...It took the suffragettes 50 years to win the vote and they had to break all the windows in Oxford Street to do it. I was filled with the adrenaline one would have if you are 20 years late for the most crucial meeting of your life when I broke the windows of the shell building.

We have been branded as criminals who are interested in their own personal agenda despite our continued evidence to the contrary we are protesters and we are protectors.

I don't rely on my own opinion, I am informed by those who are much more knowledgeable than I am. I have informed myself at the highest level, the United Nations whose information is backed by scientific data collated over longer than 40 years.

At the moment vandalism to private property is illegal but vandalism to our planet is not illegal. My protest was to emphasise that the vandalism to our planet is not illegal.

The oath that you take does not say you must find us guilty in fact the judge says no one can compel you to return guilty verdicts. We are equal before the law; we do not wish to force our views. It is a matter of our government and the government has spoken for instance John Gummer has made his views clear, he says that action must happen now.

The prosecution have not contested the climate emergency or that our government must act now. No one has questioned the conviction of our belief.

To put it very simply every other avenue has been tried and no one is taking the big steps that urgently need to be taken. We have taken some steps and I invite you to take a step for our planet too.

If you choose to find me not guilty do it not to be kind but to choose as I have chosen to put our children and our Earth planet first. I ask you to find me not guilty.

This has nothing to do with what we like. We are not doing this for enjoyment it is very hard to be the messenger of the truth about the climate emergency. We have taken it upon ourselves to tell the truth, to protect the Earth just as citizens had protected Jews from Germany or slaves escaping from slavery.

Is it naive to want to preserve our home planet?