



Bringing sustainability and wellbeing to life

Jump members save 4.2 million kg of carbon emissions through 3 million positive actions in 2020

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Participants in sustainability engagement programmes spanning the private and public sectors have achieved a record-breaking 3 million positive actions in 2020 and prevented 4.2 million kilograms of carbon emissions from entering the atmosphere.

The programmes, designed and provided by sustainability engagement experts Jump, have also seen over 11.1 million kilowatts of electricity saved with 266,600 miles of walking, cycling and public transport travelled by participants.

63,700 participants took part in a wide range of bespoke programmes in 2020, from the Go Green programme for Barclays to the University of Bristol's programme for staff and students, 'Be the Change.' Users completed activities through customised smartphone apps and websites, making tangible behaviour changes to reduce their carbon footprint.

The most popular activities in 2020 included recycling, lowering food waste, switching off electrical items and travelling actively such as cycling and walking.

Members are awarded 'Green Points' for taking part in activities, with leader boards encouraging friendly competition between individuals and teams. In return, they can win monthly prizes or donations for their favourite charities. Over £15,000 was donated by Jump programmes to good causes through team prizes in 2020, with donations to local foodbanks the most popular charity prize.

Four of the universities using Jump are ranked in the top 12 of the highly regarded [People & Planet University League](#), including the University of Bristol, Nottingham Trent University, University of Reading and Swansea University. Jump's university programmes recorded over 323,000 positive actions in 2020, avoiding over 562,000kg of carbon emissions.

Operating across local authority areas in the UK including St. Helens, Camden and Warwickshire, Jump's programmes are encouraging residents to reduce waste and recycle more. Bexley Green Points, provided in partnership between Jump and the London Borough of Bexley Council, also boosted the local community with [a £7,500 donation](#) to charities in 2020.

NHS Jump programmes, such as Green Rewards at Manchester University NHS Foundation Trust, are leading the way on sustainable healthcare as they make significant progress towards a net-zero NHS. In total, NHS staff completed 50,000 actions through Jump programmes in 2020, avoiding over 79,000 kg of carbon emissions and saving over 30,000kWh electricity.



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Amy Johnston, Sustainability Officer, Newcastle Upon Tyne Hospitals NHS Trust, said: “Our Shine Rewards programme brings together sustainability and wellbeing in an engaging and fun way, that will help to bring our people together during these more uncertain times. As one of the largest NHS Trusts in the UK we’re working to lead the way in delivering sustainable healthcare.”

Today, Jump publishes its 2020 Impact Report and **Graham Simmonds, Chief Executive at Jump, said:** “With the race on to get to net zero, it’s very exciting to see so many positive actions across our client programmes. Despite being such a tough year for so many because of the pandemic, the commitment of our users to be more sustainable continues to grow, and across our community the cumulative impact of 4.2 million kilogrammes of carbon emissions avoided speaks for itself”.

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Jump is the UK’s leading supplier of engagement programmes that boost sustainability and wellbeing. Working with companies, universities and the public sector to motivate individuals to take positive steps, clients include Manchester University NHS Foundation Trust, Barclays, Camden Council, Scottish Courts & Tribunal Service, University of Bristol and ASM Pacific Technology. For more information about Jump, see www.teamjump.co.uk.