

Free



Friends of the Earth

Shrewsbury
Green guide
for Households 2010

Turn your kitchen and garden waste into something useful with a great value compost bin



Helping you get started

Home composting bins are an easy way to reduce the amount you throw away. Working with Shropshire Council and Green Cone Ltd, we've provided a range of different options suitable for gardens of all different sizes. And you don't have to worry about delivery as bins are distributed free to your home address.

www.greencone.com

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Classic Rotol Composter



Rotationally moulded to produce a high-quality product
100% recycled material
Ten-year guarantee
220 litres – **£19.00**
300 litres – **£21.00**

Garden Gourmet



Top loaded, compost is accessed through a door at the base
Manufactured in black
Made from a majority of recycled material
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Garden King Composter



Added frontal access to the composted material
Rotationally moulded to produce a high quality product
100% recycled material
Ten-year guarantee
220 litres – **£19.00**
300 litres – **£23.00**

Kitchen Caddy



Replaceable charcoal odour filter
100% recycled material
5-litres, white – **£3.95**

Introduction

Despite the failure of the UN Copenhagen climate conference, a lot of attention is now being paid to the state of health of our Earth, and its future.

It is now generally accepted that climate change is the biggest threat to mankind and the planet, and that the time to do something about it is running out. (You can call it climate change, you can call it global warming – but if we call it global pollution we can see it affects everything, everywhere, there are no national boundaries for this).

There's evidence that it's we in the West who started changing the climate, by burning fossil fuels in ever-increasing quantities as we industrialised. Future generations will not be able to depend on cheap fossil fuels, world oil production has already peaked, and these forms of energy are too polluting for earth's ecosystems.

We may not yet be feeling the effects of climate change too much in Shropshire. However it is already bad news for inhabitants of tropical countries and low-lying areas, as the earth heats up, causing sea levels to rise as ice retreats. South Sea islanders are preparing to leave – and whole areas already without enough water are getting hotter and drier. Air in many cities around the world is dangerous to health, as excessive heat meets transport and industrial exhausts.

As we enter a new decade, it seems likely that the climate is warming even faster than we thought, with a catastrophic 4 degree C temperature rise a certainty within 50 years, if nothing changes.

But...

there are smart and creative answers for the immense challenge we face – a transition from an oil-based to a low-carbon economy.

Daily, new green businesses and websites are sprouting, opening up a wealth of opportunities. In future, life could be safer and more bio-diverse – if we all make the changes we have to make, now. We hope this guide will help.

About this guide

Since 1971, Friends of the Earth nationally has been campaigning steadily to make changes about how the economy works for people and the environment, in such a way as to not pit one against the other. Now, there are 200 local UK groups, and FoE is represented in 70 countries world-wide.

The first Shrewsbury recycling guide was in 1988, and it has expanded in information (and pages) ever since, thanks to more and more local people and enterprises and organisations getting involved in trying to protect our environment. This year, the transition town movement has just reached Shrewsbury. This is an exciting new movement being taken up fast by towns and communities as a positive response to the fact that we will have to learn to live without fossil fuels eventually, as they have already peaked in production and cause climate change anyway. So please look at the Transition Town section (page 50) – it's another way to getting involved in being part of the solution in positive creative ways, with an emphasis on local resilience.

Act and Adapt

Some actions and adaptations for you to begin with:-

- Realise that climate change/global warming is happening and needs your special attention.
- Sign up to the Guardian newspaper's project to reduce your carbon use by 10% and more in 2010 at W: www.1010uk.org
- Be aware of your environment, notice nature, and notice how consumerism and advertising heavily influences us all to consume more.
- See the film 'The Age of Stupid' – it looks back at us now from the future, and asks why we have not acted in our best interests.
- See online W:www.thestoryofstuff.com and The Story of Cap and Trade, by Annie Leonard, to educate and inspire.
- Get your house properly insulated, turn your thermostat down & reduce your water consumption.
- Sign up for a green electricity tariff from a good supplier.
- Ride a bike – good for health, more fun, and leave car at home, and consider your addiction to fossil fuel (in every aspect of life)!
- Don't fly away on holiday.
- Choose the most fuel-efficient car available if you change your car.
- Sign up for a local organic vegetable box scheme, or create more and more local ones.
- Consider eating more fruit and veg and less meat.
- Avoid supermarkets, (with invisible owners) – use our unique local independent shops and support local markets.
- Put as little in the bin as possible: reuse, reduce, repair, recycle or compost instead.
- Use your own permanent shopping bag.

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Friends of the Earth

26–28 Underwood Street, London, N1 7JQ

T: 020 7490 1555

W: www.foe.co.uk

For national membership, campaigns, links, and information on the following national and local campaigns:

fair future – campaigning for rights and justice, for a low carbon future.

healthy planet – campaigning to protect the world's wildlife habitats

safe climate – fighting climate change, promoting green energy and opposing nuclear power

smart economy – campaigning for a strong green economy

local – campaigning on a local and regional level

Local

Shrewsbury FoE group

Co-ordinator Judith Rice **T:** 01743 792790 **E:** judith@shrewsfoe.org.uk

Membership secretary SFoE Sue Fisher **T:** 01743 358449

Local Telford group Robert Saunders **T:** 01952 253705

Local Oswestry FoE group **E:** tim.atkinson@foeco.uk

Local Bishops Castle FoE group **E:** tim.atkinson@foeco.uk

W: www.foe.co.uk/groups/bishopscastle

(look out for a *Bishops Castle Green Guide in 2010*).

Shrewsbury Friends of the Earth hold stocks of information booklets on FoE's campaigns, and produce a newsletter, and a walks and talks leaflet. Visit our website **W:** www.shrewsfoe.org.uk to learn more about the local group, and to find out how to join us. Also for electronic version of this guide.

For an overview for what's green in Shropshire see

W: www.greenshropshire.org.uk

In 2009, I count was the campaign of the Stop Climate Chaos Coalition, (more than 50 organisations including FoE, representing 11 million people). This successful campaign persuaded the UK Government to make a target of 80% reduction in carbon emissions by 2050, also yearly targets for emissions reduction, and to include aviation and shipping in the emissions targets. Now we have to ensure the reduction happens. **W:** www.stopclimatechaos.org

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1. Babies & children

Raising young children can be extremely demanding on natural resources and can generate large quantities of waste. There is a wealth of information and support available locally for parents to become involved in bringing up babies and children in a more environmentally responsible manner. This can reduce the planet's energy burden, at the same time as ensuring a healthy child.



2. Building

We currently use enormous amounts of energy to heat and run our homes. We're going to have to change to a low-carbon way of doing that, and soon.

New bus shelter in Cross Houses, built of reclaimed materials from the old hospital and reflecting the architecture of the old chapel. Commissioned, designed and built by Benchart, an artist-led regeneration project funded by Shropshire Council and the Arts Council.

BURPS (Breastfeeding Understanding and Reassurance Project in Shrewsbury)
T: 01743 261675 – helpline number open 9am–9pm 7 days a week.
Peer support group with one to one contact.

La Leche League
T: 01743 761655 **T:** 01743 362723 / 861004
W: www.laleche.org.uk
Breastfeeding support, encouragement and info from pregnancy to weaning.

Lollipop Real Nappy Advisor
T: 07974 152022
W: www.teamlollipop.co.uk
Provides demonstrations, advice and support on Real Nappies.

Lullabys
93 Frankwell, Shrewsbury, SY3 8JS
T: 01743 233233
W: www.lullabys.co.uk
Sell cotton nappies in their Shrewsbury store and online.

Nappy Laundering.
The Iron Shop, 105 Mount Pleasant Road, Shrewsbury, SY1 3EL
T: 01743 461274
Will collect, wash and deliver your cotton nappies.

Up to 8 million disposable nappies are used daily in the UK – a cup of crude oil is used to produce each one, but alternatives are available, such as cloth nappies, that have less impact on the environment.

National Childbirth Trust
T: 0870 112 8890
W: www.nct.org.uk/branches/shrewsbury
Run by local parents to offer support, information and friendship to new parents and parents-to-be.

Shropshire Real Nappy Network
W: www.shropshirenappy.org.uk
Provide free trial kits and subsidised hire kits for families on income support. They also organise Nappuccinos – coffee mornings with information about nappies.

Humpty Bumpy Baby Shop
Shrewsbury Indoor Market Hall
New and nearly new items for babies 0 to 9 months.

The Real Nappy Information Service
T: 0845 8500606
W: www.goreal.org.uk
Provide information and help with different nappy types.

Take and Play Toy Library
Harlescott Community Centre, Kynaston Road, Shrewsbury
T: 07837 192603
Save money and waste by reusing old toys. Toys available for hire.

Womens Environmental Network
– see Health Section P 29

Alternative kidz
47 Woodplace Lane, Coulsdon, Surrey, CR5 1NE
T: 01737 554664
A magazine for 6–12year olds. £12.00 annual sub.

School uniforms – see recycling section, page 37

Children's food – see food section, page 21

Waste Free Lunches
W: www.wastefreelunches.org
All the information you need to participate in (or to start!) a waste-free lunch program at your school.

By 2016, all new houses have to be zero-carbon. To achieve this they will typically be super-insulated, airtight, triple-glazed and have solar panels. Good – but the main task is to massively upgrade existing houses, by increasing insulation, draught-proofing, better glazing; and changing our habits. Then, we'll need solar panels, wind turbines and so on.

The best time to upgrade is when repairs or renovation are planned. It's the opportunity not to be missed.

Some of the materials in your local Builders Merchant and DIY store have better green/eco credentials, some less. The suppliers below specialise in building materials that are produced with low environmental impacts.

(For energy use and energy generation, see Energy section, p 16)

BUILDING, INSULATION AND DECORATING MATERIALS

Green Building Store
Heath House Mill, Bolster Moor, W Yorks, HD7 4JW
T: 01484 461705
W: www.greenbuildingstore.co.uk
Energy-efficient windows, paints, insulation, etc.

Green Shop
Cheltenham Road, Bisley, Stroud, GL6 7BX
T: 01452 770629
W: www.greenshop.co.uk
Natural paints (and a range of energy-saving devices).

Natural Building Technologies (NBT)
The Hangar, Oakley, Bucks, HP18 9UL
T: 01844 338338
W: www.natural-building.co.uk
Insulation, plasters, boards, blocks, paints.

North Shropshire Reclamation
Wackley Lodge Farm, Burlton, SY4 5TD
T: 01939 270719
W: www.old2new.uk.com
Reclaimed building materials and fittings

Penycoed Insulation
Pen y Lan, Meifod, SY22 6DA
T: 01938 500643
W: www.penycoed-warmcel.com
Warmcel cellulose fibre from recycled newspaper

Precious Earth
131 Corve St, Ludlow, SY8 2PG
T: 01584 878633
W: www.preciouearth.co.uk
Natural building materials and interior design. Agents for Thermafleece and NBT.

Smile Plastics
Mansion House, Ford, SY5 9LZ
T: 01743 850267
W: www.smile-plastics.co.uk
Plastic sheets made from recycled material – CDs, bottles, even kids' wellies

Smith Bros Enviro Materials (West Midlands)
T: 0121 557 0077
W: www.enviro-materials.co.uk
Natural & sustainable building materials – paints, insulation, plaster, etc

Thermafleece (sheepswool insulation)
W: www.secondnatureuk.com
Local agents Precious Earth (see above).

Thermohemp
T: 05600 758025
W: www.ecologicalbuildingsystems.com
Hemp fibre insulation

ARCHITECTS AND DESIGNERS

David Gomersall
EAD, Studio 4, Lower Down, Lydbury North, SY7 8BB
T: 01588 680693
W: www.eadstudio4.co.uk
Practical, innovative, environmentally-sensitive and energy efficient designs.

Philip Pool

32 Mount St, Shrewsbury, SY3 8QH

T: 01743 367968

W: www.info@philippool.co.uk*Energy-efficient ecological building design.***Simmonds Mills Architects**

Green Wood Centre, Coalbrookdale,

Telford, TF8 7DR.

T: 01952 433252

W: www.simmondsmills.com*Specialise in designing energy efficient buildings, to AECB & Passivhaus standards.***J3 Building Futures - James Smith**

64 Bishop Street, Shrewsbury, SY2 5HD

T: 07769 696624

W: www.j3buildingfutures.co.uk*Sustainable development, environmental design, green construction and ecological living consultancy.*

Insulation and draughtproofing

Our homes lose the heat we put in alarmingly quickly, through inadequately insulated roofs, walls and floors, and leaky doors and windows. Loft insulation should be at least 300mm thick; adding insulation to walls is perhaps less easy. But simple draughtproofing can be found in any DIY store.

The key action is to insulate wherever you can with any suitable material.

ORGANISATIONS/ADVICE

Association for Environment Conscious

Building (AECB), PO Box 32,

Llandysul, SA44 5ZA.

T: 0845 456 9773

W: www.aecb.net**Centre for Alternative Technology (CAT)**

Machynlleth, SY20 9AZ

T: 01654 705 950

W: www.cat.org.uk**Green Wood Centre**

Station Road, Coalbrookdale, TF8 7DR.

T: 01952 432769

W: www.greenwoodtrust.org.uk*Promotes traditional uses of timber, and runs workshops.*

3. Clothing

Cotton is an environmental nightmare – more than 10% of all agricultural pesticides are used to grow cotton, even though it makes up less than 3% of the world's crops! These chemicals (including dyeing and finishing processes) pollute waterways, damage health and kill wildlife. Cotton is a thirsty crop. And of course, clothes are often made in terrible sweatshops for little pay. So, Fairtrade, organic and recycled cottons and hemp are better options, as are charity and vintage shops clothes.

Most fibres are bleached before they are dyed; sheep do not produce pure white fleece!

High street retail stores are beginning to introduce new ethical and organic ranges, but not much yet locally, they sell some organic T-shirts.

BSI British Standards, the Carbon Trust and DEFRA have launched the new carbon reduction label; this measures the entire carbon footprint of clothes from raw materials to consumer use and disposal – it will be appearing in clothes gradually

The manufacture of leather shoes is polluting and bad for worker's health – choose hemp or canvas as alternatives. Avoid buying clothes that need dry cleaning – very toxic substances are used in this process.

Don't over wash your clothes, as this uses so much water, energy and chemicals.

Consider buying jewellery that is ethically made, and ethically mined. Choose from fair trade shops, or ask searching questions! Don't forget that Fashion trends are all about making us want new clothes – whereas well-made, good quality clothes can last for years!

Spending on eco fashion has doubled in the past year.

The companies here have been working ethically for some years:-

W: www.adili.comW: www.soilassociation.org/textilesW: www.wearorganic.org**Bamboo clothing** – socks, t-shirts etc atW: www.bambooclothing.co.uk**Bishopston Trading Company**

193 Gloucester Rd., Bristol BS7 8BG

T: 0117 924 5598

W: www.bishopstontrading.co.uk*Fair trade and sometimes organic clothing, T- towels and fabric for retail and wholesale and bedding made in S.India***Enjoy Living Naturally**

13, Dogpole, SY1 1EN

T: 01743 241533

*has a range of organic, ethically sourced and produced range of fashion clothing made from soya, bamboo, hemp etc.***Ethical Catwalk**

3 Oulton Farm Barns, Oulton, Norbury,

Staffs. ST20 0NL

T: 07855 756953

W: www.ethicalcatwalk.co.uk
Sell fairly-traded, organic adults and children's clothes, toiletries and accessories, and give talks and fashion show fundraisers.

Fabrics Ltd. Machynlleth

T: 01654 702463

W: www.organiccotton.biz

Organic, fair trade cotton fabrics. Mail order.

Fairtrade Shop

8, St. John's Hill, SY11JD.

(see Food section page 21)

Greenfibres

Mail order: Freepost (foe), LON 7805,

Totnes TQ9 5ZZ

T: 01803 868001 or 0845 330 3440

W: www.greenfibres.com*Eco goods and garments.***Natural Collection**

Natural Collection, Unit 16, Princes Park,

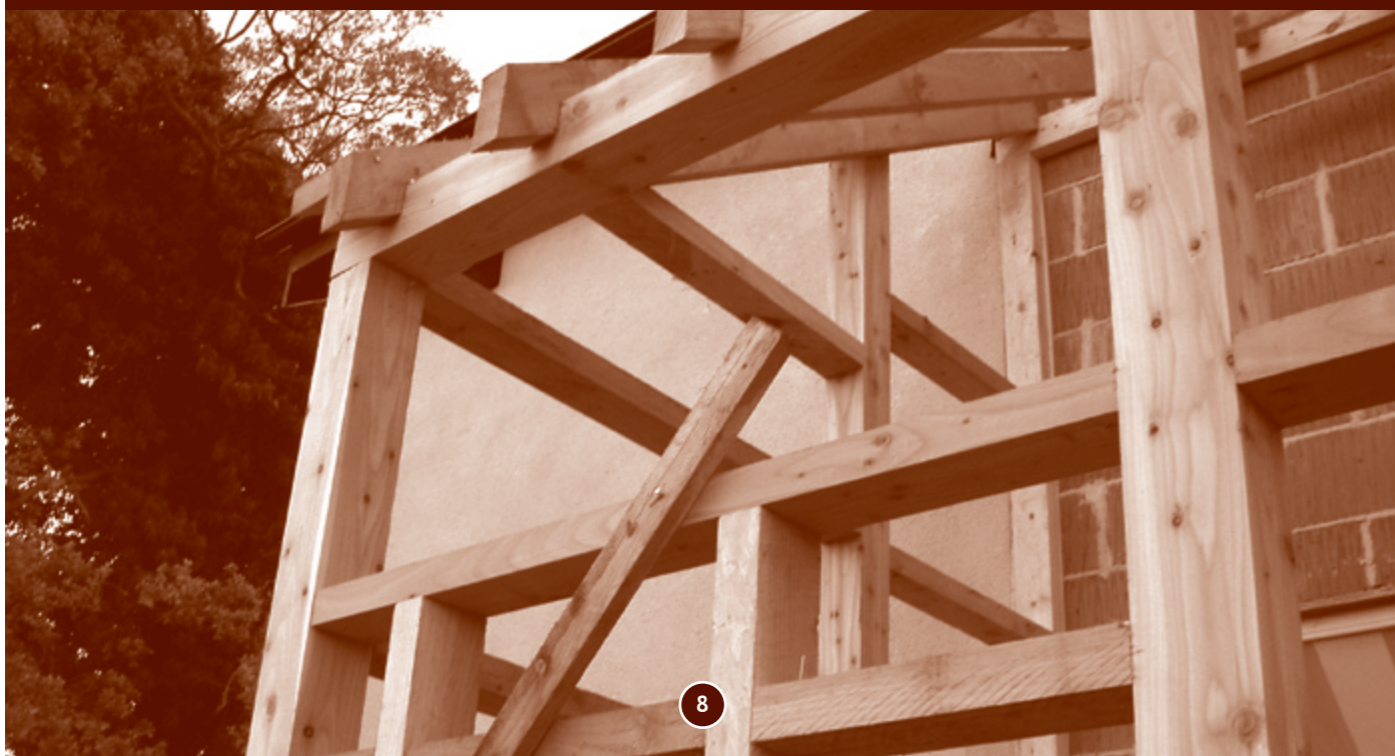
Kingsway, Gateshead, NE11 0NF

T: 0845 36 77 001

W: www.naturalcollection.com*Clothes, toys, household goods and cosmetics***Natura Pura**W: www.bynature.co.uk

the first 100% organic maternity range and general organic clothing

Draughty letter boxes are silent energy wasters. For total resistance, try an Ecoflap, see www.theletterplate.com



Pants to Poverty

W: www.pantstopoverty.com
ethically made, buy online or retail.

