

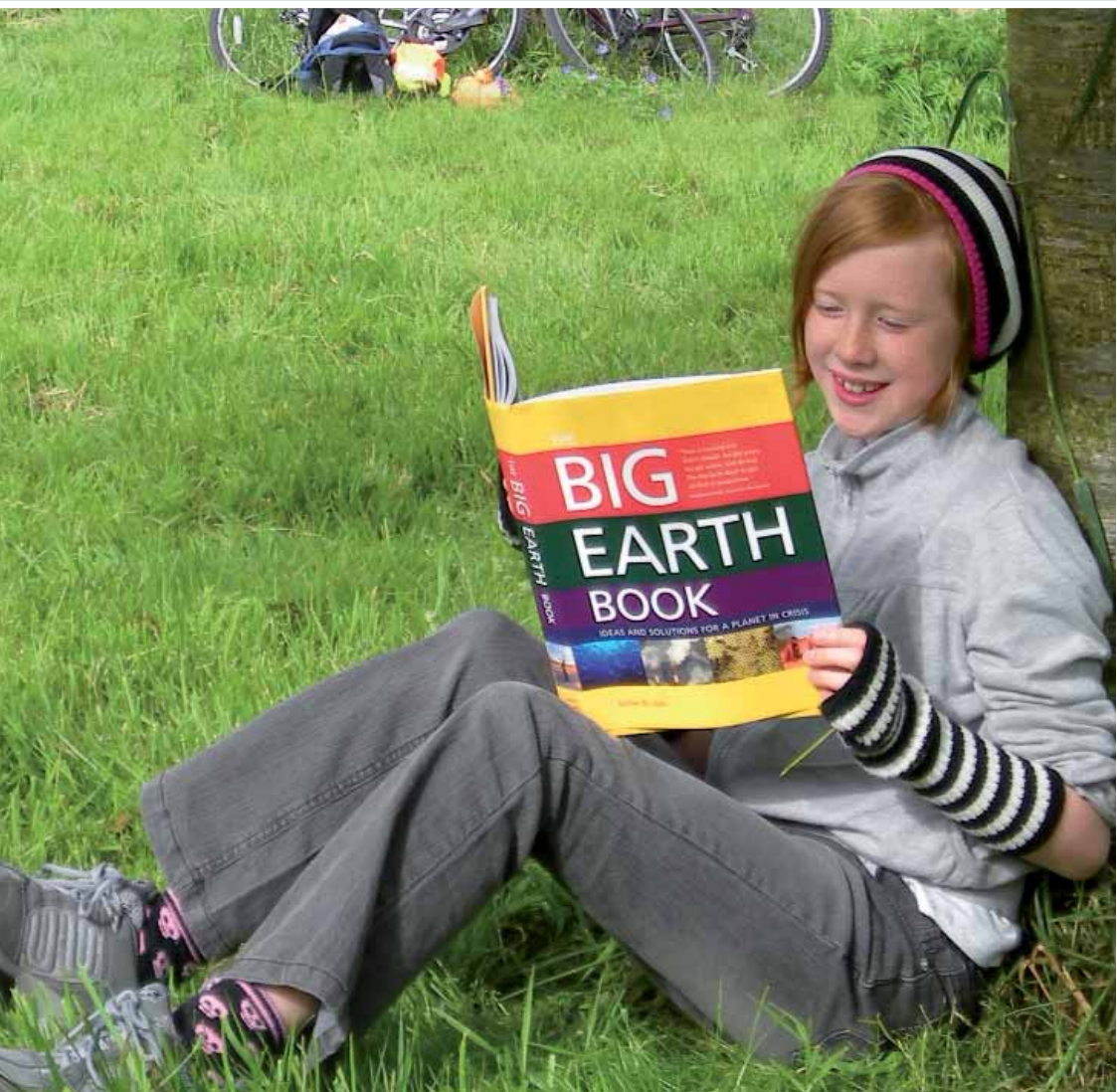
INCLUDES THE AWARD WINNING RECYCLING DIRECTORY

FREE!

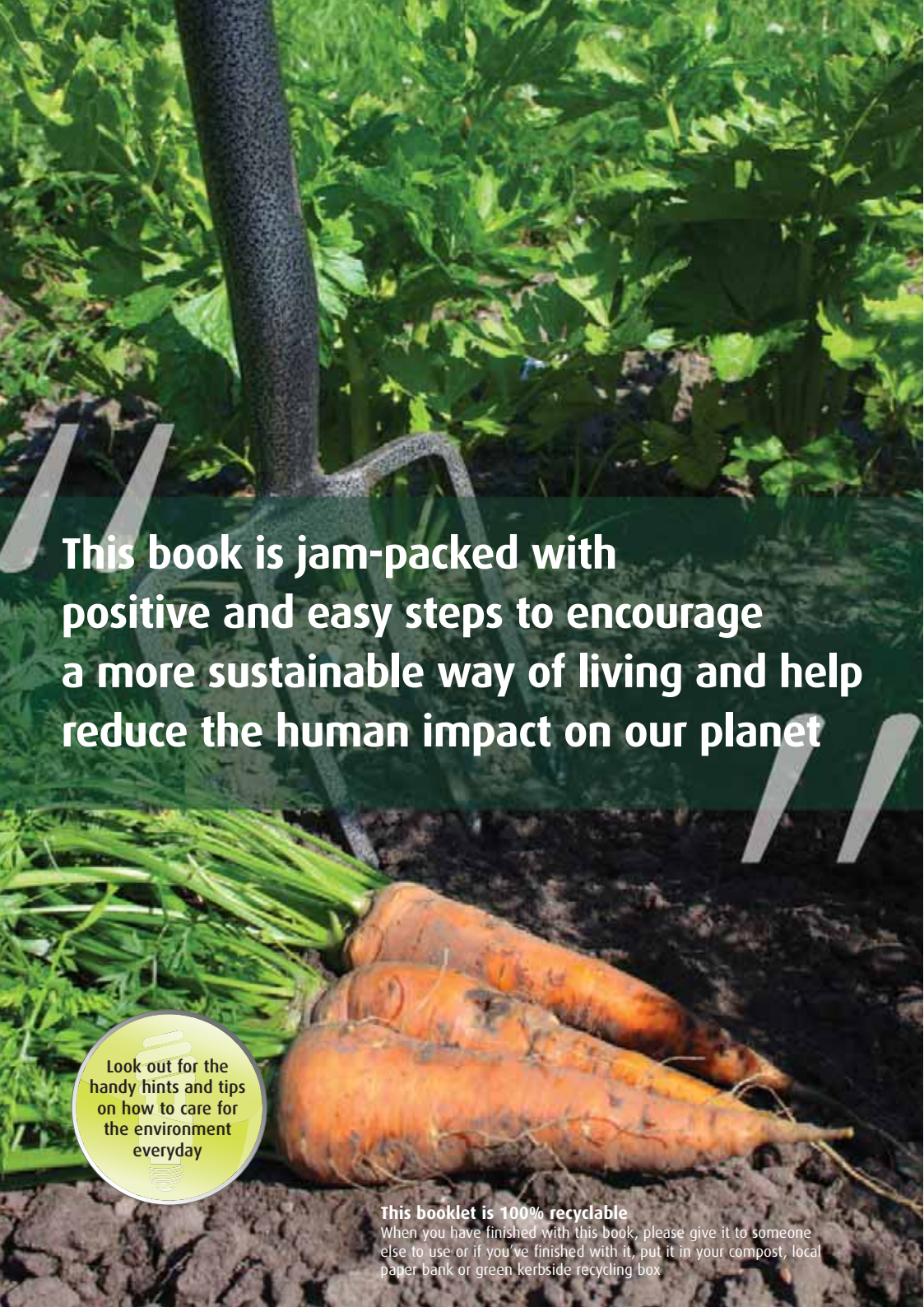
The little book of
Sustainable Living

100%
RECYCLED!

Edition 1. Summer 2009



BY THE RECYCLING FORUM OF LANCASTER DISTRICT: HELPING PROTECT OUR PLANET FOR THE FUTURE



This book is jam-packed with positive and easy steps to encourage a more sustainable way of living and help reduce the human impact on our planet

Look out for the handy hints and tips on how to care for the environment everyday

This booklet is 100% recyclable

When you have finished with this book, please give it to someone else to use or if you've finished with it, put it in your compost, local paper bank or green kerbside recycling box

Hello!

Welcome to the **Little Book of Sustainable Living**; the handy, one-stop publication to increase your awareness of environmental issues and help you reduce your impact on the planet.

This book has been developed by the Recycling Forum, a work group of the Sustainability Partnership of Lancaster district, a friendly and focused group of individuals, organisations, charities and small businesses who work together to encourage sustainable activity in our area.

What is sustainable living?

To live sustainably is to actively ensure the environmental, social and economic needs of people, wildlife and our planet are met without taking vital resources away from future generations.



Give back to the environment

The Little Book of Sustainable Living gives you lots of active ways to live lightly on the planet. It also contains loads of information on sustainable issues like what climate change and peak oil really mean or why buying local produce and saving energy are important.

Plus, with brilliant hints, tips and feel good suggestions throughout, you can see how easy it is to do a lot, or just a little, to live more sustainably.

Contact us on telephone 01524 582061 or email sustainability@lancaster.gov.uk to:

Join the Sustainability Partnership. If you would like to join the Sustainability Partnership and get involved in one of our projects please request a Membership Form.

Give your feedback. Tell us if you love the Little Book of Sustainable Living, or think it can be improved upon!

Sponsor us. You can promote your organisation's environmental credentials with a sponsorship entry in the next edition of the Little Book of Sustainable Living:

Full Page: £200 **Half Page:** £120
Quarter Page: £75 **One Line:** £25

Contents

Our Planet, Our Climate	4
Being Energy Efficient	6
Reduce, Reuse, Repair, Recycle	10
Recycling & Reuse A-Z	Pull-out booklet
Making the Most of the Outdoors	21
Shopping with a Difference	28
Travel in Eco-Style	32
Getting Involved	38

Produced by the Recycling Forum with help from:





Our planet, our climate

Carbon and climate change

The Earth is kept at a habitable temperature by the gases and clouds that surround it. Some of these gases, such as Carbon Dioxide (CO₂), are called greenhouse gases as they act like a greenhouse trapping air that would otherwise go into space. This is the greenhouse effect and it is entirely natural.

Since the industrial revolution, we have been burning more and more fossil fuels (coal, oil and gas), which release CO₂. This human-made increase of greenhouse gases alters the natural pace of climate change. When we take a plane ride or leave electrical items on standby, we increase our CO₂ emissions and add to our 'carbon footprint'. This is making our world too warm.

In the UK we have already experienced some extreme weather events which are attributed to climate change. We have had some of the warmest summers on record and flooding has become more common. These events are expected to increase in the future.

The outlook is even worse for the rest of the planet, with agricultural areas likely to become barren and many coastal areas sinking beneath the waves. The Earth's climate system is also changing; the polar ice sheets are melting and scientists believe we may lose the Gulf Stream currents that keep the British Isles warm in winter.

So what can we do?

- 1. We have to learn to live with less fossil fuel – we can reduce the total amount of energy we use, use what energy we do need as efficiently as possible, and generate energy from renewable sources**
- 2. We also need to adapt to the effects of climate change, which are already happening and will continue to occur as the carbon in the atmosphere from recent decades takes effect**

Peak oil

The biggest source of the world's energy for the last century has been oil, but the supply of this fossil fuel is finite. It is believed that we have reached, or will soon reach, the point of 'peak oil' – when the production of oil reaches its maximum and then starts to decline. This will result in very expensive and limited oil.

Despite concerns over peak oil, our demand for oil continues to increase. Virtually everything in the modern industrialised world – including our transport, the production of most food, every thing made of plastic, most textiles, pharmaceuticals and toiletries, modern farming and retail distribution – are currently dependent upon oil.

We need to face up to this coming challenge urgently, in order to adapt our lives and avert a future crisis.

How can we deal with peak oil?

This book will share ideas on how to develop more sustainable ways of living to reduce our dependence on oil, like;

1. We can reduce, reuse, repair and recycle what we buy to get the most out of our resources
2. We can buy food and services from local businesses
3. We can walk, cycle or use public transport instead of driving

If we change our thinking and learn new skills, peak oil will not take us unawares.

Transition City Lancaster

Transition City Lancaster is a new local arrival for 2009.

The wider Transition Initiative now includes hundreds of local communities around the world finding yet more creative ways to respond to the dual challenges and opportunities of peak oil and climate change.

The essence of Transition Initiatives is locally-based, community-led action involving as many people as possible to create better and more enjoyable ways to live without using up vital resources.

Transition City Lancaster is a completely voluntary community group. Information and contacts of the local working groups can be found on www.transitioncitylancaster.org where you can also find out how to join and sign up for an e-mail newsletter. The more people who join, the more solutions we can develop and the better it will work!

Information on projects in the International Transition Network can also be found at www.transitiontowns.org.

For more information on Peak oil please visit:

www.transitionculture.org/essential-info/what-is-peak-oil

Being energy efficient

Saving energy, saving money

Householders in Lancaster district spend £77 million on energy every year. That's £1,350 per house! But do not fear; there are many ways to reduce our energy costs and carbon emissions to help the environment.

