

Sustainable
Westbury
on
Trym



www.suswot.org.uk

SusWoT QUARTERLY

SusWoT Using less living more

Spring Solstice

March 2012

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Welcome to the March Quarterly edition

Another Spring and the time to sow and plant vegetables. This year SusWoT, in addition to tomatoes, will be selling beans and squash plants. If any reader would like to become involved in growing on seedlings and/or may have some pots to spare please contact

Tomatwot@gmail.com

Diary Dates

Local Produce Market

9.00am – 1.00pm

Saturday 28th April

Saturday 26^h May

Saturday 30^h June

Community Fare

Saturday 12th May

Get Growing Trail Saturday

9th & Sunday 10th June

Bristol Food Conference

11th June

All photographs in this edition by crabchick

Lawrence Weston Community Farm



You may have come across the Community Farm's produce at the monthly market at the Westbury. If not, and especially if you have young children or grandchildren, the farm is well worth a visit. Only 4 or so miles from the centre of Westbury you could believe quite easily you were in the depths of the country. If you are interested about the food provenance and fresh, affordable local food such as vegetables, meat, honey, eggs . . are for sale.

As a community-managed project the farm aims to improve the quality of life for local people and it's service-users. This is done by working with members of the local community, and others, to provide a range of innovative and exciting, educational, social, environmental, economic and recreational activities.

As well as providing opportunities to experience the daily delights of community farming and gardening, the farm also:

Brings people and communities together - make new friends, volunteering and placement opportunities, activities for children and young people, a safe and secure public green space . . .

Delivers education and skill development - hands on enjoyable learning opportunities, short course, accredited training, school groups . . .

Promotes environmental awareness - recycling, composting, wildlife, gardens, ponds, woodland . .

Encourages healthy eating and exercise - wholesome food, exercise through gardening and practical work, cooking events . . .



Open all year Free entry.
Open Tuesday to Sunday, 9.30 - 4.30
Closed on Mondays, but open for Bank Holiday Mondays.
Saltmarsh Drive
Bristol
BS11 0NJ Tel: 0117 938 1128



SusWoT tomato and other vegetable plants on sale at the Local Produce Markets & Community Fare 12th May



Bristol City Council updates Climate Change and Energy Security plan

From the Bristol City Council website:

From bigger bills to hosepipe bans, climate change and energy security affects everyone, so saving energy and cutting carbon emissions are essential. And many of the things that can be done to improve the city's carbon efficiency will also make it a better place to live, work and play – with better transport, comfortable homes and more competitive businesses.

With lots of successful projects on climate change and energy completed, Bristol is now ready to move forward to a new phase of action. Every area of the city is set to benefit, from better street lighting and warmer homes to greener buildings and improved waste collection services, so there will be something for everyone.

The Climate Change & Energy Security Framework 2012-15 is an updated plan that builds on the original Framework adopted by Cabinet in February 2010, which aimed to reduce carbon emissions from the city by 40% by 2020 from a 2005 baseline.

Council leader Barbara Janke says: "Thanks to reductions in energy use the city's carbon emissions have fallen by 15% overall. Bristol now has the lowest carbon emissions of any of England's major cities, giving us great momentum to follow through with the next phase of our plans."

"Our first Climate Change and Energy Security Framework was adopted in 2010 to reduce emissions and much of that work is already being successfully delivered, including new street lighting, new bus and cycling facilities and energy upgrades to homes and municipal buildings. We need to build on this and ensure we continue to work towards a future that is more sustainable and that the city is better prepared for climate change.

"The council has already invested over £20 million in delivering projects as part of the original framework including:

- insulating peoples' homes – focusing on the most vulnerable – with the free DIY insulation scheme
- installing solar electricity systems in over 30 schools
- supporting 40 'green' community projects through the Green Capital Community Challenge fund and the Catalyst Community Energy Fund
- adopting new planning policy, which is now resulting in better new buildings with lower carbon emissions and on-site renewable energy production
- adopting transport plans with carbon reduction as a key goal – including work on the new Greater Bristol Bus Network and securing funding for the rapid transit scheme
- improving the energy efficiency of council buildings and installing wood burning boilers in ten council buildings – helping to cut energy bills, including M Shed, Horfield Leisure Centre and The Park Adult Education Centre in Knowle.

The Climate Change and Energy Security Framework 2012-15 builds on the successes of the first framework and includes over 60 actions covering emissions from buildings, transport, business and city-wide activity.

