



Yes ! It's the ....

## Sustainable Wells Newsletter

Mar 2018

Email: [sustwells@gmail.com](mailto:sustwells@gmail.com)

Sustainable Wells actively supports a range of common sense projects that help us to reduce, recycle and reuse to cut down on the amount of waste in our community, to conserve natural resources, landfill space and energy - as this is the best way to take care of our environment. We are a growing group of individuals committed to a .... Sustainable Wells ! There is no membership fee just a willingness to do what you can, where and when you can. You'll find reports on all sorts of activities below. We are particularly delighted with the response to our Plastic Free Wells campaign, which is going from strength to strength as people realise they have a role to play if we are to reduce the amount of plastic and litter in the oceans and local environment. We would love to hear from you if you want to know more or want to get involved.

Email: [Sustwells@gmail.com](mailto:Sustwells@gmail.com)

**Maddy Milnes**

### Plastic Free Wells Update



It is now about two months since we applied for Wells to become part of the Plastic Free Coastline initiative. Great progress has been made but there is still much to do. In total there are five objectives that need to be achieved but only one has been completed so far, this involved helping local businesses consider alternatives to single use plastics.

Recently the following proposal was passed unanimously "Wells Chamber of Commerce and Tourism is in favour of Wells becoming a plastic free city" And then the next day the Wells WI pledged to support the campaign as well, closely followed by the Mendip Ladies Group. We are now hopeful that the Council will pass a resolution on 22<sup>nd</sup> March also supporting our aims of making Wells a plastic free community. This will count as another objective completed and help us move on towards accreditation.

Unfortunately the recent snowy weather meant the cancellation of a beach clean and three City cleans. However these are all being rescheduled for later in March and we hope to see as many supporters as possible at these events. The beach clean was held on Saturday 17<sup>th</sup> March and the City cleans will be on 23<sup>rd</sup> 24<sup>th</sup> and 25<sup>th</sup> March. Everybody is welcome to join us and equipment will be supplied, all you will need are gloves, sturdy footwear and a willingness to help. Just email for further details.



Finally if you are a member of one of the many Community groups in Wells please get in touch as we need your help in trying to reduce the amount of single use plastics used in all community spaces, halls, churches, sports clubs etc. as it is another one of the objectives. You can contact us on [plasticfreewells@gmail.com](mailto:plasticfreewells@gmail.com) or [facebook.com/plasticfreewells/](https://www.facebook.com/plasticfreewells/). Thank you.

**Tom Ronan**

### RECYCLE event : Sunday 25 March 10:30 am – 12 noon, at Priory Road Car Park (next to Good Earth)

Postponed by the 'Beast from the East' this popular event has been rearranged. Bring along things you no longer need and take away things you do – all for free. Any item brought must be taken away by the owner if no-one else wants it. Typical items include books, bric-a-brac, clothes, bikes, electrical appliances. Any queries contact [joannadavey1988@gmail.com](mailto:joannadavey1988@gmail.com).

**Joanna Davey**



## Repair Café - Saturday 19<sup>th</sup> May 10 am – 12 noon , at St Thomas Church Hall (BA5 2UZ )

Our 2nd Repair Café held in February was a really enjoyable and successful event. If you haven't been to it yet .... please come along to the next one in May. You'll find people interacting, learning, sharing skills, swapping tips and information, guzzling coffee and scoffing cake! Children are always welcome (one little boy said how much he loved the chocolate cake !). We had about 60 visitors in February who offered over 30 items for repair. Most were repaired or advice was given about how to use them with a malfunction, or where they could go to get the item repaired if the Repair Café Repairers couldn't help. Items offered for fixing included : several radios, several lamps, bags, trousers, tables, a drill, Dysons, Sewing machine, coffee machine, projector, lawn , a musical jug and a broom ! **Laura Sorensen**



