

CARBON REDUCTION PLAN

Positive Lifestyles Porthcawl Ltd

Reporting period / baseline year: 1 June 2025 to 31 May 2026

Prepared with reference to PPN 006 and WPPN 006

Publication date: 18th August 2026

1. Commitment to achieving Net Zero

Positive Lifestyles Porthcawl Ltd is committed to achieving Net Zero greenhouse gas emissions from its UK operations by 2050 at the latest. The organisation will review this Carbon Reduction Plan annually, improve the quality of its emissions data, and take practical steps to reduce energy, transport and waste-related emissions while continuing to provide safe, person-centred care.

2. Baseline emissions footprint

Baseline year: 1 June 2025 to 31 May 2026. This is the organisation's first formal Carbon Reduction Plan and is therefore used as the baseline against which future reductions will be measured.

Organisational boundary: UK operations under the operational control of Positive Lifestyles Porthcawl Ltd. This is the organisation's first formal carbon footprint and therefore the first reporting period is used as the baseline. Scope 1 and Scope 2 are included together with the five Scope 3 categories required by the Carbon Reduction Plan reporting standard. Where supplier information is not currently available, the activity and data limitation are stated transparently and will be improved at the next annual review.

3. Activity data available for the baseline year

Source	Baseline activity	Treatment
Natural gas	35,657 kWh	Scope 1 - building fuel
Purchased electricity	11,769 kWh	Scope 2 - location based
Petrol vehicle	2017 Fiat Doblo Pop petrol MPV; approx. 15,000 miles/year; fully owned by the company	Scope 1 - company-owned vehicle
Private/shareholder electric cars	2 vehicles; approx. 10,000 miles each total annual use	Personal mileage excluded; only organisational business use should be counted
Other business travel	No separate 1,200-mile annual activity identified; previous assumption removed	Scope 3 only where travel is in vehicles not owned/controlled by the company; quantify from actual business-mileage records
Employee commuting	25 car, 10 bus, 6 walk; approx. 15-mile return trip; generally 3-4 shifts/week	Scope 3
Waste	Recycling collected weekly by the council. General waste: one 240L bin, full, collected weekly by Cox Skips (52 collections/year = 12,480L / 12.48 m ³). Cox Skips takes the waste to a waste yard for sorting.	Scope 3 - annual mass and final treatment split (recycling / energy recovery / landfill) not available

Inbound deliveries	Tesco weekly; PPE approximately monthly via Amazon	Scope 3 upstream transport - delivery distance/vehicle data to be improved
Medication collection	Collected locally on foot	No vehicle emissions from this activity

4. Baseline emissions

The quantified figures below use the UK Government Greenhouse Gas Reporting Conversion Factors 2025, applied consistently to the available activity data. As this is the organisation's first formal carbon footprint, the reporting period is also the baseline period. The footprint will be updated at least annually and underlying activity records will be strengthened, particularly for waste, supplier deliveries and business mileage in vehicles not owned by the company.

Emissions source	tCO ₂ e	Basis / note
Scope 1	10.85	35,657 kWh natural gas × 0.18296 kgCO ₂ e/kWh (gross CV) = 6.52 tCO ₂ e; 15,000 miles company-owned petrol Doblò MPV × 0.28812 kgCO ₂ e/mile = 4.32 tCO ₂ e.
Scope 2	2.08	11,769 kWh purchased UK electricity × 0.17700 kgCO ₂ e/kWh = 2.08 tCO ₂ e (location based).
Scope 3 - business travel	0.00 currently quantified	The previous 1,200 miles/year assumption has been removed because no separate activity could be identified. Any future non-company vehicle business mileage should be recorded and added here.
Scope 3 - employee commuting	23.38	Assumes 3.5 shifts/week, 52 weeks and a 15-mile return trip. 25 car commuters use the 2025 average petrol car factor (0.26187 kgCO ₂ e/mile); 10 bus commuters use the local bus (not London) factor (0.12525 kgCO ₂ e/passenger-km). 6 walking commuters = zero.
Scope 3 - waste generated in operations	Not yet quantified	Known residual-waste volume is 12.48 m ³ /year (240L full bin × 52 weekly collections). Recycling is collected weekly by the council. Cox Skips takes general waste to a sorting yard. UK Government waste factors require waste mass and final treatment route; these are not available, so no unsupported tCO ₂ e estimate is inserted.
Scope 3 - upstream transport & distribution	Not yet quantified	Weekly Tesco and approximately monthly PPE deliveries are known, but delivery distance/vehicle/load data are not available.
Scope 3 - downstream transport & distribution	0.00 / not applicable	The care service does not sell/distribute physical products to downstream customers.
Total	36.30 quantified subtotal	Quantified Scope 1 + Scope 2 + employee commuting. Excludes

		waste, upstream deliveries and any private/shareholder EV business mileage until adequate activity data are available.
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5. Current emissions reporting

Reporting year: 1 June 2025 to 31 May 2026. As this is the organisation's first formal carbon footprint, the current reporting period is also the baseline period. Current quantified emissions are therefore the same as the baseline quantified subtotal: Scope 1 10.85 tCO₂e; Scope 2 2.08 tCO₂e; quantified Scope 3 employee commuting 23.38 tCO₂e; quantified total 36.30 tCO₂e. The Scope 3 data limitations described in the baseline table also apply to the current reporting period.

