

## Greenprint Forum Newsletter March 2018



Ben Mathews—#2minutebeachclean artwork at the Greenprint Forum's "Plastics Know Your Place" event

### Editors note

So many folk have been very active in reducing plastic waste and in inspiring others to take action in this last month. Indeed I would say that many of us are already living the vision the Greenprint Forum Steering Group adopted in January:

“The people of east Suffolk working together to improve our quality of life and living standards, while reducing our environmental impact.”

We all have a long way to go but I for one am delighted at the passion and thought that many are putting to this. A small sample of what is a very long list includes: Beach Bonkers, the Wildlife Gadget Man and his many engaging ideas and activities for cleaning our beaches, the writer Elizabeth Ferretti and all the contributors to her Facebook page: A year without plastic, Suffolk Coast and Heaths, the Suffolk Waste Partnership and Waldringfield Primary School. Thank you all very much—I know there are many more of you who I should mention as well but for now just know how appreciated you are.

This edition provides: a plea for volunteers, a summary of the Felixstowe Plastic Action evening, a write up of the Thriving Community Buildings project, an interview with Hodmedods, a tale of a hedgehog rescue and upcoming environmental events and consultations to be aware of. Enjoy the read.



### **Love walking, hate litter?**

On **Saturday April 14th** if you are able to walk long distances please join us as we join volunteers from Boyton and the surrounding villages in urgent action to clear a large amount of plastic rubbish (some large items) which has recently washed up along the banks of the River Alde and on the mud flats between Shingle Street and Boyton and beyond towards Havergate Island.

There have already been reports of dead birds found entangled in it so we need a huge effort to record and clear it.

As long as it is not too windy, wet or there is snow on the ground we will meet at [Boyton Village Hall](#) at 2pm. The address is: The Street, Boyton, Woodbridge, Suffolk, IP12 3LW. Parking is limited so car sharing is essential (please note: the gateway and entrance leading to the Hall must not be obstructed in order to accommodate emergency vehicles if required. Cars should not be parked near the children's swings).

Please bring drinks and nibbles to keep yourself going and dress expecting all weathers and lots of mud.

### **If gardening and talking compost is more your thing why not become a Master Composter?**

Garden Organic in partnership with Suffolk County Council is seeking to recruit volunteers from across Suffolk to become Master Composters. Training is free and covers the essential elements of home composting and methods of communicating to the public. The next training session is on **Fri 13th & Sat 14th April 2018** - at The Meeting Place, Whitehouse, Ipswich, IP1 5LR. (Trainees must also be available for both dates). **Contact Craig Renton at Suffolk County Council before close of play Sunday 8th April on 01473 264 795 or [mastercomposters@suffolk.gov.uk](mailto:mastercomposters@suffolk.gov.uk) to ensure this can go ahead.**

### **Or if you are really an indoors person you could help by tagging images of plastic to train computers**

Sound interesting? Run as part of British Science Week trailing drone-based automatic detection of the litter this is not a project we are involved in but one that looks like it will aid the creation of a global inventory of marine plastic pollution and help identify hotspots, impacts and fate of our plastic. You can access it via the originators: [www.theplastictide.com/](http://www.theplastictide.com/). Happy tagging.



## Plastic Action Felixstowe Event— March 2018

### Key learning points:

- Avoidance is best – as long as it does not create another worse form of waste or environmental impact.
- There remains confusion over what can and can't be recycled – people want to do their bit but are unsure exactly what that is. It is therefore vital to communicate locally relevant information and to keep up to date as technologies and opportunities change.
- Keep the conversation alive in all forums but do research the whole environmental and ethical story and ensure messages are locally specific.
- If you use social media why not join the Wildlife Gadget Man's #myplasticpromise
  1. Use less single use plastic
  2. Go on a rubbish walk
  3. Encourage others to do the same

### And Mark Murphy #planetsuffolk

- A sticker/sign for houses and business to declare Action on Plastic is being taken and why would be useful.
- If a business/organisation has someone who can put out a #2 minute clean up board and keep it topped up with sticks and give bags out the Felixstowe experience is that people do use it and like it.

The full questions and answers which include what plastics can be composted, what recycled and what have to be sent to energy from waste, tips on cutting unnecessary plastic out of your life and more in eight informative pages can be found on: [www.eastsuffolk.gov.uk/environment/east-suffolk-greenprint-forum/events/past-events/](http://www.eastsuffolk.gov.uk/environment/east-suffolk-greenprint-forum/events/past-events/)



Between June 2013 and March 2018 Groundwork supported 63 buildings through the Thriving Community Buildings project.

This project has helped the wonderful volunteers that run these halls implement at least 48 improvement measures including: improved governance and procedures, solar PV installations, improved insulation, LED lighting, replacing storage heaters with modern electric convector heaters and improved wildlife habitats. 171 further actions are in progress or planned all of which will help the halls and reduce environmental cost. Carbon savings were not calculated for all support offered but based on those implemented, in progress and planned over 75 Tonnes will be saved per year.