Saving energy in your home involves some simple steps to change your habits and, if you can afford it, a little bit of investment.

Getting into the habit of saving energy, and encouraging your family or housemates to do the same can save 5-10% of your energy bill. Insulation is essential and could shave a massive 50% off your energy bills. Grants are available for insulation and the amount you save on your bills will soon repay your investment: **check out** www.energysavingtrust.org.uk/Home-improvements

Smart Purchases

You can also save a lot of energy, carbon and oil by thinking of efficiency when you buy a product.

When buying electronic equipment, look for the most efficient version as it doesn't necessarily cost more up front and will save energy and money for years to come.

Aim to buy white goods (i.e. washers, cookers, etc) and other appliances with

the best energy rating (A or A+). LED and LCD televisions are more efficient than plasma, whilst integrated digital receivers remove the need for a separately powered set-top box. Some DAB radios use a quarter the electricity of a standard one, whilst laptop computers use around 85% less power than desktops.

Of course there are also energy efficient lightbulbs, which use only a quarter of the energy of a comparable tungsten bulb,



so make sure any new fittings can take these bulbs. You can get these from Furniture Matters (01524 426622) or the Morecambe Community Sustainability Shop – see the Recycling & Reuse A-Z under 'L'

Great Gadgets

1. Energy monitor

This will show how much energy you're using at any one time, predict your bills and show how much you save by turning things off. You can buy a whole house monitor, or a monitor plug for an individual appliance

2. Savaplug

This will help your fridge or freezer to run more efficiently by only drawing power when it's needed – for older appliances only

3. Standby saver

This will turn off all your appliances at the mains with one remote control

4. PowerDowns

You can get PowerDowns for your TV or computer at the Morecambe Community Sustainability Shop (01524 833080) or from Furniture Matters (01524 426622)

5. Eco-button

This lets you power down your computer quickly if you leave your desk for a short time



Smart Habits

Two simple steps:

1. Turn it off

Most electronic equipment uses almost as much energy on standby as full power. So turn off lights when you're leaving a room and turn off other electronic appliances at the plug when not in use. This will save you around £40 a year

2. Think energy

Fill the kettle with only the water you need, keep lids on pans when cooking and let warm food cool down before putting it in the fridge or freezer. Use the washing machine at 30°C and dry your clothes on the line for freshness and money saving. Also avoid that iron unless it's absolutely essential

Note: All figures quoted are based on data from Defra and EST.

Invest in a warm home

Plan these installations in line with other home improvements; although there are initial costs, you will continue to save money on your heating bills for years to come.



1. Loft insulation

Make sure you have at least 300mm of insulation. For most homes this will cost around £250 and grants of at least 50% are available to almost everyone

2. Cavity wall insulation

This costs about £250 but can save around £160 per year. Again, grants of at least 50% are available

3. Solid wall insulation

For many homes without cavity walls, internal insulation can be installed. You can fit this in with any redecorating, insulating room by room, or just those that you heat the most. You will lose about 5-10cm on each external wall, but you could save up to £500 per year

4. Under-floor insulation

This is a major job but can be easily accomplished if you are decorating or

replacing the carpet and will get rid of those draughts

5. Draught protection

Make sure to fit heat-reflecting foil behind radiators and fill any draughts around doors and windows to ensure the efficient use of heat and energy

6. Boilers

A modern condensing boiler is over 90% efficient and can knock £150-£200 off your heating bills if your present boiler is over 15 years old. Remember to fit (and use!) good temperature and timer controls

7. Heating controls

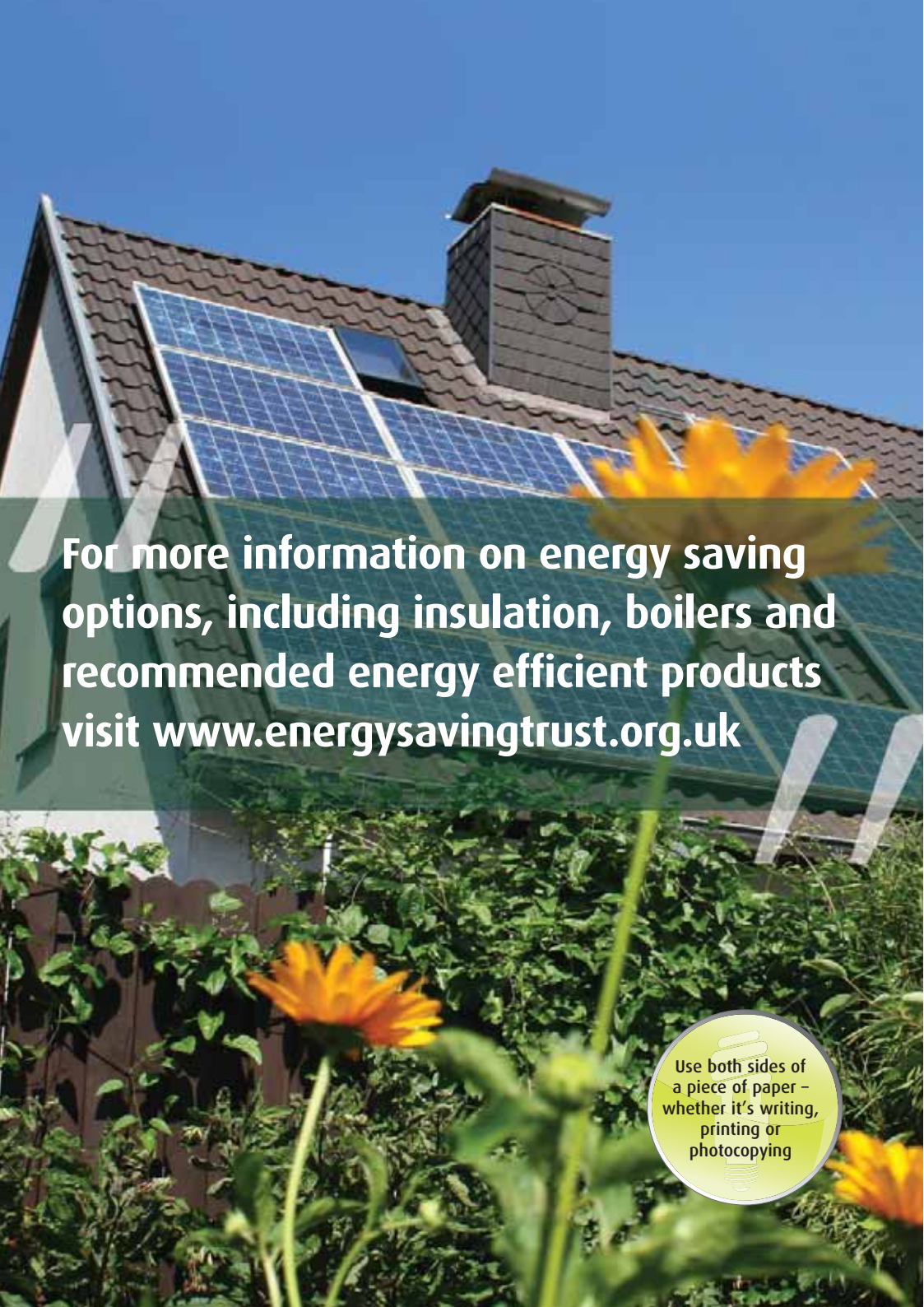
Every radiator should have an individual thermostat valve. Then you can have every room at an appropriate temperature

For more information on energy saving options, including insulation, boilers and recommended energy efficient products visit www.energysavingtrust.org.uk.

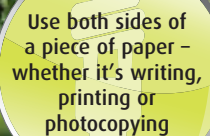
For information on local suppliers please contact LESS (Local and Effective Sustainable Solutions) on 01524 66100 or via www.lessuk.org

Further Help and Grants

For information on available grants contact Cumbria and Lancashire Energy Saving Trust Advice Centre on 0800 512 012.

A photograph of a house with a brown tiled roof. Several blue solar panels are mounted on the roof. A grey brick chimney is visible. In the foreground, there are green bushes and several bright yellow sunflowers. A semi-transparent green banner is overlaid on the middle of the image.

For more information on energy saving options, including insulation, boilers and recommended energy efficient products visit www.energysavingtrust.org.uk

A circular graphic with a light green background. Inside the circle, there is a stack of three white papers with rounded corners. The text is centered around the stack.

Use both sides of a piece of paper – whether it's writing, printing or photocopying



Sculpture and photograph by Sue Flowers

Reduce, reuse, repair,

“Four million children in the UK live in households that have worn out or broken furniture and three million children cannot afford to replace broken electrical items” (DW)

What a waste!

The 4Rs (reduce, reuse, repair and recycle) are important to ensure the sustainability of our planet.

I hope you will agree that we should all strive to reduce our consumption of the planet's resources wherever possible. There is now a huge focus in this country on the drive to recycle, however, reusing and repairing items uses less energy, costs us less money, can help us gain new skills and can benefit those who can't afford to buy new.

So, what are the 4Rs (the Waste Hierarchy) all about?

Reduce - We can reduce the amount of waste we generate by buying the items we need, and less of the items we simply want. We should aim for products with less packaging and those which can be easily recycled. Manufacturers can also change their use of excessive, unsustainable packaging and prevent the generation of waste from their products. Why not talk to your local retailers, lobbying to reduce unnecessary packaging?



recycle

that cannot afford to replace
en live in households that
(P, 2007).

Reuse - Most product packaging can quite easily be reused for another purpose. Some can be refilled, used for craft activities or used for storage – be imaginative. Clothes or towels can be reused as rags or passed on to family members if they are in good condition. Invest in a cloth/jute/hessian bag and reuse it every time you shop – say NO to plastic bags! Don't forget, many household items of furniture and electrical appliances can be reused by someone else – just because you no longer need an item you can donate it to someone who does!

Repair - Don't throw things away when they break as most can be easily repaired. This saves money and resources. We could all learn new skills through courses in repair and maintenance. If something cannot be repaired or is no longer wanted, why not donate it to a reuse organisation? They can often repair the item before passing on to someone in need. See the Recycling & Reuse A-Z for relevant organisations.

Recycle - Recycling makes waste materials into new products, therefore saving money, energy and raw materials. Making aluminum cans out of recycled materials uses 95% less energy than making a new one from raw materials! Recycling or composting our waste also reduces the amount being sent to our limited landfill space.

Disposal

This is the least preferred option as disposal will often mean items are incinerated or sent to landfill. Many of these items could have been reused, repaired or recycled, if they were needed at all. Landfill space will soon run out so it's important that we all sort our rubbish properly before putting the residual waste in the bin.

Please follow the Waste Hierarchy – you'll feel better and so will the planet!



Why charity shops are great!

There are over 7,500 charity shops in the UK providing a great reuse and recycling network for over 250,000 tonnes of textiles as well as books, music, bric-a-brac and even furniture which would otherwise end up in landfill. These shops reduce the need to manufacture new goods and help save approximately 2.5 million tonnes of CO₂ each year!

The survival of charity shops depends on the donations we give, the merchandise we buy from them and the time of the people willing to volunteer in the shops.

When donating to a charity shop, bear the following in mind:

1. Check your donations are both clean and functional e.g. no missing chapters in books or holes in clothing (if these can be repaired, please do so)

2. The best way to donate is to take items directly to your local charity shop – if this isn't possible, you could fill a charity shop collection sack, or take items to clothing banks
3. If you have more specialist items i.e. electrical goods or furniture, it is best to check these items can be accepted for re-sale before donating
4. If you are not sure whether your clothes can be re-sold, call the shop to check – whatever cannot be sold may be sent for further reuse or recycling elsewhere

So, to find out what you can donate or how you can volunteer, please see the Yellow Pages under 'Charity Shops' to find the charity shops in your local area.

Food Glorious Food

Are you struggling to plan your weekly shop? Do you regularly find yourself throwing food out which is past its best?

Well, you are not alone!

