

Downham Market u3a & Kings Lynn u3a – Climate Groups

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Introduction – About the Group

The Kings Lynn Climate Change group started in 2020, and the Downham Market Climate Conversations Group started in 2021. Climate Change was much in the news, and Greta Thunberg was inspiring many; you may remember she was responsible for schoolchildren skipping school on a Friday and demonstrating for action on climate change. She constantly reminded us that nothing is changing; fossil fuels are still polluting the atmosphere and driving global warming.

Both groups followed a similar path to share concerns, broaden our understanding of the climate crisis, swap ideas and inspire each other. We discuss topics which are global and local. We follow the u3a national Climate Change and Environmental Network for talks, news and updates. One member of our group attends the u3a Climate Matters online group and feeds back about those meetings.

The Downham Market group started by looking at the work of Rosemary Randall of the Climate Outreach and Information Network, who has produced a book 'Carbon Conversations' based on six meetings about climate change and carbon reduction. The book started with the basics and looked at energy in the home, travel and transport, food and water, consumption and waste, and looking for a low-carbon future.

The Kings Lynn group started by looking at what was affecting us locally, the impacts on bird populations and their potential migration from our shores as their food sources moved north to find a cooler climate. This has moved on to meeting the project team of the Drove Solar Farm near Swaffham. Whilst we are huge supporters of the principle of clean energy, we want to be assured that it does not negatively affect our environment.

Over time the two groups merged.

We welcome new members and aim to look at positive and creative solutions to what is a challenging subject. Living more sustainably, caring for our planet and lessening our impacts are always part of our discussions.

We hope you find our booklet of ideas, information and anecdotes interesting; it was produced in 2025 but still proves useful. To add to this, articles written for the monthly bulletin have been added to our webpage [Climate Change - Kings Lynn](#).

We hope to welcome you at our monthly meetings.

Does What We Eat Affect the Health of The Planet?

There have been a number of studies over the years on the global impact of meat production and consumption on the planet. These studies have looked at factors such as land use, deforestation, amount of water used, emission of greenhouse gases, (carbon dioxide, methane and nitrogen).



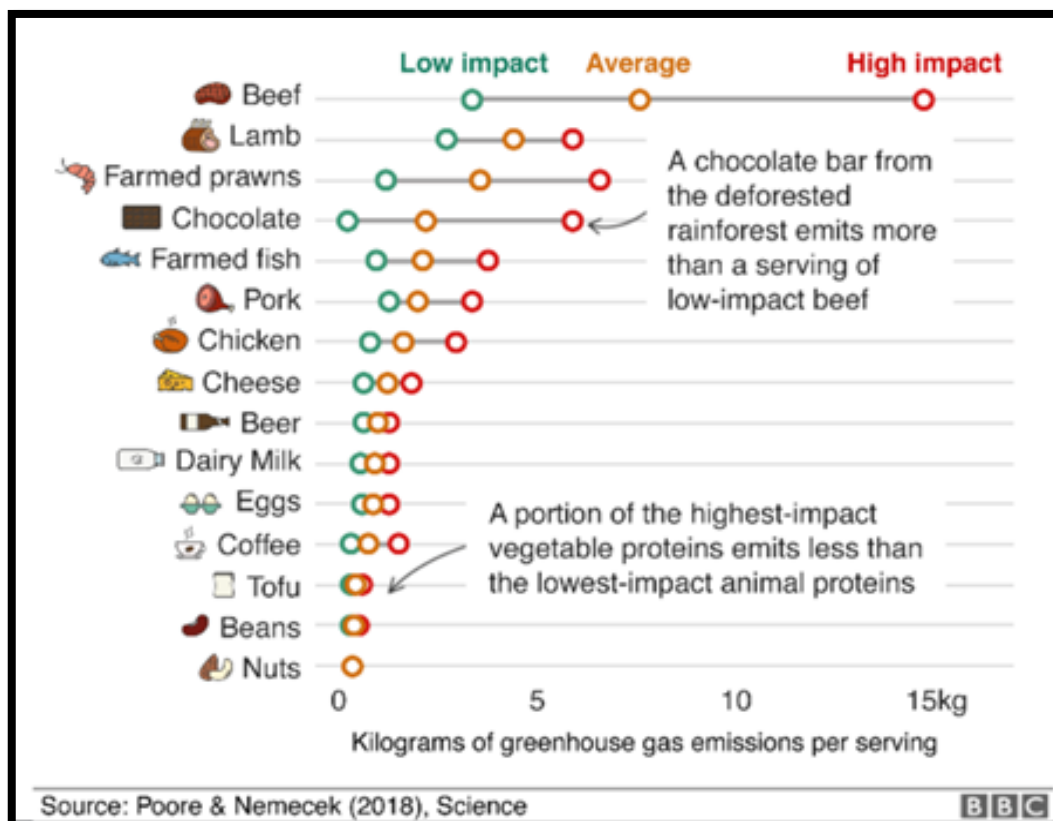
We now know that what we eat has a huge impact on the health of our planet.

The new analysis shows that while meat and dairy provide just 18% of calories and 37% of protein, it uses the vast majority – 83% – of farmland and produces 60% of agriculture's greenhouse gas emissions.

In addition, about 29% of water used in agriculture is used for meat production. It is estimated that it takes about 15,000 – 20,000 litres of water to produce one kilogram of beef. Source: Almost Zero Waste - 8 ways eating less meat helps the environment

There are probably many of you who don't eat meat at all. People have been making that choice over decades on health and probably animal welfare grounds. Of course, it is a matter of personal choice but even small changes to diet can make an impact.

This table shows the greenhouse gas emissions per serving in terms of low, average and high impact. This can help to inform our choices, also there is talk of including such information on food packaging.



Currently meat still forms part of my diet, but I have been making changes.

- We eat smaller quantities of meat, (very little beef), and eat meat less frequently. We buy good quality meat from a local butcher. The meat is reared and slaughtered locally.

In addition:

- I shop so that we eat food appropriate to the season. I don't buy strawberries or tomatoes in the winter. They are imported and, in any case, have very little flavour compared to those that are grown in the summer.
- I check to see where the vegetables and fruit have come from and avoid buying an item (if possible) if it has come from overseas, avoiding too many **airmiles**. So, no avocados from Peru or beans from Kenya.
- I try to plan meals in advance and shop only for what I need. I try not to waste food and to be inventive with leftovers. [Food waste in the UK is currently equivalent of 15 billion meals. Source [WRAP](#)]
- When cooking a meal, I usually double up on amounts and freeze the extra portions.
- I grow some fruit and vegetables in the garden. I swap any surplus with friends and neighbours. I look out for those little stalls selling fruit and vegetables from people's gardens.

Local Produce

The traditional weekly markets in the main towns are shadows of their former selves, but they usually still have stalls selling fresh produce, that is not packaged. (This produce won't always have country of origin.) You can find information about Farmers' Markets on the website '[Find Local Produce – Farmers' Markets in Norfolk](#)'. Fakenham is the nearest to King's Lynn.

There are small Farmers' Markets in [North Wootton Village Hall](#) on 3rd Saturday in the month and in [Marshland Hall](#) in Marshland St James (dates on website).

There is also a Merchants' Market in Saturday Market Place, King's Lynn, held on 2nd Saturday in the month from March to December. (It is held in the Minster if wet.)

