times of transformation we are living through.

Now, new horizons and future partnerships are beginning to open up, such as Alejandra's participation in the 'Love Your Mother' Earth Day celebration, presented by OMMM, in Times Square, New York.

LEFT Abuela Martha Pico will lead the New Fire Pilgrimage for the third consecutive year

RIGHT Alejandra Cuesta is uniting arts with ancestral wisdom and environmental action

ABOUT ABUELA MARTHA PICO



For the third consecutive year, the New Fire Pilgrimage will be facilitated by Abuela Martha Pico, a direct descendant of the Tenek-Pame lineage from northern Mexico, whose trajectory of more than five decades has established her as one of the most recognised contemporary guardians of ancestral wisdom in numerous international circles.

From the age of five, Abuela Martha began receiving ancestral teachings; she was later guided towards the path of Nahualism after being struck by lightning on two separate occasions — an experience that profoundly marked her connection to the forces of nature. At the age of 13, she formally began her path of service as a sobandera, curandera and tiempera, dedicating her life to ceremonial and community accompaniment.

For more than five decades, Abuela Martha has shared ancestral wisdom within ceremonies, communities and international festivals across Mexico, the Netherlands, Glastonbury Festival and other gatherings all over the world. Her medicine integrates the technology of the five elements, ceremonial fire as a ritual of collective unification and the ancestral understanding that the Earth is a living organism with which we may, through ceremony, consciously restore our relationship.

More than preserving a tradition, Abuela Martha's work seeks to allow ancestral wisdom to flourish once again within the present as a living tool for human and planetary transformation. She walks across different territories sharing the ancestral vision and integrating original wisdom into the present as a living technology for collective transformation, dedicating much of her work to weaving bridges between ancestral memory and the new generations.



MORE THAN A PROPHECY

The New Fire is a planetary summons towards the reunification of human consciousness, an invocation of pluriculturality as a bridge of coexistence and a restoration of the sacred bond between humanity, the Earth and the living cycles of existence.

Prophecy is not a distant event that we passively await; it is something we embody and co-create through our actions, our alliances, our rituals of encounter and the way we choose to inhabit this time of civilisational transition. The New Fire does not announce an ending: it announces the rebirth of a humanity capable of remembering once again that all life is interconnected.

Find out more

- For further details and how to get involved with the New Fire Pilgrimage 2026, visit **ommmpresents.com/newfire**



Rebecca Irby speaking at Times Square on Earth Day 2026

A different kind of leadership

Rebecca Irby shares what the Earth still has to teach us about care

When we speak about climate action, we often speak in the language of urgency: emissions, policy, innovation, targets, adaptation. All of that matters. Deeply. But if we are honest, the crisis before us is not only environmental – it is relational.

We are living through a rupture in how we understand responsibility, belonging and care. The planet is asking for something deeper than individual lifestyle change or periodic public concern. It is asking us to remember that we belong to one another, that we belong to the Earth and that survival has always been a collective practice.

This Earth Day, I had the honour of participating in Love Your Mother in Times Square, an event that brought together music, meditation, storytelling and Indigenous wisdom in the heart of one of the busiest places in the world. There was something powerful about speaking of Mother Earth in a place so often associated with speed, consumption and spectacle. It felt like an interruption, but also an invitation.

The invitation was to slow down long enough to ask a more meaningful question: what would it take to become good relatives again, to one another and to the Earth? For me, that question is no longer theoretical.

A NECESSARY PRACTICE

I am writing this while preparing for my mother's funeral. In the midst of grief, I was held by elders in a transition ceremony that was both grounding and profound. There was no rushing past the moment; no insistence that grief be private, tidy or efficient. There was presence. There was witnessing. There was reverence. There was community. I have found myself returning to that experience again and again, because it offered a glimpse of something our culture has forgotten.

Community care is not a slogan. It is not an aesthetic. It is not simply being kind. It is the ancient, necessary practice of showing up for one another in ways that affirm our humanity and our interdependence. It is making space for transition, for vulnerability, for responsibility and for the truth that no one survives alone. If we cannot hold one another through grief, change, illness, displacement and loss, how will we ever hold the magnitude of what the climate crisis demands of us?

This is why the wisdom of elders and Indigenous communities is so essential in this moment – not as a symbolic gesture, and not as something to be acknowledged and then ignored, but as living knowledge. Across many traditions, there is a deeper understanding that human beings are not separate from land, water, air and one another. There is a recognition that stewardship is not ownership. That relationship carries obligation. That care is reciprocal. That decisions must be made not only for immediate gain, but with future generations in mind.

FROM PERFORMANCE TO PRACTICE

Modern society often rewards domination, extraction, speed and individualism – but none of those values can save us. We will not consume our way out of collapse. We will not innovate our way forward if we remain spiritually, socially and politically disconnected from one another.

The future we need will require a different kind of leadership – one rooted not only in expertise, but in humility. Not only in ambition, but in accountability. Not only in vision, but in relationship.

Climate gatherings should push us beyond performance and into practice. They should challenge us to ask how we are building communities capable of care. How we are resourcing those on the frontlines. How we are listening to elders. How we are honouring Indigenous leadership. How we are creating systems that recognise that human wellbeing and planetary wellbeing are inseparable.

A SENSE OF BELONGING

As we move through London Climate Action Week, my hope is that we widen our understanding of climate leadership to include not only policy and innovation, but also grief literacy, community care and intergenerational wisdom.

In my own work, from peacebuilding and global advocacy to education, I keep coming back to one truth: real change happens when people remember they are part of something larger than themselves. That is what I witnessed in ceremony. That is what I felt in Times Square on Earth Day. That is what our movements must reclaim.

If we are serious about saving our planet, then we must become serious about how we care for one another. The Earth does not need more detached spectators. It needs stewards. It needs communities. It needs people willing to live as if we belong to each other. Because we do.

