

Greenprint Forum Newsletter, January 2018



Our people, our environment, our place. #love #PlanetSuffolk #eastsuffolk #plasticaction. Our chance to move forward together in positive action to improve our lives and the lives of those we share this planet and its pool of resources with. An opportunity to better our businesses and ensure no one falls short of life's essentials whilst ensuring we do not overburden our Earth's life supporting systems.

Is it always going to be a smooth forward journey? No. Is it worth each of us trying to progress and help others to? Absolutely. May these nine pages inspire you and help you as you seek to inspire others.

Debbie Wargate, Editor, modelling her [Lush Lips](#) Sold to her as plastic free, tear-able travel soap (Tear with dry hands or pop in a reusable travel container to ensure your bag does not end up soapy). Lush is an [Ethical Consumer Best Buy](#)—always check the ingredients before you buy. Other providers of similar products may well exist.

Our vision launched

For every person who has contributed to a Greenprint Forum, or planted an environmental or social seed of knowledge in the heads of one or more members of our steering group over the past 20 years —thank you. You have contributed to our refreshed vision and determination to connect and support community, organisation, educational establishment, youth and business champions to enable them to work together to achieve what we hope you will agree is a vision worth putting our resources (time, enthusiasm, skills and money) to. This vision is on page three. We could not encapsulate every thought and every word into it but rest assured they have not been lost—they form the foundation for the vision house and the goals that are the rooms within it. Now it is up to every member of this forum and of the #eastsuffolk #planetsuffolk community to furnish them with action.

East Suffolk Greenprint Forum Vision



By 2030 we would like to see significant progress in East Suffolk in each of the following areas:

Active Travel Walking and cycling are improving our physical and mental health and enhancing quality of life and the environment. Low emissions travel dominates.

Eco-friendly Development Designed to limit environmental harm, meet changing needs of occupants, cope with changes to the climate and feel part of the wider natural environment.

Energy Generating Homes Existing buildings are retrofitted to be part of a smart energy system, they are net generators with very little under occupancy.

Environmentally Beneficial Employment Decent work and an economy that works for all. Organisations recognise local sense of place and how a healthy environment benefits employers and employees.

Healthy Humanity people are connected with their community and supported by functioning education and care systems which are free at point of use.

Nature First Nature's value is recognised by the majority, visitors are attracted because of it and everyone actively cares for it.

Pollution Free Environment Use of plastics is tightly controlled and everyone takes responsibility to reduce the impact of their activities on the environment.

Quality Food People can access good quality, healthy, tasty food. Food that is grown and farmed in ways that minimise negative impacts and maximise positive impacts on natural resources.

Upcycling Culture People are borrowing, repairing, reusing and buying wisely to limit environmental harm. Products are designed to circular economy principles.

Andrew Cassy is Chair of the East Suffolk Greenprint Forum and our representative on the East Suffolk Partnership Board. He is the recently retired Sustainability Champion and award winning Travel Plan Manager for BT Adastral Park and founding member of the Boyton Community Group.

Andrew wants to lead the way communities, especially those in rural areas, can become more resilient and socially engaged whilst protecting their environment and reducing our impact on climate change.

Andrew believes that east Suffolk has its own particular challenges and opportunities to develop a truly sustainable future for those who live and visit the area if we can develop the right vision and aspiration to make that transformation.



Other members of the Steering Group are:

- Betsy Reid, 2011 Greenest County Green Community Hero Award winner, Master Composter and Bee Keeper
- [Councillor Carol Poulter](#), Cabinet Member for the Green Environment.
- Cathy Smith, Suffolk Coast & Heaths Communications, Funding & Development Officer
- Debbie Wargate, Environmental Sustainability Officer for Suffolk Coastal and Waveney District Councils (SCDC and WDC), PIEMA
- [Councillor Graham Catchpole](#), Cabinet Member for Operational Partnerships
- [Councillor Susan Harvey](#), Interim Vice-Chairman of the SCDC Planning Committee
- Guy Ackers, Founding Member of the Greenprint Forum, now retired volunteer Chair of the Suffolk Hedgerow Survey and once chairman of the Woodbridge Group Suffolk Wildlife Trust
- Jane Healey, Reflexologist, practical environmentalist and Chair of [Transition Woodbridge](#)
- Luke Bennet, Partnership Manager for the [East Suffolk Partnership](#)
- Peter Ross, Countryside Officer, [Suffolk Coastal Norse](#)
- Phil Gore, Head of [Environmental Services](#) and Port Health, SCDC and WDC

We are pleased to be one supportive part of a whole range of community groups, organisations, media and partnerships who play a vital role in informing, taking and helping others take action. Partnerships including the [Suffolk Waste Partnership](#), the [Suffolk Biodiversity Information Service](#), the [Suffolk Climate Change Partnership](#), [the East Suffolk Partnership](#), and [The East Suffolk Resource Network](#).

Pollution Free Environment—this is our year of Plastic Action

You may be one of the wonderful people, groups or organisations already actively trying to tackle one or more of these nine goals. If you are THANK YOU. Although each of these goals are equally important, to make it more manageable, we have decided to work on one goal at a time and to hone in on one specific issue within that. So 2018 is our year of #plasticaction. We have selected this because there is a significant and widely recognised need to act now, here and globally.