How Much Water is Required to Produce Our Food?

Typical values for the volume of water required to produce common foodstuffs Source: IME		
Foodstuff	Quantity	Water consumption, litres
Chocolate	1 kg	17,196
Beef	1 kg	15,415
Sheep Meat	1 kg	10,412
Pork	1 kg	5,988
Butter	1 kg	5,553
Chicken meat	1 kg	4,325
Cheese	1 kg	3,178
Olives	1 kg	3,025
Rice	1 kg	2,497
Cotton	1 @ 250g	2,495
Pasta (dry)	1 kg	1,849
Bread	1 kg	1,608
Pizza	1 unit	1,239
Apple	1 kg	822
Banana	1 kg	790
Potatoes	1 kg	287
Milk	1 x 250ml glass	255
Cabbage	1 kg	237
Tomato	1 kg	214
Egg	1	196
Wine	1 x 250ml glass	109
Beer	1 x 250ml glass	74
Tea	1 x 250 ml cup	27

30-50% (1.2-2bn tonnes) of food produced globally is "lost before reaching a human stomach" due to strict sell-by dates, BOGOF deals, poor agricultural practices, inadequate infrastructure and poor storage facilities.

Up to 30% of the UK's vegetable crop is never harvested due to supermarkets demanding 'cosmetic perfection'.

Meat production requires significantly more water than cereals and vegetables. 1kg of meat requires between 5,000 and 20,000 litres of water whereas 1kg of wheat requires between 500 and 4,000 litres of water.

Inevitably, some of our food travels great distances to reach supermarket shelves. You can use this simple calculator to find out the carbon footprint of your food. All you have to do is enter the country of origin and type of food. It's certainly made me consider buying food that's produced a bit closer to home!

[Food Miles Calculator](#)

Climate change and more extreme weather means our water supply is becoming more unpredictable. Across Europe droughts are increasingly frequent and although the UK is seen as a rainy country the amount of rainfall and available water supply is distracting. For instance, parts of the UK are already subject to water stress. 12 of the 23 water companies operating in England are rated as being under 'serious stress'. We live in a part of the country which is relatively dry.

Water companies capture much less rain for our use than we imagine. Water is linked to energy. We underestimate how much water is used by water companies in treating and pumping water into our homes. Consumers demand for water has risen as the population has grown and is set to rise even more in the next decade. Our regional water company – Anglian Water is currently consulting on proposals for two new reservoirs to cope with this demand - the Fens Reservoir near Chatteris and another in Lincolnshire. Here in West Norfolk most of our supply is sourced from groundwater – boreholes, and some from river intake points.

Anglian Water is building hundreds of miles of pipeline from north Lincolnshire to Norfolk, and other parts of the east, to bolster supplies and help avoid droughts.

It will pipe 265m litres a day from Elsham, near the River Humber, to Norwich, Ipswich and Colchester, via Lincoln, Grantham, Peterborough, Downham Market and Bury St Edmund's. The Peterborough section to Bexwell is underway (September 2024). Parts of the route to the north and west have already been completed, while the entire network is expected to be finished by 2025.

Without taking any action, as one of the driest regions in the UK, with a rapidly growing population, the east of England would face a water deficit of 30m litres - more than 4,000 Olympic swimming pools - a day by 2025. Once complete, the new network of interconnecting pipelines will move water from wetter to drier areas of the eastern region to stave off water shortages for more than 4m customers.

Consumers are footing the cost via their water bills.

Thousands of trees are expected to be planted and new areas of grassland created along the route, as well as special 'commuter' fences which help bats to navigate the countryside.

Water and Food

When thinking about our water usage – we need to consider the impact of our food choices. For instance, difference in water used in intensive animal rearing, compared to water required to produce cereals and arable crops. The PETA Foundation states that it takes 1,790 litres of water to grow a kilo of wheat and five times that amount to produce a kilo of beef. The UN has reported that the global livestock industry is a key player in increasing water use – and probably one of the largest single sectoral sources of water pollution. Another good reason to reduce the proportion of meat in our diets!

Plastic Free July: Get Involved!

Next Year **be part of the solution to plastic pollution!**

Plastic Free July® is a global movement that helps millions of people to be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. You can be part of Plastic Free July by choosing to refuse single-use plastics, sign up for weekly email tips at:

PLASTIC FREE JULY

Participants in The Big Plastic Count threw away 6,437,813 pieces of plastic packaging in just one week, which means on average each household threw away 66 pieces. This amounts to 3,432 pieces a year, and we arrive at 96 billion pieces a year for the whole country by applying this average to all UK households.

Plastic, Plastic Everywhere!

We all use plastic. It often makes life easier; it's light, waterproof and often cheaper than alternatives. However, we are producing over **380 million tons** of plastic every year, with half (reportedly) being for single-use purposes – utilised for just a few moments, but remaining on the planet for at least several hundred years. It's estimated that more than **10 million tons** of plastic is dumped into our oceans annually. This use of plastic is unsustainable.

Without proper disposal and recycling, common plastics may, through the actions of wind, sea and sun, degrade into smaller and smaller pieces. Tiny pieces of plastic, smaller than 5mm, are called **microplastics**. As a pollutant, these secondary microplastics can be harmful to the environment and animal health.

Whilst people are aware of microplastics formed by erosion, they are not so aware of 'primary microplastics (microbeads)'. These are tiny particles of plastic manufactured for commercial use. They are **intentionally** added to a range of products including fertilisers, plant protection products, cosmetics, glitter, detergents, cleaning products, sports pitches and paint.

Microplastics easily pass through water filtration systems and end up in the oceans, rivers and lakes.

Neither primary nor secondary microplastics biodegrade. They accumulate in animals, including fish and shellfish, food and drinking water.

THE ENVIRONMENTAL PROBLEM

Farming

- Tens of thousands of tonnes of microplastics are spread on European fields every year, as sewage sludge is used as fertiliser.
- Around 800 microplastic particles are applied to **each square metre** of agricultural land in the UK every year!

- They are easily consumed and absorbed by animals and plants and pose a serious threat to the soil ecosystem because they secrete toxic chemicals and carry hazardous germs.
- Microplastics can change the acidity, water holding capacity and porosity of soil. This affects plant growth and performance by altering the way roots bury into the soil and take up nutrients.

Ecosystems and food chains

- Microplastics have been found in marine, freshwater and terrestrial ecosystems as well as in food and drinking water contributing to the permanent pollution of our ecosystems and food chains.
- Aquatic life and birds can mistake microplastics for food.

Human health

- A growing body of scientific evidence shows that microplastics are accumulating in critical human organs, including the brain as well as lungs, placentas, reproductive organs, livers, kidneys, knee and elbow joints, blood vessels and bone marrow.
- Recent studies are beginning to suggest that they could increase the risk of various conditions such as oxidative stress, which can lead to cell damage and inflammation, as well as cardiovascular disease.
- Animal studies have also linked microplastics to fertility issues, various cancers, a disrupted endocrine and immune system, and impaired learning and memory.

The UK is in the process of banning microplastics from certain products.

Emerging data prompts researchers to advise that we try to reduce exposure by:

- avoiding the use of plastic in preparing food
- drinking tap water instead of bottled water
- trying to prevent the accumulation of dust (which is contaminated with plastics)
- eating less meat, especially processed products

The UK has banned certain single use plastic (take aways, wet wipes). This will help to reduce the volume of plastic litter as well as microplastics entering waterways keeping our land and oceans cleaner and healthier.

