

What we CAN do!

Please note these are for information purposes and follow on from a Talk given by Jacqui Elliott and do not represent a recommendation by Holy Cross.

1. 'Wild about Gardens' & Tree planting

Kent Wildlife Trust talk

Bearsted CAN organised a talk with guest speaker Maureen from Kent Wildlife Trust on 5th May. Maureen gave a great talk about Nature Friendly gardening and how we can all encourage more pollinators in our gardens.

Many Bearsted CAN members and attendees took part in 'No Mow May', planted wildflower seeds, rethought what a weed is and are continuing to rewild parts of their gardens for the rest of the summer. Here are the slides and more information about Wilder Gardens.



Nature friendly
gardening for all - li

<https://www.kentwildlifetrust.org.uk/wilder-gardens>

Kent's Plan Bee

Encourage pollinators in your gardens and work with KCC, Kent Wildlife Trust & Bumblebee Trust to join up green corridors for bees and butterflies to thrive

<https://www.kent.gov.uk/environment-waste-and-planning/nature-and-biodiversity/pollinators/kents-plan-bee-pollinator-action-plan>

Tree Planting

Bearsted CAN have ordered 420 tree saplings from the Woodland Trust and have agreement from Hayle Park Nature Reserve in Tovil to plant on their land.

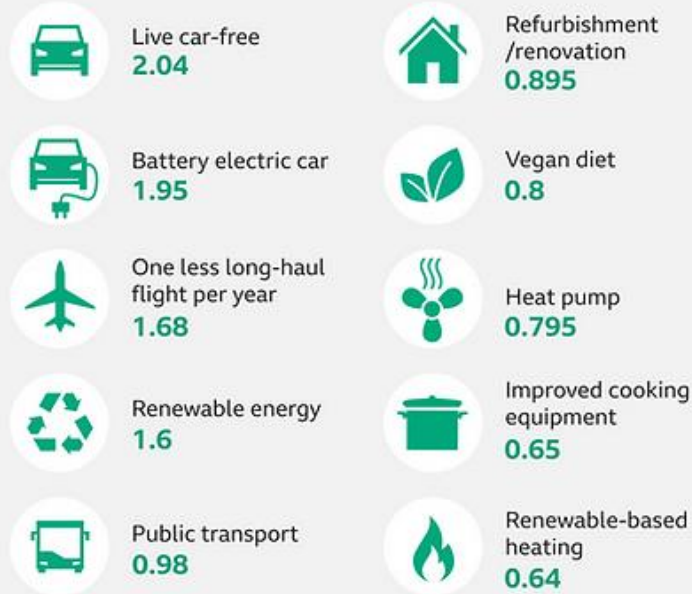
Join in the Bearsted CAN tree planting at the end of November and plant trees in your garden if you have room. Trees absorb CO₂ emissions so they are a carbon sink – part of the solution to rising CO₂ emissions.

2. Cutting your household carbon footprint

Use the [WWF carbon footprint calculator](#) to understand your current carbon footprint and see how much you can cut it by.

Top options for reducing your carbon footprint

Average reduction per person per year in tonnes of CO2 equivalent



Source: Centre for Research into Energy Demand Solutions

BBC

3. Decarbonising Transport & less private car use

less car use, more use of public transport & active travel

Try drawing a circle of 2 miles or 5 miles around where you live – decide to walk or cycle within this radius and leave the car at home. Get some exercise at the same time as reducing CO2 emissions and air pollution.

Need some inspiration for walking and cycling routes nearby?

Try Kent Connected journey planning app <https://kentconnected.org/our-app/>

Could you walk or cycle to Bearsted or Maidstone train stations and get the train to where you want to go instead of automatically getting into the car for longer journeys?

<https://www.southeasternrailway.co.uk/>

<https://www.nationalrail.co.uk/>

Try going to Maidstone by bus:

Arriva 4 and 11 bus routes and Stagecoach that all go to Maidstone town centre. Even though Maidstone's Park & Ride is no longer functioning there are still local Bearsted bus services that we should be using to reduce local transport CO2 emissions & air pollution.

