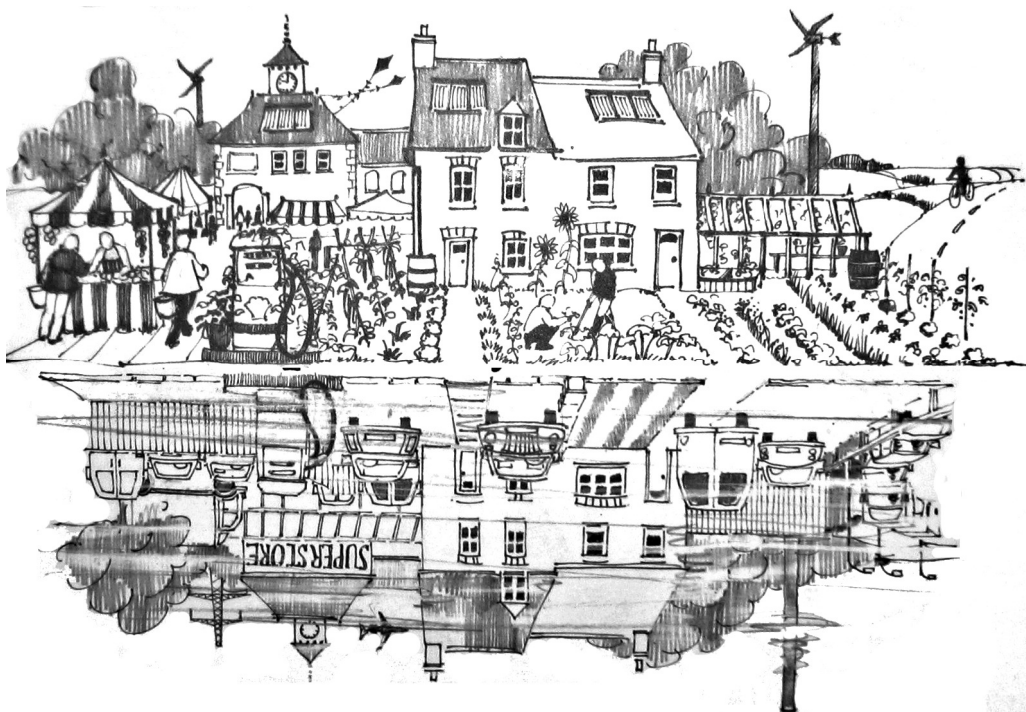


Green Guide

Towards sustainable living in Leeds



2009 – 2010 Edition

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Useful contacts:

Hannah Greenslade, h.greenslade@luc.leeds.ac.uk, Community Office for Leeds University Union
Adam Harper, uniethic@leeds.ac.uk, Union Ethical and Environmental Assembly Rep
Keith Pitcher, k.f.pitcher@leeds.ac.uk, University Environment Officer
Steffi Hasse, s.hasse@leeds.ac.uk, University Transport Coordinator

Links with loads more environmental information:

The Centre For Alternative Technology: www.cat.org.uk
Leeds Transition Towns Wiki: <http://transition-city-leeds.wikispaces.com/>
Earth First!: <http://earthfirst.org.uk/actionreports>
Leeds Green Action: www.greenactionleeds.org.uk
BBC Science - Climate Change: www.bbc.co.uk/climate
Indymedia: www.northern-indymedia.org
The Stop Climate Chaos Coalition: www.stopclimatechaos.org
Plane Stupid: www.planestupid.com
Greenpeace: www.greenpeace.org.uk

Welcome to the Green Guide!

This booklet has been designed and written by students at Leeds University. Through it we hope to help you to understand the impacts that our day-to-day lives are having on the planet, and we offer some possible solutions to the problems we are contributing to.

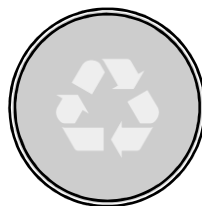
The guide is also a one-stop reference to many aspects of life in Leeds. You can find out how to get involved and meet loads of people in the Union's ethical societies (p.3) as well as through activities outside of the University. You can discover fun places to visit for the day on the 'Open Spaces' map (p.12) and find out where to shop ethically on the 'Green services and shops' map (p.17). Have a look at whatever takes your fancy and when you have eventually read about all you want to please recycle the guide, or better still pass it on.

Loads of students are already doing what they can. Getting involved really can be fun and rewarding.