In 2022, the United Nations Environment Assembly agreed to begin working toward a global treaty to end plastic pollution, which is ongoing.

Some 'Home-Made' Domestic Cleaner Recipes

Why make your own cleaning products?

If you read the ingredients of your commercial domestic cleaning products, you can find they include chemicals which are toxic, contain irritants or are corrosive. If you consider the amount of plastic & packaging you are bringing into your home – the cleaning products filling your kitchen cupboards & shelves make a major contribution.

Making your own cleaners and re-using containers can solve both these challenges. We can use nontoxic ingredients, which still tackle dirt & grease, fight bacteria and smell good. Acidic cleaners (e.g. vinegar) are best for removing mineral deposits, rust stains or discolouration from copper and other metals. Alkaline cleaners (e.g. sodium bicarbonate) are especially good at breaking down fatty or oily deposits, which is why many laundry detergents are alkaline.

If possible, we should try to avoid commercial products which use strong acids and alkalis which harm the environment.

Basic ingredients

- **Vinegar** – fights bacteria. (Don't use on marble or stone)
- **Lemon Juice** – has antibacterial properties and has a fresh citrus smell
- **Essential Oils** – distilled from plants – have natural fragrance and disinfecting properties. Favourite examples are lemon, tea tree, peppermint, lavender, rosemary, pine, grapefruit or orange. Use very sparingly.
- **Water** – For homemade cleaners, clean tap water can be used for temporary storage. For longer term storage use distilled or boiled water which has been cooled. This limits bacterial growth.
- **Castile Soap** – made from natural vegetable oils and non-toxic surfactants. Originally from Spain, made with olive oil, tackles dirt but is gentle on skin & the environment. It biodegrades, is nontoxic and slightly alkaline. (The soap comes in liquid form – or laundry quality can be purchased and grated.) Available from Amazon and other outlets – check online.
- **Sodium Bicarbonate (Bicarbonate of soda – baking powder)** - Mild alkali, causes dirt & grease to dissolve easily in water. It also deodorises. Available from DIY stores and supermarkets.

How to make a multi- surface cleaners:

1. Castile Soap Surface Cleaner.

2 cups distilled (or boiled cooled) water

2 tablespoons Castile soap (up to a quarter of a cup)

15 drops of essential oil either lavender, peppermint or orange.

Pour the water into a spray bottle (use funnel if needed). Add Castile soap and essential oil – shake gently to mix. Shake before use – can be stored at room temp. Spray cleaner on the surface, wipe off with damp cloth to avoid a soapy residue.

2. Vinegar Surface Cleaner.

1 cup distilled (or boiled cooled) water

1 cup white distilled vinegar, juice of half a lemon (optional)

15 drops of essential oil, lavender, peppermint, orange or lemon as preferred.

Pour all ingredients into spray bottle (use funnel if needed). Gently shake to mix. If using fresh lemon juice store the cleaner in the fridge. Do not use on marble or granite surfaces.

3. Carpet Freshener.

Mix a few drops of essential oil with bicarbonate of soda. Sprinkle on carpet and leave for 20 mins then vacuum.

4. Citrus multi-surface cleaner.

Pack a jar tightly with leftover citrus peel, fill jar to the top with vinegar. Close lid and put on a sunny windowsill to infuse for a couple of weeks.

Strain the vinegar, discard peels & store vinegar in a glass jar in a dark cool spot.

To make the cleaner, pour half cup of vinegar into spray bottle. Add 2 cups water, 1 teaspoon castile soap and 20 drops lemon essential oil, if desired. Screw on lid and agitate well.

Before use, shake the mix, spray onto surface and wipe clean with damp cloth. (Remember not to use on marble or granite!)

5. Toilet Cleaner

1 cup of white vinegar

half teaspoon tea tree oil

half a cup of baking soda

Mix vinegar & tea tree oil in spray bottle. Spray inside toilet surfaces – leave for several minutes. Sprinkle baking soda in the bowl and use brush to scrub clean. Wipe the toilet clean with dry cloth.

These are just a few examples to try out. There are many sources of home-made cleaning ideas online or in books and magazines.

(from: online WEA course called 'Make your own home-made cleaning and beauty products')

Some Tips for Saving Water

In light of more frequent bouts of hot weather, it makes sense to conserve that most important of all resources – water. Every minute we spend in the shower accounts for 10 litres of water – more if you have a power shower! We also need to consider how much it is costing us to heat our water, unless you are a cold shower advocate or you have solar water heating.

Anglian Water give a few statistics to consider.

- More than 70% of household daily water use is in the bathroom.
- 46% of householders don't know how much their daily consumption of water is – and guess at under 20 litres.
- The average person uses 136 litres of water per day.
- Cutting your daily shower time to 5 minutes could save 200 million litres of water every day across this region. It could also save you over £50 per year off your electricity bill. (Use a timer!)
- Typical households spend 12% of their energy bill heating water.
- Saving water means saving energy.
- Flushing the loo contributes to our water demands. Having a dual flush toilet will, provide a saving of 12,500 litres per person per year. Older type w.c. cisterns can have a displacement device (or hippo*) installed to save 2 litres per flush.
- Turn off the tap when cleaning your teeth. (Or washing your face, shaving or washing up.) You could save 2 full buckets worth of water a day.
- Each cycle of your dishwasher uses 15 litres water. Make sure your dishwasher is full before switching it on.
- Doing a full washing machine load of clothes each wash will save you 10 litres of water.

Check out [Anglian Water Website for free water saving kits](#)

More Water Saving Tips

1. Only use as much water as you need to boil a kettle.
2. Don't overfill pans for cooking – steam vegetables for preference.
3. Save hot water in a flask – and keep a bottle of cold drinking water in the fridge rather than running the tap until it cools.
4. Use water butts to collect rainwater for the garden.
5. If you have to run a tap whilst waiting for the water to heat, collect it in a bowl; use it for watering plants.
6. Maintain your appliances; deal with drips and leaks promptly. Descale kettles and shower heads so they work more efficiently.
7. Water plants with watering cans rather than hoses.
8. Wash cars using buckets rather than a hose pipe.

Why do we need to save water anyway?

Water is a precious resource. Our domestic water supply consists of purified and filtered water – whether we use it for drinking, cooking, cleaning or flushing the loo. We can't take our water supply for granted.

Careful Driving Saves Money!

Running a car is expensive and can be one of the largest contributors to your carbon footprint. So, every little helps to cut costs and reduce your fuel usage. Here are some tips, but for full details see [How To Save Fuel: Money Saving Driving Tips - Which?](#)

1. Supermarkets traditionally offer cheaper fuel, but shop around

Check locally on websites such as [PetrolPrices.com](#), or download a price comparison app such as PetrolPrices: UK Fuel Prices

2. Avoid premium unleaded

While there's no harm in using premium or 'super' unleaded, there's usually little benefit (unless your car needs the higher octane).

3. Drive smoothly

Try to accelerate smoothly. Try to, keep the revs between 1,500 and 2,500rpm (petrol engine) and 1,200 and 2,000rpm (diesel engine). Read the road so you don't need to brake suddenly or unnecessarily. Braking wastes the energy used to get a car up to speed.