Arriva and Stagecoaches apps show you where the bus is in real time.

Arriva 4 and 11 from Landway, Ashford Road, Madginford shops, Downswood

<https://www.arrivabus.co.uk/kent-and-surrey/bus-travel-in-maidstone>

Stagecoach 10X Maidstone – Ashford from Ashford Road

<https://www.stagecoachbus.com/routes/south-east/10x/maidstone-ashford/xfao010x.i>

Stagecoach X3 from Ashford Road, Maidstone, Sittingbourne, Faversham & Canterbury

<https://www.stagecoachbus.com/promos-and-offers/south-east/x3-bus-to-maidstone>

Are you a local business using a van?

If you have a local business KCC are offering businesses the opportunity to 'try for free' an electric van for up to 2 months.

[Kent REVS Van Trial | Low Carbon Kent](#)

Even though there is a central government push for more people to get electric cars and more charging points are being installed across Kent, moving from fossil fuel to electric cars will not solve the air pollution and congestion problems. This is why it's important to reduce the amount of travelling by private car and use active travel and public transport much more.

Over time, there will be more zero emission buses and shared electric car club in Maidstone. This will allow you to have access to an electric vehicle without owning one.

We are car dependent in Kent and collectively need to break the cycle of car dependency. We CAN lead by example to ditch the car.

4. **Decarbonising energy** solar panels & heat pumps

The goal is to limit the use of fossil fuels such as oil, carbon and natural gas and **replacing them with renewable and cleaner sources of energy**, all while increasing energy efficiency. We can play our part in this by decarbonising our homes.

Heat Pumps and solar panels for our homes and businesses is part of this solution.

Air Source Heat Pumps for central heating & hot water (air to water) ranking

Ethical consumer shopping guide for heat pumps

<https://www.ethicalconsumer.org/energy/shopping-guide/heat-pumps>

solar panels to help generate your own green energy



See guidance on Solar Panels below.

<https://www.simpleenergyadvice.org.uk/pages/smart-export-guarantee>

<https://www.gov.uk/green-deal-energy-saving-measures>

Government funded grants - <https://solarpanelsgrants.co.uk/index.php>

or

Green Deal Finance plan <https://www.gov.uk/green-deal-energy-saving-measures/how-to-pay>

Solar Together Kent

Solar Together Kent is a solar panel and battery storage group-purchase scheme. It allows residents and small businesses to install solar panels on their homes and businesses at an affordable price.

Solar panels can help you save money on energy bills, as well as reduce your carbon footprint. You can also choose to install battery storage to help you use more of your generated electricity.

<https://www.kent.gov.uk/environment-waste-and-planning/climate-change/reducing-emissions/household-energy/solar-together-kent>

5. **Reducing Air Pollution**

Air pollution poses the biggest environmental risk to public health, and fine particulate matter (PM2.5) is the air pollutant which causes the most serious harm to health. Evidence suggests

that both short-term and long-term exposure to PM2.5 are linked with a range of negative health outcomes, including shortening the lives of susceptible individuals through stroke, cancers, respiratory and other diseases & death

Upper Stone Street in Maidstone is the worst site in Kent & Medway for exceeding the legal air quality limits.

Air Pollution exceedances across Kent & Medway ranked by Severity of Air Pollution - 2019 data

	District by severity of air pollution	AQMA areas breaching legal limits	Annual Mean Nox µg/m3 Exceedances over the legal limit – Automatic monitors 2019	No2 Annual mean µg/m3 over the legal limit – diffusion monitors 2019	1hr Nox µg/m3 exceedances 2019	PM10 Annual mean monitored levels 2019	exceedances of the annual mean objective for 24-hour mean objective for fine particulate matter (PM10) were predicted or actual	Mortality rate (per 100,000) attributable to PM2.5 2017
1	Maidstone	Maidstone town centre AQMA	75.2	13 locations: 81.2, 79.3, 69.4, 67.5, 66.6, 66.2, 65.0, 58.9, 53.2, 53.0, 49.9, 47.7, 43.2	likely	27 18	Predicted	15.9

“The best way to reduce exposure to air pollution is to control it at its source.” Most air pollution comes from burning fossil fuels to generate electricity, heat homes and transport. By reducing driving you are reducing air pollution in Maidstone area – Nox, PM10 & PM2.5 as well as reducing transport CO2 emission.