People Tree

W: www.peopletree.co.uk
T: 0845 450 4595

Fair trade fashion and organic clothes catalogue.

TRAID

W: www.traid.org.uk
A charity which recycles and remakes textiles into new clothes, sold in their UK shops, to fund health and education projects abroad.

The Hemp Trading Company

W: www.THTC.co.uk
Sells hemp and bamboo and wind-farmed organic cotton fabric.

The Green Apple

1 Chapel Lane, Ryton on Dunsmore,
West Midlands, CV8 33EU.
W: www.the-green-apple.co.uk
Earrings and giftwrap made from recycled materials.

School uniforms – see recycling section, p 37

SHOES**Beyond Skin**

T: 0845 373 3648
W: www.beyondskin.co.uk
Vegan shoes.

Fairdeal trading

W: www.fairdealtrading.com
T: 08450944746
E: contact@fairdealtrading.com
For organic canvas, fairly traded trainers.

Leather-free shoes

W: www.vegetarian-shoes.co.uk

Green Shoes

69 High St., Totnes, Devon TQ9 5PB
T: 01803 864 997
W: www.greenshoes.co.uk
Have a vegan range, and will resole their shoes.

4. Community Environmental Groups

We currently use enormous amounts of energy to heat and run our homes. We're going to have to change to a low-carbon way of doing that, and soon.

**LOCAL****Bishops Castle Wasteless Society**

W: www.wasteless.co.uk
Look out for their own green guide end March 2010.

Church Stretton Climate Care

W: www.strettonclimatecare.org.uk

Cleobury Country Environment Forum

E: whdpathways@btopenworld.com
W: pages.cleoburycountry.com/cmef

Little Wenlock Carbon Reduction Action Group

W: www.littlewenlock.org

Ellesmere

W: www.ellesmereregoesgreen.info
A low carbon group.

Ludlow

W: www.ludlow21.org.uk

Oswestry Agenda 21

W: www.oswestry21.com
PO Box 240, Oswestry, SY10 1BW

Rea Valley Environmental Network

W: www.reaven.org.uk

Shrewsbury

Egg – Ecumenical Green Group
E: hhutchings@tiscali.co.uk

Transition Town Shrewsbury

W: www.transitiontowntownshrewsbury.org.uk

Shrewsbury Friends of the Earth

W: www.shrewsfoe.org.uk

Shropshire

W: www.greenshropshire.org.uk

Shropshire Community Recycling Ltd (SCRL)

W: www.scrl.org.uk

Shropshire Low Carbon Communities Network

E: ruth.hudson@shropshire.gov.uk

Wem

W: www.wemlocal.org.uk

Sustainable Wenlock

E: rosswenlock@talktalk.net



5. Cosmetics, Sanitary Protection & Contraceptives

There is a saying – don't put anything on your face or body that wouldn't be safe and good for you to eat – for over 1,000 chemicals currently involved in the manufacture of cosmetics, toiletries and sanitary products may have harmful effects. As does the waste and energy involved in their packaging, manufacture and disposal.

Simplify your use, look very carefully at the ingredients and for the logo of the Soil Association. Weleda, Neals Yard Remedies and Green People are safer toiletry options. Choose non-chlorine bleached, organic cotton sanitary protection items.

The packs surrounding the contraceptive pill can be recycled if aluminium. Bin condoms and cotton buds rather than flush. You can take old cosmetics to Battlefield for safer disposal.

Aveda

Shearmans Hall, Milk St., Shrewsbury
T: 01743 353033.

Elegance Natural Skin Care

Whitchurch SY13 4HD
T: 01948 666 550

Enjoy- Living Naturally, The Herbarium & Wild Thyme

all sell safer toiletries, and will advise, sometimes locally made. (see Health section p 29)

W: www.natural-skin-care.com &

W: www.psoriasiscream.co.uk
Products made of goats milk, honey, etc. Mail order.

W: www.hippyshopper.com

Sell plastic toothbrushes made from recycled yoghurt pots!

Tree-harvest – catalogue

(see Health section p 29)

6. Countryside & Wildlife

There's something incredibly exciting about the resilience of nature in towns: its refusal to be crushed by concrete, bricks or tarmac. Poppies springing up between paving stones, buddleia bushing out from chimney pots – such triumph of life from infinitesimal chances surprises us with pleasure. These random blooms also remind us of what we have lost beneath our roads, houses and shopping centres. They make us think too of what could be destroyed in the future.



Brian Tyler's Bee House, Castlefields Allotments.

Some 6,500 houses are planned for Shrewsbury by 2026; it is vital that these do not bite into the town's most valuable wild places.

The proposed north-west relief road would also cause huge damage to the environment, fragmenting wildlife habitats and endangering a wetland of European significance. The inevitable increase in traffic that a new road always brings would bring more pollution. Measures to reduce car dependency are needed, not new roads.

With climate change, nature is going a bit awry, we are beginning to see creatures moving beyond their usual range. Insects that were confined to southern England now occur in Shropshire – what will we lose?

Wildlife that we take for granted may respond to a changing climate by moving north, or becoming extinct!

At a personal level we can all do something to encourage wildlife into our town. In gardens and window boxes we can give nature another chance. Grow nectar-laden flowers to feed bees and butterflies – if you have room, plant a hawthorn or rowan, or fruit or nut trees; leave a pile of logs for beetles or simply let a patch of grass grow and wild things will return.

LOCAL CONTACTS

Bees

Shropshire Beekeepers Association

W: www.shropshirebees.co.uk

How to join, events and meetings, and what to do if you discover a swarm!

Brian Goodwin

T: 01743 884524

E: briangoodwin488@btinternet.com

Secretary Mrs. Tuckley

T: 01952 405631

W: www.theglobalbeeproject.com

A website for the protection of all bee species (not just the honey bee), giving education, bee inspiration, scientific research, and bee guardians.

Biodiversity Action Reporting System

W: www.ukbap-reporting.org.uk

Biologic Design

Wetland Ecosystem Treatment Systems, Archenhills, Stanford Bishop, Bringsty, Herefordshire, WR6 5TZ
T: 01886 884721

W: www.biologicdesign.co.uk

Purify wastewater, create ecosystems and wildlife habitats, and plant biomass.

British Trust for Conservation Volunteers and Green Gym

67 High Street, Madeley, Telford TF7 5AU

T: 01952 686318

E: cliff.hallam@telford.nhs.uk

Campaign to Protect Rural England

Bear Steps Office, St. Alkmunds Square SY11UH

T: 01743 356511

W: www.cpreshropshire.org.uk

Campaigns to preserve the beauty and tranquillity of the countryside.

W: www.eco-tech.co.uk

local ecological consultancy

English Heritage

T: 0870 3331181

W: www.english-heritage.org.uk

Protects and promotes historic buildings.

Environment Agency

General enquiries: **T:** 08708 506506

Floodline: **T:** 08459 881188

Environmental incident hotline:

T: 0800 807060

The National Trust

Attingham Park, SY4 4TP

T: 01743 708162

W: www.nationaltrust.org.uk

Aims to protect special places in the UK.

Natural England

Parkside Court, Hall Park Way, Telford TF3 4LR.

T: 0300 0606000

W: www.naturalengland.org

The government's advisor on the natural environment, providing practical advice, grounded in science, on how best to safeguard England's natural wealth for the benefit of everyone.

Natural Shropshire

(and Shropshire Biodiversity Partnership)

W: www.NaturalShropshire.org.uk

for nearby wildlife, biodiversity issues, websites and local field meetings with experts.

The Shropshire Botanical Society will be carrying out a detailed survey of the Flora of Shrewsbury in 2010, there's a possibility of getting involved with this project.

Contact 'County Recorder'

W: www.bsbi.org.uk/html/shropshire.html

The Natural Environment Team

Development Services at Shropshire Council

T: 0845 678 9000

Biodiversity, tree protection and safety, and landscape. Runs a free tree scheme for residents in Shropshire every winter.

Biodiversity officer – **T:** 01743 252562

E: natural.environment@shropshire.gov.uk

W: www.shropshire.gov.uk

Severn Tree Trust,

(formerly the International Tree Foundation)

Contact Chair Carrie Higson

T: 01938-810543

or Treasurer Jay Mitchell

E: jayj.mitchell@tiscali.co.uk

W: www.2shrop.net/stt

Monthly meetings or visits. Tree planting and newsletter.

Shropshire Council Parks and Countryside sites Team

T: 01743 255061

E: parks@shropshire.gov.uk

W: www.shrewsbury.gov.uk/countryside

Provide volunteering opportunities to manage Council's parks, countryside sites and Rights of Way.

Shropshire Badger Group

T: 01743 271999

Shropshire Bat Group

T: 01952 416307

Shropshire Ornithological Society

W: www.shropshirebirds.com

Shropshire Wildlife Trust

193 Abbey Foregate, Shrewsbury SY2 6AH

T: 01743 284 280

W: www.shropshirewildlifetrust.org.uk

Leading conservation charity in Shropshire that manages over 40 nature reserves, most of which are freely accessible. Has local branches around the county with their own programme of events and activities. Sells bird food, gifts and compost in the shop, and has lots of information, holds events such as guided walks, craft workshops and seasonal fairs, and has a wildlife garden to explore. Offers a number of volunteering opportunities including wildlife surveys in Shrewsbury area.

See also

W: www.shropshiretourism.co.uk

W: www.shropshirewalks.co.uk

W: www.wildlifewatch.org.uk

Specifically for families and young people. There is a Shrewsbury Watch group. Contact Shropshire Wildlife Trust for information.

FURTHER AFIELD

Campaign for Dark-Skies.

W: www.britastro.org

This offshoot of the British Astronomical Association says an extra 567,000 tonnes of CO2 are pumped into the atmosphere annually by inefficient and sometimes unnecessary street lighting (as on motorways).

Common Ground

Gold Hill House, 21 High Street, Shaftesbury, Dorset SP7 8JE

T: 01747 850820

W: www.commonground.org.uk

A unique and inspirational charity, linking nature and culture in creative and celebratory ways.

National Wildflower Centre (Liverpool)

T: 0151 738 1913

W: www.nwc.org.uk

Charitable and educational promoter of wildflower habitats.

Plantlife

14, Rollestone St., Salisbury, SP1 1DX.

T: 01722 342730

W: www.plantlife.org.uk

Works to protect wild plants.

Royal Society for the Protection of Birds

17 Birkheads Road, Reigate, Surrey RH2 9SP

T: 01767 680551

W: www.rspb.org.uk

Count your garden birds in their annual Big Garden Birdwatch survey – usually end of January, and lots more besides.

Shropshire local group meets at the Shirehall.

Roger Evans:

T: 01746 766042.

E: r.evans441@btinternet.com

Woodland Trust

W: www.woodland-trust.org.uk

Charity that acquires and protects native UK woodlands, more than 20,000 hectares saved so far.

7. Education ~ for all ages

Environmental education is not just about sitting in a classroom.

It involves learning through fun, interest and experience. Children deserve a provision of positive action from parents and teachers that man-made climate change, etc., and its causes & effects can be effectively combated; so it is fundamental that all adults educate themselves about every aspect of climate change and peak oil and their implications.



The Animal Man (Bryan Patterson)

T: 07860 832349

Falconry and illustrated wildlife talks for fetes, schools, parties etc.

Shropshire Beekeepers Association

W: www.shropshirebees.co.uk

Brian Goodwin T: 01743 884524

E: briangoodwin488@btinternet.com

Anne Tuckley T: 01952405631.

Provides information, education and training in all aspects of the wide range of pollinating insects including Honey bees, Bumble Bees, and the solitary stingless bees such as Mason, leafcutter and Carder bees and the wide range of other Insects and Moths etc. (see also Gardening section p 26)

Bridges

The Studios, Mansell Rd, Wellington, Telford TF1 1QQ

T: 01952 255526

W: www.shropshirebridges.org.uk

E: info@shropshirebridges.org.uk

Charity that works with schools and communities across the West Midlands to raise awareness of global issues and to empower people to take an active role as responsible global citizens.

There are now many projects to enable schools to get involved in creating positive environmental change, that are also fun.

Several schools have instigated 'wear your jumper', 'walking buses' and 'fuel-free Friday' campaigns to encourage energy saving.

Carbon Detectives

W: www.carbondetectives.org.uk

Online carbon footprint calculator for schools in England.

Centre for Alternative Technology,

Machynlleth, Powys, SY20 9AZ

T: 01654 705950

W: www.cat.org.uk

Offers fun, facts & stimulating ideas, and covers various aspects of curriculum, in science, technology and geography - from infants to postgraduates. A dedicated Education Department arranges school trips to be tied in with the National Curriculum. Runs a range of adult residential courses - from weekends to a yearlong MSC.

Children & Young People's Services

Shropshire Council

T: 01743 254307

Adviser for Geography and Environmental Education

W: www.shropshire.gov.uk/geography.nsf

Cycle Shrewsbury (see transport section p 51)

Eco Schools

Elizabeth House, The Pier, Wigan WN3 4EX

T: 01942 612621

W: www.eco-schools.org

An international group of schools working towards education for sustainable development.

European Textiles Recycling Ltd.

Hollies Business Park, Hollies Park Road, Cannock, Staffs WS11 1DW

T: 0845 900 4044

W: www.european-recycling.com

Buyers and exporters of second hand clothing and footwear. Under their 'schools out scheme', a school could earn money by collecting old textiles or mobile phones for recycling.

Forest School practitioner

Tracy Summerton,

W: www.forestschools.com

T: 01939 210641

E: world.bridger@homecall.co.uk

Encourage and inspire individuals of any age through positive outdoor experiences.

Gateway Education Centre

The Gateway Education and Arts Centre, Chester Street, Shrewsbury SY1 1NB

T: 01743 355159

W: www.shropshire.gov.uk/gateway.nsf

Courses, training, presentations, meetings and conferences.

The Green Wood Centre

Station Road, Coalbrookdale, Telford, TF8 7DR.

T: 01952 432769.

W: www.greenwoodcentre.org.uk

Promotes sustainable living through a wood based economy by running courses in woodland management and related activities and making landscape furniture from local FSC timber. The site has one of the UK's most energy efficient timber buildings.

Growing Schools

Website designed to support teachers in using the "outdoor classroom" as a resource across the curriculum for pupils of all ages.

W: www.growingschools.org.uk

The Happy Bin Project

W: www.happybin.org.uk

Waste minimisation in Powys primary schools.

Karuna

W: www.karuna.org.uk

Shropshire's unique Permaculture inspirational, educational project. Demonstrating the benefits of diversity, food growing, celebration, creativity, low impact living, and renewable energy. Hold courses & events.

Marches Energy Agency

(see Energy section, p 16)

T: 01743 246007

W: www.mea.org.uk

Offer climate change and sustainable energy workshops and school assemblies for key stages 2-3. A large number of posters and teachers' packs available. Action-focused climate change training available for community groups or staff.

Preston Montford Field Studies Centre

Montford Bridge, Shrewsbury SY4 1DX

T: 0845 3307378

W: www.field-studies-council.org

Educational charity, training projects, research programmes, information, publication services and leisure courses.

Recycling 4 Schools

Contact SWP

T: 0345 6789 007 to make arrangements.

W: www.recycleforshropshire.com

Following a successful scheme in Shrewsbury & Atcham, all Shropshire Schools are now to be offered free recycling collections of paper. They can also get (chargeable) collections of cans, glass, cardboard and garden waste.

School Travel Plan Coordinator

Shirehall, Abbey Foregate,

Shrewsbury SY2 6ND

T: 01743 253008

E: transport@shropshire.gov.uk

Help schools with a range of sustainable travel initiatives (e.g. incentive schemes, car-sharing, walking buses, park and stride promotions, national Walk to School and Bike Weeks, road safety and sustainable travel education) in an effort to reduce car use on the school journey.

Scrappies

Lutwyche Road, Church Stretton, Shropshire, SY6 6AT

T: 01694 722511

W: www.scrappies.org

Open 10-2 Sats and 11-7 Weds. Collects worthwhile scrap and sorts it, uses it, makes things with it, passes it on, or sells it to members, who in their turn use it in children's education. Sells to members & public.

Sense & Sustainability Training

T: 01743 872875

W: www.senseandsustainabilitytraining.co.uk

Lifelong education for sustainable development that inspires people to be confident and positive the future.

Shropshire Wildlife Trust

193 Abbey Foregate, Shrewsbury SY2 6AH

T: 01743 284280

W: www.shropshirewildlifetrust.org.uk

► **WildlifeWatch:** *A club for all animal fans, nature sleuths and young environmentalists from 8-16 year olds - the junior branch of the Wildlife Trust.*

W: www.wildlifewatch.org.uk

► **Darwin's Worms:** *Free wormeries and support available for crèches, nurseries, and now primary schools, to learn about worm ecology and waste minimisation.*

W: www.shropshirewildlifetrust.org.uk/pdfs/wormery_pack.pdf

T: 01743 284284

E: sarabellis@shropshirewildlifetrust.org.uk

► **Resource boxes** *Education sessions can be supported with themed resource boxes, giving children the chance to handle snake skin, feathers, birds' nests and bones.*

► **Environmental training courses for teachers:** *everything you need to know about S W T's environmental training courses for teachers.*

► **Where wild schools go:**

A guide to wild places and wild activities for children in south Shropshire.

Sustainable Development Advocacy Programme

W: www.advocatingchange.co.uk
Bulmer Foundation's Masters in Sustainable Development Advocacy, validated by the University of Worcester.

Think Leadership

W: www.thinkleadership.org.uk
Advice for carrying out an environmental assessment of your school or to access information and links to sites about environmental sustainability.

Walk to School

c/o Andrew Fielding, Living Streets, 31-33 Bondway, London SW8 1SJ
T: 0207 8201010
W: www.walktoschool.org.uk

Exciting campaign asking parents, pupils and teachers to incorporate regular physical activity into their daily lives by walking to and from school.

Waste Education Support Programme

Contact Kathleen Halstead at Shropshire Council **T:** 01743 255984
W: www.recycleforshropshire.com
Shropshire Council offers free support to all schools including waste audits, talks, assemblies, helping with setting up composting and recycling schemes, guided tours of local recycling centres and fun educational activities.

Water in the School

W: www.waterintheschool.co.uk
Website containing information, both for teachers and pupils, to allow schools to carry out a 'real-life' Water Metering Project.

Woodcraft Folk

T: 01743 236113
W: www.woodcraft.org.uk
Unique progressive educational movement for children and young adults- designed to be an ecological alternative to the Guides and Scouts.