Key issues we all need to address:

1. Production of waste: Abandoned plastic beach toys and their packaging, balloons, cigarettes, cotton buds, disposable cups, plastic bags, plastic bottles, nappies, tea bags, straws.
2. Correct waste management: only items that economically and environmentally can be recycled going into the recycling bin and no plastics getting into compost.
3. Stopping litter getting onto land and into water bodies and removing it when it is.

Rolling up our sleeves and doing it—all part of the [Great British Spring Clean](#)

- Lunchtime Litter Pick – A one hour stride and pick for 6 people around Melton starting at East Suffolk House Friday 2 March 12pm to 1pm
- Saturday 3 March 10 am – 12pm - Felixstowe Love our litter pickers. A pick that starts in the Martello North Car Park. Anyone can join this just book by emailing greenprint@gmail.com.
- Lunchtime Litter Pick – A one hour stride and pick starting at Riverside council offices in Lowestoft Monday 5 March 12pm to 1pm – part of the Great British Spring Clean

Want to roll up your sleeves and do it?

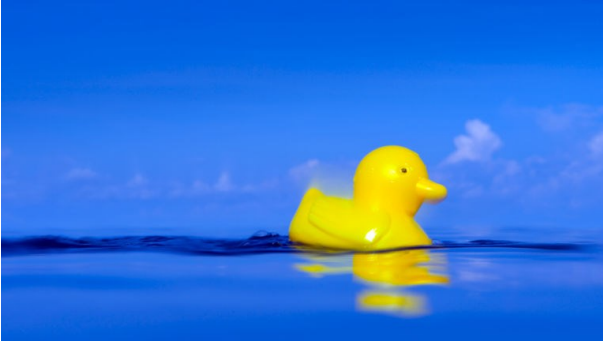
- Pick litter - photograph it and if you use social media share images on #planetsuffolk #plasticaction #GreenprintForum and on the Facebook Group for your local area if you have one to show both the issue and that people are taking action.
- Cut down on single use plastics and show people that you are so they know it is a majority that is acting by photographing yourself and posting on social media #planetsuffolk #GreenprintForum #passonplastic
- Check out www.greensuffolk.org/recycling/ to ensure you are up to date on what goes in what bin and where you can take other items to for recycling. Then spread the word and help those you know without computer access or who speak other languages get it right too.
- Join a community litter pick or maybe even start a local one—just visit www.greensuffolk.org/recycling/campaign/suffolk-litter-picking/ to find out more.

Inspiring others to roll up their sleeves and do it

- Our steering group members are all actively acting and advocating action in their personal lives and the organisations/groups they are connected with: from switching to reusable cups and saying no to disposable cups at favourite coffee chains, to picking litter whilst out walking and jogging, to making our own cleaning and cleansing products.
- This monthly Greenprint Forum e-newsletter goes out to 400 people with the request to circulate it further (**Action for you**)
- Monthly Public Webinars at 12pm—1pm and 7.30pm on Monday unless otherwise specified
 - 29 Jan #greenprintforumvision <https://attendee.gotowebinar.com/rt/9116543875444126475>
 - 19 February #plasticpollutionpart1 <https://attendee.gotowebinar.com/rt/1766148115064602114>
 - 19 March #2minutebeachclean <https://attendee.gotowebinar.com/rt/1415173008362541826>
 - 16 April #NationalTeaDay <https://attendee.gotowebinar.com/rt/1861993643169947650>
 - 21 May #Greenparenting <https://attendee.gotowebinar.com/rt/1638333186871070978>
- **Friday 2 Feb, 7.30pm – 9pm** We are supporting Transition Woodbridge in their screening of A Plastic Tide, at Salvation Army Hall, New St, Woodbridge, IP12 1DT. This is a 45-minute film that takes Sky News science correspondent Thomas Moore on a journey around the world to explore the immense problem of plastic pollution. Released last year it launched Sky News' [Ocean Rescue campaign](#)—which saw a plastic whale coming to the Spa at Felixstowe. No need to book just come and be motivated.
- **Wednesday 28th March 2018 6pm to 9pm** - Plastics know your place in the community, East Suffolk House, Riduna Park, Station Road, Melton, Woodbridge IP12 1RT. Have you been inspired to act by Blue Planet II or any of the other recent communications that show the damage we are doing to our planet and ourselves by letting plastic escape into nature? Do you want to know a bit more about the local situation and be challenged and inspired by local people's experiences both in picking what is there and reducing what could escape or is just not really needed—or perhaps to come and inspire others? Do you want to see and perhaps test out some of the plastic free products that are on offer and maybe even buy some art work for your wall as a permanent challenge? Do you want to know what tools are available to help you engage others? If so this forum is for you. This is open to anyone. Please note for members there is a 5.30pm to 6pm pre meeting. [Booking](#) is essential as it helps us to plan refreshments and seating.
- **Tuesday 17th April 10am to 12pm** visit to Great Blakenham Recycling Plant - [Early booking is advised.](#)
- **Tuesday 22 May 15:30 – 17:30 or 18:00-20:00** visit to Great Blakenham Energy from Waste Plant - [Early booking is advised.](#)

Further exciting events and activities are currently in consideration and development phases so watch this space.