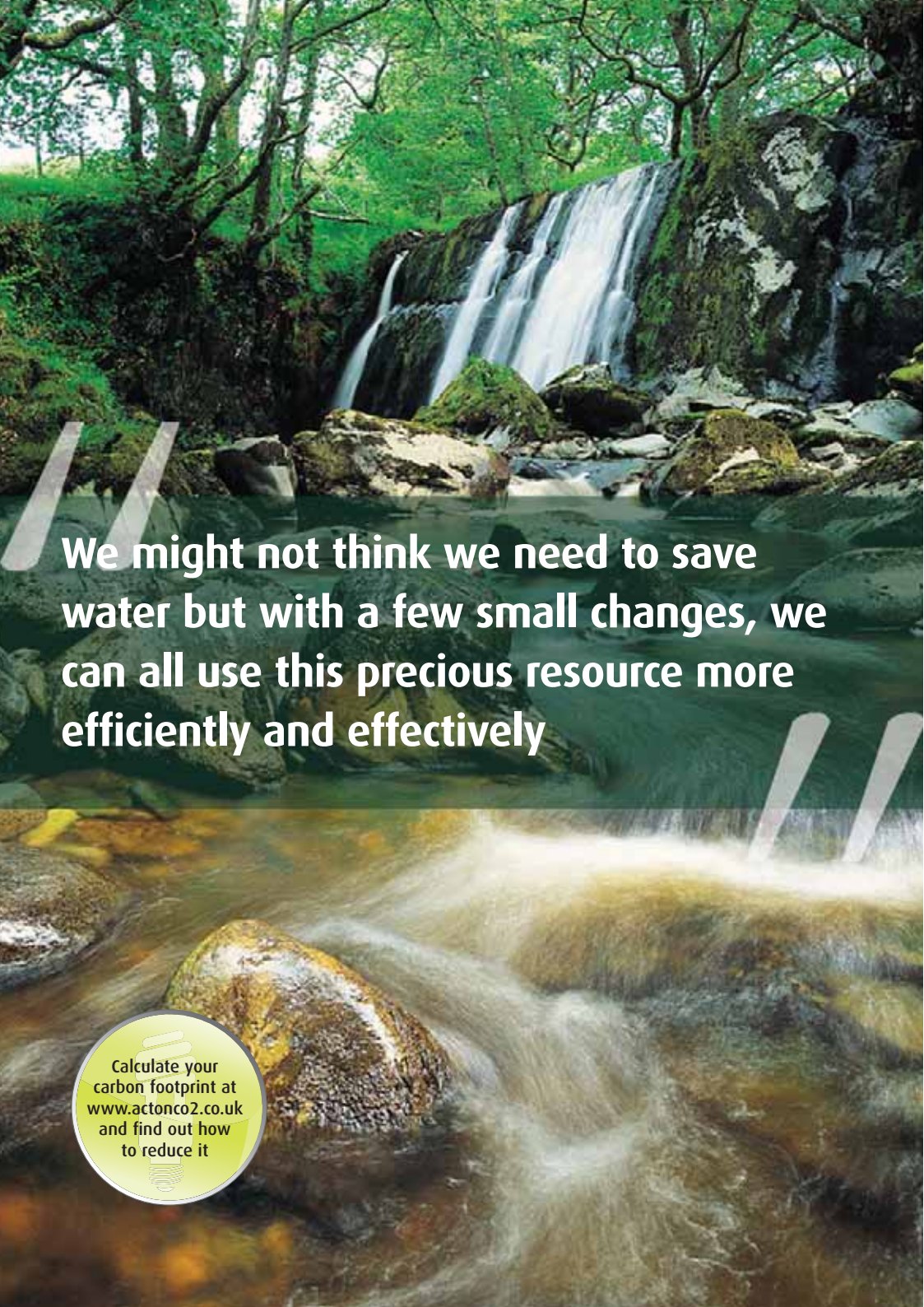
Each year UK homeowners throw away about 6.7 million tonnes of food. This wastes our money, wastes oil in unnecessary transportation, processing and packaging and increases greenhouse gases when food decomposes in landfill.

So, what can you do to reduce food waste?

- 1. Grow your own** - If you grow your own fruit and vegetables you can harvest exactly what you need, when you need it. For more information on food growing see page 22 of the Little Book of Sustainable Living.
- 2. Plan before you buy** - By taking a little time to look through your cupboards and consult your recipe books you can make a list of ingredients and shop accordingly. This means you get yummy meals, reduce your food bill and avoid waste
- 3. Store things sensibly** - By storing your food properly you can make it last longer. Keep your fridge temperature between 1-5 degrees, separate ripening fruit from other items in your fruit bowl and keep opened packets well sealed so your food stays fresher for longer
- 4. Check sell by dates** - Choose items with a longer shelf life and make sure you regularly check the sell by dates in your fridge. If you think you won't be able to eat something before it goes out of date, pop it in the freezer
- 5. Get your portions right** - It's very easy to cook too much. Why not check out the Love Food, Hate Waste portion calculator at www.lovefoodhatewaste.com so you can be sure of less waste and more empty plates
- 6. Love those leftovers** - Make food go further by being creative with your leftovers. One chicken can be used to make a roast, sandwiches and stock; stale bread can become a breadcrumb topping or be used in a pudding; and leftover lasagne will make a perfect ready-meal if you freeze it



Photo: Steve Pendrill



We might not think we need to save water but with a few small changes, we can all use this precious resource more efficiently and effectively

Calculate your
carbon footprint at
www.actonco2.co.uk
and find out how
to reduce it

Saving water, drop by drop

We and our planet need water to survive. With the apparent abundance of rainfall in the Lancaster district we might not think we need to save water but with a few small changes, we can all use this precious resource more efficiently and effectively.

Water in the garden

Rainwater is free and can be collected in a water butt for use on plants. The Rainwater Harvest Project, developed by the Recycling Forum and run by the Morecambe Community Sustainability Shop, converts local waste plastic food containers into water-harvesting barrels.

This project has saved 7,888kg of plastic from landfill so far! Contact the Sustainability Shop (01524 833080) to get a water-harvesting barrel for as little as £10.

Water from washing and bathing can also be used to water plants (if no strong detergents are present).

Water-saving tips for your garden:

- Design to conserve water – hedges and shelter provide shade, reducing water loss
- Mulch around plants to reduce loss of soil moisture
- Water the roots of a plant instead of the leaves
- Use a rose on your watering can so you do not flood the surface of the soil



Water in the home

We can all conserve water at home by following these tips:

- Add a 'Hippo', or other water saving device, to your toilet cistern
- Make use of cold water when waiting for hot – save it for cooking or the kettle
- Do not run water when you brush your teeth
- Take a shower instead of a bath
- Remember to fix all drips and leaks
- Choose plants that are drought tolerant

For more tips visit www.waterwise.org.uk or to learn about a life without water visit www.wateraid.org

Let's all PASS on Plastics!

PASS on Plastics, a campaign coordinated by the Sustainability Partnership, aims to reduce plastic pollution in Lancaster district.

PASS on Plastics advises residents how to easily reduce their plastic use, cleans local beaches and provides information on the damage to wildlife, land and sea caused by plastic litter.

Plastics are marketed for limited use and are considered 'disposable' but they never bio-degrade; every plastic item ever created is still present on the planet.

Animals can become entangled by plastic netting, crates and bags and when plastics

are broken down into small particles (toxic 'micro-plastics') these are often ingested by marine animals and make their way into our food chain, which isn't good for our health either!

PASS on Plastics, inspired by the work of Rebecca Hosking and her film Hawai'i: Message in the Waves – www.messageinthewaves.com – aims to ban plastic bags from Lancaster district but recognise that other unnecessary plastics (including bottles, toothbrushes and lighters) are also culprits.

Plastic pollution is unsightly and dangerous, isn't it time we did something about it?



What can you do?

1. Make a pledge to reduce your plastic use and incorporate the following 5 changes into your life:
 - Be a conscious consumer: Buy glass, wood or metal alternatives to plastic and look for items with little or no plastic packaging
 - Sustainable snacking: Bring lunch in a thermos and tin with greaseproof paper in place of cling-film
 - Play without plastics: Wooden toys (FSC Certified) last longer, are more robust than plastics and are easily recycled
 - Cook happy: Glass and stainless steel storage plus pyrex bowls and FSC wood utensils mean plastics can be avoided
 - Plastic ain't my bag: Remember to keep cloth bags with you when you shop and use paper bags for your fruit and veg
2. Once you have reduced your plastic consumption, remember to reuse, repair and recycle any necessary plastics left to get the most out of them
3. Help clean plastic pollution off a local beach – please contact the Morecambe Bay Partnership for details through their website at www.morecambebay.org.uk or by calling 01539 734888

Join the PASS on Plastics campaign

For more details please visit www.lancaster.gov.uk/PASSonPlastics or contact PASS on Plastics at sustainability@lancaster.gov.uk or 01524 582061 to be added to the mailing list and join in with events or projects.

Lancaster & Morecambe College

Proud winners of a Green Gown Award 2008–09

Working with our students and staff to make
a difference.

Promoting more sustainable lifestyles.



0800 306 306
www.lmc.ac.uk



Lancaster &
Morecambe
the College

A safer, cleaner and happier district

We can help stop vandalism, litter and dog poo on our streets and in our countryside. Let's take pride in Lancaster district.

Scruffy: Rubbish

- Keep hold of litter and put it in a bin
- Collect rubbish in a bag and dispose of when you get home
- If it's safe, pick up the litter you see or call Lancaster City Council (01524 582491) to collect harmful or large items – remember, leaving it there is as bad as throwing it there!
- Organise a community litter pick – call Lancaster City Council on 01524 582435 to loan equipment and arrange disposal of the collected litter

Smoky: Cigarettes

- Use a pocket ashtray to collect your butts. Cigarette filters take a long time to decompose and pose a danger to animals who try to eat them
- Make use of the public cigarette bins – make sure the butt is fully extinguished first!
- If you smoke in your car, use your ashtray

Sticky: Chewing gum

- Wrap your used chewing gum in waste paper and bin it – no one likes to sit or stand on gum

- Chewing gum is dangerous to animals if ingested, and it also costs a lot of money and effort to try and clean it up!

Serious: Vandalism & Graffiti

- If you see an act of vandalism taking place, report it to your local police station on 01524 63333
- If you have a talent for graffiti, seek out designated graffiti walls - or why not try large paper or canvas? It's not funny or cool to deface householder's or public property!

Stinky: Dog Poo

- Take bags out and pick up after your dog
- Degradable poo bags are free from Bay Veterinary Clinics or you can buy biodegradable, flushable 'poop bags' online – see www.flushiespoopbags.com

And finally...help make your neighbourhood a happy place! Check on your neighbours to see if they're ok; offer to take delivery of parcels for those who are out during the day; or water their plants when they're on holiday. There are many ways to help our neighbours and make our neighbourhoods safer and cleaner places to live. You can make new friends, and help create a bit of local pride too!



Global Link
Development Education Centre

We are proud to support the
Little Book of Sustainable Living

Proud to support

The Little Book of Sustainable Living



www.lancaster.gov.uk

Lancaster City Council helps the Lancaster district address the major issues it faces.

We are community leaders

We are committed to developing local responses to climate change and help our community to do the same.

We raise awareness locally

We provide information to our staff and our community on the risks and opportunities of climate change.

We encourage positive action

We create and support projects throughout the Lancaster district which promote sustainable living.

We value partnership working

We work closely with the Energy Saving Trust, the Lancaster District Local Strategic Partnership and other partners to make carbon savings in the Lancaster district.

PULL OUT
AND KEEP!

A-Z



REUSE & RECYCLE IN THE LANCASTER DISTRICT

.....
**IF ALL THE RUBBISH PRODUCED IN A
YEAR IN LANCASTER DISTRICT WERE
PLACED IN BIN WAGONS, THE WAGONS
WOULD STRETCH FROM BLACKPOOL TO
MORECAMBE. WHAT A WASTE!**

For regular Recycling & Reuse A-Z updates please visit
www.recyclelancaster.org.uk or www.recyclemorecambe.org.uk

A-Z

REUSE & RECYCLE IN THE LANCASTER DISTRICT

This directory has been developed by the Recycling Forum, a work group of the Sustainability Partnership of Lancaster district, a friendly and focused group of individuals, organisations, charities and small businesses who work together to encourage sustainable activity in the local area.



sustainability@lancaster.gov.uk

01524 582061

A

AEROSOLS

DO NOT puncture, burn or crush old aerosol cans and don't place them in recycling banks. Dispose of them in your normal rubbish. Avoid buying aerosols - buy pump sprays instead. Making aerosols uses a lot of energy and the gases used may damage the environment. Although the hole in the ozone layer above the Antarctic appears to be shrinking, it will still be vulnerable for at least another 10 years.

ALUMINIUM

The extraction of bauxite, the raw material, is a polluting process. Recycling aluminium saves 95% of energy used in manufacturing new cans.

For aluminium & steel can recycling banks see 'RECYCLING SITES IN LANCASTER DISTRICT'

You can put ALL your cans, including steel food cans (rinsed please) in your kerbside box for collection or in any of the Can Recycling Banks in Lancaster district, even if it says 'drinks cans only'. Please put the ring-pull back in the can before recycling it

Aluminium cans wanted by

- ▶ Morecambe Community Sustainability Shop, 22A Yorkshire Street, Morecambe - call 01524 833080

For aluminium foil recycling banks see 'RECYCLING SITES IN LANCASTER DISTRICT'

Aluminium foil wanted by

- ▶ Guide Dogs for the Blind - including clean milk bottle tops, pie cases, take away dishes, foil, pet food dishes (no cans please). When you have a carrier bag full, take it to your nearest collection point. For nearest collection point, please contact Roger Frankland, Guide Dogs for the Blind, 6 Hillside, Lancaster LA1 1YH - call 01524 541156 or 01524 382097
- ▶ Quernmore School wants aluminium foil - call 01524 66628

Recycled aluminium foil on sale at

- ▶ Single Step Wholefoods, 78a Penny Street, Lancaster - call 01524 63021

ASBESTOS

- ▶ Lancaster City Council can remove some types of asbestos waste from your home for a fee. For charges and how to prepare and package the waste please call 01524 582400
- ▶ Small amounts of asbestos waste will be accepted at Salt Ayre HWRC - call 0845 0500 957 to arrange in advance

Fibrous asbestos, such as pipe lagging, should only be removed by a licensed specialist contractor (found in the Yellow Pages under 'ASBESTOS REMOVAL'). It is too dangerous for a householder to handle

B

BABY CLOTHES & BABY EQUIPMENT

Take baby clothes in good clean condition to Charity Shops. See the Yellow Pages under 'CHARITY SHOPS' – please call first to see which shops accept these items

BATTERIES

For recycling facilities see 'RECYCLING SITES IN LANCASTER DISTRICT'

It takes far more energy to make a battery than you will get out of it, so try and use mains electricity wherever possible, or use rechargeable batteries. Many batteries contain hazardous materials such as heavy metals. When a battery is left in landfill it can leak and cause pollution.

