



June edition



Another month of heat—the water butts have been emptied and watering from our mains supply is now essential. Water troughs are being left out for wildlife at home and at the allotment and great pleasure is being derived from sharing crops with other hungry creatures. Again there has been sadness and lives lost in this country and many others and we are reminded of both our capacity for care and our responsibilities across generations and nations.

Updates on Greenprint Forum Key Work Areas

As a reminder these were raised by members in the 20 year celebration workshops and three were agreed by the Steering Group to be our focus for 2017/18.

Environmental C.V. building

Through our membership of the East Suffolk Partnership a meeting has been held with East Suffolk College and our Environmental Careers Guide has been given to them as a starter with a follow up meeting to identify other opportunities to take place in July.

Suffolk Coastal District Council and Waveney District Council Environmental Rising High Intern Bethany Lamb has now started her 12 week placement.

“Having just completed my second year at university studying Geography, I was delighted to get the opportunity to gain experience in a broad range of environmental challenges faced in Suffolk and be able to observe and participate in the Council’s many projects and initiatives aimed at addressing such challenges and supporting the local community. I have already begun growing my knowledge surrounding air quality and vehicle efficiency and very much look forward to applying this as part of the projects I am working on. The wide range of skills and experience I am gaining will be invaluable not only in my studies but also going forward as I apply for jobs in the environmental sector following my graduation.”



Dedham Vale AONB and Stour Valley Forum and Suffolk Coast & Heaths AONB team has always worked alongside a dedicated team of volunteers. Since 2015 they have made available a slightly different opportunity to those wanting to get more experience in working in the conservation sector, offering longer term voluntary placements or internships as a great way for recent graduates or career changers to get that much needed work experience. Usually lasting six months, placements are a way to really get stuck into project delivery whilst working alongside and being supported by an experienced and dedicated team. This year three volunteer officers have been working with the AONB team and are delivering a range of practical and desk based learning and skill development. For example one volunteer officer has undertaken to plan and deliver a bespoke beach clean with local scout groups.



Creating Sustainable Self Builds with Community Land Trusts

A new area for us and the first exploratory meeting is being held on 3rd July. This will start the discussion and gain an understanding as to what is meant and understood by the various terms, links/potential links between the concepts of sustainable housing – cohousing – tiny house movement – community land trusts self builds and meeting hidden and known social needs such as dementia, affordability, educational attainment/aspiration. What is happening nationally and internationally. What the levels of interest and motivators are locally and what the current blocks are. It will explore and develop understanding of the strengths, weaknesses, opportunities and risks associated with: tiny homes, co-housing, community self builds, self builds for individuals, sustainable homes, small scale development and large scale development. Discussions will be led by facilitator.

This is now fully booked. A list of those interested but unable to make this event is also being kept and key messages will be shared in this newsletter.

10—12 November 2017 is International PassivHaus Open Day Almost 400 passivhaus projects, from 26 countries took part in the international event last year. It is not clear how many will take part this year yet however the database <http://passivehouse-database.org/index.php?lang=en#k> contains examples of 17 certified social houses, terraced, semi detached and detached private homes and shared equity homes in the East of England. This is out of a total global figure of 4079 which cover many different building types including apartments, schools and offices.

For anyone who does not know: Passivhaus buildings are made to provide a high level of occupant comfort while using very little energy for heating and cooling. They are built according to principles developed by the Passivhaus Institute in Germany, and can be certified through an exacting quality assurance process.

www.passivhaustrust.org.uk/



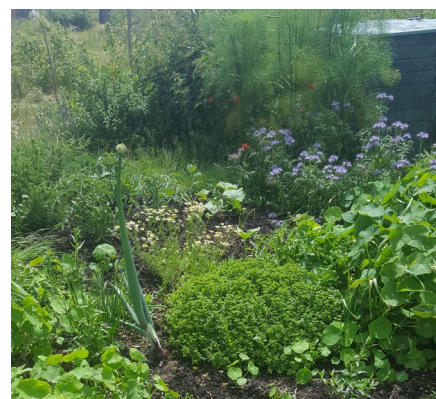
Promoting waste reduction at source to avoid the need to manage it

With Wonder Woman at the Cinema's at the moment it is worth remembering that hard plastic items like action figures cannot be added to your home recycling bin and why would you want to. If they break fix them, if you have out grown them (is that possible?) sell them or donate them to a local charity shop. If they really are broken beyond all repair take them to your nearest household waste recycling centre. More information on www.greensuffolk.org/recycling/a-z-of-recycling/

Home composting

New for 2017 - the councils of the Suffolk Waste Partnership have great scheme which gives Suffolk residents the chance to buy home composting bins for under £9 each!

