Carbon Reduction Plan

Shake That Weight LTD

Supplier name	Shake That Weight LTD
Company number	08786026
Registered address	6 Marsh Parade, Newcastle, Staffordshire, ST5 1DU
Publication date	10 June 2026
Baseline / reporting year	Calendar year 2026 (first reporting year)

Commitment to achieving Net Zero

Shake That Weight LTD is committed to achieving Net Zero greenhouse gas emissions for its UK operations by 2050, in line with the UK Government's legislated target and the ambitions of the NHS Net Zero programme. This Carbon Reduction Plan has been prepared with reference to the requirements of Procurement Policy Note 006 (formerly PPN 06/21) and the associated Technical Standard for the Completion of Carbon Reduction Plans, and will be reviewed and updated at least annually.

Baseline Emissions Footprint

Baseline emissions are a record of the greenhouse gases that were produced prior to the introduction of any strategies to reduce emissions, and provide the reference point against which future reductions are measured.

This is the company's first Carbon Reduction Plan. Calendar year 2026 has therefore been adopted as both the baseline year and the current reporting year. Emissions have been calculated from metered electricity data for the year to date, projected to a full calendar year, together with operational activity data (parcel dispatch volumes, inbound freight movements, staffing and waste), using UK Government (DEFRA) greenhouse gas conversion factors and published carrier emissions data. Where activity data has been estimated, a conservative approach has been taken; estimates will be replaced with measured data in subsequent annual updates.

Baseline year emissions — calendar year 2026

Emissions scope	Total (tCO2e)
Scope 1 — direct emissions	0.0
Scope 2 — purchased electricity (location-based)	1.6
Scope 3 — (included sources, see below)	25.5
Total emissions	27.1

Scope 1: the company operates no gas heating and no internal-combustion company vehicles. The single company vehicle is fully electric, so direct fuel emissions are nil (charging electricity is captured within Scope 2).

Scope 2: purchased grid electricity at the company's Fenton fulfilment facility and offices, projected at approximately 8,970 kWh for the full calendar year from metered half-year data, converted at the current UK grid average emission factor. Grid import is substantially reduced by on-site solar generation at the Fenton facility, with self-consumed solar electricity carrying zero emissions.

Scope 3 sources included, in line with the five categories required by PPN 006:

Scope 3 category	Total (tCO2e)
Upstream transportation and distribution (inbound palletised freight from suppliers, approx. 550 pallets per annum, calculated from freight distances and UK Government HGV conversion factors)	11.9
Waste generated in operations (predominantly recycled cardboard and packaging)	0.5
Business travel	0.3
Employee commuting	4.6
Downstream transportation and distribution (approx. 40,000 customer parcels per annum, principally via Royal Mail Tracked services)	8.2
Scope 3 total	25.5

Current Emissions Reporting

As 2026 is the company's first reporting year, current emissions are as stated in the baseline table above: total reported emissions of 27.1 tCO2e. Progress against the baseline will be reported in each annual update of this plan.

Emissions Reduction Targets

In order to continue our progress to achieving Net Zero, we have adopted the following targets:

- To reduce total reported emissions by at least 30% against the 2026 baseline by 2030 (to no more than 19.0 tCO2e).
- To procure 100% certified renewable electricity for the Fenton facility by the end of 2027, substantially eliminating Scope 2 emissions.
- To achieve Net Zero for UK Scope 1 and 2 emissions well in advance of 2050, and Net Zero across all reported scopes by 2050 at the latest.

Progress against these targets will be reviewed annually by the Director and reported in each updated publication of this plan.

Carbon Reduction Projects

Completed and ongoing initiatives

The following environmental management measures and projects are in place and deliver ongoing emissions benefits:

- On-site solar generation — solar panels installed on the Fenton warehouse generate renewable electricity consumed directly on site, substantially reducing grid electricity import and the associated Scope 2 emissions.
- Fully electric company vehicle — the company's sole vehicle is an EV, eliminating direct fuel combustion from business mileage.
- Multi-week supply per parcel — customers are encouraged to order four-week supply plans, so a single delivered parcel typically contains several weeks of product. This substantially reduces the number of delivery journeys per customer compared with weekly ordering, materially reducing per-unit delivery emissions.
- Low-carbon final mile — Royal Mail's shared delivery network is used as the standard service, with a substantially lower carbon footprint per parcel than dedicated courier alternatives, supported by Royal Mail's published decarbonisation programme.
- Efficient inbound logistics — inbound stock arrives as full palletised loads from our manufacturing partners, maximising vehicle utilisation per unit shipped.
- Reduced site energy consumption — metered electricity usage at the Fenton facility shows a sustained downward trend across 2026 to date, reflecting efficiency measures in lighting and equipment use.
- Recyclable packaging — outbound parcels use cardboard packaging that is widely recyclable, and operational cardboard waste is segregated for recycling.

Planned initiatives

In the future we plan to implement the following measures:

- Switch the Fenton facility to a certified 100% renewable electricity tariff (target: end of 2027).
- Formalise waste and recycling data capture so that waste emissions are measured rather than estimated from the 2027 reporting year.
- Engage with our manufacturing partners on the carbon intensity of production and inbound freight, including consolidated shipment scheduling.
- Review packaging weight and void-fill to reduce material per parcel without compromising product protection.
- Register for and progress through the NHS Evergreen Sustainable Supplier Assessment.
- Replace estimated commuting and travel data with an annual staff travel survey from 2027.

Declaration and Sign Off

This Carbon Reduction Plan has been completed in accordance with PPN 006 and associated guidance and reporting standard for Carbon Reduction Plans.

Emissions have been reported and recorded in accordance with the published reporting standard for Carbon Reduction Plans and the GHG Reporting Protocol corporate standard, and uses the appropriate Government emission conversion factors for greenhouse gas company reporting.

Scope 1 and Scope 2 emissions have been reported in accordance with SECR requirements, and the required subset of Scope 3 emissions has been reported in accordance with the published reporting standard for Carbon Reduction Plans and the Corporate Value Chain (Scope 3) Standard.

This Carbon Reduction Plan has been reviewed and signed off by the board of directors (or equivalent management body).

Signed on behalf of Shake That Weight LTD:

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Matthew Cooper, Director

Date: 10 June 2026