Young People's Trust for the Environment

43 South Street, South Petherton, Somerset TA13 5AE
T: 01460 249163
W: www.yptenc.org.uk
Charity which aims to encourage young people's understanding of the environment and the need for sustainability.

8. Energy

With growing evidence on climate change and peak oil, and rising fuel prices, the need to seriously consider our energy consumption is becoming ever more urgent. In the UK households account for more than a quarter of total energy consumption and a typical household is wasting around a third of its energy supply by using energy less efficiently than it could.

Changing wasteful habits can save energy at no cost, and there are many more possibilities if you have a little money to invest. Any improvement in the insulation or efficiency of a home always pays for itself in lower energy bills. Even photovoltaic panels now have a payback of under 10 years, or put another way they would deliver electricity at less than half price for 20 plus years! It's also important to cut down on wasting energy before thinking about installing any renewable sources.

Turning down your thermostat by just 1 degree C can reduce the energy used for heating by around 10%

If your boiler is more than 15 years old it should really be replaced, if it's really old you may be able to get £400 'scrappage' for it from April 2010.

Thermostatic radiator valves and radiator panels are useful. Controlling draughts is also important, open fires are a big culprit, see: **W:** www.chimneyballoon.com
T: 01252 319325

Replacing a single inefficient bulb with a low energy light bulb saves up to £8 of electricity every year. Beware halogens which aren't low energy, LED replacements are now becoming available, or just switch them off.

Switch off appliances instead of leaving them on standby. When replacing or buying new appliances, always look for the 'A' energy rating (A+ or A++ for fridges and freezers), any extra cost will soon be covered by lower bills.

For more info, please cross check with Building section p 7 and Home section, p 31

Keep Shropshire Warm

T: 01743 277123
W: www.keeptoshropshirewarm.org
In general has very good deals on loft and cavity insulation, (currently only £89 ea). People on certain benefits or over 70 can get free installation.

More information is available free of charge from the local

Energy Efficiency Advice Centre

T: 0800 512012.
Or contact your local community energy scheme if you have one (see below).



CARBON FOOTPRINTS

Calculating your carbon footprint will help to see not only how much you're contributing to climate change but also what activities contribute most; electricity, heating or travel. **W:** www.direct.gov.uk/actonCO2

But beware, it uses very low figures for emissions from flying, multiply by 3 for a sensible figure.

Some sites offer more detailed calculators, eg **W:** www.carbonfootprint.com/calculator.aspx

but different calculators often produce different figures!

Or contact Stretton Climate Care or the Household Energy Service (see below)

CARBON OFFSETS

Are often offered as a way of massaging guilt over high carbon emissions. It's important to get your carbon emissions down as much as possible. Once that's done, or for occasional luxuries, carbon offsetting can play a limited role, see

W: www.search-forme.co.uk/carbon_offsetting_32.html

LOW ENERGY LIGHT BULBS

Efficient Light

T: 0800 043 8893
W: www.efficientlight.co.uk
Low energy bulbs in shapes and sizes - put 'mea' as discount code on web or phone for 5% discount and donation to local climate change charity.

Lyco Direct

W: www.LycoDirect.co.uk

Ebulbshop.com

W: www.ebulbshop.com

Light Bulbs Direct

W: www.lightbulbs-direct.com

RENEWABLE ENERGY

There are three main sources of renewable energy available locally - sun, wind and rain. Grants for all these are currently available but may not last long, see: **W:** www.lowcarbonbuildingsprogramme.org.uk

Solar energy can be tapped via hot water or turned into electricity using photovoltaic (PV) panels. Solar hot water is wonderful, providing you use enough hot water, but it won't contribute much if anything to your heating needs. PV is expensive but with the new feed in tariffs should now pay back

within 10 years. Solar energy can also be tapped by burning wood.

Wind energy can also pay back within 10 years now, providing you're in a windy spot and have room to have a turbine away from buildings and trees (we don't recommend any building mounted turbines).

Rain energy or Hydro power is uncommon on a domestic scale and needs a good all year round flow to make it viable.

Heat Pumps

These work like a fridge in reverse and can be installed underground, in water or to air. They can work well if the building is properly insulated but require electricity to run them. Ideally they should be powered by a renewable source. Air source 'air conditioning units' are fairly common but not often used domestically and in summer they can consume more energy than normal electric heating.

Shropshire Low Carbon Communities Network

Low carbon groups from across Shropshire looking to share best practice, support each other and work together on common aims. If you are a member of a low carbon group not currently represented or are trying to establish a new one please contact **E:** ruth.hudson@shropshire.gov.uk



Underdale and Monkmoor Energy Efficiency (UMEE)

T: 01743 357589

W: www.umeeshrewsbury.org.uk
Uses volunteers to encourage locals to take up offers on insulation and raise general awareness of energy efficiency, new volunteers always appreciated.

Stretton Climate Care

T: 0752 8493181

W: www.strettonclimatecare.org.uk
Home energy surveys and carbon footprints using Act On CO₂, plus electric bikes etc. Also works with businesses.

Rea Valley Environmental Network

T: 01743 792790

W: www.reaven@live.co.uk
A focus for debate and action on sustainability issues in the Rea Valley.

Household Energy Service

W: www.h-e-s.org

T: 01588 630683

based in Bishop's Castle but also available elsewhere (see website) uses volunteers to do household energy surveys and carbon footprints. Finalists in the national Big Green Challenge. Also offers farm and business energy surveys.

Marches Energy Agency

The Pump House, Coton Hill, Shrewsbury, SY1 2DP

T: 01743 246007

W: www.mea.org.uk

MEA aims to encourage three Ds :-

▶ **Demand reduction**
(using less),

▶ **Decarbonisation**
(low carbon sources of energy)

▶ **Decentralisation**
(more local energy production and supply)

Through inspiring, educating and offering practical help to individuals, private and public sector organisations to first understand climate change and wider energy challenges, and then to become part of the solution.

For similar groups in Shropshire see

W: www.greenshropshire.org.uk

GREEN ELECTRICITY

There are three main suppliers offering 100% green electricity

Good Energy

W: www.good-energy.co.uk

T: 0845 456 1640

Ecotricity

W: www.ecotricity.co.uk

T: 08000 326100

Green Energy

W: www.greenenergy.uk.com

T: 0845 456 9550

Only Good Energy offer 100% green electricity and also pay £65/year to anyone with solar hot water, the other two also have partial green tariffs.

See **W:** www.electricityinfo.org for independent information on the UK electricity supply industry.

WOOD HEATING

Wood is a low carbon form of heating -

Clearview Stoves

Dinham House, Ludlow, SY8 1EH

T: 01584 878100

W: www.clearviewstoves.com

Produce high quality wood burning stoves

Showroom in Ludlow.

Continental Fires Ltd

Unit 1, Laundry Bank,

Church Stretton, SY6 6PH

T: 01694 724199

W: www.continentalfires.com

Suppliers and installers of biomass systems.

Midlands Wood Fuel Ltd

The Barns, Harnage Grange, Cressage,

Shrewsbury, SY5 6EB

T: 01952 510001

W: www.wood-fuel.co.uk

Supply wood fuel and wood fuelled boilers to all sectors.

Organic Energy

Severn Road, Welshpool, SY21 7AZ

T: 0845 458 4076

W: www.organicenergy.co.uk

Distributors and advisors for Okofen automatic wood pellet boilers.

RENEWABLE ENERGY

Green Earth Energy Ltd

Unit 2a, Westwood Industrial Estate,

Pontrilas, Hereford, HR2 0EL

T: 01981 241399

W: www.greenearthenergy.co.uk

Installer of domestic renewable energy systems including solar PV and thermal, hydro, biomass and wind.

Ecofirst

T: 0845 257 5064

W: www.ecofirst.net

All forms of renewables, national coverage.

Intelligent Energy

Lower Beach, Linley, Bishop's Castle, SY9 6HR

T: 01588 650657

W: richard.hill@intellergy.co.uk

Advisor and installer of appropriate biomass, solar, wind, biodiesel and heat pump systems.

Steve Richards

T: 01588 680430

E: pumprichards@aol.com

Solar hot water, Bishop's Castle

Llanisolar

The Old School Yard, Smithfield St.,

Llanidloes, Powys, SY18 6EJ

T: 01686 412552

W: www.llanisolar.co.uk

Install solar thermal systems on domestic and commercial properties.

Wind and Sun Ltd

Humber Marsh, Leominster,

Herefordshire, HR6 0NR

T: 01568 760671

W: www.windandsun.co.uk

Design, supply & installation of wind and solar electrical systems.

Energy Engineering

Cound Moor, Shrewsbury, SY5 6BB.

T: 01694 731648

E: energyengineering@btinternet.com

Installer of solar thermal systems, radon surveys, 30 years experience.

COMMUNITY RENEWABLES

EcoGen Projects Ltd

PO Box 49, Chacewater, Truro,

Cornwall, TR4 8WZ

T: 0845 345 7731

E: info@ecogen.co.uk

Help communities develop wind projects - office in Shrewsbury.

Bishop's Castle Community Energy BCCE

T: 01588 630683

W: www.wasteless.co.uk

Attached to the Wasteless Society, looking at anaerobic digestion and wind.

Cleobury Country Environment Forum

Wild Acre, 2 The Paddocks

Cleobury Mortimer, DY14 8EX

T: 01299 270562

W: www.cleoburycountry.com

Energy4all

T: 01229 821028

W: www.energy4all.co.uk

Helps set up renewable energy co-ops.

OTHER

WREMS Ltd

Western House, Station Road,

Hodnet, TF9 3JF

T: 01630 685147

W: www.wrems.co.uk

Web-enabled energy monitoring & control for industry and small businesses.

FURTHER AFIELD

Carbon Trust

W: www.carbontrust.co.uk

A Government-funded, independent company promoting energy saving and renewable generation in business and the private sector.

Energy Saving Trust

W: www.est.org.uk

Government-funded organisation promoting household energy saving with a useful website for information and advice.

National Energy Foundation

W: www.nef.org.uk

A national educational charity encouraging energy saving and renewable generation.

Centre for Alternative Technology

Machynellth, SY20 9AZ,

W: www.cat.org.uk

Well worth a visit, easy to get to by train.

9. Ethical Finance

We need to develop a steady state economy – for continuing ‘growth’ as we have known it, we would need to pull several other planets along with ours, that we could plunder for resources!

We have to realise that if we are saving with a regular bank, the chances are that we are unwittingly financing the destruction of forests, even though we may be busy recycling all the paper we use! We need to request to read the bank’s environmental policy. Even worse some banks use our money for some very unethical activities such as financing the maltreatment of animals, the employment of children in sweatshops or the manufacture of cluster-bombs, amongst other armaments.

The ethical investment market is growing all the time. Recent share issues by The Ethical Property Co. and Triodos Renewables sold out rapidly! This kind of purchasing power demonstrates a demand for corporate responsibility and it’s revolutionising the business world.

TOP TIP:

Set up a standing order to provide sustainable finance to charities.

LOCAL CONTACTS

Freegle (replaces freecycle)

W: www.freegle.org.uk

You offer things you no longer use and ask for things that you want that other people may no longer use. As long as you give away things you don’t want or pick up things that you want it is all free and local.

Just Credit Union

Shirehall, Abbey Foregate, SY2 6ND

W: www.justcreditunion.org

T: 01743 252325

Ethical and local financial co-operative.

Severn LETS (Local Exchange & Trading System)

T: 01743 246224

W: www.severnlets.org.uk

E: severnlets@yahoo.co.uk

National: **W:** www.letslinkuk.net

Shrewsbury-based local skills exchange scheme, avoids using money.



Shared Interest

T: 0191 233 9100

W: www.shared-interest.com

Finance for Fairtrade, ethical lending society

Simply Ethical

38 Torrin Drive, Radbrook, Green, SY3 6AW.

T: 01743 343800

E: peter@simplyethical.co.uk

Local ethical financial adviser, authorised & regulated by the FSA.

FURTHER AFIELD

The Co-operative Bank (now incorporates the Britannia Building Society)

T: 08457 212212

New/existing accounts:

T: 0161-832 3456

Plus online banking:

W: www.smile.co.uk

W: www.co-operativebank.com

The only high street ethical banking service. At Co-op shops, you can donate your dividend to FoE (or other charities), and the shops energy comes from renewable sources.

For a FoE credit card with the Co-op, apply:

T: 0800 002 006.

The Ecology Building Society

7 Belton Road, Silsden, Keighley,

West Yorkshire BD20 0EE

T: 08456 745566

W: www.ecology.co.uk

Emphasises environmental improvements in its lending.

Naturesave Policies Ltd.

Freepost, SWB 30837m, Totnes TQ9.522

T: 01803 864390

W: www.naturesave.co.uk

Offers ethical insurance to green companies, people and travel.

Triodos Bank

T: 0500 008 720

W: www.triodos.co.uk

Lends your money to socially responsible businesses- you can see who on their website: Try their Earth Saver account. Also offer ethical ISAs.

Good website for ethical investment:

W: www.eiris.org

PENSIONS

FairPensions

T: 020 7403 7800

W: www.fairpensions.org.uk

A campaign group to convince pension funders to be more socially responsible. Most well-known pensions providers now offer ethical fund-based pensions.

Charities can benefit more from your donations if you tick the box for gift aid. This means the government gives some of your taxes to the charity.

W: www.justgiving.com – a free online fundraising service, with automatic Gift Aid reclaim service.

Credit affinity cards can also be used to benefit charities, – used like normal cards, a small amount is donated to charity when you use them. The Co-Operative bank runs a number of these, for various charities.

10. Food & Farming

Our choices over where we buy food and what we eat is creating extra traffic and aeroplane journeys – known as ‘food miles’. Our actions are causing climate change, so eating food grown locally makes sense.

Intensive farming’s biggest energy use is in the manufacture of nitrogen fertiliser, without which the soil upon which it depends would be rapidly exhausted. Livestock emissions account for nearly one-fifth of all emissions.

It takes approximately ten times more energy to produce meat and dairy than it does to produce plant-based food, and also causes 18% of the world’s climate-changing emissions, that’s more than all the planes, cars and lorries on the planet!

Food impacts on the environment at every stage of its life cycle – so think about how and where it’s grown, how you source it, how it got to you and how you dispose of it. The ultimate answer if you want food that is healthy, from a known source and has no food miles, is to grow your own in your garden or local allotment!

6.7 million tons of food is thrown away by households in the UK every year.

Reducing food waste is a major issue and not just about good food going to waste; wasting food costs the average family £420 a year and has serious environmental implications too.

If we all stop wasting food that could have been eaten, the CO2 impact would be the equivalent of taking 1 in 5 cars off the road!

Love Food, Hate Waste Campaign

W: www.lovefoodhatewaste.com

LOCALFOOD

Shropshire is a farming county. Most of us enjoy living here because of the unique landscape this gives us. To cut down on food miles and support your local economies try and buy your food locally.

Avoid the supermarkets, which exacerbate climate change by transporting food from around the world and creating tons of unnecessary packaging, and leach money out of the local economy.

By keeping money circulating in local economies, we can create more jobs, support community cohesion and have a smaller ecological footprint.

Adapt your diet to suit the seasons – strawberries don’t grow in British winters, and taste better in summer anyway!



FARMING



Most people would expect that we grow food to provide us with energy. However, it is a long time since farming in the developed world has produced more energy than it uses.

When you add in the manufacture and transport of fertilizers, the ever increasing use of machinery, and the eventual transport of food to retailers, the energy value of the food grown is about a tenth of the energy input. That's one of the reasons Friends of the Earth supports organic farming and local food.

Eating a diet of highly refined, energy intense foods is proving to be a major contributor of illnesses such as heart disease, cancer, and diabetes. The calories held in foods that cause obesity are calories that also contribute to global warming.

Growing organically uses different methods to provide fertility, such as composting and green manures - traditional organic farms use more labour than conventional ones, with less reliance on fossil fuels. According to figures from the Department for Environment, Food and Rural Affairs (Defra), organic farming uses in general, over a quarter less energy compared to non-organic farming to produce the same amount of food

Buying local food not only cuts down 'food miles', it also helps support a vibrant rural

community. There are a number of ways you can take part - most wholefood shops source local fresh produce, box schemes deliver mostly local vegetables and fruit as far as possible (we don't grow oranges here - yet!) And don't forget to use Shrewsbury's indoor market or the monthly Farmers' Market

Look out for CSA schemes (Community Supported Agriculture) in which you help with the labour and running costs of growing, and receive your returns in produce. Using intensive farming methods has disadvantages - nitrogen fertilizers dissolve and run off into rivers and lakes, changing these eco-systems, causing harm to fish and other creatures. In the worst cases, it can lead to eutrophication and the formation of 'algal blooms' which are both unsightly and damaging to wildlife. Use of such fertilizers instead of more traditional composts and animal manures also affects the structure of the soil, leaving it less able to absorb water, and lowers the micronutrients. Studies suggest that food has a lower nutritional value than in the past.



Look out for the Soil Association Logo which shows that food is certified to strict organic standards.



Demeter is another logo to look out for - it is the symbol for biodynamic production - organic and beyond.



Organic Farmers & Growers is a leading UK certifier with a rigorous yet practical approach (based in Shrewsbury).

FISH

Stocks of fish are low, world wide, due to overfishing, so check you are not eating at-risk fish. Fish farms, (fishes living in cages!) create pollution in rivers, seas, and lochs. Fishing practices and nets kill large numbers of seals, whales, dolphins, porpoises and albatrosses. The Marine Stewardship Council gives accreditation to sustainable and well managed fisheries.

W: www.msc.org

You can order a free copy of The Pocket Good Fish Guide from the Marine Conservation Society by e-mailing **E:** info@mscuk.org

All fish-eaters should have it!

See the film The End of the Line - a film about dwindling world stocks of sea food.

W: www.endoftheline.org

Fairtrade

Fair-trade products tend to ensure producers meet good environmental practices. The Shropshire Fairtrade Guide is available in the Fairtrade Shop in St John's Hill (see below).

W: www.shropshirefairtrade.org.uk

Oswestry, Ludlow and Bridgnorth are Fairtrade status towns.

EATING OUT LOCALLY-
CAFES & RESTAURANTS**Battlefield 1403 Ltd**

Upper Battlefield, Shrewsbury, SY4 3DB.

T: 01939 219 905

W: www.battlefield1403.com.

Café and farmshop with some organic and local food.

TOP TIP

Root vegetables accumulate more pesticides than other veg., so buy organic ones.

Berrys Coffee House

17 High St., Church Stretton.

T: 01694 724452

Organic, fairly traded, uses local producers & suppliers.

Goodlife Wholefood Restaurant

Barracks Passage, Shrewsbury SY11XA

T: 01743 350455

Healthy, nutritious environmentally friendly food.

The Three Fishes Inn

Fish Street, Shrewsbury, SY1 1UR

T: 01743 344793

Sometimes has organic beer.

The Castle Kitchen

The Square, Montgomery

T: 01686 668795

A cafe, delicatessen and restaurant, selling where possible organic & locally grown and produced food.

SHOPPING - LOCAL FOODS

Appleyards

High Street, Shrewsbury

T: 01743 240180

(In the market too)

Five Acres

Ford, SY5 9LL

T: 01743 850832

Sells organic apples, plums, damsons. Soft fruit in season.

