



## **A sea of people wanting to act**

**Marguerite Camu**

Transition Woodbridge and the Greenprint Forum were heartened by 90 passionate people turning up to watch A Plastic Tide on Friday 2nd February.

Hosted for free by Transition Woodbridge, with support from the Greenprint Forum, A Plastic Tide – a documentary released by Sky News in 2017, explained the significance of the increase in single-use plastics and micro-plastics found in our rivers, seas and oceans.

Single-use plastics are those which are thrown out within a year of production, many used only for seconds (straws, plastic bags, cotton buds, baby wipes – yes these are made of plastic!)

Many of these, we were informed, end up in our rivers and oceans through drains on our streets. The litter we drop gets washed into the drains, over-flows into our local rivers and is washed out to sea, where over many years it breaks down into “micro-plastics”. These are tiny bits of plastic that never go away! They are less than 5 mm and are eaten by plankton, fish, birds, turtles and now, we are just starting to understand – being eaten by us!

A Plastic Tide, although quite shocking at times, is also inspirational. It introduces us to people determined to make a change in attitudes to single-use plastic and determined to clean up the mess we are in – not just for wildlife’s benefit but for our own and for the next generation.

After the film, inspirational talks were given from local shop owners that have been wise to the issue and are selling plastic-free-products. Jules Button from the Woodbridge Emporium and an expert on tea, informed us about the benefits of loose-leaf tea drinking compared to tea bags which contain plastic both within the bags themselves and in the glue that is used to seal them. Tea drinkers may want to go and talk to Jules and try out loose-leaf tea. Claire Hindmarch, owner of the Rainbow Apothecary, knowledgeably informed us about micro-plastics and cosmetics. She has a range of plastic free cosmetics, soaps and shampoos. Poppy’s Pantry, Melton, also displayed their range of plastic free household goods to help you on your waste reduction journey.