

# Have yourself a low-impact Christmas



**Oliver Heath, expert eco designer and TV presenter, gives his advice for a stylish & green Christmas. Read these and more of Oliver's ideas at [www.ecocentric.co.uk](http://www.ecocentric.co.uk)**

"As we face Christmas in the wake of the credit crunch, it makes sense to enjoy the celebrations in a way that has a minimal effect both on our wallets and the environment. Going back to nature plus focussing on quality gifts, food and décor can lead to a very stylish, eco and low cost Christmas." *Oliver Heath*

## Oliver's top tips for a low impact celebration this Christmas:

1. **Buy recycled or eco friendly gifts.** Alternatively buy presents that will benefit and make a difference to the lives of the receiver such as bicycles, juicers, photovoltaic (solar powered) chargers for gadgets, or even a wind up radio. Blankets and jumpers encourage them to cut down on their heat use.
2. **Buy your Christmas dinner from a farmers market** - buying organic will be fresher, taste better and you'll be buying local too. Check out [www.farmersmarkets.net](http://www.farmersmarkets.net) for a market near you.
3. **Reduce your waste** – by not buying food or presents with excessive packaging. Try not to accept a plastic bag every time it's offered, use a bag for life, and use rechargeable batteries not disposables.
4. **Decorate your home with natural and recyclable materials** – Try using sprigs and branches with berries; such as holly, mistletoe, fir tree, and pine cones. Tie them all together and make a festive mobile, or wreath
5. **Cut down on your energy use** – create atmosphere by using candles for your Christmas meal and forgetting the electric light bulb for a couple of hours. Using LED fairy lights on your tree uses up to 50% less energy, and therefore saves you money too.
6. **Make a new years pledge** to change your old light bulbs for energy efficiency ones and watch your electricity bill drop. The energy saved in a year by 1 energy saving bulb is enough to run 10 sets of Christmas lights for the 12 days of Christmas.
7. **Dispose of your Christmas tree properly** – over 6 million trees were bought last year in the UK, creating a staggering 9000 tonnes of rubbish. Most DIY centres, and garden centres, have a disposal system & some will shred the tree to turn it to chippings. Or even better buy a Christmas tree with roots and plant it in your garden after the festive period.
8. **Recycle!** – Make sure you take all your empty cans, bottles, wrapping paper and plastic packaging to the recycling banks. Cut down on the amount of glass you use by buying large bottles of drink rather than lots of small ones.



*Salt & pepper set from old pool balls  
from [www.ecocentric.co.uk](http://www.ecocentric.co.uk)*



*LED fairy lights by Oliver Heath  
from [www.ecocentric.co.uk](http://www.ecocentric.co.uk)*

- ends -

---

## Notes to Editors

All items available online at [www.ecocentric.co.uk](http://www.ecocentric.co.uk) and by phone on **0207 739 3888**

For more information about EcoCentric or for images, samples or interviews with Oliver Heath, please contact the press office on **020 7739 3888** or [niki@ecocentric.co.uk](mailto:niki@ecocentric.co.uk)

**EcoCentric** is an eco-homewares company, co-founded by TV designer **Oliver Heath**. Oliver has combined his knowledge of eco-materials with his strong designer's eye for style to bring together the most coordinated collection of eco-homewares and lifestyle products available today. This **Urban eco-chic** style offers today's smart, environmentally attuned customers an alternative to traditional, unsustainable products. EcoCentric brings together contemporary design with increased environmental awareness. All of the products have been chosen for their environmentally friendly principles: either because they use low levels of energy, or are crafted from sustainable materials or recycled items.

---

**Oliver Heath** has been the designer/presenter on a number of programmes including BBC Changing Rooms and BBC Home Front, Channel 4's From House to Home and ITV's 2007 series Dream Homes, and he writes a regular column on design in The Observer. His new book, **Urban Eco Chic** is published in Autumn by Quadrille - easy ways to bring eco style and practicality into the home.

He is also a passionate environmentalist and has written articles on green design for Friends of the Earth and acted as media spokesman for both the Energy Savings Trust and the Waste and Resources Action Programme.

Oliver has developed his own range of environmentally sensitive homeware and has recently launched a range of natural paints for earthBorn, now available at [www.ecocentric.co.uk](http://www.ecocentric.co.uk) . For more information on Oliver Heath see: [www.oliverheath.com](http://www.oliverheath.com)