Hi Peak Organic Food

4 Bowbrook Grange, Shrewsbury SY3 8XT

T: 01743 231211

Organic eggs.

Honeysuckle Wholefoods

53 Church Street, Oswestry, SY11 2SZ

T: 01691 653125

Award-winning health food shop

The Little Green Coffee Machine

T: 0783 7252930

E: shellmell@hotmail.com

Shrewsbury based mobile coffee cart, uses Rainforest Alliance organic coffee, cardboard cups.

TOP TIPS

1. Look for the country of origin sticker on fruit and buy British.
2. Learn to read labels on food and become aware of the different ingredients.
3. Avoid using products with palm oil as its use as food crop and bio-fuel is destroying the rainforests and peatlands in Indonesia and endangering species such as orang-utans.

Local Food

W: localproduce.org.uk

Web listing of producers, farm shops, markets & local food stockists in N. Shrops & S. Cheshire.

Lyth Hill Stores

13a Lyth Hill Rd., Bayston Hill, SY3 0EN.

T: 01743 874123

Sell fairtrade, local and organic fruit + veg. and Ecover refills.

Sherwood Wholefoods

1 Wilkinson Walk, Market Drayton,

Shropshire TF9 1PW

T: 01630 655155

Health food supplies, herbal & homeopathic remedies.

Shrewsbury Bakehouse

7, Castle Gates, Shrewsbury, SY1 2AE.

W: www.shrewsburybakehouse.co.uk

T: 0797 4095633

Open Tue-Sat, 8-6pm. Artisan bakery producing natural breads & pastries.

Shrewsbury Fairtrade Shop

8 St. Johns Hill, SY1 1JD

T: 01743 352048

E: shrewsburyfairtrade@tiscali.co.uk
Tue-fri 10-4, Sat 10-2.

Sells ethical produce from developing countries, run by volunteers.

Shrewsbury Food and Drink Fair

T: 01746 785185

1st Friday of the month in The Square.

Shrewsbury Indoor Market

T: 01743 281120

Support this market. Sells some local produce, some organic (opens Tue, Wed, Fri and Sat)

R F & M D Vaughan

Benthall Farm, Alberbury Road, Ford,

Shrewsbury, SY5 9NA

T: 01743 850343

Naturally grown potatoes (without chemicals) and free range eggs. Call in.

Wild Thyme Wholefoods

Castle Gates, Shrewsbury, SY1 2AQ

T: 01743 364559

An Aladdin's cave of organic foods, with a notice board and educational window displays. They will refill your bottles with cider vinegar, soy sauce and Ecover products.

VEGAN & VEGETARIAN CATERERS

No Bones Jones

T: 01686 668555

Vegetarian catering, Montgomery based.

Organic Home Delivery Box Schemes

Box Fresh Organics

T: 01952 770006

E: Box.fresh@virgin.net

W: www.boxfreshorganics.co.uk

Fruit, veg, cheese, meat, honey, apple juice etc.

Fish in a Box

Hawthorne House, Church Lane, Moreton,

Nr Newport TF10 9DQ

T: 01952 691453

E: info@fishinabox.co.uk

W: www.fishinabox.co.uk

Fish packed using compostable pads and film. Working towards a biodegradable box - currently recycle polystyrene boxes.

Food for Thought

Unit 3, Heath Hill Industrial Estate, TF4 2RH

T: 01952 630145

W: www.liveorganic.com

Eco Alastair

W: www.ecoal.co.uk

On-line organic and Fair Trade food.

Graig Farm Organics

Dolau, Llandrindod Wells, Powys. LDI STL

T: 01597 851655

W: www.graigfarm.co.uk

*Extensive range of organic foods available by mail order.***Local Feast**

T: 01691 690636

W: www.localfeast.co.uk

*Mail order delivery of locally produced food in the Oswestry area. Deliver to Shropshire for £3.50. Includes organic and free range. Collaborative marketing group of about 25 local producers.***Myriad Organics By Order**

22 Corve Street, Ludlow, SY8 1DA

T: 0158 874888 (box scheme)

T: 01584 872665 (Myriad Wholefood Shop)

W: www.organicbyorder.co.uk

*The first to establish itself in Shropshire, now in a shop. Now sell wholefoods in the box scheme, but want new customers to defect from the big 5 supermarkets, other customers should remain faithful to their local wholefood shops.***LOCAL PRODUCERS****Bigbarn**

W: www.bigbarn.co.uk

*To help you find local producers and suppliers in your area***Bings Heath Smokery**

T: 01939 250141

W: www.bingsheathsmokery.co.uk

*Smoked wild salmon and sea trout, free range chicken breast. Mail order or deliver.***Bonbonniers**

T: 07962 815508

*Handmade organic chocolate truffles.**Currently on sale at Shrewsbury's Farmers Market. (1st Friday, The Square)***Broomhill Farm, Nescliffe**

T: 01743 891279

*Free-range geese, no routine use of antibiotics.***Churncote Farm Shop**

Welshpool Rd, Bicton Heath

T: 01743 850273

*Fresh fruit and free-range eggs, cakes, pickles, preserves and fresh flowers. Home produced lamb and pork, local beef.***Clun Forest Organic Farmers**

T: 01584 872043

*Produce locally reared organic meat.***Fordhall Farm**

Tern Hill Road, Market Drayton,

Shropshire, TF9 3PS

T: 01630 638696

W: www.fordhallfarm.co.uk

*Community owned farm, shop sells beef, lamb and pork, dry cured bacon, pork sausages, free range organic eggs, fresh locally grown vegetables, Shropshire honey, jams, organic ice cream and organic speciality cheeses. They also run Permaculture courses and volunteering weekends.***Home Farm Attingham**

T: 01743 709243

*Working Organic Farm, sells Jersey**Organic Ice Cream.***Home Farm**

Condover, Shrewsbury.

T: 01743 872864

*Free range turkeys, no routine use of antibiotics.***Hopesay Glebe Farm**

Craven Arms, SY7 8HD

E: philmoore01@googlemail.com

*Sell organic fruit and veg, eggs and honey in Shrewsbury Market on Fridays and Saturdays.***Organic Smokehouse**

Clunbury Hall, Clunbury,

Craven Arms SY7 0HG

T: 01588 660 206

W: www.organicSmokehouse.com

*Organic butter, salmon and cheese artfully smoked.***Martin Peck**

The Barn, Hirnant, Oswestry, SY10 0HS

T: 01691 870322

*Award-winning organic meat raised on certified Soil Association farm.***Pimhill Organic Farm**

Lea Hall, Harmer Hill, SY4 3DY

T: 01939 290342 & 01952 770006

*Long-standing organic farm near Shrewsbury, specialise in organic flour and oats. (Stocked at Christopher's Fine Foods and Wild Thyme.)***Shropshire Star swap-your-spare-produce –***Google this in to swap your extra veg produce online.*

W: www.shropshirestar.org.uk

Thank Goodness

2 Granville Avenue, Newport,

Shropshire, TF10 7DX

T: 01952 813767

E: nutroast@beeb.net

*Locally made nut roasts.***Wroxeter Roman Vineyard**

Wroxeter, SY4 6PQ

T: 01743 761888

W: www.wroxetervineyard.co.uk

*Historic vineyard produces organic wine.***LOCAL ORGANISATIONS****Brompton Cookery School**

at a National Trust Property near Shrewsbury.

W: www.bromptoncookeryschool.co.uk

*Providing cookery courses on a variety of subjects – bread making, local foods, preserves etc.***Farming and Wildlife Advisory Group (FWAG,)**

Walford College, Baschurch

T: 01939 262150

W: www.fwag.org.uk

*Promotes the integration of conservation & agriculture.***Organic Farmers & Growers Ltd**

The Old Estate Yard, Shrewsbury Road,

Albrighton, Shrewsbury SY4 3AG

T: 01939 291800

E: info@organicfarmers.org.uk

W: www.organicfarmers.org.uk

*Carries out the inspection and licensing of organic farming and food producers across the UK. Sells non-GM cornstarch packaging and bags.***The Slow Food Movement**

T: 01584 875548

E: john@foodfestival.co.uk

W: www.slowfoodludlow.org.uk

*Celebrate quality and flavour in food.***Shrewsbury Town Council Allotments**

T: 01743 281010

E: avril.lee-stc@shropshire.gov.uk

Shropshire Beekeepers Association

W: www.shropshirebees.co.uk

Brian Goodwin T: 01743 884524

E: briangoodwin488@btinternet.com

Secretary – Mrs.A. Tuckley T: 01952 405631

(see Gardening section p 26)

PACKAGING PRODUCTS**Woolcool**

Stable Court, Oakley, Market Drayton, Shropshire, TF9 4AG

W: www.woolcool.co.uk

T: 01630 415008

*Biodegradable and recyclable insulated packaging boxes***FURTHER AFIELD****Biodynamic Agricultural Association**

Painswick Inn, Stroud, Glos.,

T: 01453 759501

E: Boffice@biodynamic.org.uk

*Certifies to Demeter Standards.***Foundation for Local Food Initiatives**

PO Box 1234, Bristol, BS99 2PG

T: 0845 4589525 (For info on community food)

W: www.localfood.org.uk

Greenpeace UK,

Canonbury Villas, London, N1 2PN.

T: 02078 658 100

W: www.greenpeace.org.uk

*Peaceful direct action to campaign against GM food.***Kids foods**

W: www.organix.com

*Organic foods/snacks for kids, meal planners, junk free.***New Economics Foundation**

W: www.neweconomics.org

*Some excellent reports and articles about our local economy.***Permaculture**

An ecological food growing system

(see Gardening section p 26)

W: www.permaculture.org.uk/default.asp

W: shropshirepermaculture.ning.com

Soil Association

South Plaza, Marlborough Street,

Bristol BS1 3NX

T: 0117 314 5000

W: www.soilassociation.org.uk

Sustain

94 White Lion St, London, N1 9PF

W: www.sustainweb.org

*Alliance for better food and farming.***The Vegan Society**

Donald Watson House, 21 Hylton Street,

Hockley, Birmingham. B18 6HJ

T: 0121 523 1730.

W: www.vegansociety.com

The Vegetarian Society

Parkdale, Dunham Rd., Altrincham,

Cheshire, WA14 4QG

T: 0160 925 2000

W: www.vegsoc.org

Wholesome Food Association

Ball Cottage, East Ball Hill, Hartland,

Devon, EX39 6BU.

T: 01237 44111

W: www.wholesomefood.org.uk

Self-certified chemical free food organisation.

“Nature will provide our needs but not our greeds...”

**LOCAL DRINKS****The Little Green Coffee Machine.**

T: 0783 7252930

E: shellmell@hotmail.com

Shropshire Green Drinks

Meet like-minded environmentalists,

1st Weds in the month 7.30pm,

at The Loggerheads, Shrewsbury.

W: www.greendrinks.org

Wine and cider from Wroxeter Roman Vineyard (see p 24)**Beers from the following local Shropshire breweries supporting a buy local policy:****Corvedale** (Corfton)**Dolphin** (Shrewsbury)**Hobsons** (Cleobury Mortimer)**Ironbridge** (Ironbridge)**Lion's Tail** (Cheswardine)**Ludlow** (Ludlow)**Offas's Dyke** (Trefonen)**Rowton** (Rowton)**Salopian** (Shrewsbury)**Shires** (Madley)**Six Bells** (Bishop's Castle)**Stonehouse** (Weston)**Three Tuns** (Bishop's Castle)**Wem** (Wem)**Wood** (Wistanstow)

As well as available on the pumps in pubs many of these breweries produce bottle beer which can sometimes be brought directly from the Brewery or found in supermarkets and off-licences.

11. Gardening

Our relationship with the soil is fundamental to life.

Your garden could provide an oasis of diversity for plants and wildlife, but using chemicals and planting monocultures discourages this. Most people waste money on herbicides, fungicides and pesticides when this can be avoided through simple techniques like companion planting.

One of the biggest tragedies of recent years is the use of peat as a soil conditioner. Removing it from rare peat bogs destroys some of the most sensitive ecosystems on our planet.

A better way to improve your soil is to start a compost heap, which is also an ideal way to dispose of organic garden and kitchen waste. The Council's green waste collections are great in that they remove bulky material from landfill, but fuel used by lorries and handling equipment still contributes to climate change. If you can, much better to compost your own and keep the goodness in your own garden!

COMPOST

Moo Poo

Oaks Hall Farm, Plealey, Pontesbury
T: 01743 790459
Organic cow manure, virtually odourless.

Muckers Mulch

T: 01743 850024
W: www.montfordmuck.co.uk
Peat free composts.

Recycle for Shropshire

T: 0345 6789007
W: www.recyclenow.com/compost
Advice on home composting.

Subsidised compost bins

available from: **Green Cone Ltd**
T: 0800 7312572
W: www.greencone.com

Shropshire Wildlife Trust

Abbey Foregate, Shrewsbury
T: 01743 284280
W: www.shropshirewildlifetrust.org.uk
Composted bracken is sometimes available, also other non-peat composts.

Shropshire Master Composters

James Thompson at Shropshire Council
E: james.thompson@shropshire.gov.uk
T: 01743 255989
Advice to groups and individuals on home composting by volunteers.

TREE WORK

Larry Jones

M: 07976 957522.
W: www.coppice.products.co.uk/directory
Coppice material and products, woodland management.

The Good Tree Co.

2 Longden Wood Cottages, SY5 8HJ
T: 01743 718175
E: jfinlow@thegoodtreecompany.fsnet.co.uk
Certified Arborist (tree surgery).

James Cheese

T: 01694 781463
On site green waste shredding.

Tree Officer - Shropshire Council

T: 01743 252562.

SEEDS

Chase Organics

T: 01932 253666
W: www.OrganicCatalogue.com
Includes seeds, other gardening products and books. (a joint venture with Garden Organic).

Real Seed Company

T: 01239 821107
W: www.realseeds.co.uk
A small family business supplying carefully selected and heritage vegetable seeds. Promotes seed saving.

Seedy Sunday

T: 01273 381686 or 01273 550430
W: www.seedysunday.org
Promotes seed swaps, the growing of local plants and preservation of biodiversity.

Suffolk Herbs

T: 01376 572456
W: www.suffolkherbs.com
Organic seeds/ heritage varieties.

Terre De Semences/Association Kokopelli

Ripple Farm, Crundale, Canterbury, CT4 7EB
T: 01227 731 815
W: www.terredesemences.com
Thousands of organic seeds and growing advice.

BEEES AND BEEKEEPING

Bee populations have decreased significantly in the past few years and as bees are the pollinators of many of our food crops this is of great significance to us. (Google in *Colony Collapse Disorder* for lots of info about their disappearance). More people are keeping bees but everyone can help by avoiding insecticide use and by adding more bee popular plants to their gardens.

Shropshire Beekeepers Association

Brian Goodwin,
T: 01743 884524
E: briangoodwin488@btinternet.com
For safe swarm removal.
Secretary - Mrs.A. Tuckley 01952 405631
W: www.shropshirebees.co.uk
(see also food section, p 25)

DEFRA Scientific Services

T: 01885 482673
W: www.fera.defra.gov.uk
For advice on beekeeping and animal husbandry.

Fragile-planet

Unit 14, Radford Field, Maesbury Rd.,
Oswestry SY10 8RA.
T: 01691 672869
W: www.fragile-planet.co.uk
New award-winning beekeeper supplier

The Gloabal Bee Project

W: www.theglobalbeeproject.com
For the protection of all bee species (not just the honey bee), giving education, bee inspiration, scientific research, and bee guardians.

LOCAL

Karuna

Picklescott, Church Stretton, SY6 6NT
T: 01694 751 374
W: www.karuna.org.uk
18 acre permaculture project. Courses, events, celebration, nature.

Shropshire Organic Gardeners (SOGS)

T: 01939 260935
W: www.shropshireorganicgardeners.org.uk
Active society of organic gardeners. Talks and visits. Watch out for Potato Day, where you can buy organic seed spuds and eat spud lunch, usually 2nd weekend in February.

Shropshire Star swop your spare produce -

google this in to swap your extra veg produce
W: www.shropshirestar.org.uk

Water Butts

Severn Trent subsidised water butts
T: 0845 1308686
W: www.st2u.co.uk

FURTHER AFIELD

Centre for Alternative Technology

Machynlleth, Powys, SY20 9AZ
T: 01654 705950
W: www.cat.org.uk
Has composting and gardening information, catalogue sells garden items, so does Natural Collection, (see Clothing section. p 9)

Bubblehouse Worms

T: 01886 832559
W: www.bubblehouseworms.com
Promote global worming!

Fertile Fibre

Withington, Herefordshire HR1 3RJ
T: 01432 853111
W: www.fertilefibre.co.uk
Peat-free compost made from Coir (coconut husk)

Green Gardener

Brook Hill, Blofield NR13 4LB
T: 01603 715096
W: www.greengardener.co.uk
Effective and natural pest control.

National Wildflower Centre

Court Hey Park, Roby Road,
Liverpool, L16 3NA
T: 0151 738 1913
W: www.nwc.org.uk
Promotes new wildflower habitats, and sells seeds and plants.

Garden Organic (formerly HDRA)

Ryton Organic Gardens, Coventry, CV8 3LG
T: 02476 303517
W: www.gardenorganic.org.uk
Dedicated to researching and promoting organic gardening. Heritage (i.e no longer obtainable from seed companies) seeds can be obtained by joining Garden Organic's Heritage Seed Library.

Landshare

W: www.landshare.org.uk
Hugh Fearnley-Wittingstall's idea for sharing gardens or other land.

The Permaculture Association

London, WC1N 3XX
T: 0845 4581805
W: www.permaculture.org.uk

Local networking site

W: www.shropshirepermaculture.ning.com

The Sensory Trust

Watering Lane Nursery, St. Austell, PL26 6BE
T: 01726 222900
W: www.sensorytrust.org.uk
Promotes inclusive landscape design and equality of access.

Soil Association

T: 0117 314 5000
W: www.cosi.org.uk
Promotes organic principles. Runs certification scheme for growers and suppliers.

Wiggly Wigglers

T: 01981 500391
W: www.wigglywigglers.co.uk
For worm bins and accessories, plus bird boxes, tools, natural pest control.



Security and outdoor lighting add to light pollution, global warming, waste energy, and prevent us from seeing the night sky. Garden lighting should be solar-powered, and point downwards.

Campaigns against light pollution

W: www.britastro.org/dark-skies

Cut flowers are increasingly grown abroad, and then flown first to Holland, and then here. You also don't know what pesticides etc have been used. This is a huge waste of energy! Grow some flowers in your own garden – better for the environment, fresher, and far nicer.

Annually UK gardeners contribute to the 3m tonnes of plastic waste, with discarded plastic plant pots.