4. Change gears earlier

Try changing up a gear at 2,000rpm and see if the engine can cope with this. Many new cars will have an indicator, informing you of the most economical point to change gear. Some have an 'eco' driving mode.

Skipping gears (e.g. going directly from 1st to 3rd) can also help reduce fuel consumption.

5. Stick to the speed limit

The faster you drive, the higher your fuel consumption will be.

6. Check your tyre pressure

Make sure your tyres are at the correct pressure as stated in the car's handbook (or often on a sticker on the driver's door pillar).

7. Empty your boot and reduce drag

Remove all unnecessary equipment such as roof racks and and cycle carriers to reduce weight, and to make the car more streamlined.

8. Turn equipment off

Sparing the use of air con can lead to significant fuel saving! The same goes for the heated rear screen, demisters and headlights – if you don't need them, switch them off.

The green (but expensive) alternatives:

An alternative is to buy a hybrid or electric car. The hybrid car is great for local travel, when you can use the battery. It will start consuming fuel on longer journeys when the battery is flat.

An electric car is also great for local travel, and, knowing the range of the car, it is straightforward to plan a recharging schedule for longer journeys. (The car will be recharged by the time you drink your coffee!) If you have a home charger, there is also the added advantage of getting very cheap deals (around 7p per KW) from electricity providers at night which means that you can run other household items at this cheap rate.

The Essence of Carpooling

Sharing with just one other person halves the number of vehicles on the road, emissions and travel expenses.

[Liftshare.com](#) has been running for 25 years and in that time, they've helped their members to cut 360,000 tonnes of CO₂ emissions, so it really is the next best thing to leaving the car at home.

You can access Liftshare on the computer ([Liftshare.com](#)) or on your phone (the app is called Mobilityways). They are very easy to use.

Simply register for free with your name, email, and profile photo.

After activating your account, put in your journey details and the times you want to travel. (This may be regular journeys or a one-off journey)

Then find your match and arrange when and where to meet.

This is an ideal way to cut the cost of driving, take more cars OFF THE ROADS, and give you company on the way.



New Government Grants for Heating

Apply for fully-funded, energy-efficient home improvements!

Many residents in Norfolk could now be entitled to fully-funded home improvements through a new Norfolk Warm Homes Scheme.

If eligible, you can improve the energy efficiency of your home, at zero cost, helping to reduce your energy bills and keep your home warmer. All work will be carried out by council-approved contractors.

Eligibility is based on income (less than £36K p.a.) or postcode. The EPC rating of your house must be D-G. (If you don't have a current EPC certificate, Norfolk Warm Homes will organise one for you!)

Who's paying? The Norfolk Warm Homes Scheme is a partnership, working with local councils across Norfolk, to provide home energy efficiency improvements for eligible homeowners and private renters. Funded by the Department for Energy Security and Net Zero (DESNZ), the scheme aims to reduce energy usage, lower household bills, and cut carbon emissions.

We highly recommend that readers visit the Norfolk Warm Homes website (<https://norfolkwarmhomes.org.uk>) or call 01603 430103 to discuss all available options. The website also provides links to various other sources of information.

Households relying on oil or LPG for heating are immediately eligible for the [Boiler Upgrade Scheme](#) (BUS), which, among other things, gives £7,500 towards an air-to-water heat pump and £2500 towards an air-to-air heat pump (which provides air conditioning in summer).



The poster features a circular aerial photograph of a suburban neighborhood with green fields and yellow rapeseed fields in the background. Below the photo is the 'NORFOLK WARM HOMES' logo, which consists of a stylized house icon and the text 'NORFOLK WARM HOMES'. Underneath the logo is the text 'Make your home more energy-efficient with government funded grants'. Below this are three circular icons: a stack of coins, a wrench and screwdriver, and a group of three people. Each icon has a corresponding text block: 'Fully funded installs at zero cost to owner-occupiers', 'High standard installs registered with Trustmark and MCS', and 'A dedicated delivery team to support you throughout the process'. At the bottom, it says 'Call us on 01603 430103 to find out if you qualify or visit norfolkwarmhomes.org.uk for more information'. A QR code is located in the bottom right corner. At the very bottom, there are logos for Breckland, Broadland, King's Lynn & West Norfolk, North Norfolk District Council, and South Norfolk.

NORFOLK WARM HOMES

Make your home more energy-efficient with government funded grants

- Fully funded installs at zero cost to owner-occupiers
- High standard installs registered with Trustmark and MCS
- A dedicated delivery team to support you throughout the process

Call us on 01603 430103 to find out if you qualify or visit norfolkwarmhomes.org.uk for more information

Making Our Home More Energy Efficient

After becoming involved in discussions on climate change, I wanted to make our home as energy efficient as possible. We are undertaking this in stages.

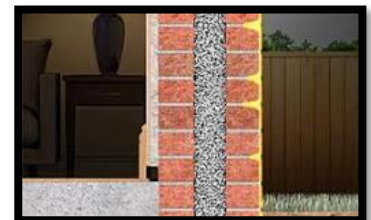
Stage one, was to increase the insulation in our loft, it was well below the recommended level of 300 mm. As a result, we were able to turn our boiler temperature down from 60°C to 50°C. I am afraid we cannot quantify a monetary saving here, but it did mean we could turn the temperature down in each room.



Stage two, we had 20 solar panels installed on our large south facing roof. Together with 3 batteries allowing us to store 10.5kw of electricity either through excess production during the day, or overnight at the cheaper rate from the grid. On a sunny summer day, we have exported 40kw. We are now net exporters to the grid. Prior to installing our panels, our annual electricity bill was £1900: it is now £200. This is proving to be a better investment than we first thought! Some changes were required, the

dishwasher and washing machine are only used during daylight hours. In fact, we try to restrict, where possible, using electricity at other times.

Stage three, we had our cavity wall insulation inspected. This proved to be more than adequate, so no further work was necessary.



Stage four will be the replacement of our oil boiler with an air source heat pump. To make this more cost effective, we will install another battery to allow greater storage of the overnight cheap rate electricity. This will probably not be for another 2-3 years as the current boiler is not that old, so we plan to wait until it fails or becomes inefficient.

Improvements have also been phased to coincide with financial constraints.

Energy Saving Advice

5 quick wins for saving energy at home

Here are our top tips to cut your energy bills whilst taking care of the planet.

1. **A tumble dryer is an energy guzzler**
2. **Turn off devices on standby when not in use**
3. **Fit energy saving LED light bulbs**
4. **Monitor your energy usage**
5. **Turn down your heating**
6. **Buy energy efficient appliances**
7. **Thick rugs and curtains keep warmth in and draughts out.**
8. **If curtains hang in front of radiators, they block heat.**
9. **Draught excluders for internal doors can be made by stuffing some old tights.**
10. **Extra insulation to your hot water tank could save up to £70 a year.**
11. **Using your heating when you need it, is cheaper than running it all the time on a low setting.**

You can also check out the government's [energy saving advice](#) and use the [Carbon Footprint Calculator](#) to discover more ways to save energy and reduce your impact across food and transport as well.

Greener Gardening

On moving to Kings Lynn, I needed to bring the garden under control. So, I began using as many recycled things as I could, because I hate waste.