If you want to know more then try Patrick Whitefield in his far more detailed guide 'The Earth Care Manual':

"I feel it is important not to feel guilty about our lifestyles, the time to make a change is when the positive desire to do so grows to a point where it is greater than the discomfort of giving up an old habit. If we take the trouble to learn about the ecological impact of our daily lives the process of lifestyle change happens naturally. Then it is not a self-imposed penance but a process of liberation"
Patrick Whitefield 2004
www.permaculture.co.uk

One of the most important things to consider is that we each only take our fair share of what the Earth can provide. The richest 20% of the world's population already consume 80% of the Earth's resources. As the rest of the world develops we are all going to have to be more careful about what we take. Although it's a great start, just recycling isn't going to be enough; radical social change is needed. As part of this we all need to work towards making bigger changes to our lifestyles such as cutting down car and plane use. By doing this, we can collectively make a real difference.



The idea of a website with more comprehensive and updated info has been suggested but unfortunately we don't have the time and resources. If you are interested in helping sort a website, have any comments or feedback, or would like to get involved with next year's version please email unigreen@leeds.ac.uk



Disclaimer: The Green Guide is intended for information purposes only and does not necessarily represent the views of Leeds University Union or The University of Leeds. This is not an endorsement of any products or companies featured within.

How Green is the University?

Leeds University has long sought to lead the way in environmental and ethical issues and this became more pronounced in with the appointment of Dr Keith Pitcher as Environmental Officer and Steffi Hasse as Transport Coordinator. We gained fair-trade status in 2005 for supplying and promoting fair-trade products across campus, and we have the first carbon-neutral Geography department in the country! In 2009 the Uni won a Student Initiatives and Continuous Improvement awards transport initiatives and Green Streets. The Uni now has over 30 staff environmental coordinators and green teams.

The University boasts many researchers who lead the field in environmental and social research, promoting environmental responsibility and sustainable development. Many of the staff and students have a keen interest in the world around them and in both research and daily life seek to "do their bit". Others are still waiting to join in. To help ensure that the Uni's policies & principles continue to make a real difference to our world, all you need is a willingness to do your bit!

Environment

There are lots of green spaces within our city campus. The University is planting trees, encouraging wildflower areas and reducing pesticide use. You can help keep these areas nice by taking your litter with you (can you recycle it?) and avoiding damage to plants.

CO₂ and other pollution

Since 2001, the Uni has been working to reduce energy use and has decreased water consumption by 23%, despite rising student numbers. The Uni and the hospital (LGI) have their own heat and power generator powering the main campus, and since 2005 all electricity supplied to large off-campus sites has come from renewable sources (green electricity). Solar power is being incorporated into many new buildings. Turn off lights if you are last to leave a room and switch off your computer monitor if no-one is waiting to use it when you're finished to help this effort.

Impacts


The University is huge. There are over 64 thousand students (35k full time), and over 8,000 staff, not to mention the buildings. Our carbon dioxide (CO₂) emissions in 2004/5 totalled 51,700 tonnes (the same as return flights from London to New York for 32,692 people) with 72% from energy use and 27% from staff and students commuting. We also produce 1,681 tonnes of waste each year, with 34.3% currently being recycled. There is still massive room for improvement!

Travelling to Uni

This is another major source of pollution. So, think about getting a bike! It helps you keep fit, is a sustainable means of travel and often it's quicker than walking, driving or getting the bus around the city! Secure cycle storage facilities have improved a lot recently, both around campus and in halls of residence, and the more people who use them the better they will get. Velocampus Leeds is a newly introduced scheme for students which lease fully equipped bicycles at low cost for the academic year. The university-based scheme also provides maintenance for the bikes, route, safety and storage information and cycle training. Students can hire a Velocampus bicycle for a small charge and a returnable deposit. During Freshers Week, you can just turn up at the Velocampus Leeds stall to get further information or sign up to hire a bicycle, or contact Velocampus co-ordinator Lisa Brannan on 0113 343 6573 or by email at l.b.annan@leeds.ac.uk. See www.leeds.ac.uk/velocampus for more info.

Look out for 'free breakfast for cyclists' events, usually during Healthy Week after Christmas, and cycling buddy schemes to get you used to Leeds roads. Students are not allowed to park on campus and the traffic-wardens are ever wary! Check the Leeds Travel Section (p11) and the Uni's excellent travel guide for more information.

Resource use

We use a lot of stuff! But there has been lots of recent progress in this area; work is being done on getting recycled paper in all printers and photocopiers. Doubled-sided (duplex) printing facilities in clusters are also improving. Choose recycled paper for your notes and use both sides where you can.  Print doubled-sided (or reuse paper with a blank side). Papers, notes and first-drafts of work can even be printed 2 pages to a side. Do both and you use 1/4 of the amount of paper!

Awards

The university got awarded a 'First' in People & Planet's Green League Awards. <http://peopleandplanet.org/gogreen/greenleague2008>

Getting Involved

There are loads of great groups to get involved in at the University and in the wider Leeds area. Find out more below and on the web then come and get involved!