More information can be found on www.greensuffolk.org/recycling/reduce-and-reuse/home-composting/



Nap time

No one wants their grandchild or child catch up sleep disturbed by a wet nappy. Thankfully real nappies are no longer the crying child, wet, heavy work option they were way back when. Now cloth nappies can be as easy to put on and do up as disposables. No boiling, soaking or other old fashioned routines needed. Just store them in a drawstring bag pop this into the washing machine open and the nappies fall out and are washed as the machine drum turns. Nappies are then hung out on airers indoors in poor weather or on the line outside when fine. Simple. Nervous about it? Go to www.greensuffolk.org/recycling/reduce-and-reuse/nappies/ to find out more and to get a link to a friendly face book community of parents that can and do!



Havergate Adventure

This will run over three days from Saturday August 12 to Monday August 14. RSPB Woodbridge Group welcome families, individuals, those new to bird watching and those with experience to see what birds and other wildlife you can find on our guided tour of Suffolk's only island. Boats depart from Orford Quay hourly from 9.30am to 1.30pm and tours last 2 hours 40 minutes. Tickets: Adults £12.00, under 16's £ 3.00. Free binocular hire and homemade refreshments available to purchase. To book and for more information: call Minsmere on 01728 648301.



Suffolk Coast Greeters—Meet Kent Greeters

Two of our volunteers spent a delightful Saturday in Dover and Canterbury being shown the hidden and not so secret delights by local folk who love the area. The first lasted two hours and against the background of pile driving and traffic that Felixstowe folk are familiar with we were introduced to bite sized chunks of 2000 years of history and the changes underway to make what is the busiest ferry port in Europe a more attractive and functional location. They got to look in the Maison Dieu and test out the kneeling penance in St Edmunds chapel as well as incorrectly guess at the famous characters sculpted on the promenade. Homelessness is a visible challenge the community is facing and when asked our greeter talked to us about [Emmaus Dover](#). The white cliffs were looking a tad grey and wildlife was not prominent—although [Kent Wildlife Trust](#) in 2012 began a programme of habitat restoration turning Old Park Hill near Dover, 100 acres of precious but neglected chalk downland, into a flourishing nature reserve. Canterbury was an hour and a half whistle stop tour again with a historical focus although we did get the chance to see some eco-gardens and hear the plans of the forward looking with a historical twist [Abbot's Mill Project](#).

We are looking to increase the number of volunteers we have available for visitors to book when they come to the Suffolk Coast and are particularly keen to ensure that our volunteers have a good general knowledge of our natural environment and local environmental attractions and tour providers as well as knowing snippets of history, culture and local stories. If you think you could help inform our 'wilding of greeters' or are a lovely chatty welcoming person who wouldn't mind meeting and greeting a few visitors every year get in touch on suffolkcoastgreeters@gmail.com. Thanks to all those volunteers who are already on the books. You are much appreciated and the coordinator will be in touch soon.

Cycle Felixstowe

Cycling is one of the easiest ways to fit exercise to your daily routine because it is a form of transport and a low impact type of exercise. The NHS states 'The best way to build your cardiovascular fitness on the bike is to ride for at least [150 minutes every week](#)'

There is lots of info on www.greensuffolk.org/travel/journey-planning/cycling



Cycle Felixstowe is one local community initiative dedicated to all things cycle related in Felixstowe. It is rapidly growing and has recently become a formally constituted membership group offers Already boasting 18 rides including confidence building rides for beginners and social rides for all abilities this active group has clear aims and appears to have the drive to move them from ideas to action. It already has 412 members on Facebook and a growing paid up membership base. It is £8 a year for adults and £12 for a family.

www.facebook.com/cyclefelixtowe/

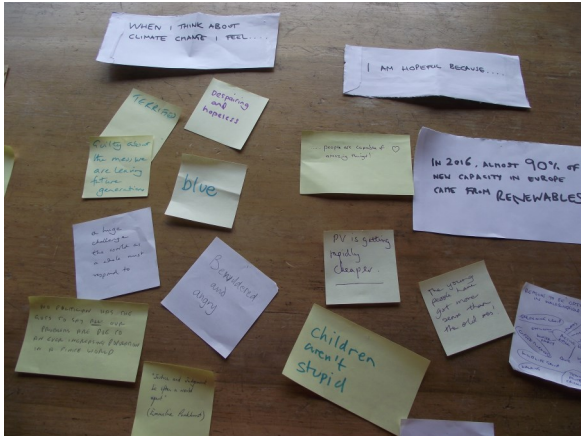
Its short term aims are to:

