

Let's work together for a...



A repair café is a gathering of local people to repair household electrical and mechanical devices, computers, bicycles, clothing, accessories, (small) items of furniture, etc with the help of skilled volunteers. This reduces waste and supports repair skills. Offer your skills or organising ability to Rob Horton at plasticfree@colwichparishcouncil.gov.uk

DON'T THROW IT AWAY, GIVE IT AWAY!



Got stuff you don't need? Find someone to come and take it.

Looking for something? We'll pair you with someone giving it away.

All completely free. Freegle: it's like online dating for stuff.

www.ilovefreegle.org/explore/rugeleyfreegle

groups.freecycle.org/group/RugeleyUK/description

www.ilovefreegle.org/explore/Stafford_Freegle

groups.freecycle.org/group/StaffordUK/description



The idea for this leaflet came from Sustainability Matters in Stafford Borough. Share their passion for improving our environment and living in harmony with it. For further information you may contact the convenor:



rogeroldfield@myphone.coop

Let's make Colwich Parish healthier and more sustainable for ourselves and all living beings.

Encourage one another or join Plastic Free Colwich Parish for mutual planning and encouragement to break our plastic habits. Contact plasticfree@colwichparishcouncil.gov.uk

Sally Collins or Rob Horton, both residents of the parish, will respond.

Watch out for events to attend and other actions you can take, including joining in litter picks or organising your own.



PLASTIC FREE PARISH COLWICH
A HANDY REFERENCE GUIDE

Keep this with 'Your recycling and waste collection chart and calendar 2018 - 2020' from Stafford Borough Council

"We are at a unique stage in our history. Never before have we been so aware of what we are doing to our planet – and never before have we had such power to do something about it. Surely we have a responsibility to care for the planet on which we live?"



"The future of humanity, and indeed of all life on Earth, now depends on us doing so."

Sir David Attenborough at the end of the final episode of Blue Planet II and in an article originally published in the 9 - 15 December 2017 issue of Radio Times magazine:

<https://www.radiotimes.com/news/tv/2018-03-16/david-attenborough-blue-planet-ii-we-must-act-now-to-protect-our-oceans-from-the-deadly-threat-of-plastic/>

A LOCAL PROJECT SUPPORTED BY COLWICH PARISH COUNCIL TO ENCOURAGE SINGLE USE PLASTIC REDUCTION AND ELIMINATION BY RESIDENTS, BUSINESSES AND ORGANISATIONS FOR THE HEALTH OF PEOPLE AND PLANET



PLASTIC FREE PARISH COLWICH



Recycling the plastics that may still come your way for a while...

INTO THE BLUE BIN:

- * Empty plastic bags including carrier bags, other plastic wrapping (not bubble wrap), plastic bottles, other plastic containers. Put bottle and container tops in separately.
- * The Yes Please list at <https://www.staffordbc.gov.uk/plastics>
- * The list at <https://www.staffordbc.gov.uk/bathroom>

Wipe, rinse or wash off all food and other residues from blue bin items to help the recycling process.

INTO THE GREEN BIN:

- * The No Thanks list at <https://www.staffordbc.gov.uk/plastics> - unless too big, then to the recycling centre or the bimonthly collection on the Jubilee Playing Field, 10.00am – 12.00noon. Dates available on the Parish Council website.

LET'S KEEP ALL PLASTIC WASTE OUT OF THE BROWN BIN INCLUDING EMPTY COMPOST BAGS, OASIS, PLANT POTS, EXPANDED POLYSTYRENE

The garden waste put in the brown bins is turned into 'soil improver'.

Plastics or other contaminants in the soil improver harm living organisms.

No one who grows fruit and vegetables wants their soil to be polluted by plastics.



Actions you can do as an individual
Don't try doing all at once; tick them off one at a time



WHY ALL THE FUSS? SOME PLASTIC FACTS...

- * Nearly 300 million tons produced annually globally. Half is single-use – it takes hundreds of years to break down if at all, emitting and leaving toxins and micro particles harmful to most living beings including ourselves.
- * Average European uses and disposes >100kg annually – totals 1.5 million tons in UK.
- * Up to 12 million tons into world's oceans annually – currently more than 100 million tons drifting around – eaten by fish, eaten by seabirds and even finding its way into sea salt – to be eaten by us and adversely affecting the health of our children and ourselves.

- * Remember your refillable water bottle.
- * Use a travel water bottle with inbuilt filter when abroad.
- * Take a reusable tea/coffee cup and refuse single-use takeaway cups.
- * Resist a straw, even when abroad, unless it is biodegradable, paper or metal. Buy a re-usable one, eg bamboo, metal, or why not just sip?
- * Refuse single-use condiment sachets.
- * Avoid plastic cutlery and plates, including for lunch boxes, parties and barbecues. Take your own or use sustainable alternatives, eg bamboo, metal.
- * Avoid plastic glasses, including at parties and barbecues. Take your own real glasses or hire/borrow from local retailers.
- * Refuse plastic bags in shops. Take your own long use shopping bag, ask for paper bags.
- * Refuse single-use packaging
- * Avoid single-use plastics in the bathroom. Bars of soap, body lotion and shampoo are available.
- * If you visit a beach grab a handful of plastic pollution and recycle or dispose of it.

www.anythingbutplastic.co.uk/
STOCKS A RANGE OF NON-PLASTIC ALTERNATIVES. OTHER SUPPLIERS ARE PROBABLY AVAILABLE.