The main components of the Framework are:

- Creating a new generation of transport infrastructure, including three major projects providing new and improved routes for rapid transit, bus, cycle and pedestrian travel and enhancing local rail services. This involves investment of around £200 million.
- Supporting the use of cleaner cars through electric vehicle charging points and user-friendly IT systems at city centre car parks & park & ride sites.
- Setting up a local Energy Services Company to deliver a £140m investment programme of energy efficiency and sustainable energy projects. This will reduce Bristol's emissions by up to 3%, alleviate fuel poverty and create 1,000 jobs.
- Investing over £14m in renewable energy, including wind, solar and biomass technologies on Council buildings and land, including schools and leisure centres showcasing these technologies.
- Cutting council energy bills by investing in energy efficiency in buildings and street lighting and by working with schools to enable school students to save energy at school. This will help the Council to deliver a 40% reduction in its own carbon emissions.
- Using the latest technology in homes, council buildings, schools and in the energy grid to reduce energy demand and to allow more renewable energy to be incorporated into the electricity supply system.
- Helping communities to take action on climate change themselves – through grants, loans, information, volunteer programmes and practical support. This currently includes action on energy efficiency, renewable energy, transport and food.
- Implementing the new statutory planning policy we have developed over the last couple of years to help developers ensure that new buildings are more energy efficient and incorporate renewable energy systems.
- Planning for changes in the climate, helping to ensure that the city is resilient to extreme weather such as heat waves and flooding which will become more frequent and severe in the coming decades.
- Working with businesses to help them cut their carbon emissions and lead the transition to a low carbon economy – creating new jobs in "green" industries like renewable energy whilst also helping existing businesses reduce their vulnerability.
- Enabling residents to reduce, re-use and recycle their waste through new waste collection services and use of the new waste management facilities in the city.

The planned capital investment contained in the Framework is approximately £450m, mainly for transport and energy infrastructure.

A leaflet summarising the Framework and provide further details of main projects can be found online through the Bristol City Council website –

www.bristol.gov.uk/climatechange

The report on the Framework went to the Cabinet on March 29th.



MY NEIGHBOURHOOD

SusWot acknowledges, with thanks, the continuing support from the Partnership.

2012 Get Growing Trail! Saturday 9 & Sunday 10 June

Opening times vary from garden to garden. Please check the Bristol Food Network website or the Trail leaflet (available soon) for individual site details. A Google map showing the location of the participating projects will also be appearing soon.

Bristol's secret vegetable growers are opening their garden gates and community plots for the 2nd Get Growing Garden Trail. Come and see what lies behind the garden walls and get inspired to get growing too.

Over 30 sites will be open at various times over the weekend, showcasing a diverse range of growing projects. Each group has different ways of organising the work, cultivating the land, and sharing the harvest – come and find out what would fit best for you.

Types of project showcased include: community allotments, veg growing in urban spaces, community supported agriculture schemes, smallholdings, community orchards, permaculture plots, and 'meanwhile' temporary use of land.

Activities on offer include: workshops, walks, garden tours, tastings, seed sowing and planting sessions. Of course, there will be plenty of plants and home-grown produce for sale, and garden cafés will be springing up over the weekend to fortify you on your tour.

We hope to have minibus transport to some of the further-flung sites. Please check back for the latest information.

bristolfoodnetwork@gmail.com, 0117 966 1639

Are you thinking about your future direction or looking for a new career?

Do you want to develop or be part of a project which shapes a better world? Become a Sustainability Advocate by joining Open Platform, a vibrant community of people from various backgrounds who share a passion for sustainability and support each other in setting up projects or pursuing a desired career.

This is not a job opportunity but, by joining this supportive network, Open Platform can help you to work out where you are headed and what you want to do.

Open Platform meets every Tuesday for workshops, presentations, discussions, films and more - so come along and get inspired, get involved and get connected. For more information, check our website or contact

Website URL: <http://www.openplatform.org.uk>

Contact Name: Alastair Brayne

Company Email: info@openplatform.org.uk

The Earth has been around for 4.6 billion years. Scaling this time down to 46 years we have been around for 4 hours and our Industrial Revolution began just 1 minute ago. During this short time period we have ransacked the planet for ways to get fuels and raw materials, have been the cause of extinction of an unthinkable amount of plants and animals, and have multiplied our population to that of a plague.

Bristol Food Conference will be 11 June 2012

11 June: 10:30 to 1:30, Brunel's Old Station, Clock Tower Yard, Temple Meads, Bristol, BS1 6QH

Free event but advance booking is required so we know how many to cater for. Please go here to book.

The theme of this year's Bristol Food Conference is "Signing up to Good Food!". The Conference, sponsored by Bristol's Food Policy Council, the first of its kind in the UK, will showcase the public launch of its city-wide Good Food charter as part of Bristol's Big Green Week.

As the charter states: "Bristol Good Food is the key message of the Bristol Food Policy Council. We believe good food is vital to the quality of people's lives in Bristol. As well as being tasty, healthy and affordable, the food we eat should be good for nature, good for workers, good for local businesses and good for animal welfare."

The programme, which will be chaired by Kevin Morgan of Cardiff University, will feature keynotes from:

-Helen Nilsson from Malmo, Sweden, on the revolutionary changes that have been made to public food procurement there,

-Dr. Gabriel Scally, former Regional Director of Public Health for the Southwest, on what good food can mean for our health as a city, and three Bristol-based speakers presenting their stories of the realities of working in the local food system (and succeeding!)

