



Yes ! It's the ...

## Sustainable Wells Newsletter

June 2018

Welcome to the June issue of our newsletter, I hope you find it makes useful reading, please feel free to pass it on to anyone you know who might be interested - a copy is available in the Wells Library.

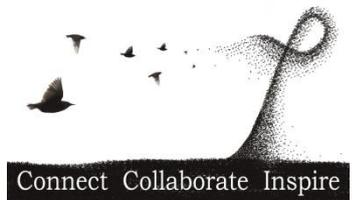
I often get asked "how do I join Sustainable Wells ?" ..... so far we haven't had a membership structure! Folk are welcome to join in any of the activities publicised under the Sustainable Wells umbrella. But ..... the time may have come for this to change. We plan to hold an Annual General Meeting in October and membership will be one of the things we will talk about. Please let me know what you think by emailing [sustwells@gmail.com](mailto:sustwells@gmail.com).

**Maddy Milnes**

### Somerset Convergence Conference June 23rd

Phew ! The number of organisations sending one or more delegates to this event is growing by the week. The aim of the conference is to bring together organisations engaged in sustainability work in Somerset and see what greater impact we can have through increased collaboration. If you know of an organisation which you think should be invited please contact Stewart Crocker ([stewartcrocker1@outlook.com](mailto:stewartcrocker1@outlook.com)) or Maddy Milnes ([maddy@milnes.myzen.co.uk](mailto:maddy@milnes.myzen.co.uk)). Thanks to Somerset Community Foundation who are sponsoring the day. Expect a report in the next newsletter !

### Somerset Convergence



**TOMORROW**

### Demain 6th June, 7:30 pm, Strode Theatre

Sustainable Wells is delighted to confirm that we are collaborating with several like-minded organisations in promoting the screening of "Tomorrow / Demain" at Strode Theatre on June 6<sup>th</sup>. Book with the code SUSTAIN6618 and you will receive a £1 discount on 2 full price tickets and 2 concession tickets per order.

*Tomorrow* tells the story of the search for solutions to the crisis humanity faces. It is a hugely positive, affirming and inspirational film and is the perfect antidote to the current sense of global despondency. We will have a display stand in the Foyer, so please come along early for a drink and a chat. **Stewart Crocker**

### FREECYCLE Sunday July 1<sup>st</sup>, 10.30 a.m. to 12 noon

In the Priory Road car park (next to the Good Earth)

We're running another **FREECYCLE** event in Wells ! Just like a car boot sale but without money changing hands our recycle events have always been very popular.

It's a good opportunity to clear out those things you no longer need and find something for free. Good for your purse as well as the planet. What a great way to reduce waste! Typical items include bicycles, books, toys, bric a brac, clothes, appliances, and gardening tools. Here's some of the goodies that found a home at our last Freecycle. Thanks to the owners of the Priory Road car park for allowing us to use their venue.

**Joanna Davey**



**Top Tip No. 6 for reducing your plastic use** Buy a re-usable coffee cup and take it with you every time. Greggs sell re-usable cups for £2 with a free coffee. You could also take your own 'SPORK' - a re-usable piece of cutlery: a spoon and fork all in one.

## Return The Plastic! June 2<sup>nd</sup>, Waitrose 12 noon

The Plastic Free Wells regular Return **The Plastic** actions continue this week with Waitrose the recipient of our gifts! Please come along with any Waitrose plastic packaging – you can bring your neighbour's plastic too! One thing we know is that supermarket packaging will change ..... but only if we keep the pressure on.

## Plastic Free Wells (PFW) Update



PFW has been working steadily through the five objectives that we need to get Plastic Free status for Wells. We have the support of the City Council for the scheme itself as well as a commitment that they will reduce the amount of single use plastics they use. The City Council showed this support by generously waiving the room fee for our Town Hall meeting and Surfers Against Sewage Fundraiser, which raised a whopping £731.60 !

Local businesses have shown great support too, with six of them removing or replacing at least three of the single use plastics from their business. Please show your support to the following organisations who have changed at least 3 of their SUPs: Rugatinos, The Bishop`s Table, Cathedral Café, Daniels Sandwich Bar, Swan Hotel, Kitty Banks, The Square Soft Play Centre. More are taking action all the time ... often in response to pressure from **YOU** !

PFW Supporters have also taken part in Celia Wride`s city cleans which cleared over 90 bags of rubbish from the streets of Wells, plus some of us took part in a beach clean at Berrow. Some PFW Supporters have started to make reusable shopping bags from unwanted leftover material. These bags will be given to shoppers who have forgotten their own bags so as to prevent them from having to use a plastic bag.