One of the solutions to reducing traffic related air pollution is to create Clean Air Zones, or Low Emission Zones which has been done in other main cities such as Birmingham, Oxford, and similar to London’s ULEZ zone.

Maidstone Borough Council did a Low Emission Zone feasibility study in 2019; however the members decided not to implement a LEZ even though the air pollution is the worst in the county! Bearsted CAN will encourage MBC to reconsider the LEZ to tackle air pollution in Maidstone.

Reducing wood burning air pollution

Government stats show Domestic wood burning in both closed stoves and open fires was responsible for 38% of the PM2.5 pollution in 2019

PM2.5 & PM10 has a major impact on health of all human organs and there is no safe level of Particulate Matter pollution.

Premature death attributable to Particulate Matter (PM2.5) in Kent

It is estimated that there were 922 deaths in 2017 that could be associated with Particulate Matter (PM2.5) exposure across Kent and Medway. This figure will only have risen with increased road traffic since.

If you have a wood burning stove, please consider not using it anymore for your own health and the health of Bearsted residents.

The UK Environment Act which passed Oct 21 is setting targets during 2022 for air pollution in the UK along with many other Environmental targets.

<https://www.gov.uk/government/news/delivering-on-the-environment-act-new-targets-announced-and-ambitious-plans-for-nature-recovery>

The proposed PM.25 air pollution targets were not strong enough and some Bearsted CAN members responded to the consultation and emailed Helen Whately asking for the WHO air pollution guidelines to be used rather than a watered down UK version for 2040.

<https://www.who.int/news-room/feature-stories/detail/what-are-the-who-air-quality-guidelines>

6. Ethical buying decisions

You can use the ethical consumer rankings on companies and products. This assesses and ranks companies and products on their environmental & social impact in a shopping guide. There is a £30 subscription per year. www.ethicalconsumer.org/

7. Finances

Is your money funding fossil fuels? If you are with one of the main banks your money is likely to be funding fossil fuels. Find out by searching your bank, mortgage, pension, insurances on www.ethicalconsumer.org/

Triodos Bank invests in environmental friendly & social enterprise projects.
<https://www.triodos.co.uk>

8. Food & drink

More plant based food, local produced

Beginners Guide to Green Cooking

Reduce Your Food Miles
Perishable out of season foods grown in green houses and flown in are the worst offenders. A pack of asparagus flown in from Peru is worth 3.5kg CO₂e yet a local in season pack is only 125g CO₂e! Shopping at a local farmers market helps you buy in season and reduce your food miles without having to check the labels.

Make Extra for Leftovers
Make the most of the effort you put in and cook more than you need to make yourself lunches or dinners from the leftovers. This is a great way to make the most of your time, save money and reduce food waste whilst creating easy and tasty meals.

Reduce Your Meat And Dairy Consumption
The consumption of meat and dairy accounts for 15% of global emissions! Going vegan may be asking a bit much for most but by reducing your intake of meat and dairy can reduce your carbon emissions dramatically. Get adventurous with recipes or try meat or dairy free days to improve your health and your footprint.

Recycle Your Food Waste
Each year in the UK 7 million tonnes of food is wasted from our homes. When sent to landfill, this waste releases methane, a green house gas 25 times more potent than CO₂. Putting it in food waste reduces its impact and enables the food to be turned into fertiliser or even a source of energy via an anaerobic digester.

