

Zero Waste Sedbergh

Most people would agree that our society is a disposable one. Kettles stop working, we buy new ones; socks get holes in, we throw them away. Partly we are simply falling in line with a consumer market designed that way (if the goods we buy don't fall apart after so long, how can manufacturers guarantee constant demand for their product?).

But the tide is slowly turning. More and more people are heeding advice that says buy the best you can afford, and repair when necessary. Top tip: charity shops and second-hand shops are brilliant places to look for good quality clothing, children's toys, and re-purposed white goods and furniture at an affordable price.

Of course the zero-waste ethos is nothing new. For my grandparents and great-grandparents it would never have occurred to them to throw away a chair just because a strut had broken. With rationing a recent memory, food waste was not an option. Reusable bags were a no-brainer. And a weekly sewing session to repair holey and threadbare trousers was standard-ops. We are simply revisiting old ideals. A question I often ask myself when trying to find ZW solutions is "What did we do 70 years ago?" The answer often holds the key: Planning meals, freezing leftovers, composting food waste, buying local, making do & mending. There is a useful rhyme, of which I'm not too sure of the origin:

Use it up, wear it out, make it do, or do without.

But the bulk of the population (myself included) are perhaps lacking the skills and knowledge needed for all this making do and mending. Which is why Zero Waste Sedbergh are thrilled to welcome Simply Repair South Lakes to the People's Hall on Tuesday 9th October, 4pm – 7pm. Their marvellous team of sewing and electrical experts will be there to give your clothes or gadgets a new lease of life FREE OF CHARGE. If you are able to let us know what it is you will be bringing in advance, we can make sure we have the correct equipment to hand. Huge thanks to Sedbergh Community Fund for financing this. Refreshments will be available for a small charge. Money made will be going back to Sedbergh Community Fund. If you are able to contribute to the refreshments team, please do get in touch!

Suzie Pye