Small Household Batteries

Batteries from clocks, portable tools, toys, mobile and cordless phones, hearing aids, watches, cameras, laptops & calculators can be recycled at:

- ▶ Lancaster Town Hall reception area, Dalton Square, Lancaster LA1 1PJ
- ▶ Morecambe Town Hall, Marine Road, Morecambe LA4 5AF
- ▶ Some primary schools collect batteries through the battery recycling scheme run by Lancashire County Council. Schools have the chance to win prizes by collecting used household batteries. For more information, contact Andrea Cox on 01772 531107

Camera Batteries

- ▶ Robertson's Photographic Shop, 15 Brock Street, Lancaster takes camera & AA batteries for the Lancaster City Council's recycling scheme - call 01524 32045

Car Batteries

Old car batteries should be taken to your garage when you buy a new one or take them to your local Household Waste Recycling Centre – see 'RECYCLING SITES IN LANCASTER DISTRICT'

BEDDING see 'CLOTHES, CURTAINS, BLANKETS AND TEXTILES'

BICYCLES

- ▶ Pedal Power (a Furniture Matters project) would like your bicycles – not too damaged or rusty – to repair and refurbish for use by local people. They especially need mountain bikes and BMXs. Will collect, or to arrange to drop off call 01524 426622. To purchase a low-cost recycled bicycle call 01524 65328

BINOCULARS & OTHER OPTICAL EQUIPMENT

- ▶ The RSPB would like your unwanted binoculars, telescopes, spotting scopes or tripods - they must be in good working order. They will go towards conservation or educational projects around the world. Please send items to RSPB Second-Hand Binocular Scheme, Unit 17, St Martin's Business Centre, St Martin's Way, Bedford, MK42 0LF or bring your donation to RSPB Leighton Moss in Silverdale

BIRTHDAY CARDS see 'CHRISTMAS CARDS'

BLANKETS see 'CLOTHES, CURTAINS, BLANKETS AND TEXTILES'

BOOKS

For book bank locations see 'RECYCLING SITES IN LANCASTER DISTRICT' or take books to your local charity shop. See the Yellow Pages under 'CHARITY SHOPS' – please call first to see which shops accept these items

- ▶ Poulton Community Gardens, Morecambe, welcomes books on subjects such as the environment and nature - call 01524 426911 or email Rita Gerrard at ritall@bigfoot.com

For second-hand book shops see the Yellow Pages under 'BOOKS – RARE & SECOND HAND BOOKS' or you can borrow books from the library (see www.lancashire.gov.uk/libraries for locations)

BOTTLES AND JARS see 'GLASS BOTTLES AND JARS'

BRIC-A-BRAC

Most Charity Shops take bric-a-brac. See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items

BUBBLE WRAP

This is highly re-usable especially if you grow plants and want to get them started early, as it can be used to insulate the seed trays. Also good for sending breakables through the post. People that move house tend to use

lots of it - so this is a good source if you want some.

BUILDINGS

- ▶ 'Green Built' is a local environmental building consultancy with experience of using recycled materials in buildings - call 01524 840530
- ▶ For advice on reducing the environmental impact of building work contact the Sustainable Construction Advisor at Envirolink Northwest - call 01942 491294 or Constructing Excellence on 0845 605 55 56

BUILDING RUBBLE

Do NOT put rubble in your household bin – it will not be collected.

Please take your waste building rubble to your local Household Waste Recycling Centre – see 'RECYCLING SITES IN LANCASTER DISTRICT'

- ▶ Lancaster City Council will collect building rubble for a charge. For an estimate telephone 01524 582491

BULKY HOUSEHOLD ITEMS

Furniture Matters collects good quality wooden furniture (not furniture with glass panels), soft furnishings with a fire retardant label attached (complying with 1988 Fire Safety Regulations) and 'white goods' (washing machines, electric cookers, microwaves etc) for passing on to local disadvantaged people. Items must be in working order or only need minor repair - call 01524 426622 for your free collection

Bulky Matters is run in partnership with Lancaster City Council and Furniture Matters and provides a whole new approach to dealing with bulky household waste. Bulky waste items such as fridges, freezers and other large items will be collected by Bulky Matters for a small charge. To arrange a collection please call Lancaster City Council on 01524 582491

Some Charity Shops take small items of furniture, some collect. See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items



C

CAMERAS

- ▶ Sepia Memories buy and sell old and classic cameras, lenses and other photographic equipment, and will safely dispose of broken or unwanted items - 56a Queen Street, Morecambe, - call 01524 425508 or visit www.sepiamemories.com

CANDLES

- ▶ Lorna-Ann McCabe (local artist) wants candles & bees wax - call 01524 222444

CANS see 'ALUMINIUM'

CAR BATTERIES see 'BATTERIES'

CARDBOARD

Compost it in your compost heap or compost bin (screw it up first), or use it as a garden mulch around fruit bushes - see Guide to Perfect Home Composting on page 24 of The Little Book of Sustainable Living

For recycling facilities see 'RECYCLING SITES IN LANCASTER DISTRICT' or you can put your cardboard in your kerbside box for collection

CARDS see 'CHRISTMAS CARDS'

CARRIER BAGS see 'PLASTIC'

CARS

If your car has reached the end of its life, please ensure you dispose of it safely. Take it to a registered car dismantle and ensure you notify the DVLA.

Local scrap yards reclaim and sell car parts. See the local Yellow Pages under 'SCRAP METAL MERCHANTS'

- ▶ If you suspect a vehicle has been abandoned, contact Lancaster City Council with its make, model, colour, registration number, condition and location - call 01524 582491

CATERING

Metal and ceramic crockery and cutlery, and washable tableware are best for the environment. Just clean and reuse.

If you chose disposables, remember polystyrene, plastic and bleached paper varieties are damaging to the environment. Opt for natural papers or a sturdy natural starch brand which degrades safely in composts. Costs are higher than for the traditional plastic, but a totally unscientific test has proven them well worth the extra effort! Nvyro (www.nvyro.com) and Vegware (www.vegware.co.uk) both offer starch-based products

CDs

Donate CDs to your local Charity Shops. See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items. Or use as bird scarers in your garden

CHARITY SHOPS

Remember to use charity shops and 'close the loop' on recycled and reused products.

Most Charity Shops will take clothing, textiles, books and bric-a-brac. Some take

small items of furniture but they tend not to take electrical goods. Some provide a free household pick-up service or distribute charity sacks to your home. See the Yellow Pages under 'CHARITY SHOPS' for contacts to find out which shops accept which items

CHEMICALS

DO NOT pour chemicals down the sink or toilet as they can poison the water table and soak into the soil.

Chemicals can be disposed of at your local Household Waste Recycling Centre see 'RECYCLING SITES IN LANCASTER DISTRICT'

CHRISTMAS CARDS

Why not consider saving resources by sending an e-card? Or save on packaging and money by making your own?

- ▶ Lorna-Ann McCabe is a local artist who uses the glossy back part of greetings cards for encaustic artwork. She donates all profits to 'Open Doors Women's Ministry' charity - call 015242 22444

Christmas card collection points will be provided in January throughout Lancaster district so, if you don't fancy using your old cards for next year's gift tags, see www.lancaster.gov.uk for collection points

CHRISTMAS TREES

Where possible, buy rooted trees and replant in your garden after Christmas. They need to gradually get used to being indoors (and outdoors again). Place them in a cool light room for a day or two first. Keep well-watered whilst indoors.

- ▶ Real Christmas trees will be collected by Lancaster City Council in January (see www.lancaster.gov.uk or call 01524 582491 for details)
- ▶ St John's Hospice also recycle Christmas trees with all proceeds going to the Hospice – please contact Julie Miller for details on 01524 382538

Alternatively you can take your tree to your local Household Waste Recycling Centre where it can be composted - see **'RECYCLING SITES IN LANCASTER DISTRICT'**

CLOTHES, CURTAINS, BLANKETS AND TEXTILES

See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items

Clean textiles can be placed in local textile banks see **'RECYCLING SITES IN LANCASTER DISTRICT'**

- ▶ Animal Care wants clean quilts, blankets, towels and duvets (not feather) - call 01524 65495 or email Animal Care
- ▶ Ultimate Outdoors at 17 New Street Lancaster, accept old hiking boots

COMMERCIAL RECYCLING

A variety of commercial recycling is provided by the following organisations:

- ▶ C & G Recycling (includes confidential waste paper) – please call 01524 848345
- ▶ Capsticks, White Lund – please call 01524 63141
- ▶ Envirofirst – please call 01524 844334 or email nick@envirofirst.co.uk for more information
- ▶ Eurowaste will provide can recycling facilities and empty at no charge – please call 01524 66616
- ▶ Furniture Matters re-use and recycle office furniture and equipment as well as IT – call 01524 413344
- ▶ Lancaster City Council – please call 01524 582416

COMPOST

For information on making great compost see Guide to Perfect Home Composting on page 24 of the Little Book of Sustainable Living

- ▶ To order a cut-price compost bin please call: 0845 077 0757 or visit www.recyclenow.com/compost
- ▶ Bokashi composting systems are available from the Morecambe Community Sustainability Shop on 01524 833080
- ▶ Piccadilly Garden operates a garden waste collection service and produces compost at the Plant Centre, South Lodge, Lancaster - call 01524 381513

- ▶ For garden waste composting facilities at your local Household Waste Recycling Centre see 'RECYCLING SITES IN LANCASTER DISTRICT'
- ▶ Garden waste only (not food waste) can be placed in your green kerbside wheelie bin

COMPUTERS & COMPUTER PARTS

Over 3,000 computers a day are thrown away in the UK. Although the average CRT computer monitor contains over 2 kilograms of lead only 100g can usually be recycled.

- ▶ Furniture Matters runs Build-IT, an IT recycling and reuse project. To donate computer equipment call 01524 426622 and to become a volunteer call 01524 427300

COMPUTER GAMES

You can trade in your unwanted computer games and buy pre-owned games at most computer game shops

COMPUTER INK CARTRIDGES see 'INKJET CARTRIDGES'

- ▶ Ink 'n' Toner Solutions re-fills ink cartridges – 29 Church Street, Lancaster, LA1 1LP
- ▶ Ink Cart Express run a toner recycling scheme, with freepost and free toner recycling bags, in Cumbria see www.inkcartexpress.co.uk - all proceeds go to the RSPCA
- ▶ Thumbprint (a registered charity working to support people with learning disabilities to set up and run their own projects) wants ink

cartridges and toner cartridges.
Telephone Dave Kirsopp - call 015242 382800 or email mail@thumbprint-online.org.uk. There is also a collection box in St Leonards House reception area (opposite the Grand Theatre on St Leonardsgate, Lancaster)

COOKERS

- ▶ Furniture Matters collects electric cookers (NOT gas) for reuse - call 01524 426622 for information
- ▶ Bulky Matters will collect gas cookers – call 01524 582491
- ▶ You can take cookers to your local Household Waste Recycling Centre - see 'RECYCLING SITES IN LANCASTER DISTRICT'

COTTON BUDS

Buy biodegradable (paper) cotton buds, not plastic. DO NOT put cotton buds or other personal items down your toilet as they can pollute beaches and be harmful to wildlife. Bag them and bin them instead.

- ▶ Organic cotton buds are available too. See Single Step Wholefoods, 78a Penny Street, Lancaster - call 01524 63021

CRAFT MATERIALS see 'FABRICS'

- ▶ The Community Leisure Development Officer at Lancaster City Council wants craft materials for the Summer Playschemes - call 01524 582826
- ▶ Lorna-Ann McCabe (a local artist) wants the glossy backs off greetings cards, beeswax, candles, paperweights, plastic keyrings, >

unwanted travel irons (not steam), coloured card, crayons, ink stamps and picture frames - call 015242 22444

CROCKERY

You can break up old crockery and use for drainage at the bottom of plant pots.

See the Yellow Pages under ‘CHARITY SHOPS’ - please call first to see which shops accept these items

CURTAINS see ‘CLOTHES, CURTAINS, BLANKETS AND TEXTILES’

CUTLERY see ‘POTS & PANS’

D



DIY ITEMS see ‘PAINT’

- ▶ The Morecambe Community Sustainability Shop wants DIY items including screws, nails, doorknobs, wood, hinges, wallpaper, wall filler (such as Polyfilla), guttering, pipes, pasteboards but NOT paint - call 01524 833080

DRUGS see ‘MEDICINES’

E



EGG BOXES

If you know someone who keeps chickens, they may want your empty egg boxes. They can also be used to prop up potatoes to sprout, for seeding incubation and are ideal for sound-proofing garages

or studios. One enterprising recycling blogger even uses cardboard egg boxes as firelighters - "Fill each cup and the top with dryer lint. Save your candle stubs, melt them in a clean can and pour over the lint. You can get a wood or charcoal fire lit easily!"