During the year:

1. Double dug the borders, and got rid of the unruly roses, and honeysuckle. Took cuttings to produce fresh controllable plants for the following year. Passed some plants to friends.
2. Cut back the forsythia hedge four metres high. Layered the lower branches to encourage privacy, and thickness at the base.
3. Cut the waste wood from the hedge into small pieces and covered with unwanted rugs and lined the boundary fence. This made an interesting bug friendly, weed free covering, which still looks good in its second year. Found old towels, and sheets worked just as well.
4. Pots are wicked (an old string mop head) to bring water from their saucers. A layer of towelling at the bottom ensures watering is minimal.
5. Pots always kept full of leafy plants to shade the roots of trees, grown from saplings. Blood fish and bone ensured plants remain healthy.
6. Planting: Filled pots with a light layer of leaf litter, then compost to two thirds, which saved compost, made pots lighter to move around, and gave the plants more protection from the wind, rain and frost.
7. Vegetables don't have to be put in the corner! Found beetroot, parsley, radishes, and cabbages looked great amongst the flowers, and no damage from pigeons!
8. Putting beans in cardboard toilet rolls gave good strong plants, and brambles around the rows kept them slug free. Cardboard between the rows meant no weeding and little watering. Marigolds looked pretty and kept the flies away from the carrots. Swiss chard, cabbages, and garlic can be cut and kept a second year!
9. Old trousers make great grow bags, sitting on old trays. Easily fed by watering the trays.
10. Planted sunflowers. which the bees loved. Kept the seeds, and dried some stalks, which, hollowed out, became bug hotels resting amongst the fence posts.
11. Used plastic pop bottles as incubators, and plastic food trays as water trays under small pots.
12. Old plastic milk containers, and shampoo bottles worked well as water drip feeders while away on holiday.
13. An old net curtain stopped weeds, and creatures falling into the water butt.
14. Made a patio from a neighbour's unwanted slabs. Edged both lawns with off cuts from their fencing. Made an alpine escarpment, lightening the heavy clay soil using their children's discarded play sand. Old mirrors enhance the garden, so it appears bigger.
15. Turned old sofa cushions into new ones for the fairy grotto.

BEFORE



AFTER



FREE PATIO



WEED CONTROL



SHADED ROOTS



MIRRORS



OLD HEDGING



SAPLINGS



LAWN EDGING

Personal Experience of our Changing Climate

When I (finally) fully retired, I thought I would really get to grips with our overgrown garden. I have always enjoyed growing things and I enjoy cooking. My husband helpfully bought me a polytunnel and helped build it. As I wanted the garden to be reasonably orderly and successful, I started a diary just to keep track of when, what and where I had planted things. This has developed over the years.

I started in 2011. Most days things were as expected: in March 2012 it snowed, so nothing was planted outside that week. However, as the years have progressed, I find I am planting more outside as it is generally warmer - I don't like the cold!

We are still having late frosts.

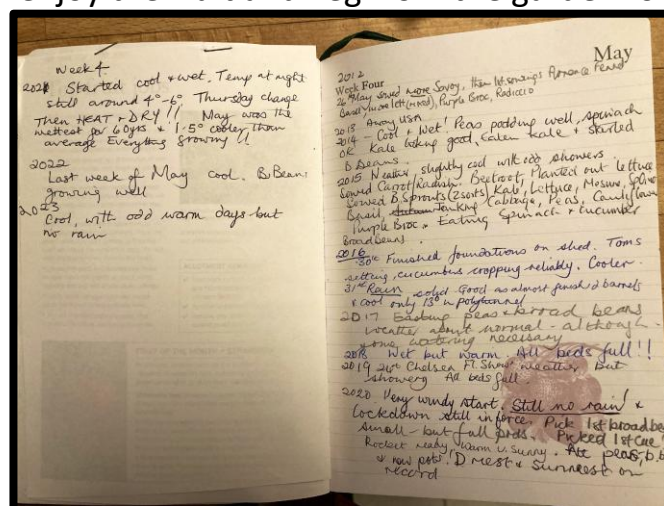
No surprises, but after a series of dry days I started recording rain and by March 2022 it had not rained for over a week, with a late frost in April. Most of my seedlings had disappeared. April was much the same with not a lot of rain but fluctuating temperatures. In 2020, the temperature in the second week in April was 23°C to 24°C but dropped by 13°C the following week! Apart from last year April is becoming a dry month. Many of the summer months see little rainfall.

I have also noticed the increasing lack of insects. I often used to get stung when picking plums, this year I have seen three wasps.

Many summer nights we sat out watching the bats looking for insects but I have not seen them this year at all.

We all know our climate is changing, looking back over my diary I can see it. So, I will have to change my way of gardening. I try a lot of autumn planting to catch the wet weather - beans, peas, onions and garlic. I try and grow plants that don't require lots of water (apart from the polytunnel).

Hopefully my family will enjoy the fruit and veg from the garden for many more years.



Conserving Water in the Present Climate

May is the month when I refresh my pots. I use plastic pots because they are lighter to move, less expensive to buy, stay hydrated longer, and don't become lethal radiators when summer temperatures soar.

I gave my willow, horse chestnut, and silver birches away to increase a woodland, but took cuttings. Young willows now adorn pots on my patio surrounded by evergreen sedums, hebes and grasses, which keep the surface decoratively covered and cool. This encourages growth, and attracts more birds, butterflies and bees. Only this morning, I saw a blue tit on the hedge and a chalk-blue butterfly flitting around my alliums!

A string wick runs from the saucer beneath my pots to the inside, where old cotton fabric sits under old compost mixed with leaf litter, before a specimen plant is centrally placed, surrounded by fresh compost and any tender annuals. This four-finger space from the rim holds any rain and provides a buffer from any harsh wind, which can soon ruin the display. Two water butts linked to the house's downpipe each have hoses attached so any overflow leaks into my flower border and not down the drain. Cardboard and leaf litter ensure there is very little bare soil for the sun to scorch, so the plants are healthy, and toad is happy hanging out in a pot's shady saucer!

Watering is done early in the morning or last thing at night to avoid evaporation and scorching. The plants (which are mainly hebes, salvias, lavenders, sedums, grasses and geraniums because they are long-flowering) require little maintenance and little water, tolerating long dry summers.



Introduction to Home Composting

I enjoy working in my garden. It contains a mixture of ornamentals, a few mature trees and wild places, plus an area to grow fruit and vegetables. Part of the gardening process for me is making my own compost. It improves my soil, adds nutrients and helps retain moisture. And it's all free of charge from the waste in my garden and from the kitchen.

The UK Government proposed banning peat-based composts to nonprofessional gardeners by 2024. It hasn't happened yet, but it is coming so we need to think beyond using peat ourselves.

We need to leave peat undisturbed in the ground. When peat bogs are dug up or dry out a huge amount of carbon dioxide is released into the atmosphere, contributing to global warming.

Peat also filters water and stores excess water, reducing the likelihood of flooding. So, let's make sure that if we buy compost, we buy only peat free.

Home composting is very simple to do and immensely satisfying. You can just create a heap or buy or make a bin if you prefer. It is tidier to use a bin. The key is to add equal amounts of green material and brown material. Green materials are weeds, soft prunings, grass clippings, uncooked vegetable peelings. Brown materials are woody prunings, dead plants, scrunched up newspaper, shredded documents, leaves.