Buy biodegradable flowerpots

W: www.earthbuddy.co.uk

Recycle clean plastic flower pots at Dobbie's, Meole Brace island. also:-

Wyevale Telford Garden Centre

Station Road, Donnington. Telford TF2 8JY

T: 01952 677733

W: www.wyevale.co.uk

WATER IN YOUR GARDEN

Water is likely to become more scarce. Although we don't get many hosepipe bans, there are other reasons to cut back on water use – pumping, cleaning and distributing water all take energy. Sprinklers waste water too. (see Water meters – Energy section)

If you've got anywhere you can fit a water butt, then do so. A shed, sloping roof, greenhouse or conservatory can all provide plenty of water. You can get a water butt, made from recycled plastic, for about £30–40. You can also divert grey water from your bath or washing machine onto the garden. Kits available from local plumbers. Butts and diverters available from DIY stores and garden centres.

You can cut down the amount of water you need by adding compost, peat free soil conditioner or the contents of used gro bags to your soil and digging it in. Using similar materials as a mulch (at least 3" thick) on top of damp soil conserves water. If you have nothing else, use multiple sheets of wetted newspaper weighed down with soil.

UNEXPECTED CONSEQUENCES

As front gardens are concreted over for car parking, water run off occurs in heavy rains, overpowering sewage systems and causing flash flooding – it also depletes the natural water table.

The outdoor use of Gas Patio Heaters has reached spectacular proportions, added to by the smoking ban in public places. These heat the universe, and are such an obvious waste of fuel it hardly needs saying! Gas fired barbecues are culprits too!



12. Health

Climate Change isn't good for our health – modern living (eg pollution, lack of exercise, work-related stress and unhealthy food) has created a whole host of illnesses, like asthma, cancers and allergies and obesity issues. So try leaving the car at home and walking to shops, or cycling to work, at least once a week.

Eating a more balanced diet rich in fruit and vegetables which are in season and possibly local, will benefit the state of your health, as well as the environment.

Climate Change isn't good for our health – modern living (eg pollution, lack of exercise, work-related stress and unhealthy food) has created a whole host of illnesses, like asthma, cancers and allergies and obesity issues. So try leaving the car at home and walking to shops, or cycling to work, at least once a week. Eating a more balanced diet rich in fruit and vegetables which are in season and possibly local, will benefit the state of your health, as well as the environment.

Basic requirements for health are good housing, fresh air, and clean water, healthy land and food – we can't take these for granted, we need to act to protect and maintain them. After that we need a balance of exercise and relaxation – so walk, stretch, breathe and move your body.

Please think whether or not you really need to drive to the gym. Don't use the lift – use the stairs. There are plenty of sports, dance, yoga, meditation, Tai chi, stretch and Pilates classes locally.

In conventional cosmetics, there are dangerous chemicals like hormone-disrupting parabens, and aluminium in deodorants. There are dangerous chemicals in ordinary household cleaning items, (check Home section p 31) so keep it simple and ask questions about the ingredients in shops.

These local centres and shops below should help to direct you towards health events, exercise classes, individual therapies and therapists, and products which are not harmful to yourself or the environment.

“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”

Edward Stanley, Earl of Derby (1826–1893)
(written on a café table at the Eden Project, Cornwall).

LOCAL

Enjoy! Living Naturally

13 Dogpole, SY1 1EN

T: 01743 241533

W: www.purescents.co.uk
Locally made vegetable soaps and chemical-free toiletries. Ethical clothes, and complementary therapies.

The Gateway Education Centre

Chester Street, SY1 1NB

T: 01743 355159

Offer some health-related exercise classes.

Green Gyms

Nearest – Madeley,

W: www.btcv.org/greengym

T: 01952 686 318

Fresh air fitness.

The Herbarium

21 Wyle Cop, Shrewsbury, SY1 1XB

T: 01743 352533

Sells natural remedies and herbal products, and offers professional advice and low-cost consultations.

Honeysuckle Wholefoods

53 Church Street, Oswestry, SY11 2SZ

T: 01691 653125

Health food shop



The Natural Health Centre

4 The Professional Centre,
Radbrook Green, Shrewsbury.
T: 01743 248878

W: www.natural-health-centre
Long-established centre with 25 different types of complementary therapies available, and 38 therapists. Free advisory consultations.

The Roy Fletcher Centre

12-17 Cross Hill, Shrewsbury SY1 1QU
T: 01743 341 300

A community based information point for a collection of health-related and other charities. Meeting rooms for hire. Café.

Wild Thyme

1-3 Castle Gates, Shrewsbury, SY1 2AQ
T: 01743 364559

Stock cosmetics, toothpastes and household cleaners, and much much more. Can advise on which ones use least dangerous chemicals.

Women in Mind

24 Castle St., Shrewsbury, SY1 2BQ.
T: 01743 235 334.

W: www.womeninmind.co.uk
A 'wellness store' with clothes, MBT shoes, therapies, workshops and coffee shop.

FURTHER AFIELD

Allergy sufferers – Biosis Ltd.

Heysham Business Park, Middleton Rd.,
Heysham, Lancs. LA3 3PP
T: 01524 852 371
W: www.biosis.ltd.uk

Dr Hauschka Elysia,

Stockwood Business Park, Stockwood,
Redditch, Worcestershire B96 6SX
T: 01386 791022
W: www.drhauschka.co.uk
Skincare products made with biodynamic ingredients.

Tree-harvest

The Granary, Lintridge Farm,
Bromsberrow Heath, Ledbury, HR8 1PB
T: 01531 650 764
E: enquiries@tree-harvest.com
Catalogue for herbs, spices, oils and creams, papers, candles, incense, etc.

The National Pure Water Association,

42 Huntington road, York, YO31 8RE
T: 020 8220 9168
W: www.npwa.org.uk
Campaign for safe, non-fluoridated water.

Noise pollution – The UK Noise Association,

PO Box 551, Chatham, Kent, ME4 9AJ.
T: 01634 863852
W: www.ukna.org.uk
Campaigns for action against noise.

No More Breast Cancer

W: www.nomorebreastcancer.org.uk
Offers info on breast cancer and 500 hormone-disrupting chemicals.

Unwanted Medicines

(see Recycling Section p 44)

Weleda

Heanor Road, Ilkeston, Derbyshire DE7 8DR
T: 0115 9448222
W: www.weleda.co.uk

Wholistic Research Company

Unit 1, Five House Farm Business Park,
Sandon Road, Therfield nr Royton,
Herts, SG8 9RE
T: 01763 284910 – 0845 303100
W: www.wholisticresearch.com
Water distillers, filters, light boxes, juicers, etc.

Women's Environmental Network

PO Box, 30626, London, E1 1TZ
T: 0207481 9004
W: www.wen.org.uk
Informs and campaigns on environment and health issues from a female perspective.



13. Home & Pets

For individuals, Home is where most 'green' changes can be made immediately. 27% of all carbon emissions are from energy used in homes, and there are a number of ways of reducing CO2 emissions, simple and effective in the small and the much bigger picture of climate change.

Please refer to Building Section (p 7) and Energy Section (p 16)

ENERGY AND LIGHTING AT HOME

Change all your light bulbs to 'low energy'.
It really does make a huge saving – of CO2, and your money! (see Energy section).

Turn Off Standby

Surprisingly, energy consumption from electronic equipment left on standby in UK households is equivalent to 4 million tonnes of CO2 annually.

Televisions

10 million TVs are disposed of each year.

Before you replace yours, consider donating your old TV to The Furniture Scheme, or give it away via Freegle www.freegle.org.uk (See Recycling section, p 43) LED TVs are the latest energy efficient TVs and consume far less energy than LCDs, plasmas are worst of all. If it's dead, take it to Battlefield HRC for safe recycling.

Home Computers

the greenest one we can find –
W: www.very-pc.co.uk – made in Sheffield!

Clean Green Power

See the Energy section for solar power, wind turbines installers, greener options for your energy supplier, and energy-saving measures.

W: www.greenpeace.org

How the electronics companies line up in terms of toxicity in terms of computers, TVs and games consoles.

HANDY TIPS FOR THE HOME

Lighting

Keep light bulbs clean – dirty bulbs can reduce lighting efficiency by up to 50%.

Cleaning and Kitchen

There are a number of good eco ideas for laundry and cleaning at
W: www.summernaturals.co.uk
W: www.alleceogreenandbeautiful.co.uk

Refills for Ecover products, and eco balls available at **Wild Thyme**.

Tumble driers waste loads of energy. Use a washing line instead. Try a covered one!

The 2 Ronnies,

121 Belle Vue Rd., Shrewsbury, SY3 7NJ.
T: 01743351763
Mend washing machines.

(See Centre for Alternative Technology (CAT) website, p 14)

Make Do and Mend – loads of useful hints, book from John Lewis £3.

For white kitchen goods, resist the temptation to buy new. See recycling section for second hand shops and repair shops for cookers, fridges and freezers.

Seal Solutions

W: www.sealittld.co.uk
Fridges can be re-sealed.

Espares

T: 0845 230 6230
W: www.espaces.co.uk

The Used Kitchen Company

W: www.theusedkitchencompany.com
Spares for cookers, washers, remote controls.

Avoid using aluminium foil when cooking.

If you do use it put the dull side outermost, and then recycle it, or buy recycled foil
W: www.ecotopia.co.uk

Avoid using disposables in the kitchen, such as plastic bags, cling wraps, paper and cloths.

Choose an appliance to suit the job – if you are making toast, use the toaster not the grill Put lids on saucepans, and use a steamer – this will reduce cooking time needed. Use an automatic switch off jug-kettle and only heat as much water as you need. Select a kettle that has its element at the bottom rather than half way up – this allows you to boil smaller amounts of water.

W: www.naturalcollection.co.uk
W: www.ecozone.co.uk

WATER

Meters

Installing a water meter means you only pay for the water actually used, so the less you use – the less you pay. Using less water inside and in the garden saves energy used for treatment and delivery. They have been automatically included in all homes built since 1989 but where possible, Severn Trent will fit one free of charge. Severn Trent Water

T: 0845 7090 646

W: www.stwater.co.uk

Bathroom

Have showers instead of baths (but NOT a power shower – these consume more water and energy). Try to reduce the length of time you spend in the shower – cutting down by 2 mins will save 60 litres of water.

Toilet flushing accounts for almost as much of our domestic use as bathing – around 25%.

Reduce this waste of clean water by putting a plastic container or HIPPO / 'Save a flush' bag into at least a 7.5 litre cistern.

These are available free from **Severn Trent**

T: 0845 603 4413

W: www.stwater.co.uk/saveaflush

T: 0800 783 444 – for pipe leaks

NatSol

T: 01686 412 653

W: www.natsol.co.uk

Compost Toilet Specialist

(Shrewsbury allotments have these!)

Divert your 'grey' bathroom water to water your garden. Kits available from Centre for Alternative Technology (CAT) (See p 27) and plumbing merchants.

Remember the rhyme:

*if its yellow, let it mellow,
if its brown, flush it down.*

DIY

Birch and Son

Roushill, (corner of) Smithfield Road.

T: 01743 362709

W: birchsironmongers.co.uk

Sell everything you could need for DIY, (and have done for over a century!)

Keep green in mind and use ECO paints and varnishes and strippers. (House painting is recognised as a cancer-risk career).

W: www.auroorganic.co.uk

W: www.ecomerchant.co.uk

(see Building section p 7)

Use natural materials for furniture, carpets and rugs, avoid unnecessary chemical treatments of these. Wool carpets with good underlay give greater insulation, and a better and quieter flooring option than wood.

Fit reflective panels behind your radiators to conserve heat.

Wallpaper

B & Q, and EcoCentric now sell responsibly sourced wall paper with water-based printing.

Furniture

Re-upholster, re-cover sofas, make do and mend. Some of the best-known high-street furniture brands STILL use rainforest timber. To be sure you are avoiding this, look out for the Forest Stewardship Council (FSC) logo. Some furniture outlets have an eco-friendly range.

LOCAL

Upholsterers

Paul Stack

143a, The Workshops, Belle Vue Rd., SY3 7NN

T: 01743 358999

Upholstery Courses.

J A Milton Upholstery Supplies Ltd

Ellesmere Business Park,

Ellesmere, SY12 0EW

T: 01691 624023

W: www.jamiltonupholstery.co.uk

E: sales@jamiltonupholstery.co.uk

Run courses and have a huge range of materials and supplies.

Duncan Galliers Upholstery

Coton Hill Farm, Corporation

Lane, Shrewsbury SY1 2PB

Offering Upholstery classes in the Shrewsbury Workshop.

David Colwell Design

Trannon Studio, LlawrYGlyn,

Caersws, Powys SY17 5RU.

T: 01686 430 313

W: www.trannon.com

Well designed and made eco furniture.

(See Recycling Section p 37 for Furniture Schemes, and Home Essentials.)

The Organic Flower Company

T: 01691 683866 and 0845 2260608

W: www.tofc.co.uk

Supply flowers which are registered organic and non-organic. Also offer UK grown flowers, no air miles.

Local flowers: – Covered market, and WI stall on Saturdays.

PETS

Avoid flea and tick repellents containing chemicals.

Try a flea comb, vacuum carpets regularly, or use the latest recommended natural product **Neem Genie**.

Use biodegradable plastic bags for your dog poo. Use sawmill scrap or waste from wheat or corn for cat litter, less harmful to cat and environment than clay cat litter.

Oakwood Veterinary Centre

Whittington, Oswestry.

T: 01691 679699

Homeopathic vet, uses herbal remedies and acupuncture.



Inappropriate development to cater for visitors can be detrimental to the local people, especially in poorer countries.

In this area we are lucky – without travelling far, there are hundreds of attractive places to visit for days out or holidays.

The Visitor Centre in **Rowley's House**

T: 01743 281200 has lots of information and an Internet search will provide more. Before using the car, see if you can go by cycle, bus or train. (See Transport section, p 51)

Consider volunteering – you can meet lots of like-minded people!

14. Leisure & Holidays

The way we spend our leisure time and holidays can have a major environmental impact.

All means of transport, except cycling and walking, are damaging.

The Wheel-chair Users Guides

Three leaflets about accessible tourist sites and activities in and around Shropshire available at Council offices and:

W: www.shropshiretourism.gov.uk

TRANSPORT

(see also Transport section, p 51)

Walks

W: www.shropshirewalks.co.uk

Buses

Traveline

T: 0871 2002233

W: www.traveline.org.uk

Arriva

T: 0844 8004411

W: www.arrivabus.co.uk

Cycling

Shrewsbury's cycle network continues to improve. The results from winning over £2M extra funding in 2008 are starting to show!

W: www.shropshirecycling.co.uk

Rail Rambles

T: 01691 654066

W: www.arrivatrainswales.co.uk

Get leaflets from Shrewsbury railway station.

Organised rural walks accessed by train

–Saturdays weekly and Wednesdays monthly.

DAYS OUT

Acton Scott Historic Working Farm

Church Stretton SY6 6QQ

T: 01694 781306

W: www.actonscott.com

Drummond Outdoor

T: 01743 365 022

W: www.docanoe.com

Canoeing, kayaking, etc.

Ellesmere – The Meres

T: 01691 624448

W: www.shropshire.gov.uk

Easy and interesting walks on designated routes.

Espiritu Balloon Flights (over Shropshire).

T: 0845 4582515

W: www.espiritu-balloonflights.co.uk

Home Farm – Attingham

T: 01743 709243

W: www.homefarmattingham.co.uk

A working organic farm on the Attingham Park Estate (National Trust).



Shropshire Hills Discovery Centre

T: 0345 6789024

W: www.shropshirehillsdiscoverycentre.co.uk
Informative exhibition, 30 acres of riverside habitat and waymarked walks at Craven Arms.

Shropshire Hills Shuttle Bus

T: 01743 251000 (Mon-Fri 9-5)

W: www.shropshirehillsshuttles.co.uk
*Leave your car at home, Check routes, timetables etc.
 Operates March-September.*

LOCAL ACCOMODATION**Brynmawr (organic farm)**

Newcastle, Craven Arms SY7 8QU

T: 01588 640298

W: www.buckshead-ecocottage.co.uk
Wind + solar powered holiday cottage.

Eco cabin

Obley, Bucknell SY7 0BZ

T: 01547 530183

W: www.ecocabin.co.uk**Foxholes Castle Camping**

Bishops Castle

T: 01588 638924

Site with solar water heating etc.

Lane Farm (organic farm)

Criggion, SY5 9BG

T: 01743 884288

W: www.lanefarmbedandbreakfast.co.uk**Ludlow Ecolog Cabins**

Two miles from Ludlow

T: 07977091928

W: www.ludlowecologcabins.co.uk**Mocktree Holidays.**

Green tourism near Ludlow

T: 01547 540441

W: www.mocktreeholidays.co.uk

Holiday accommodation in sustainability award winning barn conversions.

The Pottery

Overbatch House, All Stretton,

T: 01694 722121

W: www.virtual-shropshire.co.uk/pottery**Youth Hostels Association**

T: 01629 592700

W: www.yha.org.uk

Network of hostels in England and Wales including several locally.

HOLIDAYS AND TOURS**The Ethical Travel Guide** (2nd edition)

(Polly Pattullo, Orelly Minelli and others)

Publisher Earthscan (288 pages £14-99rrp)

Tourism Concern

Stapleton House, 277-281, Holloway Road, London N7 8HN

T: 020 71333800

W: www.tourismconcern.org.uk**Responsible Travel**

T: 01273 600030

E: amelia@responsible-travel.comW: www.responsibletravel.com

Advisors on suitable holiday and tour providers.

British Trust For Conservation Volunteers

Sedum House, Mallard Way, Doncaster, DN4 8DB

T: 01302 388883

W: www.btcv.org.uk

Shropshire Branch T: 01952 254544

Bicycle Beano Cycling Holidays

Erwood, Builth Wells, Powys LD2 3PQ

T: 01982 560471

W: www.bicycle-beano.co.uk**Centre for Alternative Technology***Runs courses, and offers self-catering accommodation.**(see Education section, page 14) Also run**Ecoweek summer camps for 8-15 year olds.***CTC Cycling Holidays and Tours**

T: 0191 2738042

W: www.cyclingholidays.org**Gaia Cooperative**

Nurses Cottage, Long Lane, Peterchurch, Hereford, HR2 0TE

T: 0845 458 4718

W: www.gaiacooperative.org

Runs camping and residential workshops on green issues.

Green & Away

PO Box 40, Malvern, WR14 1YS

T: 0870 460 1198

W: www.greenandaway.org.uk
A green conference centre.

Organic HolidaysW: www.organicholidays.co.uk

Details of organic B&Bs etc.

Surfers against sewageW: www.sas.org.uk**Worldwide Opportunities on Organic Farms (WWOOF)**

PO Box 2154, Winslow, Buckingham, MK18 3WS

W: www.woof.org.uk

Accommodation and food in exchange for working (and learning).

WALKING**Shrewsbury & Mid-Shropshire Ramblers**

T: Contact Maureen Formby 01743 368711

W: www.shropshireramblers.org.uk**Shropshire Young Ramblers (20-30s)**W: www.syr.org.uk

The range of holidays on offer that involves flying is huge but as it is the most polluting form of transport, we must minimise the flights we take.

Why not spend more holidays nearer home and significantly reduce your contribution to climate change? Don't forget ferries and trains and coaches. Also choose holidays and tours that do genuinely benefit the local people and environment.

Ask questions to discover the travel company's environmental policy.



