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Charity No. 1159816

Energy Advice Drop In
The Wellbeing Centre
Church Stretton
Thursday's 10.00 – 12.00



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What do we do about plastic?

Plastic, derived from oil, is a wonderful product. It is long lasting, easy to manufacture in a bewildering variety of forms and colours and is cheap to make...BUT... pollution from plastic has been a problem for many years. In recent months the world has woken up to the urgency to do something about the damage it is causing to the environment ... thank you Sir David Attenborough!

Here are some ideas to help you make a difference.



- Our tap water is of the highest quality ... don't buy bottled water, use a reusable bottle and refill it. Increasingly cafes and public places are offering a free refill service. Download the refill app.



www.refill.org.uk

- Want a take-a-way coffee? Use a reusable cup / mug. Plastic take-a-way cups are very difficult to recycle. Fast food outlets are getting the message and many will even give a discount if you offer your own mug to refill. A few coffee shops are now using a paper based take-a-way cup but what's wrong with carrying your own beautiful china or pottery mug around with you or better still a bamboo reusable coffee mug.



- Use your own container for take-a-way food, the store will probably use a Styrofoam tray or container. They cannot be recycled.
- Avoid excessive food packaging, especially on vegetables. Try and buy loose from a fresh vegetable stall. Only some of this food wrap is recyclable. Check the label.
- Use a refill station for liquid detergents, washing up liquid etc. Plastic bottles with a screw cap can be reused many, many times. One of our local shops is such a refill station for a well-known brand of eco washing products. They sell several other loose products.
- Increasingly there are local milk deliveries which come in a glass bottle.
- Avoid products containing microbeads. They are so small they get through sewage works filtration systems and end up in the sea. They can then get into the food chain as they get mistaken for plankton which many sea creatures eat. Some face wash and toothpaste contain micro beads. Polymer based clothing sheds micro fibres when washed which eventually end up in water courses and then the ocean. Natural fibres such as wool and cotton don't

have this problem. Try using a special washing bag to trap these fibres which can then be safely disposed of.

- Always carry a shopping bag and refuse a single use plastic bag if offered. There are a few exceptions here, especially fresh meat as “health and hygiene” regulations insist it should be in plastic or greaseproof paper. Alternatively take your own washable plastic box.
- Loose tea and coffee can be bought locally to go direct into your own reusable container to keep it fresh. If you do buy tea bags, plastic glue to seal the edges. 
- Where there is an alternative, buy products that come in cardboard rather than plastic packaging.
- Use a razor with replaceable blades instead of a disposable razor. 
- **Plastic is a wonderful product, but we are getting careless how we dispose of it. If we use less there will be less to recycle and less to pollute.**
- **These links may be useful**
- <https://zerowastehome.com/app/> to help find the nearest bulk buying store
- www.findmeamilkman.net/ nearest dairy with a delivery service, they may use glass
- www.treehugger.com for ideas to make your own cosmetics etc. from natural products

CONSUMER PRESSURE IS A VERY POWERFUL INFLUENCE

A simple internet search will help identify products which are not from sustainable sources or may be harmful to the environment. For example ...

- some tea bags still contain plastic, manufacturers are getting the message as their sales drop
- some toothpastes still contain micro beads
- liquid hand washes use palm oil which may not come from sustainable sources
- shun clothing made in 3rd world sweat shops

Refuse, Reduce, Reuse, Recycle, and Rot (and only in that order)

A recent survey in the Strettons has shown us that many local traders are very aware of the problems plastic is causing. Many offer a paper bag alternative and willingness to let you use your own containers. Loose fruit and vegetables can be bought at the Thursday Market and loose tea, coffee and washing liquids are available from at least one outlet.

Items wrapped in plastic are sometimes cheaper BUT the environmental cost is greater.

Local Recycling opportunities are improving.

See over for a complete list of local recycling opportunities

Stretton Area, Local recycling services

Shropshire Council services provided to our area:

Kerbside collection - recycles many items

Bulky Goods Collection service - order collection of certain bulky items

Craven Arms Recycling Centre – recycles almost all household items including rubble, used lightbulbs, small electrical items, drinks cartons, etc

Furniture collection - Several local charities and social enterprises collect furniture and reuse them in the local community.

Recycling options in Church Stretton

Coop - soft plastics such as crisp packets and bread bags.

Library – batteries, stamps, Christmas cards for craft activities

Scrappies – clean, safe items for use in children’s education and creative arts (e.g. card, paper, fabric), printer cartridges, spectacles

St Lawrence Primary School – Recycling options including pens (for Parents and Students only)

Hope House Charity shop – Books, Clothes, Shoes, handbags and much more including worn out fabrics which get recycled

Red Cross Charity shop – Clothes, toys, books, furniture and more – Worn out fabrics are accepted too

The Rural Charity shop – Electrical items, clothes, shoes, toys, furniture, and much more

Church Stretton Repair Café - Blister Packs [temporarily suspended], toothpaste tubes, personal care items (2nd Saturday of the month at the Scout Hut)

Stretton Print & Supplies - Some makes of original printer ink cartridges.

Recycling options further afield

Leebotwood Village Hall – Shoes

Dobbies – Empty compost bags, plant pots

Percy Throwers Garden Centre – Empty Compost bags

United Reform Church Shrewsbury – Cosmetics and food packaging, ground coffee bags, see the website for details

Other Ideas

Church Stretton Repair Café - Why not fix broken household goods and reuse them?

Church Stretton Buy and Sell - A community Facebook site for selling unwanted items

Next Door – Another community site through which unwanted items can be sold

Trash Nothing – This website provides access to the local Church Stretton Freegle group (and similar groups further afield) where items can be given away or obtained, free of charge. This can include almost anything, including plants, electrical items, gardening tools, video tapes, kitchen units, paving slabs, etc

Residents in some streets and small developments work together to collect things like drinks cartons (eg Tetrapak), which can be taken in bulk to the appropriate recycling centre – do chat with your neighbours to see if something could be set up where you live.

Terracycle <https://www.terracycle.com/en-GB/> is a national enterprise which collects and recycles the most difficult items (like pens, cosmetic packaging, etc). The nearest main collection point to Church Stretton is in Telford. Might you have storage space to become a Church Stretton collection point, or know someone who does?

And do let us know if there are items we have missed off this list.

Church Stretton Town Council has an excellent section on recycling under the services section. <https://www.churchstretton-tc.gov.uk/>

Caution - Please Read this:

Our Advice Note has been carefully prepared and is, as far as we know, accurate at the date of publication. However, things change very fast in the world of technology and in government schemes. Sometimes parts of Advice Notes become outdated and may not offer best advice very soon after publication. We do our best to keep them up to date with the limited resources we have. Furthermore, our advice may not be appropriate for your particular circumstances. We advise that you get advice from a relevant expert before making changes. We may be able to offer further advice or make suggestions on who to contact if you get in touch with us. We are not technical experts but have many years of offering common sense advice and we recommend you should not rely on our Advice Note alone for making decisions. The national advice centre Energy Savings Trust is a good source of information.

See <https://energysavingtrust.org.uk/>