- ▶ Egg boxes can either be returned to shops and markets (ask first as some no longer take them back) or used for crafts
- ▶ Cardboard egg boxes can be screwed up and put in your compost heap or you can put them in your kerbside box for collection

ELASTIC BANDS

Highly reusable so you can keep these! We don't know who recycles them, do you?

Have you noticed all the red rubber bands on our streets? Why not collect them and send them back for the Post Office to reuse - you won't be the only one! If you want to complain about this littering of our streets contact the Post Office on 08457 22 33 44 or by post at POL Customer Care, Freeport NAT18105, Sunderland, SR3 3BR. The Post Office aims to reply to correspondence within 10 working days.

ELECTRICAL APPLIANCES

Most electrical waste is covered by the European WEEE (Waste from Electrical and Electronic Equipment) Directive. This directive makes it illegal to dump untreated electrical and electronic equipment in landfill sites and is aimed at increasing reuse and recycling, thus saving valuable

resources and stopping contaminants reaching landfill - such as bromide transistors. The WEEE Directive means that retailers must offer either a like-for-like take-back service or another method for householders to dispose of appliances when a new one is purchased and is a great opportunity for us all to help promote the reuse of unwanted electrical items.

- ▶ Furniture Matters will collect domestic electrical appliances e.g. cookers, washers, microwaves to pass on to local disadvantaged people - call 01524 426622
- ▶ Bulky Matters will collect items such as fridges, freezers and other large items - call 01524 582491, to arrange collection

Some Charity Shops take small electrical items. See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items

If you have an item that cannot be reused take it to your local Household Waste Recycling Centre - see '**RECYCLING SITES IN LANCASTER DISTRICT**'

EMBROIDERY THREADS

- ▶ The Community Leisure Development Officer at Lancaster City Council wants embroidery threads for the Summer Playschemes - call 01524 582826

ENGINE OIL

DO NOT put old engine oil down the drain as it can pollute the water table and block drains.

Take oil to your local Household Waste Recycling Centre - see '**RECYCLING SITES**

IN LANCASTER DISTRICT'

Your local garage may take your old oil for safe disposal

ENVELOPES see 'STAMPS'

Reuse your old envelopes

You can compost envelopes, minus any plastic window

F



FABRICS

- ▶ The Community Leisure Development Officer at Lancaster City Council wants fabrics for the Summer Playschemes - call 01524 582826

FILM CANISTERS

They make handy containers around the home for small DIY items (pins, screws) or cooking supplies (herbs, salt).

- ▶ Robertson's Photographic Shop, 15 Brock Street, Lancaster takes back empty film canisters and passes them on to local schools - call 01524 32045

FLOUORESCENT LIGHT TUBES

Disposal of fluorescent strip lights and low energy bulbs are included in the WEEE Directive - see '**ELECTRICAL APPLIANCES**'.

Take them to your local Household Waste Recycling Centre - see '**RECYCLING SITES IN LANCASTER DISTRICT'**

- ▶ C&G Recycling collects commercial fluorescent lights for recycling. There is a change for this service. Contact Chris Roberts on 01524 848345

FOOD WASTE see 'COMPOST'

FRIDGES & FREEZERS

- ▶ Bulky Matters will collect fridges and freezers for a small charge, please call Lancaster City Council on 01524 582491

FURNITURE see 'BULKY HOUSEHOLD ITEMS'

G

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GARDEN TOOLS

- ▶ You could offer these to your local allotment - contact details available at www.lancaster.gov.uk/allotments or on 01524 582061
- ▶ The Morecambe Community Sustainability Shop wants garden tools - call 01524 833080
- ▶ Poulton Community Gardens welcomes donated garden tools – call 01524 426911 or email Rita Gerrard on ritall@bigfoot.com

GARDEN WASTE see 'COMPOST'

GLASS BOTTLES & JARS see 'MILK BOTTLES'

Buy refillable or returnable glass containers to save waste and always reuse where possible. Please remember to remove lids from bottles and jars before putting in the bottle banks.

For glass bottle recycling banks in Lancaster district see 'RECYCLING SITES IN LANCASTER DISTRICT' or you can put them in your kerbside box for collection

- ▶ Recycled glassware is available from RSPB Leighton Moss

- ▶ Beekeepers and jam makers appreciate empty jars

GLASS WINDOWS

There are no facilities to recycle plate glass locally. Plate glass is a different material to bottle glass, so they cannot be recycled together.

- ▶ Viridor Richardson in St Helens provides skips for recycling plate glass including from allotment sites. There is a charge for this - call 01744 454444

GLASSES see 'SPECTACLES'

GREEN BOX COLLECTION see 'KERBSIDE COLLECTION SCHEME'

GREENHOUSES

- ▶ You could offer these to your local allotment - see www.lancaster.gov.uk/allotments or call 01524 582061 for contact details
- ▶ West End & Heysham (North) Allotment Association collects greenhouses from West End, Heysham or Middleton - call 01524 833080

H

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HOUSE CLEARANCES

Donate your items to charity - Furniture Matters, Charity Shops or jumble sales - or use a house clearance company that recycles.

HOUSEHOLD WASTE RECYCLING CENTRE see 'RECYCLING SITES IN LANCASTER DISTRICT'

I

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INKJET CARTRIDGES see 'COMPUTER INK CARTRIDGES'

- ▶ The British Red Cross receive £1 for every inkjet cartridge returned for recycling. They provide freepost envelopes (free of charge) to return the used inkjet cartridges - call 01638 552082. All details are on the Red Cross website www.redcross.org.uk
- ▶ The RSPB would like your inkjet cartridges (not Epson). Please donate to their Recycling Appeal, Freepost NAT 22768, Falkirk, FK2 9EG (clearly mark your envelop with the RSPB's Charity Number: 207076) - call 08451 302010 for more information

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JUMBLE SALES

Keep an eye out for local jumble sales to donate unwanted clothes and bric-a-brac to. These are often run by local groups to raise funds for their organisation.

JUNK MAIL

To reduce direct junk mail in the UK, register with the Mail Preference Service by sending off the postcard in the back cover of the Little Book of Sustainable

Living. To reduce junk faxes, register with the Facsimile Preference Service at www.fpsonline.org.uk or call 0845 0700702 and to reduce junk phone calls, register with the Telephone Preference Service at www.tpsonline.org.uk or call 0845 0700707.

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KERBSIDE COLLECTION SCHEME

- ▶ Lancaster City Council currently offers a kerbside recycling service to 98% of residents in the district; this allows them to recycle cardboard, glass, textiles, plastic bottles, paper, cans, foil and garden waste. Contact Lancaster City Council on 0800 0929705 or 01524 582491 to find out if you are part of the kerbside collection area

L

LOCAL RECYCLING FACILITIES see 'RECYCLING SITES IN LANCASTER DISTRICT'

LOW ENERGY LIGHT BULBS & POWERDOWNS

Low energy light bulbs save money and energy and are available from most DIY and electrical retailers. Check if your electricity company will supply any free or reduced cost low energy bulbs.

- ▶ The Morecambe Community Sustainability Shop, 22A Yorkshire Street, Morecambe provides free low energy bulbs and PowerDowns to local people - call 01524 833080
- ▶ Furniture Matters also supply free low energy bulbs and PowerDowns at their shops and showroom – St Nicolas Arcade, Lancaster; Market Street, Morecambe; and Alice Street, Morecambe

M

MAGAZINES see 'PAPER'

Check with local schools, doctors or dentists as they may want them for their waiting rooms.

MANURE

- ▶ You could offer this to your local allotment - see www.lancaster.gov.uk/allotments or call 01524 582061 for contact details

- ▶ West End & Heysham (North) Allotment Association wants manure. Contact the Morecambe Community Sustainability Shop, 22A Yorkshire Street, Morecambe - call 01524 833080

- ▶ Piccadilly Garden sells local (well rotted) horse manure at the Plant Centre, South Lodge, Lancaster - call 01524 381513

MAPS

You can borrow Ordinance Survey maps from your local library – visit www.lancashire.gov.uk/libraries for details

MEDICINES

Any unfinished bottles of tablets or medicines should be returned to your local chemist.

- ▶ Lancaster City Council operates a free special collection service for domestic clinical waste including hypodermic needles - call 01524 582491

METAL

You can recycle scrap metal at the district's Household Waste Recycling Centres see 'RECYCLING SITES IN LANCASTER DISTRICT'

- ▶ International Aid Trust, 7 Albert Road, Morecambe wants scrap metal - call 01524 413345
- ▶ Animal Care in Scotforth, will collect bulky scrap metal on a Thursday - call 01524 65495

MICROWAVES

- ▶ Furniture Matters will collect microwaves - call 01524 426622

MILK BOTTLES

Choose to have doorstep milk deliveries as this supports the local economy and is better for the environment as glass bottles can be reused. Remember to wash and return your bottles.

See the Yellow Pages under 'DAIRIES' and contact them to find your local milk delivery person. Remember to check whether they deliver in glass bottles

MILK BOTTLE LIDS see 'ALUMINIUM'

- ▶ You can put these in the metal foil recycling banks see 'RECYCLING SITES IN LANCASTER DISTRICT' or put them in your kerbside box for collection.

MOBILE PHONES

- ▶ Greensource Solutions recycle mobile phones, contact them on 0845 3 100 200 or visit www.greensource.co.uk
- ▶ Oxfam wants your unwanted handsets and their accessories. You can either:
 - Take them to any Oxfam shop
 - If you're donating fewer than 20 phones, you can send them to: Oxfam Bring Scheme, Freepost LON16281, London WC1N 3BR
 - If you're donating more than 20 phones - call 0870 752 0999 to arrange a courier
- ▶ The RSPB would like your old mobile phone. Please donate to their Recycling Appeal, Freepost NAT 22768,

Falkirk, FK2 9EG (clearly mark your envelop with the RSPB's Charity Number: 207076) – Visit www.rspb.org.uk or call 08451 302010 for more information

- ▶ ShP Solutions is a second hand mobile phone buyer to the business market. A donation is made to charity. Based at 4-6 Dalton Square, Lancaster, LA1 1PP - call 0845 6070171 or visit www.shpsolutions.com
- ▶ Tesco runs a mobile phone recycling service at local branches, including Carnforth – call 0845 6779837

Some Charity Shops recycle mobile phones to raise money. See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items

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NEWSPAPERS & MAGAZINES see 'PAPER'

O

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OIL see 'ENGINE OIL'

OFFICE FURNITURE

- ▶ Furniture Matters collects unwanted office items and redistributes to local charities and community groups for a nominal charge. They need filing cabinets, lockers, metal storage cupboards and good quality office chairs - call 01524 413344 for details

ORGANIC WASTE see 'COMPOST'

P

PACKAGING see 'CARDBOARD', 'PLASTIC' and 'BUBBLE WRAP'

Try to avoid buying products that come with excessive packaging and reuse any packaging that you receive. Excess packaging costs the average UK family £470 per year so talk to shop managers to ask them to reduce their packaging

PAINT

On average, every household in Britain has more than 17 tins of paint and other decorative coverings hidden away. If paint ends up in landfill sites, the toxic substances it contains, including lead, can leak out and pollute waterways and nearby land.

- ▶ Furniture Matters runs Community Re>Paint: Morecambe and Lancaster. For information call 01524 426622

Environmentally friendly paints are better for your health and the environment. You can get low VOC (Volatile Organic Compound) paints from most DIY shops or try these:

- ▶ ECOS Paints contain no white spirit, VOCs, animal products, heavy metals or formaldehyde. Available locally from Unit 19, Heysham Business Park, Middleton Road, Heysham - call 01524 852371 or the Morecambe Community Sustainability Shop - call 01524 833080
- ▶ AURO make eco friendly paint and wood finishes which are breathable

and utilise natural materials from environmentally managed sources. They are manufactured using a sustainable ecological cycle, with no petrochemicals or VOCs. Available from Alian Energy Shop, Unit 16B Lune Business Park, Lancaster – call 01524 68333

PAPER

It is important to buy recycled paper as well as to recycle it. Ask local shops if they stock it and remember to ask for it when you are having documents printed.

- ▶ For paper recycling banks in Lancaster district see 'RECYCLING SITES IN LANCASTER DISTRICT' or you can put them in your kerbside box for collection

Various stationery suppliers in Lancaster district stock recycled office paper and note pads. Many shops also sell recycled toilet, kitchen and tissue papers. The following also offer next day delivery of recycled office paper (phone to order):

- ▶ Mains Business Equipment, 33 Lake Enterprise Park, Caton Road, Lancaster - call 01524 66666
- ▶ BSS, 16/17 Moor St off Mary St, Lancaster - call 01524 63529

Newspapers

These can be used as packaging materials, wrapping paper or add a little vinegar to three day old newspaper and clean metal and glass surfaces with it

Office or Confidential waste paper see 'COMMERCIAL RECYCLING'

PALLETS

These are good for making compost bins and are usually free from garden centres and building suppliers.