Avoid Unsustainable Palm Oil
300 football pitches worth of forest is cleared each hour for palm oil! Unfortunately, palm oil is so engrained in our lives it is hard to remove from your weekly shop completely. However, choosing products without palm oil or which are certified to be sourced sustainably can go a long way.

Think Carbon
For more information on how to reduce your impact and save money visit carbonfootprint.com

Bearsted CAN members have shared some vegetarian recipes on the link [here](#).

9. Waste & plastic

Refuse, reduce, reuse, recycle

Plastic free & palm oil free local shopping

Zero Waste on wheels – local refill company <https://www.facebook.com/ZeroWasteonWheels/>
Now at Bearsted Market on the Green – 1st Sunday of every month 9.30am – 1.30pm

Many people already request a refill delivery once a month when zero waste on wheels is due in the Maidstone/Bearsted area - dates advertised on Facebook then message to request

When supermarket shopping why not take a large bag for all your fruit and veg and buy loose. Also find tinned, boxed or glass products instead of those with plastic – it is more possible than

you think. Check ingredients and avoid palm oil. You are helping deforestation if you buy products with palm oil in.

Ethical superstore for a wide range of eco products <https://www.ethicalsuperstore.com/>

Local Recycling of hard to recycle plastics

Zero Waste on wheels – also takes a wide range of recycling including for Terracycle
www.facebook.com/ZeroWasteonWheels/

Terracycle – for a wide range of hard to recycle products – see website for full list and map shows locations of collection points
www.terracycle.com/en-GB/

Morrisons soft plastics recycling
<https://www.morrisons.com/help/stores/store-services/#what-can-i-recycle-in-your-stores>

Coop soft plastics recycling
<https://www.coop.co.uk/environment/soft-plastics>

Contact lens & contact lens bottles recycling at Boots, Maidstone
<https://www.boots-uk.com/newsroom/features/boots-opticians-partners-with-acuvue-and-terracycle-to-launch-uk-s-first-contact-lenses-recycling-programme/>

Make up, beauty products & toiletries recycling at Boots, [Maidstone](#)
<https://www.boots.com/Recycle-at-Boots-accepted-items>

Make up and Beauty products recycling at Body Shop, Maidstone
<https://www.thebodyshop.com/en-gb/about-us/brand-values/sustainability/return-recycle-reuse/a/a00011>

Shoe recycling at Clarks stores – any old or unwanted shoes
<https://www.unicef.org.uk/corporate-partners/clarks/>

Pen recycling & ink cartridges in Ryman stores
<https://www.ryman.co.uk/environment>

plastic plant container recycling at Coolings
<https://www.coolings.co.uk/centres/potted-garden-nursery>

Medicine Blister Pack recycling at Superdrug
Currently closest is Superdrug is Sittingbourne
<https://www.superdrug.com/dgfs/waste-recycling/Medicine-Recycling>

Please start collecting your empty medicine blister packs for recycling. A new collection point in Bearsted to be agreed in the next few months!

10 Clothes & shoes - Stop supporting Fast Fashion

Try buying fewer clothes – clothing production has a serious carbon & other environmental impact. Buying 2nd hand, clothes swaps, repairing, upcycling are all better options than buying new.

If you do need to buy new, Ethical consumer helps by ranking clothes shops/ clothes & shoes brands for environmental & social impact on the whole supply chain to put people before profits.

You will be very surprised by some of the high street shops that you would expect to be ethical are not!

Ethical consumer Best buys are organic, Fairtrade and/or recycled materials
www.ethicalconsumer.org/

11 Sign Petitions and write letters to central & local government & influence for more climate action

We need to show our MP's that we expect more ambitious climate action at pace with a step change in funding. We must keep below 1.5 degrees and use the momentum for climate action from COP26 where the UK government is still COP26 president until Nov 22.