## Strode Theatre – Film Show: Tomorrow (Demain) June 6th

*Sustainable Wells* is delighted to have teamed-up with *Strode Theatre* to bring *Tomorrow* to its screen, in collaboration with *Avalon Community Energy, Glastonbury Friends of the Earth, Green Wedmore, The Rubbish Project, Transition Langport, Sustainable Frome* and *Wells Food Network*. *Strode* is using *Tomorrow* to launch their new environmental policy, and will use surplus revenue from this film as a seed-fund towards the costs of supporting the theatre to transition from single-use plastics to recyclable/biodegradable materials. The film will be followed by a panel supported discussion. And that's not all because *Tomorrow* is just the first part of the theatre's *Sustainable Narratives* film triptych .... and if you book at the same time to see all three films (*The Islands and the Whales* and *Cowspiracy*) you can save money to with £4.50 off the total price. Look for further info on the Strode website [www.strode theatre.org.uk](http://www.strode theatre.org.uk) **Stewart Crocker**

## Recipe for this issue !

Kim Robinson of Wells Country Market fame, comes to the Repair Café with examples of good affordable food. The recipes she uses are available at the Café, but following demand, there will be one in the newsletter. If you want all the recipes just email and we'll send them back. Likewise if you have a recipe you want to share send it in and then Kim can have a rest. Here's her Hummus recipe, great if you make it yourself 'cos it means you don't have to find a use or throw away the plastic container !

## Hummus



Put the following in a food processor and

then pulse to a thick paste (depending on whether you like it smooth or with a bit of texture;

- 1 can chickpeas (drain them first, but keep the liquid on one side)
- Juice of one lemon
- 1-2 garlic cloves
- 1 level teaspoon of ground cumin
- 1-2 tablespoons of tahini (start with one and see if you want more sesame flavour)

Add some of the liquid drained from the chickpeas plus some water to achieve the desired consistency. Season to taste and add more cumin/tahini to taste. If you like, add roasted red pepper, chilli and/or fresh coriander and blitz it again.

## Somerset Convergence Conference

There are a growing number of organisations across Somerset working on issues that relate to climate change. In an effort to maximise our collective impact *Sustainable Wells* is part of the group currently planning for a day conference in June which we hope will be fruitful in many ways, expected and unexpected. If you work or support an organisation that you think should be represented please send details to Stewart Crocker ([stewartcrocker1@outlook.com](mailto:stewartcrocker1@outlook.com)) or Maddy Milnes ([maddy@milnes.myzen.co.uk](mailto:maddy@milnes.myzen.co.uk)).

Somerset Convergence



Connect Collaborate Inspire

## Boomerang Bags

If you would like to be part of a group who make shopping bags out of waste material to hand to shoppers who have forgotten their own re-usable bags and so prevent them from buying the supermarket plastic bags, please contact:

[maggiepattenden@gmail.com](mailto:maggiepattenden@gmail.com)

We need material (i.e. old curtains, pillow slips,) thread and people who can sew, pin, iron, make tea, etc.). You can find out more information about Boomerang Bags at the website: <http://boomerangbags.org/about/>



## Sustainable Wells Energy Group



Our next meeting will be on Saturday March 24<sup>th</sup>, 10am upstairs at Pickwicks. We'll be discussing plans for our next project supporting energy efficiency for those in fuel poverty as well as all our usual themes, so please feel free to join us.

We have had a great response to 'Close The Door' where we encouraged shop owners in Wells High Street to close their doors on cold days to save energy. You will see our sign displayed on around 15 shop doors up and down the High Street. We have also been pleased to see shops put up their own signs to explain that they are open but are keeping the door closed to keep in the warmth. Look out for the signs, and if possible, please thank the shop owner for supporting this initiative.



**Simon Dennis**

## Top Tips for reducing the use of SUPs (Single Use Plastics)

The campaign to reduce SUPs is global, national and local! Here are the top 5 tips to help us on our way:

1. Stop buying bottled water. Use a re-usable container and fill it from the tap. UK tap water is good quality. More town fountains coming soon. And on railway stations. Lobby for this.
2. The final straw! Ask your local café to replace them with the paper or plant-based sort, keep them below the counter and not offer them or re-stock them – we need to break the habit. Only people with a mouth condition really need them. Refuse straws in your drinks; don't forget to say it as you order! Think of the turtle.
3. Avoid buying cotton buds with plastic stems: paper stemmed ones are available. Do not dispose of them down the toilet.
4. Buy your fruit and vegetables loose from market stalls. Lobby super-markets to reduce wrapping on fruit and vegetables. Email/write to them! Leave excess plastic wrapping at the check-out as a protest.
5. Take your own re-usable bag or basket with you every time you shop. Take bags for loose veg too. Make bags out of old fabric or scarves, etc. Join our BOOMERANG BAGS sewing circle!