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Halls of residence, house or flat

➤ Become a green rep (idea for next year - hold a 'Green Halloween party' where you dress up in recycled materials). Get environmentally creative to win £100'000 to invest in your community
www.britishgas.co.uk/GreenStreet/Home/

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Social and Resource Centres:

The Peanut Gallery: Student-run with the aim of creating a free, non-commercial space where you can: enjoy a film, swap your tat, get info on political campaigns, issues, events and actions, hold an event, make your own tea and coffee, meet new people! In Leeds Uni Union.

Web: www.thepeanutgallery.org.uk

The Common Place: Aims to create a place in the city centre in which together people can enjoy a sense of community, affordable entertainment and food; a non-commercial place to relax, talk, be creative, meet people and find information on political campaigns, issues and actions.

Web: www.thecommonplace.org.uk

Oblong Resource Centre: A community resource centre, providing advice, support and facilities for people in the Woodhouse area about volunteering and community projects.

Web: www.oblongleeds.org.uk

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Leeds University Union societies:

Action: Volunteering opportunities in your community

Web: www.leedsaction.co.uk Email: action@luu.leeds.ac.uk

Or drop into the volunteering office, upstairs in LUU

Amnesty: The Leeds Soc for the worldwide voluntary movement of people who campaign for human rights.

Email: luu.amnesty@leeds.ac.uk Web: www.amnesty-leedsuni.co.uk

Green Action: The practical environmental society. Members run a food coop in the union (see back cover), have an allotment and hold regular veggie/vegan socials (all welcome). Contact: unigreen@leeds.ac.uk
Web: www.greenactionleeds.org.uk

MedSIN: Promotes the link between health & the environment, also campaigns on issues such as homelessness, arms trade, AIDS, and water for all.

Contact: medsin.leeds@googlemail.com

Web: www.medsin.org/campaigns/healthyplanet

People and Planet: A dedicated campaigning society on issues surrounding world poverty, human rights, and the environment.

Email: pandpleeds@gmail.com Web: <http://bit.ly/pandp>

STAR: Student Action for Refugees works and campaigns for the rights of refugees and asylum seekers in the local community.

Contact: Kathryn en06keb@leeds.ac.uk

For more details on these and all societies at LUU you can also check: www.luuonline.com/studentactivities/

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University groups:

Community Action @ Leeds Met (CALM): A student-led social action volunteer project with hundreds of volunteering opportunities. Email: volunteering@leedsnetsu.org.uk

Sustainability Action Group (SAG): An ideas and events network for those in, (or around) the School of Earth & Environment email: cmarsh@env.leeds.ac.uk

Environmental Boards: Every year the Uni needs help from students on its environmental programs.

Contact: Keith, k.f.pitcher@leeds.ac.uk

Web: www.leeds.ac.uk/environmental

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Leeds groups:

Climate Chaos Cafe: Monthly discussion, information, food, chat and action on climate change... in a friendly environment at the Common Place

Contact: katieplum75@yahoo.co.uk

Leeds Cycling Action: Campaigns for cyclists in and around Leeds. Publishes a quarterly newsletter.

Web: www.leedscyclists.org.uk

Leeds Permaculture Network: A group practicing and learning about permaculture in Leeds. Holds monthly get-togethers. Contact: lpn@permaculture.org.uk

Web: www.permaculture.org.uk

Find out about even more groups in Leeds by visiting the Transition City Leeds Wiki:

transition-city-leeds.wikispaces.com

Leeds Community Exchange: Locally run chance to spruce up your wardrobe <http://tinyurl.com/d6yqew>

If you are living in a **University Residence** this year and want to have more control over environmental decisions made concerning your housing, then you might want to consider becoming a **Green Rep** for your residence. There will be a Rep for each residence with monthly get-togethers and campaigns to make the Uni's residences more environmentally friendly.

Contact Mike Leonard, m.leonard@adm.leeds.ac.uk, RCS Environmental Co-ordinator for more details.

Halls of residence

There is a misconception about needing to buy loads of kitchen equipment; everyone buys a full set of utensils that won't fit in the small student cupboards! There are many chances to pick up second hand goods in Leeds if you need— see p.12.

Choosing a house

When you decide on a place to live after first year, you generally make a commitment to that place for at least a year so it's worth thinking long and hard about it before rushing to sign up.

Here are a few things to consider:

- Is the house registered with **Unipol** and does it fulfil the Unipol code of standards? This provides you with some protection if landlords refuse to comply with any reasonable requests you make concerning the property. Unipol are also working towards incorporating environmental requirements into the code. www.unipol.leeds.ac.uk. If you are having problems with your Landlord a student group has formed to deal with these issues contact: Hannah Greenslade h.greenslade@luu.leeds.ac.uk for info.
- One key thing to ensure is that your contract doesn't restrict you from changing electricity and gas suppliers (more information in the 'Renewable Electricity' section on p.6). If it does, ask the landlord if they'll change it before you sign.
- You should also check that appliances are not old models which can be energy inefficient.
- **Washing machines** do an average of 274 cycles a year, having an A-rated washing machine can reduce the power required by 30%.