The vast majority of feedback has been positive with quotes such as:

“Thought provoking site meeting swiftly followed by receipt of a written report with proposed action list. A great assistance with pushing the initiatives through Committee stage. Many thanks, Colin Lister, Commodore, Felixstowe Ferry Sailing Club”

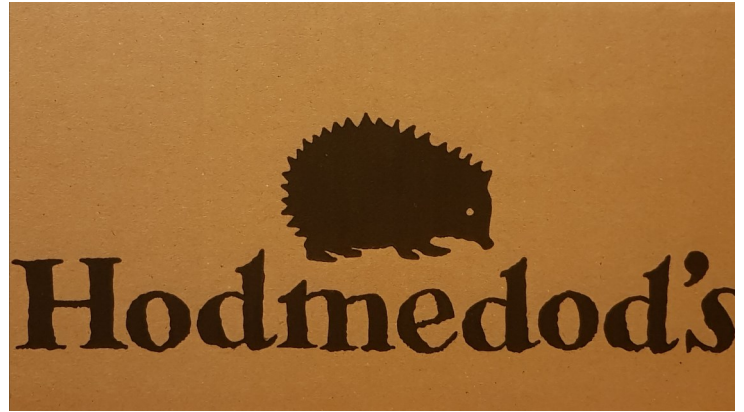
“Peasenhall Assembly Hall benefitted from the involvement of the Thriving Community Buildings Project They provided advice & suggestions for increasing use of the hall and recruiting more trustees for the committee It was also reassuring to be informed that our committee is carrying out it's functions in the correct manner”

The project was developed by Groundwork with the support of Community Action Suffolk and Suffolk Coastal District Council. It was funded by the East Suffolk Partnership, Suffolk Coastal District Council, Suffolk County Council and Suffolk Coast and Heaths Area of Outstanding Natural Beauty. These all formed part of the Steering Group with the addition of the Environment Agency and the Suffolk Climate Change Partnership. The Suffolk Climate Change Partnership Community Advisor also provided follow on support to specific buildings in Waveney. The original idea came from discussions held at a Greenprint Forum event.

## **An interview with Josiah and Emma**

### **What is Hodmedod's?**

A business that gives small scale British pulse and grain farmers local routes to market and people who care how far their food travels and how it is grown a chance to buy locally and ethically. More than that because of the personal relationships developed due to the short supply chains it plays a vital role in influencing a whole sector. It is also more able to market test as it can take a tonne or even a few kilos to market unlike larger suppliers.



### **How did Hodmedod's start?**

It grew out of discussions in 2010 on what would make a more resilient diet, a diet more suited to our climate that reduces our dependency on imported protein crops and meat. This found that our diet needs to include more beans and peas, not only because they're a good substitute for meat, but also because they're important in agricultural rotations – they fix nitrogen, they're a good break crop from cereal growing, they provide cover for game and reduce soil erosion caused by rain. This revelation was followed by a study by East Anglia Food Link and Transition City Norwich which involved asking local farmers what they grew and this found that actually a lot of beans and peas were being grown but they were all being used as animal feed or exported. In 2012 the first pack of Fava Beans was sold. Since then a wide range of pulses and grains has been developed both conventionally grown and organic. This includes amongst many other products: organic quinoa developed by Peter Fairs and grown by Andrew Williams at Home Farm, Nacton and Naked Oats from Hertfordshire. Indeed a wider range still is on the cards soon so keep an eye out on the website: <https://hodmedods.co.uk>

### **What are you doing to reduce the use of plastic?**

We switched to cellophane a while ago (Editor note: plant fibres dissolved in carbon disulfide and alkali to create viscose which is reconverted to cellulose by bathing in sodium sulfate and sulfuric acid. It is then treated to make it less brittle and waterproof). In addition after two years of research we have now found a local printer who is willing to invest in the equipment needed to print plastic free labels. Once these are in place people should be able to home compost their packs—given the right conditions. Once this is finalised we will be looking at the plastics used in transporting products. We are always looking to improve our impact whilst ensuring we make enough money to keep going as a business so that we can continue to support farmers and customers, employ people and provide apprenticeships/ and campaign effectively.

### **What advice would you give to our readers?**

Look at what you are eating—vegetarian or vegan based diets can have lower environmental impacts but you need to take the time to research. Avoid the industrialised global food system with its long supply chains where possible. [Zero waste stores](#) can help people cut their plastic waste. Bulk buys from Hodmedods from community groups may be possible—contact us to find out.