Each keynote session will allow time for interaction and discussion with the speakers. There will be a world-class lunch from some of Bristol's amazing selection of local caterers, along with opportunities for networking afterward.

A fully detailed programme will be appearing on the Bristol Food Policy Council website soon!

Create a foot of forest in your local community

IKEA is continuing the partnership with the Woodland Trust for another two years with the aim of planting 1,000,000 trees in local communities across the UK.

In the new 'A Foot of Forest in Your Local Community' campaign, IKEA will contribute to The Woodland Trusts' 'Free Trees for Communities' scheme.

IKEA FAMILY members contribute simply by swiping their card. New for this campaign is that all customers can play an active part, by pledging £1 with their shopping.

The money you donate will help the Woodland Trust provide free tree packs for local community groups, schools and youth groups close to your local IKEA store.

Maybe someone in SusWoT would like to apply and make Westbury into a green oasis

Elmlea Junior School would like a volunteer to help the children with their vegetable plots. This would be a regular commitment and would require that you have a CRB check. Contact suswot2050@gmail.com

Reduce Plastic Waste in the Home

Plastic waste is a pretty big problem and despite what companies would have us believe it is not all recyclable. It slowly gets less and less useable until it ends up in landfill or wherever they dump the waste in your country. It is almost impossible to get rid of and most estimates are that it will take between 700 and 1000 years to break down.

The oceans are slowly filling up with this indestructible substance and we have found ways of making ingenious plastic from vegetables such as corn. But this raises whole new issues about using food to create plastic while people on the planet don't have enough to eat, quite rightly. Surely the best way to go is to use less and demand plastic alternatives. The best way to do this is through your spending power – stop buying plastics.

You may not agree with all of these but here is a list of ideas that may help from www.earthcareoptions.co.uk

1. Bring your own cloth bags to the Shops.
2. Don't buy drinks bottles in plastic, even cans have plastic liners. Glass is great.
3. Carry your own reusable Steel bottles or ceramic drinks bottle.
4. Don't get to-go coffee or hot drinks. Bring your own or ask for a ceramic, reusable cup.
5. Go to the farmer's market and purchase fresh fruits and veggies (not packaged in plastic). Reduces food miles too.
6. Don't buy convenience foods packages in plastic.
7. Buy bread from bakeries or specialist shops that are packaged in paper.
8. Clean with baking soda and vinegar instead of cleaners packaged in plastic. E-cloths are great too.
9. Buy laundry detergent in boxes, not liquid in plastic containers.
10. Buy farm fresh eggs in reusable paper containers, not the plastic ones.
11. Get your cheese from the deli and place it in your own container (glass or a plastic one that you already have, don't waste what you already have!) or get it wrapped in paper.
12. Buy your meat from the deli and have it wrapped in paper.
13. Do not use air fresheners. Light a candle or incense instead. Or even better, open a window!
14. Store all your food in glass containers. If you purchase something bottled in glass, clean it and reuse it!
15. Buy bulk coffee packaged in paper or in cans, or bring your own bags.
16. Buy milk in paper cartons.
17. Buy spreads and jams that are packaged in glass containers.
18. Buy bar soap, not liquid body wash.
19. Compost your trash, reduce your use of plastic bin bags.
20. Line small bins in your house with paper bags.

21. When ordering drinks, say "no straw please!"
22. Use cloth rags for clean up around the house, no paper towels - reduces your rubbish and need for bin bags.
23. Use matches instead of plastic encased lighters.
24. Use cloth napkins. They feel nice and reduce your waste and use of plastic bin bags.
25. Don't use plastic cutting boards. Use wood or glass.
26. Use stainless steel sippy cups for kids.
27. Use cloth based toys for your pets, like catnip mice and soft squishy balls.
28. Buy CDs packaged in cardboard sleeves or buy your music online.
29. Use junk mail and other paper to stuff into big packages to ship instead of bubble wrap or air filled plastic.
30. Use real cutlery for parties instead of plastic.
31. Use rechargeable batteries to reduce buying batteries packaged in plastic.
32. Make a compost heap to reduce your food waste and put it back into the earth.
33. Use a reusable cloth bag or old fashioned steel lunch box to carry your lunch to work or school.
34. Say no to bottled water. Get yourself a reusable steel or glass water bottle.
35. Take a trolley when you go shopping. You will be amazed how much they hold and you won't need any bags.
36. Take your own bags for fruit and vegetables at the supermarket.

Lost Plot becomes a Community Garden



From Mary Rivers suswot2050@gmail.com

The CoOp is re launching its Plan Bee campaign Saturday 21 April. There will be free packs of wild flower seeds in The Mirror newspaper. Do please grow them in your own garden but if you don't want them, do give them to someone on the Community Garden and we will hand them out on 9th June.

<http://www.co-operative.coop/Plan-Bee/>