Find out more

- Rebecca Irby is a transformational change expert who is helping people and institutions to move from talk to practice. Discover more at **rebeccairby.org**

PLASTIC TO PURPOSE

Rethink plastics with this new initiative from Love Peace Harmony Foundation & Save Living Foundation

Plastic pollution is often discussed as an environmental issue, but it's increasingly becoming a human one, too. Each year, over 400 million tonnes of plastic are produced globally, yet less than 10% is successfully recycled. As plastic breaks down, it forms microplastics and nanoplastics that are now found not only in oceans and soil, but also in the air we breathe, the water we drink and the food we eat.

Scientists have detected these particles in the lungs, blood, placenta and even brain tissue, with growing concern about potential links to hormone disruption, inflammation and wider health impacts.

Plastic pollution is no longer something 'out there'; it is something we are all part of, and something we are all being asked to respond to.

A DIFFERENT KIND OF RESPONSE

Plastic to Purpose is a new global initiative that invites a more connected, hands-on response, particularly for young people. Built around three simple ideas – Learn, Create & Transform – the programme unites environmental education, practical action and wellbeing. The mission is to transform students' relationship with sustainability and develop environmental responsibility, leadership and a deeper connection between planetary and personal wellbeing.

The initiative is a collaboration between the Love Peace Harmony Foundation (LPHF), which focuses on inner wellbeing, and Save Living Foundation, an environmental initiative working with plastic transformation. Their shared vision is a world where caring for the Earth and caring for ourselves are understood as one, creating communities that live in balance with nature and each other.

A GLOBAL ROLLOUT

Plastic to Purpose launched recently in Atlanta, where it generated a strong buzz and a real sense of excitement among both the children and the APEC Learning Center team. Its formal global launch will take place on World Environment Day (05 June) 2026, marking the beginning of a wider international rollout. From there, the initiative will extend into communities in Germany, Hawaii, the Netherlands, India and the UK, with further expansion planned in the months ahead. 'This initiative represents a new paradigm in education', explained Richard Rogers, executive director of LPHF, 'uniting sustainability, wellbeing and innovation to create meaningful, lasting change.'



UNDERSTANDING OUR WORLD

Rather than presenting sustainability as abstract or distant, the programme begins by grounding students in lived reality. They explore how plastic is produced, used and discarded, and get a sense of its presence in the environment. This stage is about awareness as well as information; the goal is to build a clearer sense of connection between everyday choices and global systems.

At the heart of the experience is the LPHF Press, a compact transformation machine that allows students to convert discarded plastic into new objects such as pendants and keychains. What might once have been considered waste becomes something tangible, functional and personal. In this moment, perception shifts: waste becomes resource, discarded becomes designed and problem becomes possibility. 'Together, we are empowering students not only to transform plastic waste but to recognise their ability to shape a more sustainable future', says Marlous de Bordes, director of Save Living Foundation.

CONSCIOUS CONNECTION

Alongside hands-on creation and sustainable experiments, the programme integrates wellbeing practices designed to deepen reflection and presence. Through mindfulness-based exercises and creative tools such as water calligraphy, students are encouraged to slow down, observe and connect more consciously with their experience. This integration of inner and outer awareness helps shift sustainability from something external into something personal and lived.

Teachers involved in early sessions have noted a change in how students talk about responsibility, creativity and their role in the world. Students are encouraged to see themselves as 'Green Plastic Heroes' – individuals who can take small, meaningful actions within their own communities and inspire others to do the same.

'Caring for the Earth and caring for ourselves are deeply one', shares Doctor and Master Sha, founder of LPHF. 'Through this initiative, we are guiding young hearts to transform both their inner world and the world around them.'

DESIGNED FOR EXPORT

Plastic to Purpose has been designed as a scalable model that can be introduced into schools and communities all over the world. The idea is that each new location will become a local expression of a shared framework, supported through training, materials, wellbeing tools and the introduction of LPHF Press machines.

Support and donations help enable this expansion, allowing new communities to establish their own programmes and bring the experience directly to students. In this way, the initiative grows not only through reach, but also through participation and shared learning.

Plastic pollution is a global, complex challenge, and there is no single solution. But meaningful change often begins in small, tangible ways – in how we understand a problem, how we engage with it and how we choose to respond.



Find out more

- Get involved with the Plastic to Purpose programme at **lovepeaceharmony.org/plastic-to-purpose-program**

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We've hand-picked this selection of green pearls – from ethical fashion that supports female artisans and organic farming to conscious art and even a retreat pilot in Portugal – to help set you on a path to a lighter lifestyle.

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



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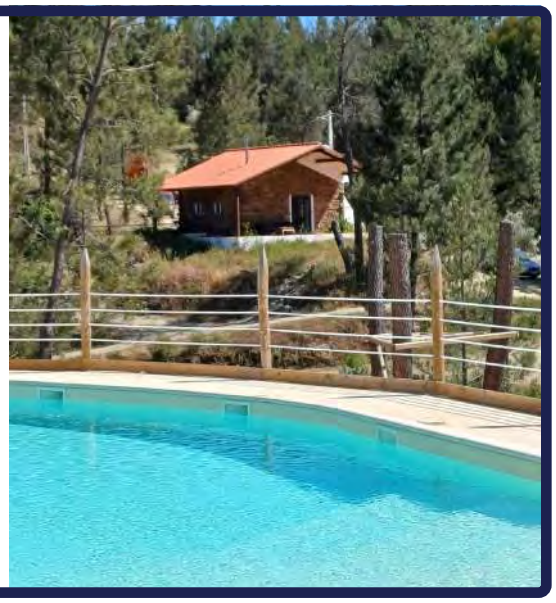
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