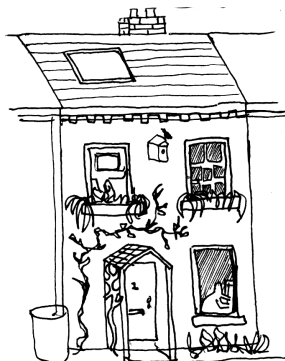


- **Fridges and freezers** are another big electricity user, an A rated model can use 60% less power, cutting your electricity bill by more than £35.
- A property's **hot water and heating system** is another key thing to check. If the boiler looks old then consider asking for a new one to be fitted. High efficiency condensing boilers are now standard and waste very little energy (90% fuel efficiency).
- Try and check what **insulation** (loft and double glazing) the house has before you decide on a property, the landlord should know. This could save you a significant amount of money as it will reduce heat loss and therefore energy usage.
- Finally, if your house was built post 1930's check and see if the cavity walls have been insulated. The average saving on energy bills afterwards is more than £100/year. If it hasn't been done ask your landlord!

Alternatives

It is also worth considering alternative housing options, although they may be more suited to when you finish Uni than while you're still here.

Housing Co-operatives work in much the same way as renting but they are self-managed, you are your own landlord! This means property is communally owned rather than being grabbed by rich landlords out to get richer. For more details see: www.cornestonehousing.org.uk/



Saving Energy

Energy use in homes (heat, light, power) accounts for 27% of the UK's CO₂ emissions. The average UK household creates 6 tonnes of CO₂ a year. Your household could save up to £250 by saving 20% of its energy...and you could save by switching to a renewable provider (see next page)...

CRAG (Carbon Reduction Action Group) offers tips, tools and support of how best to ration your carbon. For the Leeds group visit www.leedstidal.org/scleeds/leedscrag.php or to see what ecological footprint you have left on the planet go to footprintnetwork.org/

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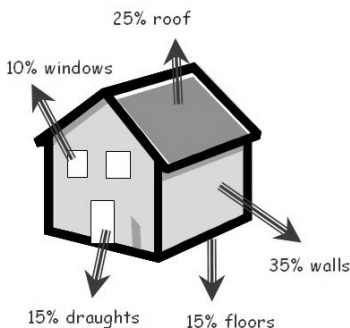
Cutting down what you use

- Minimise your use of electrical appliances where you can. Don't just switch things to standby as this still uses 10-60% as much electricity.
- Only fill the kettle with the amount of water needed.
- When cooking choose the right size pan, fill with only as much water as you need, keep the lid on, and don't allow the flame to lick up the edges (if you are using a gas hob). Invest in a pressure cooker as it loses less heat.
- Washing your clothes at 40° instead of 60° uses 1/3 less power. Always wash a full load or use the half load/ economy setting.
- Tumble dryers use lots of energy. If you can, hang your clothes outside, get a clothes horse or just string up a washing line.

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Heating

- How about putting on a jumper before you reach to switch the heating on or turning it up? Cooler houses are healthier and turning down your heating by just 1°C can save up to 10% on your energy bill.
- Try not to have the heating on when windows are open, this is obviously quite wasteful!
- Shut your curtains as soon as it gets dark, this will help keep the heat in.



- Stop draughts from badly fitting windows and doors (e.g. with draught excluders) and you could save

up to £20 on your bills.

- Set your heating to come on around half an hour before you come home rather than leave it on all day whilst no one is home.
- Does your hot water tank have an insulating jacket? If not you can pick one up for less than a tenner and this will help reduce heat loss (it needs to be more than 3 inches thick).

If you live in halls, a few things to bear in mind:

- Heating controls are pre-set for 7am to 11pm, please don't alter these unless shown how to by a member of staff.
- Please don't alter the thermostats but adjust the heating directly via your radiator.
- Hot water controls are normally set to 60° all day to prevent growth of bacteria. Please don't alter controls for this reason.
- Contact a member of staff if you have any queries or suggestions, or you could consider becoming a Green Hall Rep (info on p.4)

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Lighting

- Conserve energy by switching off lights when you leave the room.
- Try to buy A rated energy efficient light bulbs. One of these light bulbs can lower lighting costs by up to £78 over the lifetime of one bulb as they last up to 12X longer than an ordinary. They're available from Essentials in the Union, or contact your energy supplier as they might be able to provide them cheaper or for free.