- ▶ Lancaster Craft Works wants pallets for making into quality handmade wooden products for sale locally. Call 01524 383733 to find out more

PAVING

- ▶ West End & Heysham (North) Allotment Association wants free paving slabs. To arrange collections from West End, Heysham or Middleton - call 01524 833080

PHONES see under 'MOBILE PHONES'

PHONE BOOKS

Leave these behind when you move house. Look out in your local newspaper for information about recycling schemes.

PICTURE FRAMES

- ▶ Small picture frames wanted by Lorna-Ann McCabe (a local artist) call 015242 22444

PLANT POTS

Reuse your plastic plant pots for germinating seeds or follow the steps below to use them as border edging

Step 1 - Cut the bottom out

Step 2 - Cut up side

Step 3 - Roll out flat

Step 4 - Bury into garden border

- ▶ You could offer pots to your local allotment – see www.lancaster.gov.uk/allotments

or call 01524 582061 for contact information

- ▶ Poulton Community Gardens welcomes donated plant pots – call 01524 426911 or email Rita Gerrard ritall@bigfoot.com

PLANTS

- ▶ Poulton Community Gardens welcomes plants for their garden allotments – call 01524 426911 or email Rita Gerrard ritall@bigfoot.com

PLASTIC

The PASS on Plastics campaign, run by the Sustainability Partnership, aims to reduce plastic pollution in Lancaster district by advising residents on how to easily reduce their plastic consumption and help to clean local beaches. For more information visit www.lancaster.gov.uk/PASSonplastics or call 01524 582061.

Bottles

Avoid buying plastic bottles, glass is much more sustainable, but reuse any plastics you do buy e.g. as garden cloches, wasp or slug traps, or for drinks.

For local recycling sites see '**RECYCLING SITES IN LANCASTER DISTRICT**' or you can put them in your red and black kerbside recycling bin – remove the tops as this uses 10x less energy when the machine crushes them (the tops can still be recycled)

- ▶ Single Step Wholefoods re-fills various bottles of household cleaning products including Ecover, BioD and Clearspring - 78a Penny Street, Lancaster - call 01524 63021

- ▶ Body Shop takes its containers back for recycling - Market Street, Lancaster
- ▶ Plastic rings off drinks cans are dangerous for pets and wildlife. Please cut the rings before placing in the bin

Carrier Bags

Refuse new bags and reuse old bags as much as possible. Better still, use a 'bag for life' from supermarkets and shops, there is a great choice around.

- ▶ The Sustainability Partnership sells jute bag (donation of your choice, recommended £2) please contact 01524 582061 or email sustainability@lancaster.gov.uk

Many supermarkets now have plastic bag recycling facilities and some also offer loyalty points for using your own bags, ask at your local supermarket for further information

- ▶ Single Step Wholefoods, 78a Penny Street, Lancaster reuses clean plastic and paper bags – call 01524 63021

Some Charity Shops accept clean, used carrier bags. See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items

Hard Plastics

Moulded plastics (chairs, tables, window frames etc.) can be recycled at your Household Waste Recycling Centre. See 'RECYCLING SITES IN LANCASTER DISTRICT'

PLUGS

- ▶ Electric plugs are wanted by the Morecambe Community Sustainability Shop - call 01524 833080

POTS & PANS

- ▶ Furniture Matters wants pots, pans, plates, mugs, bowls, knives, forks, spoons and kitchen utensils. If you have a box full we will collect or call 01524 426622 to arrange a drop off at the Morecambe premises

R

RECYCLING & REUSE WEBSITES

Check out local swapping and recycling websites – you can recycle all sorts of items to a good home this way. For example, visit www.uk.freecycle.org to find your local Freecycle Network.

RECYCLING SITES IN LANCASTER DISTRICT

Recycling Helpline - call 0800 0929705 (Freephone)

You can recycle items at the local sites listed opposite.

*Salt Ayre, Ovangle Road, Lancaster and Keer Bridge, Scotland Road, Carnforth are Household Waste Recycling Centres where you can also recycle rubble, metals, batteries (household and car), oil, garden waste, white goods, TVs, computers, tyres, hard plastics and paint. They are operated by SITA UK please call 0845 0500957 if you have a query about the items they take. These sites are open from 8am until 7pm seven days a week (closed on Christmas Day, Boxing Day and New Year's Day).

RECYCLING SITES IN LANCASTER DISTRICT

	<i>Glass</i>	<i>Paper</i>	<i>Cans</i>	<i>Foil</i>	<i>Plastic Bottles</i>	<i>Shoes</i>	<i>Books</i>	<i>Textiles</i>	<i>Tetra-paks</i>
LANCASTER									
Alfred Street	X	X	X			X	X	X	
ASDA Car Park	X	X	X			X		X	X
Hala Square	X	X				X	X	X	
Lancaster University	X	X	X		X				
Thurnam Street Car Park	X	X	X	X		X		X	
Greaves Park Pub	X	X	X			X		X	X
MORECAMBE									
Salt Ayre*	X	X	X	X	X	X	X	X	
Arndale Centre	X	X	X	X		X		X	X
Dog & Partridge, Bare	X	X	X	X		X			
George Hotel, Torrisholme	X	X	X	X		X		X	X
Heysham Power Station	X		X			X			
Heysham Village Car Park	X	X	X			X		X	
Morrisons Car Park	X	X	X	X		X	X	X	
William Mitchell	X	X	X	X		X		X	
RURALS									
Abbeystead – Village Hall	X	X	X					X	
Caton – Bull Beck	X	X	X	X		X		X	
Carnforth – Booths	X	X	X	X		X	X	X	X
Carnforth – Tesco	X	X	X			X		X	
Carnforth – Cross Keys	X	X	X						
Carnforth – Keer Bridge*	X	X	X	X	X		X	X	
Cockerham – Village Hall	X	X	X			X			
Glasson Dock – Quayside		X	X						
Halton – Greyhound Hotel	X	X	X	X					

S

SANITARY PROTECTION

DO NOT flush these down your toilet!
2,000,000,000 such items are flushed down the toilet each year causing serious pollution and damage to marine life. Make sure you bag and bin them instead.

- ▶ For advice on alternative sanitary protection products contact the Women's Environmental Network on info@wen.org.uk or 0207 481 9004
- ▶ Why not try a Mooncup? Available from Single Step Wholefoods, 78a Penny Street, Lancaster - call 01524 63021. For more information on this alternative to disposable female sanitary wear please visit www.mooncup.co.uk

SEEDS

- ▶ Poulton Community Gardens welcomes donated seeds - call 01524 426911 or email Rita Gerrard ritall@bigfoot.com

SHEDS

- ▶ You could offer these to your local allotment – visit www.lancaster.gov.uk/allotments or call 01524 582061 for contact details
- ▶ West End & Heysham (North) Allotment Association wants sheds and will collect from West End, Heysham or Middleton – call 01524 833080

SHOES, BOOTS & WELLINGTONS

Repair your footwear where possible.
Some Charity Shops accept shoes in good

condition. See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items

You can also use a 'Shoe Bank' - see 'RECYCLING SITES IN LANCASTER DISTRICT'

SOAP & SHAMPOO

Buy shampoo and soap in large, re-fillable bottles or buy solid soap or shampoo bars which use little or no packaging. Buy soaps and shampoos that have not been tested on animals. Visit the Go Cruelty Free campaign – www.gocrueltyfree.org - and download the Little Book of Cruelty-Free.

- ▶ LUSH sell shampoo bars, the majority of which are suitable for vegans - see www.lush.co.uk or visit your nearest LUSH shop in Preston

SOIL see 'TOPSOIL'

SPECTACLES

- ▶ Thurnham Glasson C of E Primary School, Marsh Lane, Glasson Dock have a public collection box for spectacles in their reception area. Collections go to 'Fight for Sight'. Call the school on 01524 751425 for more information
- ▶ Dolland and Aitchison Opticians recycle spectacles for 'Fight for Sight' at their Lancaster and Morecambe branches – call 01524 32938 or 410496
- ▶ Specsavers, Market Street, Lancaster recycles spectacles for 'Vision Aid'

STAMPS

- ▶ RSPB Leighton Moss accepts used and unused, UK and foreign (or even first

day cover) stamps or you can post them to RSPB Stamps, PO Box 6198, Leighton Buzzard, Bedfordshire, LU7 9XT (please do not include any other correspondence to this address). If possible separate UK and foreign stamps. Proceeds go to the Save the Albatross campaign - every year 1 million albatrosses are killed by longline fishing. This is having a devastating impact on albatross populations across the world. The RSPB can raise money from all types of stamps to help save albatrosses. Campaign posters are available from albatross@rspb.org.uk

- ▶ Dolland and Aitchison Opticians collects stamps for recycling and supporting Guide Dogs for the Blind - call 01524 32938 or 410496
- ▶ The Children's Library on New Street, Lancaster collects used postage stamps
- ▶ Oxfam Shops take used stamps - Please leave about half an inch of paper around stamps

STEEL CANS see 'KERBSIDE COLLECTION SCHEME' and 'RECYCLING SITES IN LANCASTER DISTRICT'

T

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TELESCOPES see 'BINOCULARS & OTHER OPTICAL EQUIPMENT'

TETRAPACKS see 'RECYCLING SITES IN LANCASTER DISTRICT'

TEXTILES see 'CLOTHES, CURTAINS, BLANKETS AND TEXTILES'

TOILET ROLL TUBES

These tubes can be used for growing plants, such as runner beans and sweet peas. When the seedlings are established and hardened off, plant the whole tubes directly into the soil - this avoids root disturbance and the pot biodegrades.

TOILETRIES

Basic toiletries which we take for granted in our every day lives, are often those items which families in other countries cannot afford. Any donation you can give will make a real difference to a child's life.

- ▶ International Aid Trust, 21-23 Albert Road wants toiletries (sealed and unused toothpaste, toothbrushes and soap are always needed) - call 01524 413345

TOOLS

- ▶ Morecambe Community Sustainability Shop, 22a Yorkshire Street, Morecambe wants tools. Collections are provided for community centres in Lancaster district - call 01524 833080

TOPSOIL

- ▶ West End & Heysham (North) Allotment Association wants free topsoil. Collections from West End, Heysham or Middleton - call 01524 833080
- ▶ Piccadilly Garden sells reclaimed topsoil at the Plant Centre, South Lodge, Lancaster LA1 5AA - call 01524 381513

TOYS

Charity shops, jumble sales and car boot stalls take and sell toys.

See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items

TREES see 'CHRISTMAS TREES'

TYRES

Do NOT burn tyres - they give off poisonous dioxins. Scrap tyres can be used for boat fenders, children's play equipment or stacked as soil or compost containers.

Householders can take up to 6 domestic tyres at a time to the Household Waste Recycling Centres see 'RECYCLING SITES IN LANCASTER DISTRICT'

V

VINYL RECORDS

Donate to local charity shops. See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items

VIDEOS, DVDs, CDs, CD-ROMS

Rent rather than buy these to save money and resources. You can join your local video shop or rent from local libraries (see www.lancashire.gov.uk/libraries for locations)

Donate to local charity shops. See the Yellow Pages under 'CHARITY SHOPS' - please call first to see which shops accept these items

W

WALLPAPER

- ▶ Furniture Matters Community Re-Paint scheme will re-distribute rolls of wallpaper (if you have enough matching rolls to paper a room) - call 01524 426622
- ▶ The Community Leisure Development Officer at Lancaster City Council wants wallpaper for Summer Playschemes - call 01524 582826

WASHING MACHINES

- ▶ Furniture Matters will collect your unwanted washing machines for redistribution to local disadvantaged people - call 01524 426622

WATER FILTERS

Some can be sent back to the manufacturer for recycling so check the packet

WOOD

Ask your friends and neighbours - anyone with an open fire or wood burning stove will gladly take it off you (but not treated/painted wood, chipboard or MDF).

- ▶ West End & Heysham (North) Allotment Association wants free waste wood. For collections from West End, Heysham or Middleton call 01524 833080

Wood recycling skips are available at the Household Waste Recycling Centres see **'RECYCLING SITES IN LANCASTER DISTRICT'**

WOOL

Donate to local charity shops. See the Yellow Pages under **'CHARITY SHOPS'** - please call first to see which shops accept these items

- ▶ The Community Leisure Development Officer at Lancaster City Council wants wool for the Summer Playschemes - call 01524 582826
- ▶ St John's Hospice wants wool in any quantity, to make articles for sale. Call Janet Thompson on 01524 382538

Y

YELLOW PAGES see **'PHONE BOOKS'**

- ▶ The Yellow Woods Challenge is run by Yellow Pages, working with the Woodland Trust and local authorities across the UK. Residents are encouraged to give their old edition of Yellow Pages to a participating school - see www.yellow-woods.co.uk for more information
- ▶ Special Yellow Pages recycling banks can be found at; Morrisons, Morecambe; Booths, Carnforth; Asda, Lancaster; and Thurnham Street Car Park, Lancaster

A-Z



REUSE & RECYCLE IN THE LANCASTER DISTRICT



This directory is 100% recyclable

When you have finished with this directory, please give it to someone else to use or if you've finished with it put it in your compost, local paper bank or green kerbside recycling box.