Resource scarcity is driving up the cost of raw materials and waste disposal. These are not short term problems but signal the beginning of a change that will require all businesses to become truly sustainable within the localities in which they operate, along with everyone else. Quite simply, businesses can't afford not to address environmental sustainability issues.

For companies looking for help in making the transition there are local consultancies that may be able to assist. There is actually a cluster of environmental technology firms in Shrewsbury, but many of these work within particular fields of interest. In addition some companies have already made great progress themselves and are getting involved in sharing the expertise they now have.

15. Office & Business

For a business to succeed nowadays, it must address the 'triple bottom' line. Shareholders and customers are increasingly aware of corporate social responsibility. Environmental legislation creates compliance and liability issues, which can prove costly if ignored.

Although the total commitment of senior management is vital for successful overall implementation of the changes necessary. Individuals in offices and shops need to raise awareness in their organisations, and can do lots to help immediately:-

- by recycling at work and using recycled products
- by turning off computers and equipment instead of leaving on standby
- by being aware of wasteful lighting, heating and water use and changing bad habits
- by closing shop doors in winter - Shrewsbury has a bad record on this flagrant waste of energy
- by cycling to work, car sharing, using public transport or walking (healthier)
- by re-evaluating how materials are processed

GOOD GENERAL INFORMATION**Forum for the Future**W: www.forumforthefuture.org.uk

Working with the businesses and organisations in the sectors seen as critical to the change needed now.

Green FuturesW: www.greenfutures.org.uk

Pulls together latest news, opinions and debate. Aimed at decision makers and opinion formers within business, government etc.

Business LinkW: www.businesslink.gov.uk

Has web sites for regions. Look at West Midlands for lots of information and advice including sustainability issues.

Global Action PlanW: www.globalactionplan.org.uk

Delivering tangible environmental, social and financial improvements working with a wide range of people and organisations.

EnvirowiseW: www.envirowise.gov.uk

Advice Line T: 0800 585794

Envirowise offers UK businesses free, independent, confidential advice and support on practical ways to increase profits, minimise waste and reduce environmental impact.

Groundwork West Midlands**W:** www.groundworkwm.org.uk**T:** 0121 236 8565

Groundwork Environmental Business Services provides practical support, advice and training to companies on environmental business issues such as environmental management systems, integrated pollution prevention and control, and environmental law.

More Specific Advice is available from:**The Carbon Trust****W:** www.carbontrust.co.uk

Energy saving and carbon reduction issues. Includes information on financial help available to help organisations and businesses.

Materials Recycling Week**W:** www.mrw.co.uk

Recycling and waste management news and information and a directory of companies.

Green Achiever**W:** www.greenachiever.co.uk

A register of green minded businesses. Firms that meet criteria can apply to join.

Advantage West Midlands**W:** www.advantagewm.co.uk

The Regional Development Authority Look up The Environmental Cluster Opportunities Group for strategic level support and advice for businesses looking to seize the opportunities arising from the overall focus on sustainability.

Also manages the Rural Redevelopment Plan through which grants are available, and funds the RE:Think Energy scheme which helps renewable energy projects.

The National Industrial Symbiosis Programme**W:** www.nisp.org.uk

Aims to put businesses wanting to throw something away in touch with some one who might want that waste to create savings for both.

LOCAL CONTACTS**Marches Energy Agency**

The Pump, House, Coton Hill, Shrewsbury SY1 2DP

W: www.mea.org.uk**T:** 01743 246007**E:** info@mea.org.uk

Offer energy and carbon saving advice to businesses.

Shropshire Council**W:** www.shropshire.gov.uk

Several departments deal with matters relevant to businesses. Comprehensive information is available on commercial waste and recycling issues including schemes for dealing with particular materials. The Economic Development Team is able to provide advice on various aspects of business development. Grants are available for implementation of travel plans and to help businesses connected with tourism.

Revert Creative

High Street Chambers, 10-11 High Street Shrewsbury Shropshire SY1 1SG

W: www.revertcreative.com**T:** 01743 232844

Sustainable, ethical graphic design advertising and marketing solutions; local and national clients.

Paperback Collection & Recycling Ltd,

Unit 8, Maes y Clawdd, Maesbury Rd Ind Est, Oswestry, SY10 8NN.

T: 0800 136501**Pink Skips**

Recycling House, Rock Road, Ketley, Telford, TF1 5HW

W: www.pinkskips.com.uk**Hire Desk T:** 01952 222226

Have a purpose built facility in Telford to maximise the recycling of skip contents.

The Green Tourism Business Scheme**W:** www.green-business.co.uk

National but with local area division. Supports all types of businesses involved in tourism.

Drivers of company cars lose up to 11 days

a year stuck in traffic. Companies could do more to encourage employees to make better travel choices or take advantage of environmentally friendly alternatives, such as car pools, public transport, or allowing people to work from home.

Organise less site visits, and consider video conferencing to avoid unnecessary travel.

OTHER USEFUL LINKS/IDEAS**W:** www.closethedoor.org.uk

Run a brilliant campaign to put a stop to heating pavements and wasting heat simply by persuading shops to close their doors!

Computers – the greenest one we can find –**W:** www.very-pc.co.uk – made in Sheffield!

Use the Yellow Pages to find what you need.

W: www.greenbusinessnetwork.org.uk

Two firms that collect recycle electrical waste safely:-

W: www.electrocycle.biz**W:** www.weecare.com**W:** www.save-a-cup.co.uk

Recycles hard plastic cups

W: www.shrinkpaper.org

Make a pledge to reduce paper use and change to using only recycled.

Office greeting cards

Don't send Xmas cards within your office, or to customers and suppliers. Instead, donate to a charity or ask the local Severn Hospice (**T:** 01743 354450 **W:** www.severnospice.org.uk) To send you their big card that everyone signs with a donations box, or add a line at the end of December letters and emails to explain you are making a corporate donation to Severn Hospice.



16. Recycling & Waste

Objects we no longer want turn into waste all too easily, and we expect someone else 'to take it away and deal with it' – the energy used up in the manufacture, transport, and whole life cycle of objects creates greenhouse gases, and landfill sites that's why it's so important to:

Re-Think Resources, reduce, re-use, refill, repair, rot things & reinvest and then recycle as a last resort!

▶ Re-Think Resources

Get to learn what the materials you use are made of and to question and understand what's involved in the object's whole life cycle. We need to vote with our feet against badly designed products that create waste.

▶ Reduce

Reduce the amount of packaging you buy (yes, we pay for it), refuse plastic bags (take your own bag) – buy in bulk, shop at markets, far less waste and purchase local.

▶ Re-Use

buy second-hand, share your resources, refill containers (see below), paint objects to change appearances.

▶ Repair

Use Shrewsbury's shops to repair old bikes, re-sole shoes, mend lamps, TVs, washing machines etc.

▶ Refill

You can refill your bottles with cider vinegar, soy sauce, Faith Shampoo and Ecover at Wild Thyme.

▶ Recycle

Shrewsbury recycled, re-used or composted 46.9 % of its household waste collected from the kerbside in 2008/9. The average recycling rate for England was 37.9%, so locally we are now doing better than average. The Council's target is for Shropshire's recycling rate to rise to at least 52.5% by 2012. This year will see plastic bottle recycling kerbside collections, and eventually food waste collections too.

▶ Rot Things

Learn to compost, then use that compost to grow things!

▶ Reinvest

To complete the cycle, buy recycled items, like computer paper, plastics and glass.

People often ask –
“What happens to all our waste, is it all being recycled?”

Yes it does, and here's where, and it's all in the UK!

Batteries to G&P Batteries Ltd
Wednesbury
Smelted into new materials.

Cans to Alu Trade
Oldbury
Steel and aluminium mills for re-manufacture.

Fridges to Wolverhampton
CFC extraction & recycling of components.

Garden waste & card – On-farm, at Ford,
To make in situ soil improver.

Glass to Recresco, Ellesmere Port.
To make new.

Paper to Shotton Paper, Deeside
To produce newsprint.

Plastic bottles to Closed Loop Recycling,
Dagenham
processed back into drinks bottles & packaging

Textiles & Shoes to Staffordshire Textiles
Sorting, reuse and recycling.

LOCAL CONTACTS

Battlefield Household Recycling Centre

See outside back cover of this guide, most useful for taking the more unusual or heavy objects you can't recycle on your doorstep.

Scrappies

Lutwyche Road, Church Stretton, Shropshire, SY6 6AT
T: 01694 722511

W: www.scrappies.org
E: info@scrappies.org
Open 11-7 Wed, 10-4 Thurs, 10-2 Sat
Collects worthwhile scrap and sorts and stores it in a large warehouse then sells it to members who use it in art and craft activities to benefit the education of children. Scrappies also run workshops so children and adults can learn about recycling and reusing materials whilst creating with a local Artist.

Shropshire Council

T: 0845 6789 007
W: www.recycleforshropshire.com

For advice on how to reduce your waste contact Waste Prevention Officer, James Thompson
T: 01743 255989
E: james.thompson@shropshire.gov.uk

Shropshire Community Recycling Limited (SCRL)

A network of Shropshire community organisations which aims to minimise waste and maximise recycling and reuse.

Giving access to a wide range of benefits including:

- Regular information about national, regional and local events, grant opportunities, projects, new initiatives
- Learning from other members who represent a wide range of interests
- Sharing experience, knowledge, best practice with other members
- Partnership with Shropshire Council who take an active part in SCRL meetings

Rosemary Collie
T: 01584 877751/07792 687903
E: rosemary@furniturescheme.co.uk
W: www.scrl.org.uk

Shed-Masters

6 Centurion Park, Kendal Road, SY14EH.
T: 01743 466328
Sells wooden containers for 2 bins and recycling boxes.

Cae Post

Trewern Depot, Nr Welshpool, SY21 9JX
T: 01938 570426
W: www.cae-post.org.uk
Excellent Powys social enterprise that collects, sorts and bales all sorts of materials including plastic, for recycling.

NATIONAL

WRAP, Waste & Resources Action Programme

Helpline T: 0808 100 2040
W: www.wrap.org.uk
Help with recycling and using more recycled materials, for business, the general public, schools and local authorities.



RECYCLING POINTS IN AND AROUND SHREWSBURY

AREA	SITE	MIXED GLASS	PAPER	FOOD TINS & DRINK CANS	PLASTIC BOTTLES	MIXED TEXTILES & CLOTHES	CARTONS
Astley	Dog in the Lane Pub	✓	✓	✓		✓	
Battlefield	Battlefield HRC Recycling Centre	✓	✓	✓	✓	✓	✓
Bayston Hill	The Beeches Pub	✓		✓		✓	
Bomere Heath	The Red Lion Pub	✓	✓	✓	✓	✓	
Castlefields	Spar shop car park	✓	✓	✓	✓	✓	
Cross Houses	The Bell Inn	✓	✓	✓	✓	✓	
Cruckton	Cruckton Hall School	✓	✓	✓			
Cressage	Cressage Village Hall	✓	✓	✓			
Halfway House	Halfway House Inn	✓	✓	✓			
Hanwood	The Cock Inn	✓	✓	✓		✓	
Harley	Cambers Store	✓	✓	✓	✓		
Hook-a-gate	The New Inn	✓	✓	✓		✓	
Leighton	Leighton Village Hall	✓	✓	✓		✓	
Longden Common	The Red Lion Pub	✓	✓	✓		✓	
Longnor	Longnor Village Hall	✓	✓	✓		✓	
Minsterley	The Callow Hall Community Centre	✓	✓	✓	✓	✓	✓
Nesscliffe	Nesscliffe Village Hall	✓	✓	✓		✓	
Pitchford	Pitchford Village Hall	✓	✓	✓			
Pontesbury	Gardeners Club, Station Road	✓	✓	✓		✓	
Shrewsbury	Radbrook Shopping Centre, Co-op	✓	✓	✓	✓	✓	✓
Shrewsbury	St. Julians Friars car park	✓	✓	✓		✓	
Shrewsbury	Barker Street, Town centre	✓	✓	✓		✓	
Shrewsbury	Frankwell Car Park	✓	✓	✓	✓	✓	✓
Shrewsbury	Old Potts Way, Asda	✓	✓	✓	✓	✓	✓
Shrewsbury	Percy Thrower's Garden Centre	✓	✓	✓		✓	
Shrewsbury	Abbey Foregate, Shirehall car park	✓	✓	✓			
Shrewsbury	Severn Apprentice Pub, Coton Hill	✓	✓	✓		✓	
Shrewsbury	Meole Retail Park, Sainsburys	✓	✓	✓	✓	✓	✓
Shrewsbury	Morrisons supermarket, Heathgates	✓	✓	✓	✓	✓	
Sundorne	Sundorne Sports Village	✓	✓	✓		✓	
Sundorne	Tesco Extra supermarket	✓	✓	✓	✓	✓	
Upton Magna	Upton Magna Village Hall	✓	✓	✓		✓	

ALUMINIUM CANS / FOIL / MILK BOTTLE TOPS

Worth £1,350 per tonne if reclaimed! Wash and squash these, and put in green box with your other cans for fortnightly kerbside collections – also clean aluminium foil e.g. from chocolate, nightlights, pie / take away trays, aerosols, deodorant cans, some metal tubes e.g. toothpaste, tomato puree, and fizzy drinks cans. There are skips at supermarkets too. Buy new recycled foil.
W: www.ecotopia.co.uk

BAGS

Jenny Lack makes great shopping bags from used drink/catfood aluminium/plastic sachets, which she sells at Wild Thyme to fund – raise for The Brooke Charity, which helps working equines belonging to the world's poorest people.

Clever Baggers

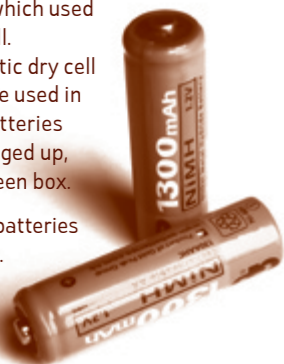
Fox Building, Severn Rd., Welshpool SY21 7AZ.
T: 0845 2600393
W: www.cleverbaggers.com
Will sell and print in bulk.

(Also see plastic bags, p 45)

BATTERIES

These throw-aways are manufactured from nasty chemicals, which used to end up in landfill. Nowadays, domestic dry cell batteries (eg. those used in torches), watch batteries can be put out bagged up, and put in your green box.

Use rechargeable batteries whenever possible.



For batteries and rechargers, and a question and answer session.

T: 0800 666 4668
W: www.batterylogic.co.uk

Better still, buy wind-up or solar-powered radios and torches, now more widely available.

CAR BATTERIES

Car Batteries need to be taken to Battlefield HRC for professional disposal.

WATCH BATTERIES

Watch Batteries can be put out for recycling collections with other household batteries or returned for recycling to Timpsons (under the market).

BICYCLES

Bicycles can often be mended, reused, and customised. There is a new social enterprise operating in Shropshire now who will collect broken bicycles and repair them. See:
W: www.re-bike.org.uk

Local bike shops can repair. Broken bike metal can be recycled at the scrap metal bays at Battlefield HRC.
W: www.gocycling-shropshire.com
 will come and mend your bike at home.

BOOKS

Books are very energy and materials inefficient, so always recycle, and buy second hand. Keep the library open (Shrewsbury Library is beautiful!), so borrow books – its free!

Publishers are waking up to seeing the environmental impact of new paper books see
W: www.green4books.org.uk

Donate to charity shops (esp Oxfam, Dogpole libraries, or book banks.

W: www.bookcrossing.com – website to follow ideas, journeys and histories of books left in a public place to be picked up and read by others – free, who then do likewise.

W: www.readitwapit.co.uk

Read, recycle and swap and talk about books online. You can recycle book paper in your green box, but put its cardboard cover and spine with cardboard waste collection.

Battlefield HRC accepts used books for re-use and recycling.

BUILDING MATERIALS

Don't tip these, they may be useful to builders, or reclamation yards such as Loosemores in Battlefield who sell and buy all types of recycled rubble and aggregate
T: 01743 443 156.

BULKY HOUSEHOLD WASTE

If you cannot transport items to the HRC yourself then you can ring the Council for a chargeable collection, (T: 0345 678 9007). These collections are now run by charitable organisations involved in recycling, so there is some benefit to the community. However its far better to avoid the item ever becoming 'waste' in the first place, so check it can't be used by someone else, see Freegle.org.uk. Businesses, trailers and large vehicles can't dump stuff at Battlefield HRC – if in doubt, ring for a permit.

CANS

Aluminium, ferrous and aerosol cans (human and pet foods) can both go in your kerbside green box. Wash and squash, please. Also can banks around town and supermarkets.

CARDBOARD

Place used cardboard in your green bin to be picked up, fortnightly, for recycling (by the garden waste / composting collection service).

GREETINGS CARDS

If you send cards, make sure the card comes from sustainable forestry, or is made of recycled paper.

You can send E-cards by using FoE's efficient and free service:
W: www.foe.co.uk/cards
 or buy FOE's sticky labels at our stalls, or
T: 01743 260971
 to reuse cards and envelopes.

Throughout January, WH Smith and Tesco and TK Maxx take back greetings cards for recycling for charity.

Headway Shropshire

Holsworth Park, Oxon Business Park, Shrewsbury SY3 5HJ
T: 01743 365271.

Day service clients can recycle old greetings cards into new.

CARS

Abandoned vehicles are an eyesore and a safety issue. Report them to the Council
T: 0845 678 9009.
New EU ruling means cars can now be scrapped free.

Salop Car Breakers

Unit 6/7 Monkmoor Industrial Estate, Shrewsbury
T: 01743 242108

Car Oil – to Battlefields HRC (see back page)

CDs

Give to charity shops, or Scrapbies, or recycle at Battlefield HRC (see back page).

CELLOPHANE

A good packaging material that biodegrades quicker than leaves! Made from digesting wood and cotton pulp in a series of chemical baths.

CLOTHES AND SHOES

All parts of textiles and shoes can be recycled and reused – even into rags or underfelt, so never just bin them. Give good quality items to Jumble sales or charity shops, for reuse and resale, and thus fundraising, or, put them out (bagged) in your green box for collection, or place them in clothing skips at supermarket recycling centres.

Humpty Bumpty baby shop – new & nearly new baby items Shrewsbury indoor market, Tue, Fri and Sat.

COINS

Many charities collect old currency, British and foreign. Also banks. Leave foreign money at port or airport of other countries for their local charities.

COMPOST

Make your own, to enrich the quality of your soil. (See Gardening section) Worm composters (see gardening section) make very rich compost and can sit under the sink. If you buy compost from nurseries or garden centres, make sure it contains no peat. (see Gardening section for cheap compost bins) For composting help, email or phone Shropshire master composters.

James Thompson at Shropshire Council
E: james.thompson@shropshire.gov.uk
T: 01743 255989

COMPUTERS

Contain hazardous waste materials, and need to be disposed of safely at Battlefield HRC. They may be mended and re-used, or if they are completely broken they can still be dismantled for recycling.

W: www.usedpcjob.co.uk/refirbish.html
T: 01978 293526

Wrexham firm safely collect, destroy data and recycle parts

UK IT Recycling

Unit 2, Duncote Mill, Walcot, (near Atcham), Shrewsbury TF6 5ER
T: 01952 740 200

W: www.enviro-pc.com
Collect old computers from colleges, universities, businesses, and homes for processing, sorting for re-use, and stripped into component parts. They also offer lowcost or free to low-income rural families or people in need.

