

Zero Waste Sedbergh

Well mid-August saw the first “proper” meeting of the Zero Waste Sedbergh team. Yes there is a team now, which feels great. Three present, and four apologies – not a bad start. It is exciting to be sharing ideas, and pooling resources and talents with others. At the time of writing we are still in need of a Secretary and a Treasurer. If you think you may be able to help, do please get in touch. It would be lovely to have a good run up to Christmas, with a fully functioning team!

The big news this month is that Sedbergh is now working towards official Plastic Free Status. This will come via an organisation called Surfers Against Sewage (if you haven't heard of them already, keep an ear out as they tend to pop up in the media from time to time). To gain PF Status Sedbergh needs to meet five criteria, some of which we have already met (or very nearly). The full details can be found at zerowastesedbergh.com where I'll be keeping you updated on our progress.

Now, if you're only just getting on board with reducing the plastic you use, it can seem rather daunting but don't worry! There are a couple of essentials you may want to equip yourself with as a great place to start: a reusable bottle, a reusable coffee cup, and reusable bags. Once you are using these on a regular basis you will notice how habitual and easy it becomes - keys, wallet, bottle... Then you can begin to make other small changes when out shopping. You don't have to change the world overnight: if enough people take tiny steps, they soon become giant strides. For more tips and ideas, just visit the ZWS website or get in touch on 07833534710

Suzie Pye