For regular Recycling & Reuse A-Z updates please visit
www.recyclelancaster.org.uk or www.recyclemorecambe.org.uk



Making the most of the outdoors

This land is your land, this land is my land

“Buy land; they’re not making it anymore” **Mark Twain**

Land is a precious and finite resource. With the increasing awareness of climate change we are increasing the competition for land use. Crops are being produced for energy, land used for flood plains is increasing and we need to provide space for urban expansion, whilst making (or leaving!) space for wildlife.

We need to eat less grain-fed meat, use fewer chemicals on the land, and enjoy more local, seasonal fruit and vegetables. Growing some of our own food reduces food miles and is very satisfying.

To help, we need to make better use of previously-developed land and buildings. We also need to protect and provide more green spaces throughout Lancaster district that fulfil a range of different functions.

These functions can be ‘wildlife friendly’, recreation and living space, space for food and crop growth and flood management that won’t harm people or property. This can create valuable new habitats for wildlife.

You can work with the Sustainability Partnership to take action on this. Please refer to page 3 of the Little Book of Sustainable Living for contacts.

The Joy of Gardening

Gardening benefits our health, helps us feel happy, gets us outdoors, and provides easy exercise. Even in our northern winter, sprouting beans and seeds in the kitchen supplies us with fresh vitamins to help fight winter colds and flu. From window sill to allotment, gardening is fun and it connects us with nature.

Plants and Shrubs

Come springtime, a few inexpensive packets of seeds sown in pots and patio tubs soon provide months of colour.

For those with a yard or garden, raised beds or larger borders planted with permanent flowering shrubs will attract bees and butterflies whilst berry bushes nourish people and wildlife alike.

Here are some easy to care for, wildlife friendly plants:-

- **Marigolds** – beautiful edible, bee-friendly flowers
- **Dahlias** – great in the garden and as cut flowers
- **Snowdrops** – as the first sign of spring, these can sprout anywhere
- **Hosta** – be careful, slugs love them
- **Wildflowers** – English bluebells, Welsh poppies and native daffodils keep the meadow environment alive
- **Hawthorn** – provides food for more than 150 insect species



- **Silver Birch** – provide an important habitat for many birds

Visit the Homes for Wildlife website - www.rspb.org.uk/hfw - for more information.

If there is a neglected spot of land near you, a bit of 'guerrilla gardening' might appeal - you adopt the patch and sow some seeds, bulbs, shrubs or flowers, and everyone will enjoy the improvement.

Why not try Companion Planting – this is a method of gardening that attracts beneficial wildlife to your garden, deters pests and therefore encourages successful plant growth.

Or, why not try and plant native species that are local to where you live? You can find out more information from the postcode plants database by visiting www.nhm.ac.uk.

Growing Food

Before the age of ready meals, growing our own fruit and vegetables was a common and important part of our society. Thankfully, more and more people are now choosing to revive it.

No matter how small the growing space, there are lots of good reasons to have a go at growing your own food. It reduces food miles and your carbon footprint, the food is often fresher, tastier and cheaper than shop-bought varieties and you know exactly how it has been produced.

Successful food growing can be done with a creative use of space:

- Lettuce and herbs can grown in window boxes so you can easily pick out a few leaves at a time to use
- Tumbler tomatoes or strawberries grow well in a hanging basket whilst some varieties take well to grow bags
- Potatoes can be grown in a deep bucket or pot, like an old dustbin – just be sure to add drainage holes
- Peas, beans, cucumbers and squash can be grown from pots and up a trellis

Garden Dreams

Gardening helps us meet our neighbours and develop community spirit. A day outside gardening gives a great sense of achievement. Just be sure to check the conditions of your soil and the availability of water and sun to find the plants most suited to your growing space.

The more people who garden, the more beautiful, productive and friendly to wildlife our community and our planet will become.



Saving your Seeds

For centuries food growers and gardeners all over the world have saved seeds to grow the following season. Saving seeds from your crops and flowers is an easy way to grow healthy and strong plants suited to your soil and local weather. It is also a great way to protect and grow heritage and unusual plant varieties.

Five easy steps to saving your seed:

- Grow more plants than usual and plant them further apart
- Allow some of the plants you want to save to mature fully
- Harvest, clean and dry the seeds
- Store in a cool, dry, dark place wrapped in paper in a sealed jar
- Plant them next season

The Guide to Perfect Home Composting

Home composting is rewarding and fun! It can also divert about one-third of your household waste from landfill sites where it would otherwise create polluting gases and run-off. Composting is a natural process - bacteria, fungi and invertebrates break down organic waste, converting it into a rich and useful soil-like material. Making compost at home will keep you supplied with free compost - of great benefit to your garden and plants.

Setting up your compost heap

You can make compost bins from:

- Wire mesh with wooden stakes at each corner – line with cardboard and top with a piece of old carpet
- An old dustbin – cut the bottom out, turn it upside down and replace the lid
- An old coal bunker
- Old tyres in a stack

The four basic ingredients of a good compost are:

- Green materials for nitrogen
- Brown materials for carbon
- Air
- Water

If your compost is smelly or slimy, your pile will be lacking in one of these four ingredients.

Compost can be made in a simple heap on the ground covered with old carpet to keep it moist. Most people use some form of container as it looks neater, is easier to manage and speeds up the composting process.

What can you compost?

Greens (aim for 50% greens)

- Grass cuttings
- Weeds
- Fruit and vegetable scraps
- Old flowers and bedding plants
- Young hedge clippings

Browns (aim for 50% browns)

- Tea bags, coffee grounds and coffee filters
- Egg shells
- Dried grass and weeds
- Old straw and hay
- Wood ash
- Cardboard (scrunched up) - avoid waxed cartons and sticky tape
- Herbivore pet bedding



Remember: DO NOT compost meat, fish, fats and oils, dairy products, coal and coke ash, cat litter, dog faeces, glossy paper and newspapers (recycle them instead), plants infected with persistent diseases, pine needles.

Your compost is ready to use when it is dark brown and most of the original materials cannot be identified. The process can take from two months to two years.

Most wormeries as well as the Bokashi composting system will take all types of

kitchen waste, including meat, fish and dairy products, so you may like to invest in one of these as an alternative to traditional composting.

To order a cut-price compost bin please call: 0845 077 0757 or visit the website www.recyclenow.com/compost. You can also get Bokashi composting systems from the Morecambe Community Sustainability Shop on 01524 833080

How to make compost

- Site your compost bin or pile on grass or bare earth in the shade
- Collect together a batch of brown and green materials, spread them out to the edges of your compost bin and firm down
- Continue to fill the container as you produce organic waste
- Aim for a good mixture of items - equal quantities of browns and greens
- Sprinkle with water – keep the pile moist like a wrung-out sponge
- Try to get air into the heap at least once every couple of months by turning it with a gardening fork
- If you have one container, remove finished brown compost from the bottom as it is ready. If you have more than one container – leave one when it is full and start filling another.



Looking after Nature

We are fortunate to have some wonderful countryside and nature reserves close to our homes in Lancaster district.

The Arnside/Silverdale Area of Outstanding Natural Beauty is perhaps the richest area for wildlife in the north of England. Our limestone hills are impossible to farm by modern intensive methods, which results in many nature reserves. Our mild winters allow many southern species to survive, while cool summers help northern species.

This varied topography produces a range of microclimates, allowing many species to move into more appropriate places as the climate changes.

But without grazing by livestock, scrub and trees soon invade the grasslands. Flowers, together with the wildlife which depend on them, are easily lost in the

shade of invading species. Carefully controlled grazing by sheep, cattle or ponies is extremely valuable, but scrub removal becomes essential sooner or later. This cut material must also be gathered and burnt or carefully stacked to provide habitat piles for birds and invertebrates.

This is where you can come in!

Many volunteers are needed to do lopping, clearing up and burning. Wetlands require tending to allow smaller plants to grow and birds to gain access, paths need clearing, whilst there is plenty of litter to remove and boundaries to maintain.

You can join in work parties all over the district to manage and improve our nature reserves, while enjoying the countryside and improving your fitness.





Furniture Matters

WE are your local re-use, recycling & training charity

OUR aims are:

- ♦ To assist local disadvantaged people to furnish their home with safe, low-cost household items
- ♦ To provide practical volunteering and training opportunities to local people
- ♦ To save re-usable household items from needlessly ending up in the waste stream

YOU can help us by:

- ♦ Donating your unwanted household furniture, white goods, computers and bikes
- ♦ Buying furniture from our retail outlets in Lancaster and Morecambe
- ♦ Giving your valuable time by volunteering with us (we have over 30 volunteering opportunities)

**To donate ring:
426622**

**To volunteer ring:
427300**

**To buy visit us at:
St Nicholas Arcade
Lancaster &
Market Street East
Morecambe**

Registered Office: Old Grand Garage, Thornton Road, Morecambe, LA4 5PB

Registered Charity 1085696; Company Limited by Guarantee 4094183

VAT Registration 887 6544 59

www.furniturematters.org.uk



Shopping with a difference

Buying Power

When you are out shopping, do you think about where the items in your basket come from or whether they are ethically sourced? If you want to do more sustainable shopping, these things are worth considering. Below you can find some criteria to enhance your sustainable buying power.

For starters – the four considerations for sustainable food:

1. Local

Importing and exporting has a significant impact on environments, communities and economies. By supporting local producers and retailers you are keeping

your money within the local economy, protecting local jobs and building pride in local culture. So look for British, locally produced goods. See www.eatlocal.org.uk or www.tastelancashire.com for local suppliers in Lancaster district or visit your local Farmers' Market

2. Seasonal

By choosing to buy seasonal food from this country you are reducing the need for hot-house environments or frozen storage to keep summer foods available all year long. This reduces your own carbon footprint

3. Ethical or Fairly Traded

It isn't always possible to source the

goods you want from local producers. However, you can still choose to make sustainable choices by buying fairly or ethically-traded products, such as free range or Fairtrade (also see overleaf).

4. Organic

Organic products are good for us and good for the communities from which they hail. They are made without the use of genetic modification, conventional pesticides, artificial fertilisers, growth hormones and routine antibiotics and they are free from contamination by human or industrial waste. This is much better for our health and the sustainability of our planet

Animal Rights

“The meat industry causes almost 40% more greenhouse gas emissions than all the world’s transportation systems combined.”

Humans use animals for clothing, cooking, entertainment and experimentation. As our demand for food, cosmetics, clothes and medicines grows, will we resort to more factory farming and animal testing?

Animals, like humans, have interests that should not be sacrificed or traded away for our benefit.

For more information on animal rights issues, visit www.peta.org.uk and www.buav.org.

What other items can be sustainable?

A wide variety of products and services can be sustainable – bank accounts, make-up, clothes, food, insurance, holidays, garden supplies – the list is endless!

Sustainability can be subjective; your interests and concerns will affect how sustainable you think a product is. For example, if you think that it is important to plant new trees when others are felled, you may like to look for Forest Stewardship Council (FSC) certified wood or if you believe that products should not be tested on animals, you may like to visit www.animalaid.org.uk and view their ethical shop or www.uncaged.co.uk and read their Compassionate Shopping Guide to influence your shopping habits.

Sustainable criteria spread far wider than food and some of these criteria are specific to their products, so take a few seconds to read the labels. You can also visit www.ethicalconsumer.org who research the social and environmental records of all types of companies.

Remember, to be truly sustainable you should always shop within your means and think about your environmental, social and economic wellbeing as well as that of others around you.

Finally, remember to take your own reusable, cloth or jute shopping bags with you and stop the environmental damage caused by plastic bags.

Fairtrade

Remember that all sorts of items can be fairly traded, not just those carrying the FAIRTRADE Mark. However, it is important to recognise the work of the Fairtrade Foundation in establishing the Fairtrade certification.

On 5th March 2004 Lancaster district was awarded the title of 'Fairtrade District' by the Fairtrade Foundation. Fairtrade aims to tackle poverty by enabling disadvantaged producers from poor countries to receive a better deal.

The FAIRTRADE Mark, which guarantees that products meet international Fairtrade

standards, is often seen on tea and coffee but Fairtrade applies to much, much more. All sorts of amazing hand-crafted items and other products from all around the world carry the FAIRTRADE Mark; from pasta to cotton, soap to wine and jewellery to honey.

To support Fairtrade locally, you can join the Lancaster, Morecambe & District Fairtrade Group – call 01524 63249 for more information. To find out where you can buy FAIRTRADE items locally visit www.lancaster.gov.uk/fairtrade and follow the links to the Fairtrade Directory or call Global Link on 01524 36201 for a paper copy.



Like Wine? Make Sure it's Corked!

The increasing use of artificial 'closures' in wine bottles and a fall in demand for cork could mean that wildlife-rich cork estates could disappear within 20-30 years. Many threatened species, such as Bonelli's Eagle and the Iberian Lynx, depend on cork oak forests for their survival. The forests also provide the ideal winter habitat for millions of migratory birds including 60,000 herons from Northern Europe.