On **June 2nd** we will be in Wells Library giving talks and holding a quiz about the damaging effects of plastic so do come in and have a chat. Later in the month we will be talking with a Brownie pack about reducing SUPs. It is this kind of Community engagement that will help us to achieve one of the few objectives yet to be completed to gain Plastic Free status. So if you think your community group would be interested in this subject then please let us know, we can be contacted through [plasticfreewells@gmail.com](mailto:plasticfreewells@gmail.com) or [facebook.com/plasticfreewells/](https://www.facebook.com/plasticfreewells/).

**Tom Ronan**

**Top Tip No. 7 for reducing your plastic use** In Wells, PROTEC and Steamer Trading sell re-usable coffee cups, cling film substitutes and other such items. Other stores may too; a full audit is ongoing. Look for re-usable alternatives to single-use plastics.

## Sustainable Wells needs .....



If you love social media and want to help out with ours please step forward ... or better still email [sustwells@gmail.com](mailto:sustwells@gmail.com) !

If there's a particular aspect of sustainability you are interested in then just email and we'll do our best to put you in touch with other like minded folk !

## Wells Repair Café

....is going strong; the last RC on May 19<sup>th</sup> was busy (despite the competition of FA Cup Final and Royal Wedding) . Our wonderful repairers put to rights all sorts of stuff, from shoes to sunhats, radios to record players, lamps to (in an unusual first for Wells Repair Café) light sabres !

We are having a feedback meeting on 7th June at The Globe Inn in Wells as 7.30pm. Please feel welcome to come along even if you aren't already involved.

Our next date will probably be September 1<sup>st</sup>. If you would like to help particularly with publicity then please email [sustwells@gail.com](mailto:sustwells@gail.com). **Laura Sorensen**



## Frugal food: Bread pudding

Here's one of the recipes that Kim Robinson demonstrated at the last Repair Café as a way of using up leftover bread ..... what a success it was:

**Ingredients** (all approximate – this is a very forgiving recipe !)

500 gms	stale bread (can be a mixture)
400-600 ml	milk/water
250 gms	mixed dried fruit
50 gms	mixed peel
1.5 tsp	mixed spice
2	beaten eggs
100 gms	melted butter
140 gms	brown sugar
Lemon zest (optional)	
2 tbsp	demerara sugar



### Method:

1. Tear bread into a large mixing bowl and add the fruit, peel and spice.
2. Add 400 ml milk/water & stir or scrunch through your fingers to mix everything well so that the bread is completely broken up.
3. Add more liquid if needed to achieve a softish 'mush'.
4. Add eggs, muscovado and lemon zest if using. Stir well, then set aside for 15 mins to soak.
5. Heat oven to 180C/160C fan/gas
6. Butter and line the base of a 20cm non-stick square cake tin (not one with a loose base).
7. Stir the melted butter into the pudding mixture, tip into the tin.
8. Scatter the top with demerara and bake for 1-1.5 hrs until firm and golden, covering with foil if it starts to brown too much.

**Top Tip No. 8 for reducing your plastic use** Refuse plastic cutlery and don't buy plastic plates, cups, etc. In France they are banned from sale. And in Delhi, apparently!

## Glyphosate (Roundup) applied on land adjacent the Wells Cathedral Rugby Field

There is growing evidence over many years that the weed control Glysophate marketed as Roundup may be harmful to human health. It's currently being used along the Wells Cathedral Rugby field where it leaves a brown patch that also looks remarkably ugly ! There is a campaign supported by Sustainable Wells, requesting Wells Cathedral School to stop using Glyphosate in the area, due the damage caused and the effect on wildlife, particularly bees. A letter has been sent to the school supported by 30 plus local people requesting the school stops applying the chemical in this area used by children, animals and the general public, and instead leave it as a wildlife corridor or use a strimmer. We will keep you informed of developments.

### Save these dates

Jun 2 <sup>nd</sup>	Wells Library 10 – 2pm , 'Oceans of Plastic', Information morning Return The Plastic, 12 noon, Waitrose
Jun 6 <sup>th</sup>	Film Show Demain at Strode Theatre, 7:30pm
Jun 7 <sup>th</sup>	Repair Café feedback meeting, The Globe inn, 7:30
Jul 1 <sup>st</sup>	Freecycle Good Earth Car Park 10:30 – 12
Jul 11 <sup>th</sup>	Deadline for copy for our next newsletter, please send articles and info to <a href="mailto:sustwells@gmail.com">sustwells@gmail.com</a> . 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 !