A few tips:

- *Don't add too much of any one type of material in one go, especially grass clippings which go very slimy. Try to roughly alternate a layer of woodier material with softer green stuff.*
- *If it is organic it will compost, so anything that is derived from plant material composts well. Rhubarb leaves, though poisonous are fine in compost.*
- *DO NOT compost cooked foods, meat, dairy products or bread. It becomes smelly and attracts vermin.*
- *DO NOT compost dog faeces or contents of cat litter trays. The waste may contain Toxicara.*
- *Keep an eye on what is happening to the material in your compost heap. If it looks rather dry, add more green material. If too wet add more woody material. Scrunched up newspaper or paper shreddings will do.*
- *If the contents become too compressed just stir with your fork to incorporate more air into the heap. Composting needs oxygen: it is an aerobic process.*
- *Try and avoid adding pernicious annual weeds, such as ground elder bindweed, couch grass. Instead leave them in a bucket of water and when they are a slimy mess add them to the compost heap.*

The rate at which decomposition takes place varies according to the temperature and it happens much more quickly in summer. Plants such as nettle leaves and comfrey leaves speed up the process. But you need to be patient. It usually takes

about 9-12 months.

But it is well worth the wait. You should end up with a beautiful crumbly mix that has a faint, pleasant aroma. You can spread it over your garden beds to add nutrients to your soil and to suppress weeds, use it to pot on plants and seedlings and to top dress patio pots.

Norfolk County Council has very good advice on home composting [NORFOLK RECYCLES - The Wonder of Compost](#) as does [Garden Organic](#).



This compost bin is quite productive and robust. Available from County Council website. Or you can find them for free on the recycling centres.



Bees and Snails



Hello, I am the SNAIL.

I know I sometimes cause trouble by feeding on your garden plants. But please, don't kill me with poisons that cause suffering and contaminate your garden! Instead, use coffee grounds around your plants. I'll stay away, and you'll nourish the soil since coffee grounds make a great fertiliser.

(Facebook)



Household Waste

GENERAL

Waste from UK households: 27.7 million tonnes per year

In less than five hours, the waste we produce would fill the Albert Hall. It is equivalent to the weight of three and a half million double-decker buses: the queue would go around the world two and a half times!

Waste per UK household: Almost 1 tonne per year

UK households throw away between £250 and £500 of potentially edible food every year.

Waste per person in the UK: 413 kg per year (over 1 kg per day!)

On average, each person in the UK throws away their own body weight in rubbish every seven weeks.

Percentage of household waste that is recyclable: 80%

Percentage of household waste that is actually recycled: 45%

Municipal waste sent to UK landfill: 14 million tonnes per year

PLASTIC

Plastic bottle waste in the UK: 14 billion bottles per year (38 million per day!)

Percentage of plastic bottles recycled in the UK: 59%

25 two litre plastic bottles can be recycled into an adult-size fleece. Recycling just one plastic bottle saves enough energy to power a 6W lightbulb for sixty hours.

PAPER

Paper waste in the UK: 12.5 million tonnes per year

The average UK family throws away 6 trees worth of paper in their household bin a year.

Percentage of household paper waste recycled in UK: 71%

Paper going into UK landfill: 5 million tonnes per year (40% of all landfill)

Each Christmas as much as 83 square kilometres of wrapping paper ends up in UK rubbish bins, enough to cover an area larger than Guernsey.

GLASS

Glass containers (jars and bottles) used in UK: 5 million tonnes per year

Percentage of household glass waste recycled in UK: 74%

*Recycling just **one** glass bottle or jar saves enough energy to power your computer for 20 minutes.*

Glass containers going into UK landfill: 14 million per day!

ALUMINIUM

Aluminium cans used in the UK: 12 billion per year

Each can used could be recycled to make a new one, which would save large amounts of energy, raw materials and waste. There are more than 30 million pounds worth of empty aluminium drinks cans in the UK just waiting to be collected, cashed in and recycled.

Percentage of household aluminium waste recycled in the UK: 75%

Recycling one aluminium can saves enough energy to power your TV for three hours.

E-WASTE

E-Waste describes all types of electrical and electronic equipment and components that have been discarded without the intention of re-use. This waste can be toxic, is not biodegradable and accumulates in the environment: in the soil, air, water and living things.

E-waste generated in the UK: 1.6 million tonnes per year

Percentage of e-waste recycled in the UK: 54%

The 3 Rs – reduce, reuse, and recycle – are the best way to manage e-waste.

Reduce: Whenever possible, try to use fewer electronics. This means using energy-efficient products and only buying what you need.

Reuse: Instead of throwing away old devices, try to repurpose them for other uses or find someone who can use them.

Recycle: When it comes time to get rid of an electronic device, make sure to recycle properly. Make sure you check with local authorities on how to do this, as there may be specific regulations in your area.

Local Recycling Opportunities:

- BCKLWN collects [smaller items of electrical waste](#) with the weekly bin collections.
- **Reuse shops**
Larger electrical items and any other household items can be taken to the [reuse shop](#) at King's Lynn Recycling Centre for resale – ideal for getting rid of things you don't want, and well worth a visit for a rummage!
(This service is not available at Wereham (Crimplesham) Recycling Centre).
- **Electric/Electronic Recycling**
Electronic items can be taken to electronic retailers (e.g. Curry's) for recycling. Electronic and electrical items can be taken to somewhere like the Salvation Army Charity Shop in Wisbech. Search for your nearest disposal centres – all those metals can be reused!

Refilling – Fill, Weigh, Pay, Repeat

Rebekah has been running her eco refill station, [Green Village](#), in Downham Market marketplace for 3 years. In that time, she estimates that she has saved people from buying 14,000 plastic bottles! Every glass bottle she sells gets returned and reused about 42 times.

Since she was a child in Queensland, Rebekah has been passionate about the environment and sustainability. She believes that we need to work to change people's attitudes and encourage them to become more aware of the environmental problems we face, so enabling them to make conscious decisions to work towards a solution. She set up her stall, sourcing products from sustainable UK businesses, with the goal of creating a grass roots movement towards positive and sustainable change within the community.

Green Village visits Downham Market marketplace on the 1st and 3rd Saturdays of the month. Bring a container to stock up with cleaning products, personal hygiene products and sustainable household items. (A 'delivery and refill' service is also available on the website.)

Fill, Weigh, Pay, Repeat

1. **Fill** your container/jar/bottle
2. **Weigh** the contents of the item (weight of container is deducted)
3. **Pay** for what you take
4. **Repeat** - bring it back again for refill!

What do I need to bring?

Anything watertight or able to hold a powder;

e.g. plastic shampoo/washing up liquid bottles, takeaway containers, plastic jerry cans, glass jars or bottles, plastic spray bottles.

Spare bottles are also available at the stall.



Buying and Selling Pre-Owned Items

Our family have become great users of online websites to get rid of items that we no longer need. You can donate to charity shops, but it's not always certain that the item would be seen by someone who wants to buy it. Donation is also trickier with larger, bulky items. We decide whether we want to sell something or give it away. It is also a great way to buy household items that someone else no longer needs. It's a modern version of the old, classified ads that used to fill newspapers each week.

We have bought good quality second-hand baby and children's equipment, an electric bike, furniture for the home, garden and DIY tools.

Our preferred online marketplace is [Gumtree](#) where you can sell, give away for free or buy items. It isn't an auction like eBay so you name your price. (Nb. eBay also sells many items for fixed prices.)