Blue Planet 2, the problem of plastic and what we can do about it.



Article by Marguerite Camu

[Blue Planet 2](#) has raised awareness of the problems associated with plastic misuse whilst highlighting the impossibly delicate balance that is needed for different animal and plant species to thrive and the circle of life to continue healthily.

The poignant example of the mother Pilot Whale carrying around her dead calf, which may have been poisoned by its mother's contaminated milk, coupled with the realisation that creatures in the deepest parts of the ocean are eating tiny fragments of plastic, is highly distressing. These are only two, tiny examples of the effects that plastic waste has on marine life.

The impact of plastic on the planet and its inhabitants is much more far-reaching. Just think, that every piece of plastic you've ever used, will still be somewhere on the planet when your great, great, great grandchildren are around (and in most cases, even longer than that). Plastic affects just about every person, animal and thing on the planet.

But it really isn't all doom and gloom. David Attenborough says that we dump 8 million tonnes of plastic into the ocean every year. Well, we don't *have* to dump all that plastic in the ocean. Truth be told, we don't have to dump *any* plastic into the ocean.

Everyday an increasing number of people are learning about the negative effects of plastic use and waste and everyday people are making decisions that will, together, avert the harmful consequences that plastic has on our planet and all its inhabitants. Now whatever form those decisions take – whether it's supporting environmental initiatives and getting active in the community or remembering to bring your reusable bag with you to the supermarket – we can all do something positively active in curbing the waste of plastic.

For now, here are 3 simple tips to inspire you to use less plastic:

- **Reusable bags:** There are a huge amount of reusable bags on the market but try and opt out of plastic altogether and go instead for an [organic cotton](#) bag. These are usually easy to roll up and put inside your backpack/handbag and even your coat pocket.
- **Reusable drinks bottles:** The sight of crumpled plastic bottles on the side of the road is a familiar one to us all. When every shop, café, restaurant and home in the UK has running water it seems a shame to be buying single-use bottles of drink. There are even plastic free and/or low plastic reusable bottles available now.

If you run a company think about the positive marketing associated with joining www.refill.org.uk. Indeed the first business to join the national drinking water scheme is Whitbread plc, which has pledged to offer free drinking water for customers and passers-by in each of its 3000 Costa Coffee and Premier Inn locations from **March 2018**.

- **Turn down the straw:** Single use straws are mostly unnecessary. Sometimes when you're in restaurants, waiters will automatically pop a straw in your drink. Don't feel shy to tell them you don't want the straw (ideally before they pop it in) and if you're very environmentally active, to even go a little further and say *why* you don't want the straw. This is a great way to spread the word and show your support for the businesses that are acting on this.

If you run a business why not join the many others who are recognising that #strawssuck #thelaststraw and only giving straws if they are asked for and share what you are doing on social media.

Transition Woodbridge are putting together a list of local alternatives that we will share. Please email any actions you have taken, alternatives you have found or any ideas you have about how to reduce single-use plastics to:

ttwoodbridge@gmail.com.



TALES OF TREASURE AND TRASH ... Article by Kate Osborne

My name is Kate Osborne and I run Beach Bonkers. I love taking people out beachcombing so they can see and appreciate the amazing stuff you can find on our beaches. Everything we find tells us a story about our seas. And the beaches themselves are quite special too. It might seem like there's a lot of shingle in Suffolk, but worldwide it's a rare habitat and the plants that grow here are specially adapted to survive in the stones.



Beachcombing reveals many of Nature's surprises, a seaweed looking plant that is actually thousands of animals; egg cases of creatures we never see, some of which when they hatch out have to eat their siblings to survive; seashells galore; and fossils including sharks' teeth! I have even found a baby woolly mammoth's tooth!

Sadly, we never complete a beachcomb without finding plastic rubbish too. It's obvious how some of it gets there: e.g. food and drinks packaging left behind by visitors. But we find hundreds of plastic cotton bud sticks that have been flushed down the loo! Other regular finds include beach toys (and packaging), shot gun cartridges, cigarette lighters, cigarette butts (which surprisingly are mostly plastic), pens and cable ties. You name it, I have found it on a beach as most of the things we use these days are plastic. Recently I found a cracker packet that had an offer on it. The expiry date was 1980. That plastic wrapper has been in our environment for the best part of thirty-eight years!!!



I think it is great that so many more people are taking an interest in collecting litter and stopping it getting onto our beaches in the first place.



If you do want to find out more about what makes our beaches so special you can join me on a beachcomb. I charge £20 a person—although where funding allows I reduce this for those on a low income. Take a look at my events page online here:

www.beachbonkers.org.uk/come-to-the-beach/ or call me on 0751 255 7200.

If you can't get to the beach check out how I can bring the beach to you!



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.

How to contact us

www.twitter.com/GreenprintForum

www.facebook.com/GreenprintForum

www.eastsuffolk.gov.uk/environment/east-suffolk-greenprint-forum/

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