



THERA-Trainer UK Ltd

Carbon Reduction Plan

Published: 2nd June 2026

Commitment to achieving Net Zero

THERA-Trainer UK Ltd is committed to achieving Net Zero emissions by 2045. This target is an exciting opportunity and has the full support of the Board and all staff.

Baseline Emissions Footprint

We are a small company (total of five staff) and our baseline year was 2022. This has formed the reference point against which emissions reduction can now be measured, going forward.

Baseline Year: 2022	
Additional Details relating to the Baseline Emissions calculations.	
The Scope 1 emissions are calculated from the running of our company fleet of vehicles (2 diesel vans).	
The Scope 2 emissions are those relating to the gas and electricity consumption at our only site, which is Old Stratford near Milton Keynes.	
The Scope 3 emissions are based on staff commute (3.94 tCO ₂ e), waste disposal (1.07 tCO ₂ e) and business travel (2 tCO ₂ e).	
EMISSIONS	TOTAL (tCO ₂ e)
Scope 1	20.6
Scope 2	1.6
Scope 3	7.01
Total Emissions	29.21

Current Emissions Reporting

Current Year: 2026

Additional Details relating to the Current Emissions calculations.

The Scope 1 emissions are calculated from the running of our company fleet of vehicles (2 diesel vans).

The Scope 2 emissions are those relating to the electricity consumption at our only site, which is in Bradwell Abbey, Milton Keynes. We use Octopus Energy's Green Tarif, so our 2162 kWh of energy used over the year has a tCO₂e of 0. We do not have gas.

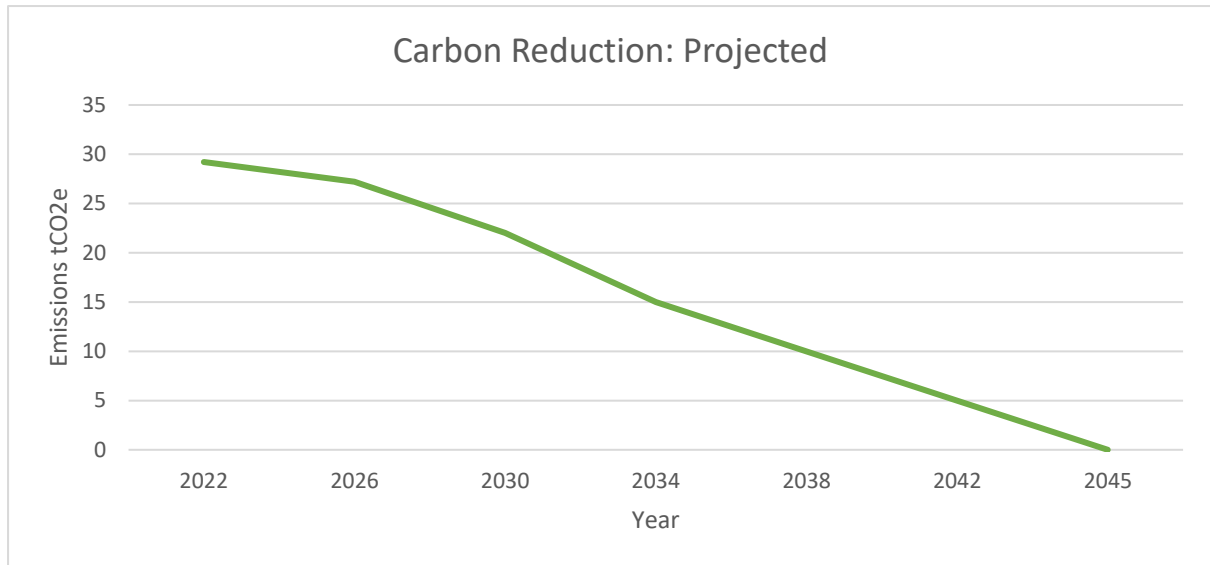
The Scope 3 emissions are based on staff commute (4.7 tCO₂e), waste disposal (1.01 tCO₂e) and business travel (1.9 tCO₂e).

EMISSIONS	TOTAL (tCO ₂ e)
Scope 1	19.6
Scope 2	0
Scope 3	7.61
Total Emissions	27.21

Emissions reduction targets

In order to achieve Net Zero, we have adopted the following carbon reduction targets and are committed to implementing measures that will deliver sustained reductions in our carbon footprint.

We aim to gradually reduce our carbon emissions year on year. The forecast targets can be seen in the graph below:



Carbon Reduction Projects

The following environmental management measures and projects have been completed or implemented since our last report:

- We moved to new business premises in July 2024. The building is more modern and has better insulation and environmental credentials than our previous premises.
- We now have Green Energy for our electricity.
- We continue to improve the routing of our vehicles to lower the mileage and therefore the diesel required.
- Managers participated in the sustainability programme “Green Skills for Small Businesses” delivered in partnership with Oxford Brookes Business School.
- Managers have signed up to the “Greenhouse Gas Protocol” developed by World Resources Institute (WRI) and World Business Council on Sustainable Development (WBCSD), which sets the global standard for how to measure, manage, and report greenhouse gas emissions.
- We have begun to educate our staff on reducing their carbon impact both inside and outside the workplace.

In the future we hope to implement further measures such as:

- Implement energy consumption reduction measures at our site.
- Eventually switch to a fully electric fleet.
- Integrate climate consideration into company decision making at all levels.



- Continue to educate our staff on reducing their carbon impact both inside and outside the workplace.
- Replacing our older IT equipment with new, energy efficient devices.

Declaration and Sign Off

This Carbon Reduction Plan has been completed in accordance with PPN 06/21 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 standard¹ and uses the appropriate Government emission conversion factors for greenhouse gas company reporting².

Scope 1 and Scope 2 emissions have been reported in accordance with SECR requirements and Scope 3 emissions have been reported in accordance with the published reporting standard for Carbon Reduction Plans and the Corporate Value Chain (Scope 3) Standard³

This Carbon Reduction Plan has been reviewed and signed off by the board of directors.

Signed on behalf of THERA-Trainer UK Ltd:

A handwritten signature in black ink, appearing to read "Jonathan Kopf".

Dr Jonathan Kopf, CEO THERA-Trainer UK Ltd

Date: 2nd June 2026

¹<https://ghgprotocol.org/corporate-standard>

²<https://www.gov.uk/government/collections/government-conversion-factors-for-company-reporting>

³<https://ghgprotocol.org/standards/scope-3-standard>