<https://ukcop26.org/uk-presidency/priorities>

Bearsted CAN members write to Helen Whately our MP and aim to invite her to future Bearsted CAN events. During 2022, Bearsted CAN members have sent 3 different themed climate action letters to Helen Whately. Please contact us for the letter template so you can write to Helen too about:

1. Act on COP26 promises whilst UK government still COP26 president
2. Whole government to deliver on the Climate & Ecological Emergency during 2022 with step change funding on the Net Zero Strategy & UK Transport Decarbonisation Strategy
3. Environment Act – lack of ambition with air quality targets/Kent Air Pollution

Below are some initiatives you may not have heard of to step up Climate Action.

Please support by petitions, letters to raise awareness or financially wherever you can.

Ecocide

Proposed International Ecocide Criminal Law – game changing law to hold CEOs of companies to account for environmental destruction – please support this new law for climate and nature in the UK and Internationally - watch this space during 22/23 as once agreed this will become a 5th Rome Statute of the International Criminal Law alongside Genocide & Crimes against Humanity!

www.stopecocide.earth

CEE Bill

Climate & Environmental Emergency Bill – please support & help lobby your MP. This now has 153 MP's supporting it with cross party support. CEE Bill has now started its journey through the Lords on 25th May 22 & 2nd reading on 15th July 22

www.ceebill.uk/

Moving from a Recycling to Circular Economy

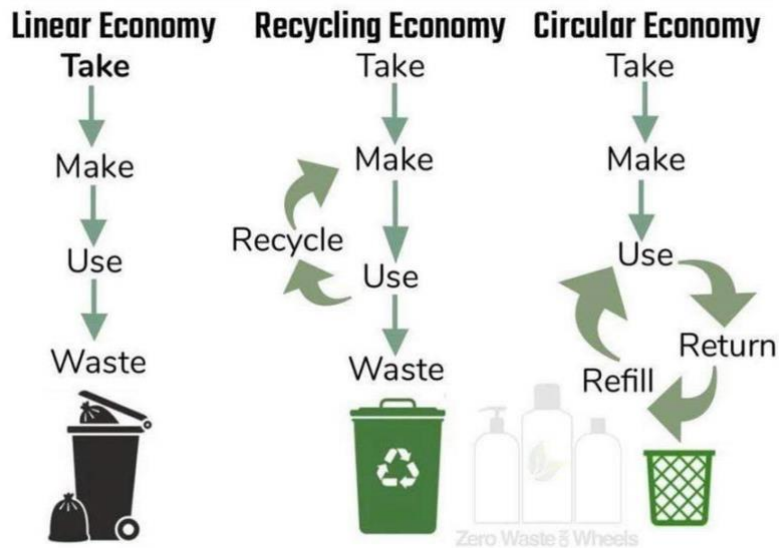
Moving from traditional linear economic model based on a 'take-make-consume-throw away' pattern, a circular economy is based on sharing, leasing, reuse, repair, refurbishment and recycling, in an (almost) closed loop, where products and the materials they contain are highly valued

We should encourage central & local authorities to help set up a circular economy and encourage businesses to quickly move to a circular economy

We can also help by supporting businesses that work in a circular economy.

Eg Zero Waste on Wheels or any Refill company such as Lush who haven't created any more bottles for about 5 years as they are reusing the containers customers bring back into store.

Much more could be done with many more materials to create a UK circular economy for recycled and reused paper and card products. All stationery should be 100% recycled but it's not!



Doughnut Economics

The Doughnut shape is the core concept at the heart of Doughnut Economics. This is for a city, region, national & international level. The 1st city to embrace this was Amsterdam and there are cities and regions starting to embrace this around the world including Cornwall region.

The outer ring is the ecological ceiling to ensure that humanity does not collectively overshoot the planetary boundaries that protect earth’s life supporting system and the inner circle is the social foundation to ensure that no one is left falling short on life’s essential.

Between these two sets of boundaries lies a doughnut shape space that is both ecologically safe and socially just – a space in which humanity can thrive.

We must act collectively to reduce our overshoots in both directions to live in the doughnut shape.



<https://doughnuteconomics.org/>
<https://www.kateraworth.com/doughnut/>