How you can help...?

Buy bottles with real cork closures and ask retailers and their suppliers to label their wines with the type of closure used. If you find an artificial closure in your bottle of wine, complain to the shop where you bought it; this will help retailers better understand customer preferences.

Washable Nappies

Did you know that every day, 8 million 'disposable' nappies are dumped in landfill sites in the UK? To manufacture these nappies requires oil and chemicals and, when thrown away, they can take 500 years to breakdown, leaking toxic chemicals into the soil.

According to a recent government report, real nappies are 40% better for the environment than disposables, even with washing factored in 40°C in a modern washing machine (organic washing agents are available).

If you use washable nappies on your child for approximately 2 years you will save over £1,000 compared to using disposables. If you then use these nappies for additional children the cost savings become even greater.

In contrast to using terry nappies with pins, washable nappies are now shaped and attach with velcro or poppers and are really quick and easy to change. They come in lots of trendy colours and modern fabrics, such as, bamboo, hemp, organic cotton and fleece.



Katharine Bradshaw, Lollipop

For more information and advice on washable nappies please contact Katharine Bradshaw, your Lollipop Nappy Advisor for the Lancaster Area, on 01524 64803 or email golgotha@f2s.com



Jen Walker, RSPB

Travel in Eco-Style

Ways to Get Around

Sustainable modes of travel such as walking, cycling, public transport and car sharing benefit both the environment and us in many ways. If we make better use of these modes of transport we can cut down our carbon emissions and reduce our dependence on oil.

Flying is becoming more common but did you know that emissions from aeroplanes account for a massive 4% of the world's carbon emissions? Flying can often be the only way to get to a long haul destination but flying short haul can be wasteful. Be conscious about the environmental effects of flying, choose to fly only when absolutely necessary and

ask your booking agent about ways to offset the carbon emissions. Alternatively, you can get to many destinations on a bus, boat or train – check out www.seat61.com or www.noflytravel.com for ideas.



Buses and trains are sustainable methods of transport for local journeys too. If we show how valuable these services are through continued use this will lead to increased reliability and affordability of service – for UK timetables visit www.traveline.org.uk or call 0871 200 22 33.

Active travel such as walking and cycling are great for us all! These low cost, low emission modes of transport and their minute use of fossil fuels mean they are great for the environment. Email pedalpower@furniturematters.org.uk or call 01524 65328 for low cost bicycle purchase, repair and training or read on for more great biking information.

We know that car use adds carbon dioxide and other greenhouse gases to the atmosphere but you can make driving more environmentally friendly by travelling in a more sustainable way.

Why not use a lift or car-sharing scheme locally? See www.sharedwheels.co.uk or you can read on for some great tips.

You can also choose a vehicle with low emissions for your next purchase. This will reduce your car tax and, for vehicles emitting less than 100g/km CO₂ it will be tax-free! Or why not go electric? For more information visit www.cleangreencars.co.uk or www.sustrans.org.uk.



Drive with the Environment in Mind

Avoid short journeys

Use your car as a last resort; if the journey is under two miles, walk or cycle instead. Fuel consumption and emissions output heighten considerably during a vehicle's warm-up period but are less over longer journeys. A petrol car's catalytic convertor, which cleans the exhaust of nitrogen oxides, particulates and other pollutants, is less effective over short distances too.

Change gear early

If you change gear early - around 2500rpm (revs per minute) for a petrol car and 2000rpm for a diesel - it saves revving the engine too hard, thereby, reducing your CO₂ emissions and fuel

consumption. But do not labour the engine by selecting a higher gear too early - that wastes fuel and increases engine strain.

Cut the air conditioning

Use your car's air conditioning system sparingly, it is not often needed in the spring and autumn. This can knock between one and three miles per gallon off your fuel consumption, whilst reducing CO₂ emissions. Check that the heated rear window switch is not on unnecessarily too, it's quite a consumer of power.

Cruise moderately

Consider your cruising speed on motorways - travelling at 65mph rather than 70mph can reduce consumption and emissions by as much as 25 percent!



On yer bike!

Since October 2005 Lancaster with Morecambe has been a Cycling Demonstration Town (CDT).

The CDT team want to get twice as many people on their bikes and transform the travel culture of Lancaster district. Cycling is fun, environmentally friendly and cheap. Here are a few more reasons why you might want to get on your bike:

It's good for you

Regular physical activity, such as cycling, is linked to a wide array of health benefits such as reduced risk of Coronary Heart Disease and a positive effect on mental health.



It's good for everyone

As well as health benefits for the individual, cycling is also great for your community. It reduces vehicle emissions as well as traffic danger and noise, whilst increasing social interaction and improving our public spaces.



It's convenient and efficient

Cycling is fast, direct and convenient, offering the freedom to go where you want, when you want without worrying about parking spaces or traffic jams. For many journeys, cycling is the best way to get around.

It's easy to fit into your lifestyle

Sometimes it's hard to find the time for exercise. Exchanging your car for a bike on a regular journey is an easy way of getting regular exercise without changing your routine too much.

Please visit www.celebratingcycling.org for information about cycling locally or contact the CDT team on email celebratingcycling@lancaster.gov.uk or 01524 582392.

The CDT project is supported by Cycling England and the Department for Transport.

Canal Travel

Would you like to travel in sustainable style with great views across Lancaster district? Well, the canal boat Kingfisher sounds just up your street.

Carnforth and Area Regeneration Partnership (CARP) Ltd took delivery of the canal boat Kingfisher in early October 2008. Now Lancaster Canal Boats are responsible for the operation of this beautiful and environmentally sound mode of transport. Kingfisher offers both summer and winter cruise programmes. Saturday and Sunday

winter cruises depart from Barton Grange Garden Centre, including event cruises such as the 'Santa Special' in December with presents from Father Christmas.

Throughout the summer months a variety of nine different cruises operate through Lancaster district and beyond.

Lancaster district is fortunate to have miles of well-maintained canal – so why not try walking or cycling along its paths one day? You can do so for pleasure or as a route to work, school, or the shops. It sure beats getting stuck in traffic!

For more details on Kingfisher and the work of CARP please visit the CARP website at www.carnforth.co.uk and for Kingfisher timetables, please visit www.budgettransport.co.uk



a million voices for nature

Love Nature?

The RSPB speaks out for birds and wildlife, tackling the problems that threaten our environment.

Nature is amazing - help us keep it that way.



Open daily
(except 25 Dec).

Visitor centre
9.30am - 5pm
(4.30 Nov-Jan)

RSPB Leighton Moss,
Myers Farm, Storrs
Lane, Silverdale,
LA5 OSW

Tel 01524 701601
www.rspb.org.uk

At RSPB Leighton Moss nature reserve:

- We manage the largest remaining reedbed in North West England, which is home to rare and special wildlife
- Our education scheme, 'Living Classrooms', introduces kids to nature conservation
- We encourage visitors to take part in a wide variety of RSPB campaigns
- Our sustainable shop offers wildlife care and environmentally friendly gifts
- Local produce and homemade food are central to our Taste Lancashire award winning cafe
- We are the winners of Lancashire and Blackpool's Sustainable Tourism Award 2008/09



Bio-Fuels: The Facts

A bio-fuel is any fuel not derived from fossils but from growing matter or natural gas instead. Bio-diesel, although less polluting than traditional diesel and petrol, uses volatile chemicals and high temperatures in its processing, resulting in pollutants such as waste soap and glycerine. This, along with its need for massive amounts of crops (enflaming the 'food v. fuel' debate), means biodiesel is not as environmentally friendly as first thought.

Using vegetable oil (VO), or the more sustainable waste vegetable oil (WVO), as fuel is a very environmentally friendly choice and can be achieved easily if you have a diesel vehicle. There is no heavy processing involved, no 'food v. fuel' debate and no polluting chemicals used or created.

To use WVO in your vehicle it is recommend that you convert your engine with a conversion kit from £100. These work in one of two ways; they ensure the engine becomes hot enough

with regular diesel then switches to the more viscous VO (the two tank solution) or they ensure the VO is hot enough to start with (the single tank solution). WVO is much more environmentally friendly than shop bought oil and once filtered to 1 micron is almost the same as the unused kind. Using local waste oil is beneficial for the local economy too, adding to its sustainability credentials.

If you make your own bio-fuel, such as by obtaining, filtering and using the WVO, you have to declare the fact to HM Customs & Excise. Approximately 2,500 litres of oil can be used under the 'Personal Allowance' before duty needs be paid but check out your rights first so you can stay on the right side of the law.



Getting involved...

Join the Sustainability Partnership - Join in with loads of great projects to encourage sustainable activity in Lancaster district by contacting our Secretary for a membership form at sustainability@lancaster.gov.uk or by calling 01524 582061.

Volunteer your Time

...with Conservation

For information on work parties or events please contact:

Reuben Neville (Wildlife Trust, Heysham) 01524 855030

Tony Riden (Arnside/Silverdale AONB)
01524 761034

Jen Walker (RSPB Leighton Moss)
01524 703017

Alan Ferguson (National Trust, Bank House, Silverdale) 01524 702815

Rob Petley-Jones (Natural England, Gait Barrows) 01539 531604

Lancaster & District Conservation

Volunteers offer a year round programme of conservation opportunities – for details call 01524 412938 or visit www.ldcv.org

There are several voluntary groups in Lancaster district that help maintain publicly accessible green space. To find a group near to you contact Simon Gershon on 01524 542742.

And lots more...

Furniture Matters Furniture Matters wants volunteers to drive and crew their vans; help in their retail outlets; repair furniture, white goods and bikes; and lots more! We have over 30 different volunteering opportunities. Call 01524 427300 for more information

GreenLancaster provides volunteer projects and more to promote environmental awareness and responsibility amongst young people throughout Lancaster. To find out how you can get involved please visit the website <http://greenlancaster.org.uk/> or contact Mark Taylor (GreenLancaster Manager) at m.taylor4@lancaster.ac.uk

Help Direct offer volunteering opportunities for adults in Lancashire, your local office is located at 7-11 Chapel Street, Lancaster or call 01524 387856.

For opportunities with the Lancashire County Council Volunteering Service, please call 01257 248118.

You can also visit www.do-it.org.uk or www.volunteering.org.uk for a variety of volunteering opportunities locally.

Funding your Projects If you belong to a local group who want to carry out an environmental project, you may like to visit www.lancaster.gov.uk/environmentalfunding to find out which grants you can apply for in Lancaster district.

Cut out and keep these useful web sites **OR** turn it around and attach it to your door to reduce junk mail!

You can find out more about the Sustainability Partnership and our projects at www.lancaster.gov.uk/sustainability

Climate Change & Peak Oil

Carbon Trust www.carbontrust.co.uk
Reduce your carbon footprint www.actonco2.co.uk
Transition City Lancaster www.transitioncitylancaster.org

Development

Green roofing www.thebetterroofingcompany.com
Sustainable garden design www.carpe-diem-gardens.co.uk

Education

Eco Schools www.eco-schools.org.uk
Global Link www.globallink.org.uk

Energy Efficiency

Energy Saving Trust www.energysavingtrust.org.uk
Local energy advice centre www.lessuk.org
Renewables suppliers www.greenelectricity.org
www.good-energy.co.uk

Food

Allotments in Lancaster district www.lancaster.gov.uk/allotments
Avoid food waste www.lovefoodhatewaste.com
Local food in Lancaster district www.eatlocal.org.uk
Seasonal food www.eattheseasons.co.uk
Soil Association – Organic certification www.sollassociation.org

Living

Ethical communications www.phonecoop.org.uk
Fairtrade in Lancaster district www.lancaster.gov.uk/fairtrade
Local environmental grants www.lancaster.gov.uk/environmentalfunding
Sustainable living publication www.permaculture.co.uk
Volunteering www.lancastercvs.org.uk/volunteering

Local Services

Lancaster City Council www.lancaster.gov.uk
Lancashire County Council www.lancashire.gov.uk
Lancashire libraries www.lancashire.gov.uk/libraries
Virtual Lancaster www.virtual-lancaster.net

Reduce, Reuse, Repair, Recycle

A family trying to reduce their waste www.myzerowaste.com
Community Recycling Network www.crn.org.uk
Freecycle UK – Find your local network www.uk.freecycle.org
Friends of the Earth – waste campaign www.foe.co.uk/campaigns
Furniture Matters www.furniturematters.org.uk
Furniture reuse network www.fm.org.uk
Recycling & Reuse A-Z updates www.recyclelancaster.org.uk
or www.recyclemorecambe.org.uk
Recycle Now www.recyclenow.com
Tools for Self Reliance – tool reuse www.tfsr.org

Shopping

Ethical shopping www.ethicalconsumer.org
Bags made from recycled saris www.oneless.co.uk
Swapshop – Find your local network www.swapshop.co.uk

Transport

Cycling in Lancaster district www.celebratingcycling.org
Environmental breakdown service www.eta.co.uk
Public transport www.traveline.org.uk
Run your car on vegetable oil www.greasecar.com
Sustainable transport charity www.sustrans.org.uk



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