See the 'Your House' section on p.4 for information on energy efficient appliances.

For more information on saving energy visit the Energy Saving Trust website: www.est.org.uk

Don't use standby, turn it off! Energy saving light bulbs help you save.

Renewable Electricity

Although most of our electricity still comes from coal or gas fired power stations, it is now very easy to switch to renewable sources. By law your energy provider has to show where they are sourcing your power from on your bill, allowing you to choose a supplier based on how 'green' they are. As a result most major electricity companies have a green energy scheme that one can sign up to, where the company matches every unit of energy that you use and feeds the same amount, generated from renewable sources, into the electricity network.

There are currently two smaller energy companies that produce all their electricity from 100% renewable sources (see below).

You still receive electricity the same way from the national grid and it only takes minutes to change. Signing up for a green energy supply reduces your household emissions by around 1.42 tonnes of CO₂ a year and may even reduce your bill!

Before you move into a house check with your landlord if it is possible for you to change energy supplier or ask if they will change the supplier.

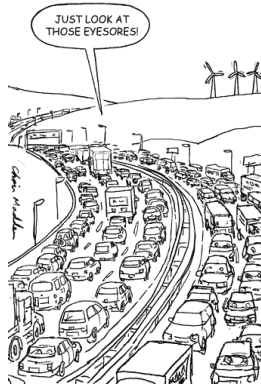
100% renewable sources:

Good Energy:

www.good-energy.co.uk or 0845 4561 640

Ecotricity:

www.ecotricity.com or 0800 0302 302



If you are living in a University Residence then your electricity supply already comes from either a green supplier or the University's combined heat and power plant based on campus. The supply is managed by Estate Services and cannot be changed by students. However these are both quite environmentally sound sources and there's nothing to stop you following some of the suggestions in the 'Saving Energy' section (p.5) because it's necessary to reduce what we use.

Switch to a green energy supplier to help fund renewables.

Water

In the UK

We're used to a rainy climate and not having to think twice before flushing the loo, but the reality is that the wasting water wastes energy and puts unnecessary drain on supply.

It's easy to use water more efficiently

- Turn the tap off while you're brushing your teeth & you can save up to 5 litres of water.
- Have showers instead of baths. 5-minute shower uses 1/3 the water needed for a bath (although a power shower may use more than a bath).
- Old toilets can use up to 9 litres of water every time you flush. Put a brick or a 'hippo' in the cistern to save water without reducing the flush effectiveness. To order a free flush-saver www.yorkshirewater.com/doonething or get one from the Green Action Co-op.
- Dripping taps and leaks waste lots of water over time - get these fixed ASAP by reporting them to your landlord or residence site office.

Have a look at the tips on washing machines in the 'Saving Energy' section (p.5) and only use biodegradable detergents and cleaners (see 'Cleaning' section on p.19). Don't unnecessarily flush tissues, cotton buds etc. down the toilet. Investing in a Waterbutt www.yw2u.com will give you water for plants or other household activities. It can also help prevent flooding as it is being used instead of going down the drain.

Links

Environment Agency:

www.environment-agency.gov.uk/savewater

information on the future of water resource management in the UK and why it's important.

Water Aid: www.wateraid.org.uk

International charity working for everyone to have access to safe water and effective sanitation.

Waste... Sort it out!

Reduce, Repair/Reuse, Recycle (Compost)

In Leeds over 340,000 tonnes of waste is generated every year; that's about enough to fill the Corn Exchange every half hour. A lot of this 'waste' could still be used.

Reduce

Reducing waste is the first important step. We, as consumers, can think about whether we really need those individually wrapped items. ➡ Try to buy products with minimal packaging and buy loose fruit and veg, you could always carry it home in a re-used carrier bag. Reusable bags are available in many stores in Leeds and the Union passed a motion to stop using them at Union shops.

➡ You can also stop the annoying junk mail you get though your door by registering at www.mpsonline.org.uk

Repair / Reuse

By repairing and reusing items, you are saving them from landfill as well as savings in your pocket. When repairing items such as bikes, clothes, mobiles, chairs, etc.. why not turn it into a skill-share? Skill-shares happen regularly at the Peanut Gallery and Common Place (p 3). After all, many hands make light work.

➡ Any plastic bottle can be refilled at a tap (or at the water fountains in LUU) and yoghurt pots/milk bottles make great seed trays for your seedlings.

➡ Unwanted clothes and household items can be handed into charity shops, given away through freecycle (p14)

groups.yahoo.com/group/freecycleleeds or placed in the swap shop in the Peanut Gallery.

Use rechargeable batteries – if you use standard ones recycle them due to their strong acids.

Compost!

About one third of the rubbish in your bin can be composted to create a nutrient-rich soil. The Uni has introduced compost bins all over so there is no excuse, be a rotter!