Computers for Charity

T: 01288 361 199
W: www.computersforcharity.org.uk

Computers for Africa

T: 01622 750323
W: www.computers4africa.org.uk
Visit towns for a few days, to collect old computers that must be less than 5 years old. They visit Shrewsbury 4 times a year.

South Shropshire Furniture Scheme

T: 01584 877 751
Refurbish computers

COMPUTER CARTRIDGES

Refill Computer printer cartridges. Toners are the large, commercial ones, filled with dust colour, inkjets are wet and used in smaller, domestic pcs can be refilled while you wait at-

Cartridge World
15 Conway Drive, Monkmoor, SY2 5UA
T: 01743 365252

Ink World
182 Abbey Foregate, SY2 6AH
T: 01743 246 869
Order online with free delivery at
W: www.ink-world.co.uk/store

Recycle used printer cartridges – only 10% are presently recycled. Charity shops, Ryman stationers, the Guildhall reception area.

Action Aid
T: 0845 3100 200
W: www.actionaidrecycling.org.uk
Collect ink and toner cartridges and give freepost bags (and free collection boxes for offices).

Cartridge Express
T: 0113 2428935
W: www.lampuki.com
Recycling remanufacture old printer cartridges, helps charities too.

COATHANGERS

Green Cleaning Services
105 Mount Pleasant Rd, Harlescott, Shrewsbury SY1 3EL
T: 01743 461 274
Accept coat hangers for reuse.

COSMETICS/PERFUMES

These sometimes contain risky chemicals and shouldn't just be dumped. Battlefield HRC will take them. Choose containers that may be recyclable.

DUVETS

Duvets and washable pillows (in good condition) are accepted by Furniture Schemes. (see p 43).

Otherwise, try Dogs Homes eg. RSPCA Dorrington
T: 0300 123 0753

EGG BOXES

Return to shops and markets, or put cardboard ones in your compost bin/heap/ green waste bin.

ELECTRIC APPLIANCES

Get these repaired rather than discard, this creates valuable employment too. New EU Guidelines for electrical goods recycling mean there is a designated bay at Battlefield Household Recycling Centre too.

Industry Council for Electronic Equipment Recycling
T: 020 7729 4766
W: www.icer.org.uk
Info on manufacturers who recycle.

W: www.ecycling.com
Recycle components or metals contained in used or discarded electronic equipment.

Shropshire Council
T: 0845 678 9007
To take away a defunct fridge or cooker (for a small fee).

Donate reasonable items to Furniture Schemes

Frankwell Appliances
20, Frankwell, Shrewsbury
T: 01743 356625
Sells reconditioned appliances.

Stokes of Shrewsbury
60 Mardol, SY1 1PP
T: 01743 355752
Sell reconditioned appliances at ½ the new price, and do spares & repairs.

ENVELOPES

Re-use by sticking labels over previous addresses. (Shrewsbury Foe sell these). Remember to remove and discard any plastic window from envelopes before recycling with usual paper doorstep collection.

FOOD

Waste food creates methane in landfill, so eat it all up! We recommend you only compost raw food and not meat, fish, bread or dairy. If you want to compost cooked food you should be use a wormery instead (see Wiggly Wiggles p 27).

Of course it is better to avoid waste in the first place though, so try not to waste so much food, the average family could save about £50 per month on shopping bills! For more information on the local Love Food Hate Waste campaign visit
W: www.lovefoodhatewaste.com/shropshire

FILM CASES

Take back to Boots photographic dept. for recycling.

FLUORESCENT LIGHTS (AND LOW ENERGY LIGHT BULBS)

These are hazardous waste, and must be taken to Battlefield HRC for safe recycling.

IKEA stores will accept them back, too. There are plans to develop more instore recycling sites nationwide at the larger supermarkets in 2010, so watch this space....

Bulk lights – Recyclite
T: 0800 358 5440 or 01953 451111
Will supply storage boxes and organise collections for recycling.

FREE

ecyclebin.com
W: www.ecyclebin.com
A new active national website for giving/ receiving something you don't/ do want, saving stuff going into landfill.

efreeko.co.uk
W: www.efreeko.co.uk
A free version of ebay, giving things away instead of selling them.

Freegle in Shrewsbury
Grassroots, and growing, free, non-profit local recycling opportunity – you offer something you don't need on the web, for free, or look to acquire something yourself. and it keeps unwanted stuff out of landfill. To join, see
W: www.freegle.org.uk (replaces freecycle)

FRIDGES

(see electric appliances p 42).

FURNITURE.

Can be re-used, repaired, customised. If you donate to a furniture scheme, this may produce useful training work in mending, and the furniture is then sold on cheaply to households in need:-

Shropshire Household Furniture Recycling Partnership (SHOFUR)
T: 01691 672688
A local partnership of 5 furniture re-use charities providing a chargeable collection service (of household goods) throughout the Shropshire Council area.

Home Essentials
294 Monkmoor Rd., Shrewsbury
T: 01743 246 668
Open 9am-3pm Mon-Thu, and 9am – 1pm Fri. Phone to donate, have stuff collected or to receive if on a low income or in need. Furniture, electrical appliances and household goods. Free collection in S'bury.

South Shropshire Furniture Scheme
The Renaissance Centre,
7-8 Tower Street, Ludlow SY1 1RL
T: 01584 877751
E: info@furniturescheme.co.uk
W: www.furniturescheme.co.uk
Computer refurbishing/recycling workshop, accredited training, carpentry workshop, tea room and shops.

Collects donated furniture and household items to redistribute to people experiencing poverty.

Chairs and Spares,
Telford.
T: 01952 619197
W: www.chairsandspares.co.uk
(also runs a Community Re-paint project which accepts / sells all types of emulsion and gloss)

Relate Shop
Mardol, Shrewsbury
T: 01743 248418

Sue Ryder
10 Roushill Bank, Shrewsbury
T: 01743 356046
Receives and sells furniture.



GLASS

Put bottles and jars in the green box for recycling collections.

Pyrex, window or light bulb glass can't be recycled.

GREEN/GARDEN WASTE

Composting at home is the best solution for waste, and you can buy subsidised compost bins via the Councils scheme if you call
T: 0800 731 2572 or visit
W: www.greencone.com

Wormeries can be bought from Wiggly Wiggles (see Gardening section, p 27)

HAZARDOUS WASTE

Take to Battlefield Household Recycling Centre

INCINERATION

This and landfill are the most environmentally harmful forms of waste disposal. Greenwashed as 'Energy from Waste' or 'Energy Recovery' facilities, modern incinerators generate power in negligible quantities and have a large carbon footprint. They may emit lethal pollutants, such as dioxins, furans and heavy metals, as invisible fine particulates. An incinerator is currently proposed for Battlefield, in north Shrewsbury. It also encourages waste of resources, and diminishes recycling potential.

If we don't recycle copious amounts, the local threat of an incinerator gets worse. Also see Safe Waste in Shropshire and NOBIS (below).

INK-JET AND LASER CARTRIDGES

(see computer cartridges p 42)

JUNK MAIL

Libraries give out advice of what to do to avoid receiving mounds of junk mail. Or contact:

The Mail Preference Service,
Freepost 22, London W1E 7EZ

T: 0845 703 4599

to stop it, or register at

W: www.psonline.org.uk

LIGHT BULBS

Another good reason not to buy the old fashioned, energy-guzzling incandescent bulbs, they can't be recycled. (see also fluorescent, which can, p 43)

MAGAZINES

Give to library, doctors', dentists' or vets' waiting rooms, or recycle with newspapers.

MEDICINES

Unwanted or unused - creams, liquids, tablets or inhalers should all be returned to your chemists for safe disposal.

METALS

Battlefield Household Recycling Centre has a scrap metal skip.

WJ Furber,

Upper Battlefield, Shrewsbury

T: 0783 417 5195

buy and sell any scrap metals (not fridges or al cans). Open 8-5, Mon-Fri.

Green Box Day - a website which sends free email reminders for people to put out their recycling. **W:** www.greenboxday.co.uk

MOBILE PHONES

Mobile Phones contain many noxious chemicals, take energy to make, and waste energy if chargers aren't unplugged. Recycling is thus essential.

W: www.fonebak.com

Return phone where it was purchased or take it Battlefield HRC. Better still, charities like Oxfam and Cancer Research benefit by receiving old phones for resale etc.

NAPPIES

Don't use paper nappies, as they don't decompose, and are polluting all through their lifecycle. Reusable terry towel nappies can prevent this waste, and you could save about £800 over the lifetime of just one baby! (See Baby section p 6)

NOBIS

is a coalition of representatives of local groups of all political persuasions and none, who are opposed to incineration, instigated by local MP Daniel Kawczynski.

W: www.noburnersinshropshire.org.uk

OIL

Disposing of any kind of oils is illegal. Waste oil can be disposed of at Battlefield HRC.

PACKAGING

The Wool Packaging Company Ltd

Stable Court, Oakley, Market Drayton,
Shropshire TF9 4AG.

T: 01630 415 008

W: www.woolcoool.com

Wool-insulated boxes made from degradable fibreboard, brilliant and local alternative to polystyrene, etc.

PAINT

Scrappies in Church Stretton

T: 01694 722511

Will take paint, emulsion or gloss, as long as there is more than half a tin. Phone before travel.

Battlefield HRC (p 38) for safe disposal.

Community RePaint (charity)

W: www.communityrepaint.org.uk

Nearest collection point for domestic paint is Community RePaint in Telford (see Chairs & Spares p 43)

PAPER

Unwrap presents carefully, and reuse the wrapping paper. Put out newspapers, magazines, catalogues, etc. with fortnightly green box. Don't forget to tear up or shred private bills and financial documents, and recycle with the green waste, or compost or use as animal bedding.

PLASTICS

Derived from oil, - a finite resource, that has peaked in production, and now on the way down, a throw-away material we often use plastic (ie packaging) for a very short amount of time before discarding. It remains in the environment for a very long time, creating litter, pollution and a danger of ingestion to animals and wildlife.

Plastic milk bottles can now be recycled but its far better to avoid them in the first place. A good start is to get milk delivered in reusable glass bottles.

W: www.findamilkman.net

Milk bottle glass are reused a minimum of 20 times and after than they can still be recycled.

LOCAL CONTACTS

Smile Plastics, Mansion House, Ford, SY5 9LZ

T: 01743 850 267

W: www.smile-plastics.co.uk

Make everything from beautiful work surfaces to bird-tables from recycled plastic. See their very useful website for info on the bio-degradable/non degradable bag issue.

CAE Post (see above, p 38)

PLASTIC BAGS

W: www.plasticbagfree.com -

2 vg reasons for saying no to a plastic bag - 1.2 trillion plastic bags are produced annually, globally. In the marine environment at least 100,000 birds, whales seals and turtles are killed every year by ingesting plastic. Since Rebecca Hoskins from Modbury (Devon) spearheaded a campaign to limit their use, many UK towns have become virtually plastic-bag free. Church Stretton is now a plastic-bag free town.

Don't use them, get a permanent shopping bag instead. Failing that, supermarkets sell a bagfor-life which they will replace when worn out. Failing that, keep your old bags, and re-use, (as bin liners), give to shops or market stallholders, or recycle them - at supermarkets, Battlefield HRC no longer collects them!

If you want to use biodegradable and compostable bags and liners and cutlery, (all made from maize):

Ecosac Ltd

Tern Hill, Shropshire, TF9 3PX

T: 01630 639 614

W: www.ecosac.net

Use with kitchen and garden waste.

Biobag Ltd

Comet Rd., Moss Side Industrial Estate,
Leyland, PR26 7PF

T: 01772 641348

E: biobag@btconnect.com

W: www.polargruppen.com

(It is essential that biodegradable plastic bags are composted or put in the general waste stream, and not recycled along with ordinary plastic bags, to avoid contamination of materials. See Smile Plastic's explanatory website, above)

PLASTIC BOTTLES

Plastic Bottles - these, when discarded, litter the countryside, and do not compost away.

Plastic water and juice bottles can be recycled - along with other plastic liquid containers, such as shampoo, conditioner, washing up and cleaning liquid bottles in the numerous bring banks around Shropshire.

In mid 2010, Shrewsbury residents will be able to recycle plastic bottles along with other materials in kerbside collections. Look out for further information which will be sent to all households explaining exactly when and how nearer the time.

PLASTIC BOTTLE TOPS

Suddenly, no-one is collecting these at present. Please let Shrewsbury FoE know if this changes.



PLASTIC CUPS

Save A Cup

T: 01494 510 167

W: www.save-a-cup.co.uk

Will supply and collect your plastic cups for water or vending machines, and then recycle them into other objects. (An earthenware mug might be better.)

PLASTIC FLOWER POTS

Dobbies Bayston Hill roundabout and

Wyevale Telford Garden Centre

Station Road, Donnington. Telford TF2 8JY.

T: 01952 677733

W: www.wylevale.co.uk

take used intact pots back, but better to buy earthenware or biodegradeable (see Gardening section, p 45)

PLASTIC WRAPPINGS

Post your clean plastic wrappings (remove paper labels) to:

Polyprint Mailing Films

Rackheath Industrial Estate,
Norwich, NR13 6LJ

T: 01603 721 807

W: www.polyprint.co.uk

Or take them to Sainsburys supermarkets which will accept all types of LDPE (no 4) plastic wrappings / bags along with their in store plastic bag recycling scheme.

RECORDS

Recycled Records

Unit 24, The Parade Shopping Centre,
St. Mary's Place, SY1 1DL

T: 01743 364444

W: www.recycledrecords.co.uk

Recycled Goods Of All Kinds

See **W**: www.recyclenow.com

Refills

Take back your Ecover cleaning product plastic bottles for refilling – to Wild Thyme Wholefoods, 1-2 Castle Gates, SY1 2AQ.

Safe Waste in Shropshire

T: 07851 411282

W: www.safewasteshropshire.co.uk
Community group opposing the proposed Shrewsbury incinerator and promoting the 3 r's. Much useful information in website.

School Uniforms:

Uniform 2

W: www.Uniform2.com
A school uniform pre-owned and second hand marketplace, uk wide.

Scrappies

Lutwyche Road, Church Stretton, Shropshire, SY6 6AT
T: 01694 722511

W: www.scrappies.org

E: info@scrappies.org

Open 11-7 Wed, 10-4 Thurs, 10-2 Sat
Collects worthwhile scrap and sorts and stores it in a large warehouse then sells it to members who use it in art and craft activities to benefit children's education. Also run workshops so children and adults can learn about recycling and reusing materials whilst creating with a local Artist.

SHOES

Shoes can be repaired and resoled, at a fraction of the original purchase cost. Most charity shops or clothes banks will be able to reuse or recycle them. Or put them in the recycling collection box.

SOIL AND RUBBLE

There is a specific skip for this at Battlefield HRC.

SPECTACLES

Specs can be reglazed, most opticians accept old pairs (in good condition), or they can be posted for reuse to:

Vision Aid Overseas

12, The Bell Centre, Manor Royal, Crawley, RH 10 2F2

T: 01293 535 016

W: www.vao.org.uk

Sorting and packing these provides work for UK prisoners.

Also:-

W: www.secondsightproject.com
and

W: www.spex4less.com
and

W: www.glassesdirect.co.uk

for replacement lenses.

STAMPS

Oxfam and Red Cross shops will receive them. Also, to help save the endangered albatross, Pontesbury post office, or send UK and foreign stamps separately to:

RSPB stamps

PO Box 6198, Leighton Buzzard, Bedfordshire, LU7 9XT.

Or drop in at:

The Natural Health Centre

Radbrook Green (see health section p 29) to help the MS Society.

TELEPHONE DIRECTORIES

Telephone directories can go in the kerbside paper boxes and paper banks, along with Yellow Pages.

TELEVISIONS

(See page 31)

TETRAPAK & LIQUID DRINKS CONTAINERS

W: www.tetrapakrecyclingnow.co.uk

Now has skips at Sainsbury, Asda, Battlefield, Frankwell, Radbrook Green co-p and Minsterley Parish hall.

TEXTILES AND CLOTHES

Textiles and clothes – put in the fortnightly green box collection, or clothing skips at supermarkets, or at Battlefield HRC p 38

Don't put in duvets or pillows or rugs – these could be offered to Home Essentials, (see p 43) if in good condition, or local dog's homes.

Seconds Out

Bomere Heath, Shrewsbury SY4 3AP

T: 01939 290272

Collect in bulk all shoes, clean clothes and bedlinen, for reuse in developing nations.

TOOLS & SEWING MACHINES

Tools and sewing machines, especially hand machines – are refurbished and sent to Africa. Tools for Self-Reliance

W: www.tfsr.org

T: 01743 341912 – John Riley.

TOYS

(see Toy Library in Baby and Children's section p 6) Or charity shops.

TYRES

Never ever burn old tyres, they give off toxic fumes. If you buy new, the supplier should take your old ones and correctly dispose.

VEGETABLE OIL

Ebony Solutions UK

Weaverham Grange, Northwich, Cheshire CW8 3AR

T: 01606 301 222

Collect bulk veg oil to make and sell Biodiesel.

WATER FILTERS

All parts of the Brita Cartridge are 100% recyclable Argos, Claremont St, collect them (and old catalogues) for recycling.

W: www.brita.co.uk

WELLIE BOOTS

Plastic or rubber, put in your green box or in clothes recycling banks.

WOOD & TIMBER

Take used wood to Battlefield HRC for recycling, or reuse.

Shropshire Community Wood Recycling

T: 01939 235701

M: 07999 576054

E: SCWoodRecycling@googlemail.com

Based in Whitchurch, collects over 20-mile radius, sell wood, recycle and make wooden garden items.



XMAS

A wasteful time, make your own presents, recycle wrappings, buy recycled goods.

Cards

See **W**: www.foe.co.uk/shop or

T: 0207 490 1555

to buy a pack of FoE's sticky labels to put over last year's cards and re-send. WH Smith and Tesco and TK Maxx have special collection areas after Xmas, to aid the Woodland Trust in replanting trees.

Trees

Annually, we buy (and later discard) 5 million of these! Buy a rooted tree for replanting, or, afterwards, leave out for the doorstep garden waste collection – please note: their max. length needs to be 5' or 1.5m.