Tips 6 to 10 coming next month!

## Websites to browse



If you come across interesting websites that you think others may be interested in please send the link to [sustwells@gmail.com](mailto:sustwells@gmail.com) and we'll include as many as we can in each issue. Here's some for this month:

<http://www.feedavalon.org.uk/> loads of information about all things food related including plenty of courses.

<http://mymakedoandmendlife.com/> one woman's story as well as top tips and a sustainable living hub

### Other ways of getting the SW Newsletter

Obviously email is a quick and easy way of circulating the SW newsletter but it doesn't work for everyone. So thanks to Wells Library who are happy to keep a copy of the newsletter in their What's On folder where you can read it, photocopy bits of interest and return it to the folder. Now that makes environmental sense !

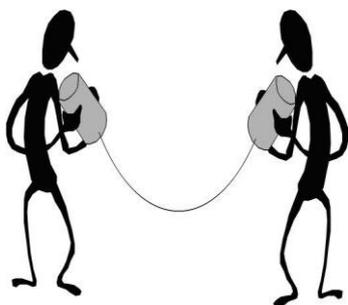
### Men's Sheds

After having visited the Repair Café, Brian Bastable of the Street Men's Shed, asked if the SW newsletter could share information about their work. The Men's Shed movement began in Australia when it was realised the value for men in coming together around practical tasks and socially on a regular basis, particularly if they had a designated place or workshop where tools and work in progress could be stored. It appealed to men both living alone or with partners and at all ages. Although the vast majority of 'shedders' are at, or beyond retirement age, you do not need to be at retirement age to join in. In fact Men's Sheds appeal to a wide variety of people.



There are more than 300 Sheds open in the UK, with nearly 100 more in the planning. Sheds vary from full-time projects in substantial premises to groups meeting in village halls and community centres for only a few hours a week. Most Sheds have been started by their users with local support, donations of tools and premises being given, borrowed and used often in exchange for repair work. In our area there are 'sheds' in Street, Shepton Mallet, Wells. Levels and Moors, Frome, Burnham & Highbridge, Wedmore, Midsomer Norton. For more information contact Brian Bastable on **01458 443940**, email: [brianbastable123@hotmail.co.uk](mailto:brianbastable123@hotmail.co.uk) or Visit the Street Men's Shed website at: [www.streetmensshed.btck.co.uk](http://www.streetmensshed.btck.co.uk)

### Connecting !



We hope the Sustainable Wells facebook page and newsletter provide easy and effective ways of connecting with what's happening around environmental and related issues in our part of the Mendips. If you want to make contact with others about a particular theme in a particular area so you can collaborate and possibly have a greater impact then feel free to us both. We won't put your details in the newsletter unless you ask but we can publicise the area and the issue and use the sustwells email account to link people together.

This month we have SW supporters interested in action on dark skies as well as sustaining native trees and plants particularly in and around Wookey Hole. Send an email to [sustwells@gmail.com](mailto:sustwells@gmail.com) for more info.

### Save these other Dates

- Apr 26<sup>th</sup> Taunton Friends of the Earth film night *A Plastic Ocean* at CIC, doors open 6:30 pm, admission free. Contact for further info: mob 07591505572; Facebook: [www.facebook.com/TauntonFOE/](http://www.facebook.com/TauntonFOE/)
- May 5<sup>th</sup> Garden Day at Wells Museum 10:30 – 4:00pm as part of National Gardening Week including cream teas. If you would like to have a plant stall please email Susan Bates ([susanmbates@hotmail.co.uk](mailto:susanmbates@hotmail.co.uk))
- May 5<sup>th</sup> Sustainable Wells will have a stall at the Labour Day event at the Bishops Barn more details on the Sustainable Wells facebook page and website
- May 10<sup>th</sup> Deadline for copy for our next newsletter will be May 10<sup>th</sup>, please send articles and info to [sustwells@gmail.com](mailto:sustwells@gmail.com). We're happy to advertise any relevant events from other local groups

### Want to help

If you are interested in supporting Sustainable Wells please get in touch; let us know what you are interested in and/or what skills you would like to offer. No offer is too small or too big !