Recycle

Leeds has a green bins that should be collected monthly, if you have problems then call them 0113 398 4760.

Green Streets: Green Streets collects items such as crockery, bedding e.t.c., basically anything that is reusable. The main objective is to stop these items going to landfill and to leave Leeds tidy!

The busiest period for Green Streets is June and July when most students are moving houses. However, throughout the year Green Streets holds several **freeshops** in the Union and offers information on how to reduce waste. Look out

for the **red Green Streets bags** coming through your letter box and leave them out for us on the collection days in June. If you live in Halls of residence look out for the **Green Streets 'bin'** in your residence.

Why compost?

Well organic waste in landfill sites produces environmental pollutants including methane, a greenhouse gas responsible for global warming. If you can lay your hands on a bucket with a lid, put this in your kitchen, and you can throw in fruit and veg peelings, any garden bits (if you have one), tea bags and coffee grounds, eggshells, scrunched up paper and card + lots more. Cooked food and dairy products are best left out.



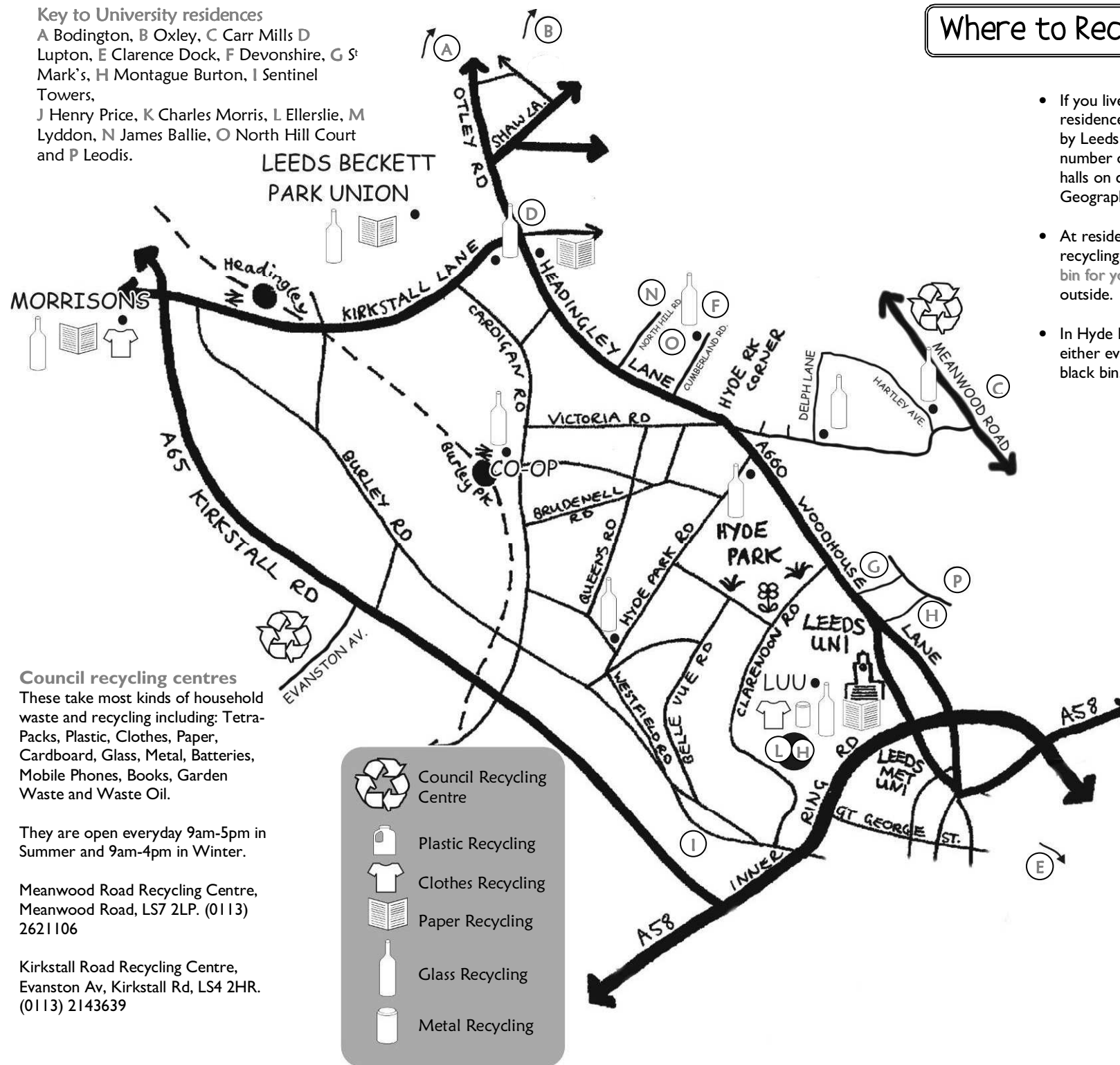
Where do I take it?