Quantified baseline subtotal: 36.30 tCO₂e. The figure comprises the sources for which adequate activity data are currently available. Waste, upstream transportation/distribution and any organisational business mileage in privately owned electric vehicles are disclosed below as data gaps rather than being assigned unsupported emissions values.

6. Emissions reduction targets

Positive Lifestyles Porthcawl Ltd has adopted an initial target to reduce its quantified gross greenhouse gas emissions by at least 10% over five years, from the 2025/26 quantified baseline subtotal of 36.30 tCO₂e to no more than 32.67 tCO₂e by 31 May 2031. As waste, upstream transportation/distribution and any organisational mileage in privately owned electric vehicles become quantifiable, they will be incorporated into the baseline and target on a like-for-like basis so that progress is not overstated. The organisation remains committed to achieving Net Zero greenhouse gas emissions from its UK operations by 2050 at the latest.

7. Carbon reduction projects and measures

Energy-efficient lighting: Energy-efficient bulbs are used within the home and replacements will continue to prioritise efficient lighting.

Efficient cooking: Smaller appliances, including a Ninja appliance, are used where suitable instead of heating the main oven for smaller cooking requirements.

Lower-emission fleet: Two shareholder vehicles used in connection with the business are electric. Organisational business mileage will be recorded separately from personal mileage.

Replace larger petrol vehicle: The organisation is considering replacing the 2017 Fiat Doblo with a smaller, more fuel-efficient, lower-emission vehicle when operationally and financially practicable; electric or hybrid options will be considered.

Walking and local community access: The home's Porthcawl location allows residents to walk to suitable local amenities, community activities and seaside destinations where appropriate to their needs and preferences, reducing short vehicle journeys while supporting wellbeing and community participation.

Medication collection: Medication is collected locally on foot where appropriate, avoiding a vehicle journey.

Weekly menu planning: Menus are planned weekly so food purchasing can more closely match expected requirements, reducing over-ordering and food waste.

Waste separation: Recycling is separated and collected weekly by the council. General waste is collected weekly by Cox Skips in a 240L bin that is normally full, then taken to a waste yard for sorting. This provides a known annual residual-waste volume of approximately 12.48 m³, but the organisation will continue to seek annual tonnage and the final treatment split so that a UK Government waste conversion factor can be applied accurately.

Delivery efficiency: Food is consolidated into a weekly Tesco delivery and PPE deliveries are approximately monthly. The organisation will continue to avoid unnecessary small orders where practical.

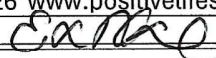
Data improvement: Annual energy, mileage, commuting, waste and delivery data will be recorded in a simple carbon-data log to improve the accuracy of future CRPs.

8. Planned monitoring

- Record annual gas and electricity consumption from supplier bills.
- Record company-controlled vehicle mileage and fuel/energy separately from personal mileage.
- Record business mileage claims by vehicle/fuel type.
- Repeat a short staff commuting survey annually.
- Request, where available, annual waste tonnage and the final recycling / energy-recovery / landfill split from Cox Skips and the council; until supplied, retain weekly collection volume as the documented activity measure.
- Keep a simple record of regular supplier delivery frequency and consolidate orders where practical.
- Review progress within six months of each financial/reporting year end and update the CRP annually.

9. Declaration and sign-off

This Carbon Reduction Plan has been prepared with reference to PPN 006, WPPN 006 and the associated reporting standard for Carbon Reduction Plans. Emissions that can currently be quantified have been calculated using the UK Government Greenhouse Gas Reporting Conversion Factors 2025. Scope 1 and Scope 2 emissions and the required Scope 3 categories are disclosed in this plan; identified first-year data gaps are stated transparently and are subject to the monitoring and data-improvement actions set out above. This Carbon Reduction Plan must be reviewed and signed off by a director (or equivalent management body) before submission/publication.

Board approval date	18 August 2026
Signed on behalf of Positive Lifestyles Porthcawl Ltd by	Emma Anyadike
Job title	Responsible Individual
Date signed	18 August 2026
Publication date/website link	18.8.26 www.positivelifestyles.co.uk
Signature	

10. Reporting limitations and next annual review

- The 2017 Fiat Doblò is fully owned and controlled by the company. Annual company-vehicle mileage evidence will be retained for future reporting.
- No separate 1,200-mile business-travel activity has been identified. The previous unsupported assumption has therefore been removed; future non-company vehicle business mileage will be recorded from actual records.
- Waste activity is currently evidenced by weekly council recycling collections and a full 240L general-waste bin collected weekly by Cox Skips and taken to a waste yard for sorting. Annual waste mass and final treatment split are not currently available. These will be requested for the next annual update so that the appropriate Government waste factors can be applied.

- Upstream transportation/distribution activity currently comprises a weekly Tesco food delivery and approximately monthly PPE deliveries. Supplier-specific delivery distance, vehicle and load-allocation information is not currently available and will be improved for the next annual update.
- The UK Government Greenhouse Gas Reporting Conversion Factors 2025 have been applied to the currently quantifiable baseline sources.
- Progress against the five-year reduction target will be reviewed annually alongside improvements to the underlying activity data.
- The plan will be updated at least annually and published/clearly signposted on the company's UK website where required by the procurement.

11. Methodology references

Prepared with reference to Cabinet Office PPN 006, the associated Technical Standard and Carbon Reduction Plan template, Welsh Procurement Policy Note WPPN 006, and the UK Government Greenhouse Gas Reporting Conversion Factors 2025. The specific factors applied to quantified sources are shown in the emissions table above.