YELLOW PAGES

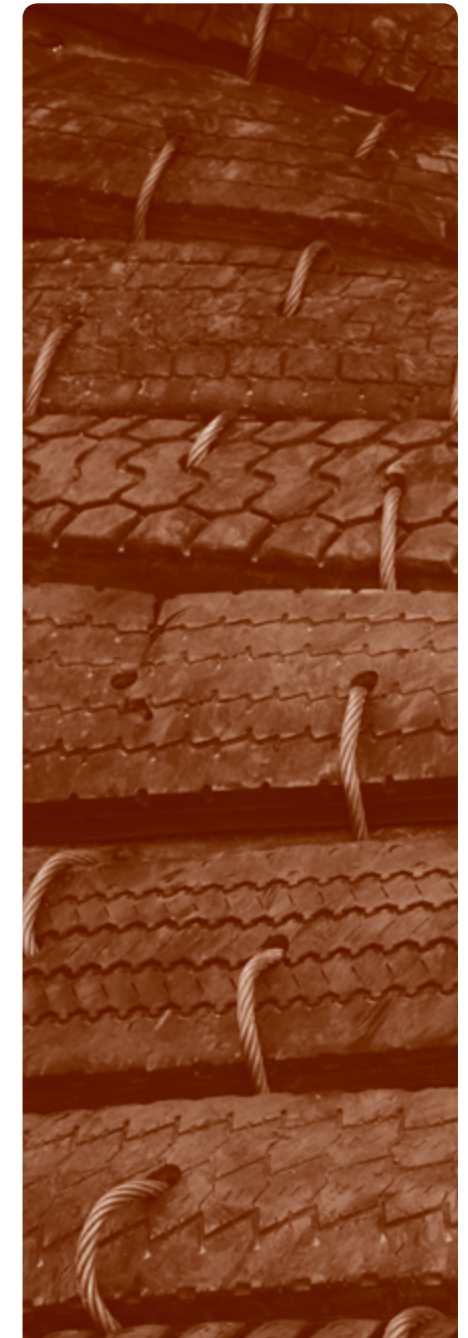
Can now be recycled along with your normal paper.

YOGHURT POTS

Yoghurt pots cannot be recycled with the Council plastic bottle recycling schemes – at present there are no UK reproducers who will recycle this type of plastic, but Cae Post in Welshpool are looking to develop options in the longer term.

ZERO WASTE

This is what we should be striving for – many towns, cities and countries (including Bishops Castle in Shropshire) have made this their ambition – **why not Shrewsbury?**



17. Services & Miscellaneous



ARTISTS

Wren Miller

W: www.wrenmillerart.co.uk

Jim Sadler

T: 07929258867

W: www.jimsadler.co.uk

Local sculptor using unseasoned green wood.

Jane Wilson, Artist/Maker

T: 07745587883

E: jane.wilson@btinternet.com

Works only with reclaimed materials creating sculptural wall panels and small constructions.

The Cloud Gallery, Shropshire

W: www.cloudgallery.org

A proposed inspirational visual arts venue for artists and public working on sustainable, communal and ethical lines.

ENVIRONMENTAL JOBS

Institute of Environment, Management & Assessment

W: www.iema.net/jobs

W: www.environmentjobs.co.uk

W: www.earthworks-jobs.com

W: www.letsrecycle.com/jobfinder

Government website

W: www.direct.gov.uk

Green Choices

W: www.greenchoices.org

An independent & excellent not-for-profit website for everything green under the sun.

GREEN FUNERALS

W: www.countryside-burials.co.uk

W: www.woodlandburial.com

Ludford Park Meadow of Remembrance

T: 01584 876637

W: www.ludfordparkmeadow.co.uk

South Shropshire Remembrance Park

Upper Stanway, Rushbury,
Church Stretton, SY6 7EF

T: 01584 841 089

W: www.shropshirewoodlandburial.co.uk

Brand new, in Hopedale.

Green Burial Ground

Westhope Church Meadow, South Shropshire.

T: 01584 861293

Green Lane Burial Field & Nature Reserve

Upper Bryntalch, Abermule,
Montgomery, SY15 6LA

T: 01686 630 331

W: www.greenlaneburialfield.co.uk

The Purple Funeral Company

Wilbury Cottage, Stanner, Kington,
Herefordshire, HR5 3NP

T: 01544 239143

Eco-friendly funeral directors, wicker, hand-painted coffins, green burial sites etc.

If you want to donate your organs for the use of other people after your death, call
T: 0845 60 60 400

W: www.uktransplant.org.uk

OTHER

Tidy Shrewsbury Group

Contact Mark Howorth, Shropshire Council.

T: 01743 254954

Street cleansing supervisor. Can lend litter pickers, etc.

Natural Friends

15 Benyon Gardens, Culford,
Suffolk, IP28 6EA

T: 0800 281933

W: www.natural-friends.co.uk

Green dating/meeting agency.

Optimum Population Trust

W: www.optimumpopulation.org

Researches into optimum population sizes and campaigns for a lower population in the UK.

Campaign against Cruel Sports

New Sparling House, Holloway Hill,
Godalming, Surrey GU7 1QZ.

T: 01483 524250

W: www.league.org.uk

Positive News newspaper

5 Bicton Enterprise Centre, Clun, SY7 8NF.

T: 01588 640 022

W: www.positivenews.org.uk

Positive green info and listings.

River Severn Users Group

Contact Robert Bullard. T: 01743 243690

A forum for water and non-water based users, which seeks to maintain and promote the special qualities of The Severn/Quarry/and river banks in Shrewsbury. We are represented on the council's own river group and are keen to restrict commercial, motorised and other inappropriate developments along the river.

World Development Movement

Contact Grant Wilson on T: 01743 362927 or

E: shropshirewdm@onetel.com

For details of informal monthly meetings.

SHOPPING

To promote the fabulous hundred and more independent retailers in Shrewsbury, especially against the threat from the 'Faceless Five' supermarkets, a new online shopping website:-

W: www.allthelittleshops.co.uk

See also W: www.shopintheoop.co.uk

Cath Tate Cards

37 Hills Lane, Shrewsbury SY11QU

T: 01743 236600

W: www.womenstand.com

Books, including books on transition, fun cards, lifestyle.

Pengwern Books

The Market Hall, Claremont St.,

Shrewsbury SY11QG

T: 01743 232236

M: 07792 615109

E: pengwernbooks@live.co.uk



18. Transition Town Shrewsbury

In October '09, a group of people met who were committed to begin the process of making Shrewsbury a transition town – part of a national movement whose aim is to equip communities for the coming challenges of climate change and diminishing oil supply.

Transition Towns

W: www.transitiontowns.org

Rob Hopkins's idea is of a community working together to look Peak Oil and Climate Change squarely in the eye and address this big question positively – what would a community need to sustain itself and thrive in a low-carbon future? How do we significantly increase resilience (our capacity to accept change) and drastically reduce carbon emissions?

Answering these huge questions involves a process of becoming:-

- less dependent on fossil fuel for transport and heating
- more local – transport, shops, foods, people skills and jobs
- more resilient in terms of health, community-mindedness, grassroots and coping with inevitable changes

See **W:** www.transitionnetwork.org

for lots of information, and links and details of books such as *The Transition Handbook* by Rob Hopkins.

Also

W: www.transitiontownshrewsbury.org.uk where future events and groups will be posted.

Or join Transition Town Shrewsbury's yahoo group

W: transitiontownshrewsbury@yahogroups.co.uk to find out more.

The Livelihood and Economy Group of transitiontownshrewsbury hope to develop a tts Supporter scheme in 2010 for local shops, businesses, charities or services that does some of the following:

- sells one or more goods or services sourced and produced locally
- helps people develop skills and expertise to become more self sustaining and reliant
- is actively reducing its energy consumption or its use of packaging, or its use of plastics, or its use of petrochemical based products.

These initiatives are also occurring country-wide.



19. Transport

Changing To A Low-Carbon Lifestyle can appear tough if you feel locked into depending on a car to get anywhere. The simple advice is, look for alternatives, and where you find them, try them out.

Maybe you're near a bus route you've never noticed, or don't know when it goes? Or perhaps it's time you tried Shrewsbury's improving cycle network, or unusually good rail connections? As the cost of oil and petrol steadily rises, learning new travel patterns means we'll be better placed as things change.

Although widely believed to be the wrong answer, Shropshire Council is still spending our money developing plans for North West Relief Road, instead of schemes for the low-carbon future.

CARS

It seems likely that car use will have to go into reverse. 'New' fuels aren't going to save us, and so much of our carbon footprint is caused by transport.

Car pooling

Join a car club, and book a car for when it's needed. Access is by smart card. Members only pay for the journeys they make. There are plenty in London but it's been slow to spread outside, as around 20 people are needed for a local pool, and so the car depot may be some distance away.

Green cars?

There aren't any. Greener cars use less fuel. For car emission figures, see:

W: www.thegreencarwebsite.co.uk

Alternative fuels

Hydrogen, compressed air, electricity, biodiesel? All have their enthusiasts, but all have downsides. None are going to revolutionise transport in the immediate future.

Electric cars simply transfer the pollution they cause from the streets – to a power station. Others are very much works in progress.

Biodiesel

W: www.biodieselfillingstations.co.uk
2 out of the 3 sites in Shropshire sell 100% post-use biodiesel, the best.

Sharing journeys

Car Share

W: www.carshare.com

Finds others travelling the same way, so you can share journeys and costs.

National CarShare

T: 0871 8718 880

W: www.nationalcarshare.co.uk
Matches drivers with passengers for a particular journey.

CYCLING

Shrewsbury's cycle network continues to improve.

More or less everything you might want (routes, maps, events, shops, bike hire, training, holidays) is on these websites.-

W: www.shropshirecycling.co.uk

W: www.cycleshrewsbury.co.uk

Cyclists Touring Club

T: 01952 251403

W: www.cycleshropshire.org.uk

Organised social bike rides

Go Cycling Shropshire

W: www.gocycling-shropshire.com

M: 07950 397335

Mobile bike repairs.

Shropshire Cycle Forum

W: www.shropshire.gov.uk

Quarterly meetings hosted by SC open to anyone with an interest in cycling.

Rebike Community Interest Company

c/o The Bicycle Hub, Fusion, Church Rd, Jackfield, TF8 7LJ.

W: www.re-bike.org.uk

Refurbish donated bikes to sell on cheaply, Provide training and bike rides.



PUBLIC TRANSPORT – GENERAL

Useful journey planners and timetables for travel by bus, train, coach and ferry

T: 0871 200 22 33

W: www.travelinemidlands.co.uk

W: www.transportdirect.info

BUS

Timetables from Bus Station, Traveline and Transport Direct (see above). Bus stops display times of services.

Free off-peak local bus travel throughout

England for the over-60s – details from Shropshire Council offices

T: 0345 678 9006

W: www.shropshire.gov.uk/traveltransport.nsf

Shrewsbury Park and Ride

W: www.shropshire.gov.uk/traveltransport.nsf

Buses to centre from 3 town fringe car parks, every 10 minutes, Monday – Saturday.

Shropshire Hills Shuttle Bus

T: 01743 251000

W: www.shropshirehillsshuttles.co.uk

Choice of 3 routes. Lots of info., bus links, timetables. (Not winter).

The Concerts Coach

T: 01743 790400

W: www.ponhill.orangehome.co.uk

Organises coaches to concerts and plays around the region.

Dial-A-Ride

T: 01743 450350

W: www.communitybasedtransport.co.uk/consortium.html

Transport for people with disabilities.

TRAIN

Train times, fares, buy tickets (book early for much cheaper prices):

National Rail Enquiries

T: 08457 48 49 50

W: www.nationalrail.co.uk

The train line

W: www.thetrainline.com

Cross country

W: www.crosscountrytrains.co.uk

Wrexham and Shropshire

T: 0845 260 5900

W: www.wrexhamandshropshire.co.uk

Direct, leisurely, cheap trains to London.

The man in seat 61

W: www.seat61.com

Excellent source of advice on rail travel, especially abroad.

FLYING

The most polluting way to travel. Flights within the UK and Europe can usually be duplicated by train. For alternatives to flying abroad, see seat61 above.

No Flights Holidays

W: www.noflights.com

T: 0844 357 0288

Holidays and travel without flying, with low carbon footprints. Useful website on why carbon offsetting is not the answer.

WALKING

Shrewsbury & Mid-Shropshire Ramblers

T: Marion Law 01952 462855

W: www.shropshireramblers.org.uk

Shropshire Young Ramblers (20-30s)

W: www.syr.org.uk

Rail Rambles

T: 01568 612571

Get leaflets from Shrewsbury railway station. Organised rural walks accessed by train –Saturdays weekly and Wednesdays monthly.

LOCAL:

W: www.greenshropshire.org.uk

Transition Towns

W: www.transitiontowns.org

W: www.transitionnetwork.org

W: www.transitiontownshrewsbury.org.uk

E: transitiontownshrewsbury@yahoo.co.uk

(See Transition Towns section, p50)

W: www.1010uk.org

Sign up to the Guardian newspaper's project to reduce your carbon use by 10% and more in 2010.

W: www.amberlinks.org

Info and links to help people respond effectively to climate change.

W: www.bethechange.org.uk

On our world view and how to change it.

W: www.climatedenial.org

W: www.coinnet.org.uk

(climate outreach and information network)

– George Marshall, author of *Carbon Detox* – about personal action towards climate change.

W: www.forumforthefuture.org

Action for a sustainable world, and blog by Jonathon Porritt.

20. Inspirational Websites & Ideas

W: www.joannamacyn.net

Writer and deep ecologist.

W: www.greatturningtimes.org

Free email newsletter.

W: www.marklynas.org

Writer Mark Lynas's book *Six Degrees: Our Future on a Hotter Planet*.

W: www.monbiot.com

George Monbiot journalist and author of *Heat: How to stop the planet burning*.

W: www.paulhawken.com

Writer of 'Blessed Unrest and Social Networking' about social, business and environmental justice.

W: www.resurgence.org

Monthly magazine with blog from editor Satish Kumar.

W: www.theconvergingworld.org

UK charity investing in renewable energy projects in the developing world.

W: www.stopclimatechaos.org

A coalition of over 50 organisations (11 million UK citizens) working together.

W: www.wisewomen.me.uk

Offers networks, speakers and events for female voices within the environmental movement.

W: www.350.org

A world-wide movement, concerned and doing actions to warn that 350 parts per million of co2 in the atmosphere is the safe limit for humanity – in 2009, we were already at 387 ppm, and rising!

W: www.zerocarbonbritain.com

From the Centre for Alternative Technology – details how the UK can eliminate emissions from fossil fuels in 20 years and break our dependence on imported energy. It demonstrates how we can achieve this by halving energy demand and installing massive renewable energy generation.

FILMS

W: www.thestoryofstuff.com

and **The Story of Cap and Trade**, 2 excellent 20min online animations by Annie Leonard, about why emissions trading, offsetting carbon etc isn't the answer, and some positive ideas.

The Age of Stupid about climate change, set in 2055, looking back at our neglect of serious action in the present time.

An Inconvenient Truth by Al Gore.

The Power of Community About Peak Oil.

21. Weddings

Weddings, celebratory and lavish one-off events, often wasteful in terms of food, energy, materials, transport – the environment tends to be forgotten at such special times. So, think global and act local.



HEN / STAG DO

Celebrate in a more “green” way locally. There are numerous local, family run, independent restaurants and pubs in Shrewsbury, and also more adventurous and crafty activities on offer that are kind to the environment, a few of which are listed below:-

Drummond Canoe Hire

W: www.docanoe.com

The Sun Valley Canoeing Co

W: www.canoeuk.com

Spokes Cycle Hire

W: www.spokescyclehire.co.uk

Shropshire Walking

W: www.shropshirewalking.co.uk

Wenlock Pottery

W: www.wenlockpottery.gbr.cc

FLOWERS

Using seasonal flowers, locally grown, and even organic, are ways of reducing the significant environmental impact of flown-in, chemically treated flowers. Additionally, if you are organised enough, you could grow your own.

FAVOURS

Why not give environmentally-minded keepsake gifts for guests (such as honey), chutneys or natural cosmetics.

Shropshire Honey

T: 01694 781544

Heathers Harvest

W: www.heathers-harvest.co.uk

Billy Bunter Boxes

W: www.billybunterboxes.co.uk

Elegance Natural Skin Care

W: www.natural-skin-care.com

The Wedding Dress only gets worn once, and costs a fortune. There are other choices:- check the local charity shops - several Oxfam stores around the Country have bridal departments (the nearest to Shrewsbury is Coventry). If you make your own dress you can be more creative with materials (e.g. recycled, organic, reused, fair trade). Some designers specialise in making wedding dresses out of organic materials.

Barnardos Brides by Appointment

W: www.bridesbyappointment.co.uk

JEWELLERY

There may be some family jewellery, or choose ethical jewellery (see Clothing section p 9 or buy from antique shops or commission local skilled crafts people to make bespoke jewellery.

TRANSPORT

Often cars are hired to drive a couple of people just a few miles - using a more environmentally friendly option can also save money. If the venue is less than a mile, why not walk? Alternatively use public transport, tuk tuk or a horse and carriage.

Shropshire Horse and Carriages

W: www.weddinghorsecarriage.co.uk

Shropshire Horse Drawn Weddings

T: 01952 840419

Tuk Tuk

W: www.tuktuks.co.uk

(Also see the Transport Section p 51)

FOOD AND DRINK

Use local and/or organic food for the wedding breakfast. There's a wide range of farm shops and local producers to choose from locally, a vineyard and several local breweries (see Food Section p 21)

WEDDINGS

GIFT LIST

There are a variety of shops and websites that offer gift lists that are more environmentally conscious using organic, recycled and fair-trade products. Several small and independent shops in Shrewsbury could also offer wedding gift lists. Instead ask guests to donate towards the honeymoon or to a charity gift list.

The Green Gift List

W: www.thegreengiftlist.co.uk

WEDDING STATIONERY

Cut down on paper use where possible, a dedicated website saves loads of paper - see recycling section p. Use recycled paper, and ask that it should be recycled after being used.

HONEYMOON

(See Leisure and Holidays Section p 33)



Friends of the Earth

With grateful thanks to members of Shrewsbury Friends of the Earth, and other local enthusiasts, including James Thompson, Waste Prevention Officer for the Shropshire Council, for helping to assemble this Shrewsbury Transition Town Green Guide. And a very special thank you to Val Oldaker (1941-2010).

Edited by Judy Coleridge. If you want to be considered for inclusion in the next guide please ring T: 01743 364157.

Disclaimer: the information contained in this guide is believed to be correct at the time of preparation. Where private companies have been listed, this does not necessarily act as an endorsement by any parties.

We have been tinkering with a perfect machine: damming up rivers, wiping out wildlands, sucking vast amounts of oil and water from the ground, dumping billions of tons of carbon into the thin layer of air that protects our home from the sun... tinker, tinker, tinker with a system that has taken billions of years of evolution to reach its near perfect state of equilibrium.

Now all of a sudden, the engine is starting to splutter. The smooth flows of air and sea currents are interrupted. The temperature is shooting up, melting icecaps and forcing sea levels to rise. We may be able to keep going like this for another generation or two, but the big crash is definitely upon us and we are running out of options on how to stop it. All of us – all six billion are starting to wail and howl like players caught up in a Greek tragedy.

Kono Matsu

 PLEASE RECYCLE THIS GUIDE WHEN IT'S OUT-OF-DATE. THANKS!

What can be recycled at the Household Recycling Centres?

	aerosols		mixed textiles & clothes		mixed glass
	car batteries		newspapers & magazines		fluorescent tubes
	televisions		wood & timber		cardboard
	cartons		batteries		shoes
	electrical		scrap metal		soil
	garden waste		used engine oil		fridges & freezers
	hardcore & rubble		plastic bottles		food tins & drink cans