If you don't have a garden to use it on, take your compost to one of the allotments in Leeds. Green Action society has an allotment; get in touch, for more info: unigreen@leeds.ac.uk

Key to University residences

A Bodington, B Oxley, C Carr Mills D Lupton, E Clarence Dock, F Devonshire, G St Mark's, H Montague Burton, I Sentinel Towers, J Henry Price, K Charles Morris, L Ellerslie, M Lyddon, N James Ballie, O North Hill Court and P Leodis.

Where to Recycle in Leeds



- If you live in Hyde Park, Headingley or at a University of Leeds residence then you should have **mixed recycling facilities** provided by Leeds City Council. If you live anywhere else there are a number of sites where you can take your recycling. The catered halls on campus can make use of facilities at the School of Geography or outside the Union.
- At residences there are also separate white bins for glass recycling. **You can also ask at your site office for a free recycling bin for your kitchen**, which you then just empty into the right bin outside.
- In Hyde Park and Headingley your green recycle bin is emptied either every fortnight or once a month, on the same day as your black bin. Look at the date stickers for the correct weeks.
- You should **put your bin out before 7am** on collection day, so taking it out the night before might be best.
- Make sure you put your bins back into your yard once they've been emptied.
- If you put the wrong items into your green bin it won't get emptied, so **make sure you only put in the items shown in the diagram** (no crusty pizza boxes!).
- Please make an effort to **keep your gardens and yards tidy** and free from rubbish, this shows respect for your neighbourhood, plus if you leave them a mess you could be fined £1,000.
- If you don't have a green bin, or have any other problems please call the **Leeds City Council Environmental Call Centre** on 0113 398 4760.

Council recycling centres

These take most kinds of household waste and recycling including: Tetra-Packs, Plastic, Clothes, Paper, Cardboard, Glass, Metal, Batteries, Mobile Phones, Books, Garden Waste and Waste Oil.

They are open everyday 9am-5pm in Summer and 9am-4pm in Winter.

Meanwood Road Recycling Centre,
Meanwood Road, LS7 2LP. (0113) 2621106

Kirkstall Road Recycling Centre,
Evanston Av, Kirkstall Rd, LS4 2HR.
(0113) 2143639



Council Recycling Centre



Plastic Recycling



Clothes Recycling



Paper Recycling



Glass Recycling



Metal Recycling

Around and About:

Your Local Community

Thriving local communities are essential to creating a more sustainable world. Students can play a strong role in their community, generating a mutually enriching and sustainable living experience. For information on building community in LS6 see www.headingley.org.uk.

What's the link with being green?

Being active in your local community is one area in which it is easy to make a big difference to many people. Consuming and producing on a local level, whether it's food grown at a community allotment project or going to a gig at the community centre, massively reduces the need to transport people and goods long distances. In turn, this reduces burning of fossil fuels and emissions of greenhouse gases – and best of all, it makes a happier life for everyone!

What can I do?

Here are 5 suggestions of ways to get more involved in your local area.

Get to know your neighbours – knock on the door and introduce yourself, or say hello when you can!

— Organise, or volunteer for, a "community clean-up", such as Green Streets.

— Shop locally

— Get involved with and an established group.

— Start a teaching session at your local community centre

Groups with multiple projects

Action: LUU group with over 20 projects working in local community. www.luuonline.com/action

The Peanut Gallery: A student-run social centre in LUU includes meeting, cinema etc www.thepeanutgallery.org.uk

Transition City Leeds: A grassroots-action model for a smooth transition into a low carbon future. Aims to connect together all relevant activities & initiatives. <http://transition-city-leeds.wikispaces.com/North+West+Inner>

The Common Place: An independent, collectively-run social centre in the city centre. Free space

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for groups to meet, vegan cafe on Sundays and regular events. www.thecommonplace.org.uk

Oblong Resource Centre: Facilities for community use in Burley / Hyde Park area. www.oblongleeds.org.uk

Swarthmore Centre: A community education centre. www.swarthmore.org.uk

Groups on single projects

Bandstand Community Gardens: Allotment project based in Woodhouse. bandstand-leeds.wikispaces.com

Hyde Park Growers: Members of the group will be taught how to grow their own food. Any surplus is sold locally. Contact: unigreen@leeds.ac.uk

BTCV: A conservation charity working with community groups. Hollybush Conservation Centre, Kirkstall. www.btcv.org.uk

Hyde Park Source: Voluntary group working with young people teaching building skills & beautifying urban space. Email: info@hydeparksource.org www.hydeparksource.org

Woodhouse Ridge Action Group: Monthly clean-ups on The Ridge. www.woodhouseridge.org.uk

Venues

Want to hold an event but not sure where? Here are some suggestions: <http://www.headingley.org/node/157>

The Peanut Gallery: Leeds Uni Student Union

The Common Place: See above.