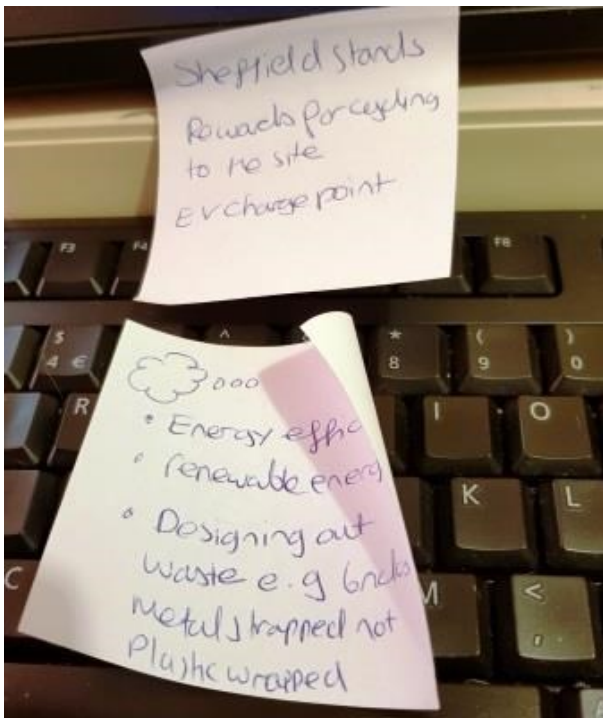
### Hedgehog Happenings

One of our goals as a Forum is for us all to put nature first. This hedgehog is an example of that in action.

On a Saturday after a bike ride and at 10am, the usual newsletter writing start time, this little beauty was found in our garden looking rather sorry for itself. I put out the special hedgehog food I have and some water and when it remained huddled but sniffing at the food called [Suffolk Prickles](#) for advice.

A fabulous lady answered, despite being busy bathing a hedgehog and preparing for work. She recommended that I pop it in a high sided box on a warm water filled hot water bottle and take it to the vets (thankfully I had my Who Gives A Crap bulk order toilet roll box to hand as well as a spare bottle, which is now set aside for animal use). A quick drive to our lovely local vets and then a wait for the Vet to finish his appointments and they very kindly checked it over and gave it a clean bill of health. It was just very hungry and in need of water. Two evenings later we were pleased to release it.

So besides being a reason for the delay in this newsletter (my whole 4 hour time gap was used up in this) it was for me a valuable exercise in prioritisation. Nature really does need to come first. Before ultra—tidy gardens/landscapes (please do not strim unless you really have to and if you do please check there are no hedgehogs before you give them a painful death), before nice looking plants (no slug pellets please) and before writing up events or newsletters.



## Consultations to respond to with our vision in mind:

### Leisure in Felixstowe by end of April

The survey is available on [SurveyMonkey](#) and more information is available in this [overview](#) document.

### Suffolk Coast & Heaths AONB Management Plan by 21 May

Help shape the future of the nationally designated landscape. Comment via <http://www.suffolkcoastandheaths.org/about-us/aonb-management-plan/>

## Upcoming events our members are organising that will help towards our goal and vision

**Nature First:** [Waldringfield Wildlife Group](#) Talk Dragonflies Saturday 14th April 11am at the Village Hall

Dragonflies are one of the most successful groups of insects - they or close relatives have been around since before the time of the dinosaurs. This talk aims to give an introduction to the biology and life cycle of dragonflies, which like mayflies actually spend more time underwater in their larval stages than they do as flying adults. Over 50 species of dragonfly (plus the closely related damselflies) have been seen in Britain, and those found in East Anglia will be illustrated.

**Nature First and Quality Food:** The Oak Tree Farm Spring Open Day! Saturday 21st April , 10am – 4pm

In the morning as well as talking to members and seeing the farm you will have the chance to guess the tools and chat to '[Tools With a Mission](#)'. Indeed why not 'Spring Clean Your Shed and bring Your Unwanted Tools to donate'. Between 11am and 12 noon there will be a family friendly wildlife tour.

Parking is limited so cycling or car sharing is recommended. The location and other details can be found on: [www.the-oak-tree.co.uk/contact/](http://www.the-oak-tree.co.uk/contact/)

**Healthy Humanity** Roots and Branches Festival Friday 15th - Sunday 17th June, £110 a person

Inspiration and tools for those who want to bring positive change to their community with a range of workshops, music, speakers, discussions, campfires as well as a few surprises along the way!

Speakers will include Pam Warhurst, founder of the much-emulated Incredible Edible Todmorden and Josiah Meldrum from locally-based pioneering food producer Hodmedod's.

For more information go to: [www.ringsfield-hall.co.uk/roots-and-branches](http://www.ringsfield-hall.co.uk/roots-and-branches)



## Who we are

For those of you that don't know, the Greenprint Forum is a voluntary network facilitated by Suffolk Coastal and Waveney District Councils to help deliver their [business plan](#). Specifically enabling community environmental action to improve lives and strengthen our economy. Whilst our focus is on east Suffolk anyone, anywhere can join for free to help inform and learn from our thinking. Please do be aware that we have one passionate part time staff resource (two days a week dedicated to this), a steering group of 12 who give of their knowledge while being active in their own communities/ organisations and all other effort is voluntary or requires funding to be gained to pay for it.

If you have project ideas or articles relating to our goals please do contact us—but please be patient as work load means it can take a while to get back to you.

## How to contact us

[www.twitter.com/GreenprintForum](https://www.twitter.com/GreenprintForum)

[www.facebook.com/GreenprintForum](https://www.facebook.com/GreenprintForum)

[www.eastsuffolk.gov.uk/environment/east-suffolk-greenprint-forum/](http://www.eastsuffolk.gov.uk/environment/east-suffolk-greenprint-forum/)

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