- Maintain the prom as a cycling facility
- Introduce traffic calming measures on Gulpher Road to improve safety for cyclists and participants in other activities (walking, running, horse riding).
- Find funds and deliver new sheltered cycle racks to encourage cycling and secure cycle parking in all weathers.
- Educate cyclists on the Highway Code and encourage cyclists to be competent and confident road users.
- Install Cycle Hoops to convert lamp posts into secure bicycle parking.

Long terms it plans to:

- Make Felixstowe an official 'cycle town' (similar to Felixstowe's Fair Trade status), with better links nationally and internationally.
- Develop the route from Felixstowe to Ipswich, replacing the poorly maintained and positioned cycle route alongside the A14 with a more peaceful, well structured and planned, signed route to Ipswich.

Global Challenges & Imperatives for Human Society



Summary of review by Libby Ruffle of the talk by Professor John Midwinter at Waldringfield Village Hall, Greener Waldringfield and subsequent discussions.

The talk focused on the growing imperative for us to reduce our use of fossil fuels as individuals and a society. Focusing on what he undertook in his own home to lead to an 80% reduction in fossil fuels—this included solid wall insulation, biomass and solar PV to help others see what they could achieve Professor Midwinter was none the less pessimistic about our future, recognising that dedicated individuals can only achieve so much and really a societal shift beyond vested interests is needed. Global overpopulation combined with higher lifestyle expectations are seen as the root of the challenge we face and it will take not only individual action but innovation and brave decision making to make a difference.

The following Hopes were put forward: *'China is coming aboard', 'In 2016, almost 90% of new capacity in Europe came from renewables', '..people are capable of amazing things!', 'children aren't stupid', 'Women's emancipation and education is reducing child mortality and improving community health resulting in reducing population growth,' 'The young people have got more sense than the old ones!', 'PV is getting rapidly cheaper', 'UK enshrined Climate Change and Energy Acts in 2008 and is still on-course with them', Wizard that 148 sovereign nations have now ratified the Paris Accord '*

For more inspiration and information from this group visit www.greenerwaldringfield.org



Energy from Waste Visit

Suffolk EfW, SITA UK Ltd
Lodge Lane, Great Blakenham
Ipswich, IP6 0JE

Wednesday 26th July, 10am -12pm

What do we do in Suffolk with the waste that is not suitable for recycling? We use it to generate electricity. This tour gives you the chance to find out more about the process and ask questions.

The tour is expected to take between 1.5 and 2 hours; it will include a chance to explore the children's visitor centres and a tour of the facility. Please be aware on the plant tour we will walk about 1.5km, there are over 300 stairs – up and down. We will climb 23 levels and there are mesh walkways so this tour is not suitable for people with mobility issues or vertigo. We provide water but if you require any other refreshments please bring them with you as these will not be provided. All members of the group must wear sturdy and sensible shoes i.e. walking boots or trainers - no sandals, no high heels, no flip flops etc. – anyone not wearing this will not be able to go on the plant tour. During the plant tour legs must be covered at all times i.e. no shorts or ¾ length trousers – anyone not wearing this will not be allowed on the plant tour.

There are still spaces.

Booking is essential—please email deborah.wargate@eastssuffolk.gov.uk

or leave a message on 01394 444747 asap.

If you have not yet volunteered to be a Beachwatch organiser or volunteer please do. Great British Beach Clean 2017, 15th – 18th September. You can sign up here, www.mcsuk.org/beachwatch/organisers If you need any help with this process, please call Lauren or Lizzie Prior at MCS, 01989 561597. Data from the schemes have resulted informed the introduction of the plastic bag levy in England and more recently, persuading cotton wool bud manufacturers to make the sticks from paper instead of plastic. While removing litter from our beaches is extremely important, the data is crucial as this provides the evidence that is needed to encourage these kinds of changes in legislation and awareness of marine pollution issues. Therefore if you do organise a Beachwatch event, please ensure that you record the litter as you pick it up and send this data off to MCS – this only needs to happen for a 100m section of your beach/foreshore. If you need litter pick equipment email Lynn.Allen@suffolk.gov.uk with your request before the end of July.