

Chiltern Music Therapy

Environmental Report 2025/26

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Introduction

The world continues to experience a climate and health emergency, with climate change described in the Lancet as “the greatest threat to global health of the 21st century”.

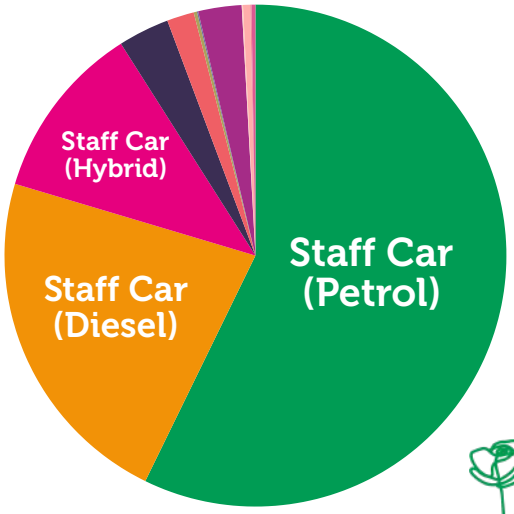
At Chiltern Music Therapy we have made a commitment to reducing our impact on the environment and to act in an environmentally sustainable manner (Environmental Policy and Action Plan, September 2021; Environmental Policy 2025).

This report outlines the results of our fourth full year of carbon emissions data (April 2025 – March 2026), which will be compared to the baseline figures that were reported from April 2022 – March 2023.

Overall Performance

	2022/23	2025/26
Staff Car - Petrol	30.99	13.73
Staff Car - Diesel	5.15	5.37
Staff Car - Hybrid	0.00	2.73
Staff Car - Electric	0.00	0.79
Flight	1.83	0.42
Bus	0.02	0.05
Tram	0.00	0.02
Train	0.36	0.67
Underground	0.04	0.00
Materials - Metal	0.00	0.20
Materials - Electric	0.04	0.11
Materias - Paper	0.01	0.02
Materials - IT	0.17	0.06
Total (tC02e)	**39.14**	**24.05**

As can be seen from the above table, our carbon footprint has **reduced from 39.14 to 24.05 tCO2e** between 2022/23 and 2025/26, **a decrease of 38.6%**. This change has mainly come about from a large reduction in staff petrol car emissions, and no longer having a permanent office.



N.B. tCO2e = the total amount of all greenhouse gases emitted, measured in metric tons of carbon dioxide equivalent

Staff Travel

Our main area of impact continues to be staff travel, with staff-owned vehicle emissions now amounting to 94% of our total carbon footprint, and a further 3.1% coming from the use of public transport. This marks a continued shift towards public transport use compared to previous years.

Comparing this year's figures to our baseline, overall staff travel related emissions have **dropped from 38.39 to 23.77 tCO2e, a reduction of 38%.**

This is due to staff travel **reducing by over 28,000 miles**, which has contributed to a **reduction in average mileage per session of 14%.**

	2022/23	2025/26
Staff travel (miles)	139,048	110,295
No. of sessions	7624	7046
Average mileage per session	18.24	15.65

These changes will be at least in part down to the staff driving reduction strategy that was outlined in previous reports. The drop in emissions is also thanks to petrol car miles **dropping by over 50%** and the continuing increase in use of electric and hybrid vehicles, as well as public transport and cycling.

Further Energy Efficiency Actions

The following actions have been implemented over the past 12 months:

- We have been able to move over 2/3 of our invested money into banks and funds rated highly by bank.green, an organisation who monitor how ethical and sustainable banks are.
- Since February last year staff have been able to claim expenses for using their bicycle for work travel, at the same rate as people who use their car. This has contributed to over 700 miles being travelled by staff on their bikes this year.
- We have begun work on our Digital Carbon Footprint. This has included having our website accredited as 'Carbon-Conscious' by the Eco-Friendly Web Alliance, training staff in reducing the environmental impact of email use, and introducing relevant restrictions in our AI policy.
- Our current Third Party Policy states our aim of working with organisations who look after the environment, and specifically mentions not working with organisations who fund fossil fuel extraction, if another viable option exists.

Planned Actions

Over the next year we intend to further reduce our impact on the environment in the following ways:

- Work will continue on tackling our digital carbon footprint, with the next steps including reducing our use of cloud storage.

Summary

Using the metric of carbon footprint per session, we can see that the measures and efforts put in place have been effective in reducing our impact on the environment, **going significantly beyond our stated aim of a 5% annual decrease.**

	2022/23	2023/24	2024/25	2025/26
Total tCO2e	39.14	32.29	28.94	24.05
No. of sessions	7624	7405	7001	7046
kg CO2e per session	5.13	4.36	4.13	3.41
Annual change		**-15%**	**-5.28%**	**-17.43%**

As has been the case with the previous annual reports, almost all of our environmental impact at Chiltern Music Therapy remains directly related to the staff travel that is a necessity of our operation. There continue to be encouraging signs of a shift towards public transport and active travel, as well as the increasing use of electric and hybrid cars, but we acknowledge there is still room for positive change.

We continue to place the needs of our clients front and centre, and have no intention to cut back on our in-person sessions. Therefore we will continue to work to reduce car mileage through the driving reduction strategy in our Environmental Policy, and accept a certain level of carbon emissions as a necessity.

Chiltern
music therapy

chilternmusictherapy.co.uk
info@chilternmusictherapy.co.uk
chilternmusictherapy
01442 780541

Kings Head House, 15 London End, Beaconsfield, HP9 2HN | Community Interest Company No. 7702358