Gumtree is widely used. You have to register with the site with a few basic details but there is no charge.

If you decide to advertise an item:

- clean it if necessary
- take some good, clear photos (if possible, with a neutral background) from different angles
- if appropriate, include photos of the item assembled and packed away
- show labels and any damage or wear and tear
- if you still have the box and instruction manual, include photos of these
- give a clear, honest description of the item
- name your price. If you're not sure, look at the website to see what other people are asking for similar items
- Your advert will then be posted online after verification by Gumtree.

Interested parties will contact you via the website, and you can answer their questions about the item. We have a 'rule' that we ask the potential buyer to ring us to discuss arrangements for collection before giving out our address.

You can also give away items via [Freecycle](#) (non profit) or [Freecycle](#) which is a charity.

On the whole most replies are genuine, but occasionally some are not. People are sometimes too keen to say yes to a freebie without thinking about how they will collect the item.

There are lots of online selling platforms. I have just listed what works for us.

[Vinted](#) has become very popular for buying and selling clothes, shoes and accessories.

An example of a listing on Gumtree:



Light fitting - FREE

 [South Wootton](#)

Description

FREE - Bathroom light fitting. White glass globe approximately 25cms in diameter that screws into a plastic mount. Bayonet fitting bulb needed. They look like a white belisha beacon.

I have 2 of these. They are approx 30yrs old but in a good working condition. Unfortunately they do not have current certification for use in a damp area so were removed by an electrician.

Collection from South Wootton Norfolk

Posted 2 days ago

 **David**

 5

Member since 2017

Repair Cafés

As we've found out, we waste vast amounts of 'stuff' - even things with almost nothing wrong which could get a new lease of life after a simple repair. The trouble is, because of our throw away society, people don't even think about repairing things – they just go and buy a new one! This is a threat to a sustainable future and to the circular economy, in which raw materials can be reused again and again. People are losing the understanding of 'value'.

The first [Repair Café](#) was started in Amsterdam in 2009. There are now over 3000 worldwide! They are free meeting places where people can take broken items from home and repair them together, as an ongoing learning process. There will be tools and materials to help you make any repairs you need (on clothes, furniture, electrical appliances, bicycles, crockery, appliances, toys, etc.) and expert volunteers, with repair skills in all kinds of fields.

In an ideal community café, people share repairing skills and practical skills are passed on. As a result, things last longer and don't go to landfill; it reduces the volume of raw materials and energy needed to make new products; and it reduces CO₂ emissions from manufacture and decay.

Repair cafés are laid-back , friendly places, where you can have a cuppa and maybe help with someone else's repair job.

There are repair cafés in [Parson's Drove](#) and [Wisbech](#).

You can always set up a new repair café in your local community. Read out how you can do this on the [Repair Cafe](#) website. Encourage the sharing of skills and bring your community together!



Recycling Symbols Explained

Recycling Symbols 'Explained'



The 'Mobius Loop' shows that the material can be recycled, but it does not indicate that it can be recycled in your kerbside recycling.



Producer contributes to a packaging recovery scheme. This has nothing to do with recycling and does not indicate whether or not the item can be recycled.



This is just a reminder to be tidy. It does not indicate that an item can be recycled in your kerbside recycling.



Terracycle is a specialist recycling scheme. The material needs to be pre-sorted and sent to their facility. Do not put it in your kerbside recycling.



Widely recycled by 75% or more of Local Authorities. But it still isn't collected by **all**, so you need to check.



Product is made from recyclable aluminium. It does not indicate that the item can be put in your kerbside recycling.



Packaging is widely recycled. But it still isn't collected by **all** Local Authorities, so you need to check.



Product is made from recyclable glass. It does not indicate that the item can be put in your kerbside recycling.



Packaging is recycled by less than 20% of Local Authorities. Some Local Authorities will accept it, so check.



Product has originated from a sustainably managed forest. This has nothing to do with recycling and does not indicate whether or not the item can be recycled.



There are variations of this symbol (see page below). It shows the type of plastic. It does not indicate whether or not the item can be recycled via kerbside schemes.

We know recycling can be confusing! Some producers don't provide clear instructions for recycling. If the label isn't clear, check your Local Authority website. If in doubt put it in your General Waste bin so as not to contaminate your recycling.

Eco-Friendly Living: Set Yourself a Challenge!

The following suggestions come from the website [Positive News](#):

Swap plastic milk bottles for refillable glass

Milk used to come in glass bottles, delivered to our doorsteps by electric vehicles. Glass is making a comeback and – depending on location – you might be able to get it delivered, too. Seek out your local dairy, ask in your corner shop or grocery store, or try a national delivery network like Drink Milk.

Make what you already own work harder

With growing research pointing to plastic kitchenware contributing to the microplastic toll on our bodies, it's tempting to throw the lot in the recycling bin. Instead find alternative uses like for sorting screws in the shed or storing seeds.

Ask for a box

Reusable bags are standard now but it's easy to forget them when you're in a rush. If you do, rather than buying yet another 'bag for life' look out for, or ask for, a box. Some supermarkets often have a stack near the tills.

Use bar shampoos and soaps

For a plastic-free bathtime, swap squeeze bottles of soap, shampoo and conditioner for longer-lasting bars. Research shows that the carbon footprint of liquid soap is 25 per cent bigger than bars, on a per wash basis. It requires five times more energy to produce and is heavier to transport, too. By using bars you'll be sparing plastic, and emissions.

Use plastic-free toothpaste and toothbrushes

Try zero waste toothpaste brands like Georganics and switch to wooden toothbrushes with natural fibre bristles.

Go for plastic-free loo roll

[Who Gives a Crap](#) produces recycled paper and bamboo toilet tissue, which comes in paper wraps. The company also donates a share of profits to improving sanitation in developing countries.

Get a reusable water bottle

Buying water in plastic bottles is a drain on the pocket and the planet. Source a reusable bottle and use the [Refill app](#) to find out where you can refill it for free.

Ditch supermarket bread

Back your local baker and buy fresh bread instead of plastic-bagged loaves from the supermarket. Better still, have a crack at making it yourself! Home baked loaves can be stored in a bread bin or fabric bag, reducing plastic.

Try refillable, or homemade, cleaning products

After the bathroom, the kitchen is another huge generator of plastic waste. Spray and squeeze bottles can be used over and over, so consider using capsule-sized refills. Refill your bottles at Downham Market market on a Saturday!

Change your dish brushes and cloths

Opt for wooden-handled brushes with natural brushes and long-lasting cotton or bamboo dishcloths. Old-style knitted string dishcloths last for ages and can be boiled up to sterilise them.

Repurpose

Single use is a concept, it doesn't have to be taken literally. Reuse food wrappers and bags for wrapping lunches and press tubs and pots into use for storing and freezing leftovers.

Bin the clingfilm

Check out reusable wax-coated fabric food wraps.

Deplastify your pets

Instead of plastic chews, look into giving your dog natural, sustainable alternatives like antlers, chew roots and olive wood sticks, and try natural fibre toys and cork balls on your feline friends.

Make a fashion statement

Most new fabrics are made from plastic in some form, including nylon, acrylic, polyester and polyamide, and they release tiny plastic fibres into the air and water every time we wear or wash them. Make your next wardrobe revamp a sustainable one by trying to choose clothes that are made with natural textiles. Shopping second-hand is a great option too.

Delist from junk mail

Those ads and brochures for things you'll never need often come wrapped in plastic. Registering with the [Mailing Preference Service](#) is one way to stop them. For a full list of steps you can take to stem the tide of unsolicited mail, [Citizens Advice has information here](#).

Check your teabags

In the UK alone we slurp some 165m cups of tea every single day. That's a lot of tea bags, many of which contain polypropylene, another source of microplastics. Check the packaging and look for a plastic-free brand or go loose leaf and use a teapot or infuser.

Ditch glitter

Standard glitters are made with polyethylene terephthalate (PET) plastic coated in aluminium. Do some research into the biodegradable alternatives that are around or consider using flowers or leaves instead.

Stop buying balloons and other single-use party decorations

Latex and mylar foil balloons are wasteful and can be deadly to wildlife. Balloon releases are a no-no, full stop, but if you're worried about being a party pooper look at [eco-friendly alternative decorations](#) like paper pom poms, fans and bunting.

Buy in bulk

Look for stores where you can scoop dry goods into your own containers or paper bags. Teaming up with neighbours or colleagues can save you valuable pennies too.

Be Sustainable AND Environmentally Friendly at Christmas

Do more with less and still have fun

Christmas is a time when we like to be generous, but it is a waste to buy presents that are unwanted and too much food that goes in the bin. Here are some tips:

Reduce what we buy - avoid the temptation to buy lots of present, which are often unwanted, maybe just a Secret Santa for adults. Something hand-made, an outing, meal out, membership to an organisation or a museum pass. Or buy second-hand, Vinted is good for clothes. If you have large plastic toys in the family, keep passing them on to friends and family or take to car boot sales.

Eating and drinking - it is estimated that 7 million tonnes of food is wasted at Christmas! We can help by shopping carefully and buying seasonal food that is produced locally. Shops are likely to be closed only on Christmas Day and Boxing Day. We can go and buy more food if we need to. Be creative with leftovers, there are always recipes in the papers after Christmas and freeze leftovers.

Christmas Cards - are nice to receive but do we need to send so many? [One tree makes 3,000 Christmas cards](#), meaning a single tree is enough for only 176 people to send cards. Buy Christmas cards with a Forest Stewardship Council Certificate (FSC) as they come from sustainably managed forests. E-cards are easy to send and good fun to receive. Or subscribe to the Trillion Trees project instead of sending a card.

Christmas Trees - 6 million trees are thrown away, creating more than 9,000 tonnes of additional waste. Artificial trees are made in China from plastic, PVC and metal. Consider buying a living tree in a pot or even renting a tree for the festive period. When treating yourselves to new decorations avoid plastic and go for wood, paper or fabric instead.

Christmas crackers - buy those that consist of paper and card and have no plastic toys inside. Or make your own and personalise a small gift.

Wrapping paper - Consumers in the UK use 227,000 miles of wrapping paper each year. A



large proportion of wrapping paper cannot be recycled, as much contains plastic (glitter or laminates). Gifts can look attractive wrapped in cloth or scarves and tied with ribbon or wool. Try to reuse wrapping paper, gift bags and cards. Crepe paper is good for making your trimmings and decorations. Make decoration from paper and

natural materials

Decorations - Christmas lights try using solar or LED and ditch glitter and balloons. Make decorations out of paper and natural materials.

Recycling – wrapping paper if you can scrunch it up you can recycle it. Christmas cards in containers in larger stores. Sellotape don't use, use ties instead.

<https://www.gwp.co.uk/guides/christmas-packaging-facts/>

Bibliography, links and contacts

Anglian Water Website for free water saving kits	https://www.anglianwater.co.uk/help-and-advice/save-water/
Boiler Upgrade Scheme	https://www.gov.uk/apply-boiler-upgrade-scheme
Borough Council of King's Lynn & West Norfolk Homepage	https://www.west-norfolk.gov.uk/
Carbon Footprint Calculator	https://www.ecotricity.co.uk/carbon-footprint-calculator
Citizens Advice has information here	https://www.citizensadvice.org.uk/consumer/post/stop-getting-junk-
Climate tips	u3a: Climate Change & the Environment: Tips (u3asites.org.uk)
eco-friendly alternative decorations	https://www.partykitnetwork.org/post/eco-friendly-decorations
Eco-Friendly Habits	https://www.plasticsfree.co.uk/blogs/blog/12-eco-friendly-habits-to-start-in-2022?srsId=AfmBOoqH6dHhjMwqZ-mydZlO-B2XbpuWbv3GcPTR6unrJgwOKInvOUz1
energy saving advice	https://helpforhouseholds.campaign.gov.uk/help-with-your-bills/energy-saving-advice/
Food Miles Calculator	https://www.foodmiles.com/results.php
The Guardian Datablog	https://www.theguardian.com/news/datablog/2013/jan/10/how-much-water-food-production-waste#data
Freecycle	http://www.freecycle.org/
Freegle	http://www.ilovefreegle.org/
Friends of the Earth Home	https://friendsoftheearth.uk
Garden Organic	https://www.gardenorganic.org.uk/
Guides to Christmas packaging	https://www.gwp.co.uk/guides/christmas-packaging-facts/
Gumtree	http://www.gumtree.com/
heat pump installations	https://www.edfenergy.com/heating/heat-pumps/air-source-heat-pump-installations
Household Waste	https://www.cbenvironmental.co.uk/docs/Recycling%20Activity%20Pack%20v2%20.pdf
	https://www.wastemanaged.co.uk/

How To Save Fuel: Money Saving Driving Tips - Which?	https://www.which.co.uk/reviews/new-and-used-cars/article/money-saving-driving-tips-aqs524k9iZ9H
Liftshare.com	https://liftshare.com/uk/account
Mailing Preference Service	https://www.mpsonline.org.uk/
NORFOLK RECYCLES - The Wonder of Compost	https://www.norfolkrecycles.com/reduce-my-rubbish/compost/
One tree makes 3,000 Christmas cards	https://www.bbc.co.uk/norfolk/content/articles/2008/01/07/feature_christmas_recycling_ncc_feature.shtml
PetrolPrices.com	https://www.petrolprices.com/
PLASTIC FREE JULY	https://www.plasticfreejuly.org/
Positive News	https://www.positive.news/society/20-ways-to-go-beyond-englands-new-single-use-plastic-ban/
Refill app	https://www.refill.org.uk/
Repair Café	https://www.repaircafe.org/en/
Vinted	http://www.vinted.co.uk/
Waste Management & Recycling Northeast - J&B Recycling	www.jbrecycling.co.uk
Who Gives a Crap	https://uk.whogivesacrap.org/
WRAP	https://www.wrap.ngo/

Helpful websites

BBC Sounds (BBC R4) BBC website or app	Consumer programmes such as: Sliced Bread (review and assessment of things) You and Yours (various consumer subjects)
BCKLWN	https://www.west-norfolk.gov.uk/
Government website	https://www.gov.uk/
'Clean & Green. 101 tips for a more eco friendly home.'	Nancy Birtwhistle
Use the ' Ecosia ' search engine to help plant some trees! https://www.ecosia.org Invest. Donate. Take Action.	219,027,585 trees planted by Ecosia €89,460,625 dedicated to climate action https://trilliontrees.org Help protect and restore the world's forests, based on science and proven impact.