Headingley Community Centre: North Lane, LS6 3HG 274 5727

Woodhouse Community Centre: Woodhouse Lane, LS6 2NY. Tel: 2445259

Woodsley Road Community Centre: 64-67 Woodsley Road, serving Hyde Park / Burley area 0113 2435104

Wrangthorn Church Hall: Hyde Park corner



Travel in the Leeds Area and Beyond

Whether getting to Uni in the morning or going on holiday: the way we get around has a direct impact on the planet. Consider alternative ways of travelling that create less negative impact, you might find them more fun.

Travel in the Leeds Area

Travel less

When choosing your house think about the distance to work and shops. You don't have to go far out of Leeds to enjoy some greenery: there are plenty of green spaces to explore in the City. The Leeds-Liverpool canal is a beautiful bike ride and not too strenuous with plenty of pubs, stop off wherever takes your fancy.

Change the way you get around

For most journeys you don't really need a car and with fuel prices you probably won't be able to afford it.

Everywhere is accessible by walking, cycling or Public Transport; all three are a lot cheaper (the former two being FREE), more efficient, more environmentally-friendly AND can be. Another benefit is that you can combine public transport with your bike (or feet). If you really need to use a car and feel like having some interesting conversations try a lift share scheme such as www.liftshare.org, or set up a sharing scheme amongst friends. Or if you are skint and car sharing ain't an option, try hitching. Myth surrounds hitching but just be sensible: Don't go alone. Let a trusted friend know your route before you go. Try not to hitch at night. Getting a lift from petrol stations allows you to suss out the driver beforehand

Campaigns

Critical Mass – Bikeride, celebration- last Friday of the month, 5.30pm, Millenium Sq.

Links

To get a free Leeds Cycling Map try your bike shop or send a stamped, self-addressed A5 envelope to Travelwise, The Leonardo Building, 2 Rossington St., Leeds LS2 8HD- www.tinyurl.com/655red
Metro Journey Planner: www.wymetro.com
National Rail: www.nationalrail.co.uk / Tel: 08457 484 950
Leeds Cycling Action group: www.leedscyclists.org.uk
Bike User Group: www.leeds.ac.uk/leedsbug
Leeds Uni Transport website: www.tinyurl.com/37x42m

Beyond the Leeds Area

Travel less

Consider staying in the UK: there are many diverse places to keep you interested and you can get to them by bus, train, bike or on foot.

Consider planning your trip together with a family or friend visit, or through WWOOFing make yourself useful in exchange for free food and a place to stay.

Changing the way you travel

Tempted by those cheap flights to Europe or even further? Please stop and think about the external environmental and social costs that aren't included in the ticket price. The alternative: trains, ferries, coaches, hitching...what's the rush? The journey can be the best part of any adventure; you can meet people and see more of a country.

Links

National Express www.nationalexpress.com

For booking coaches. Also, cheapest place for train tickets. For cheap tickets: book in advance with a YP railcard.

Transport Direct www.transportdirect.info

Government route planner covering all UK public transport.

Seat61: www.seat61.com

Explains how to get just about anywhere in Europe and Asia overland or sea. From a train enthusiast.

Megabus & Megatrain www.megabus.com www.megatrain.com

Offer cheap coach & train tickets, £1 Leeds to London!

WWOOF www.woof.org.uk

For £15 it lists of farms which provide food and board in exchange for labour (BTCV do something similar)

Couchsurfing www.couchsurfing.com

An alternative to hostels. You stay on a couch for free & meet a local, or provide a couch & meet a backpacker.

Sustrans www.sustrans.or.uk

UK charity looks after cycle paths & online maps of them.

Tourism Concern www.tourismconcern.org.uk

Explains about some of the impacts of tourism.

Get a bike to save money and explore.

Open Spaces...

Ilkley

16.2 miles (30 minutes by train)
Explore this little town and the surrounding countryside, watch out for the moor music festival every summer.
Trains every half hour from Leeds
£2.40 round trip with YP-railcard.

Skipton

25.4 miles (40 minutes by train)
Good point to explore further by foot.
Trains every half hour from Leeds.
£4.80 with a YP-railcard.

Other info:

For a free adventure you can camp in the wild (in Scotland).
Make sure you pay a visit to the tourist info centre at the train station to pick up all sorts of leaflets about places to visit and transport.
Talk to people! Ask them about places to visit and their recommendations.
Or use Google maps to find new green spaces.

Hebden Bridge

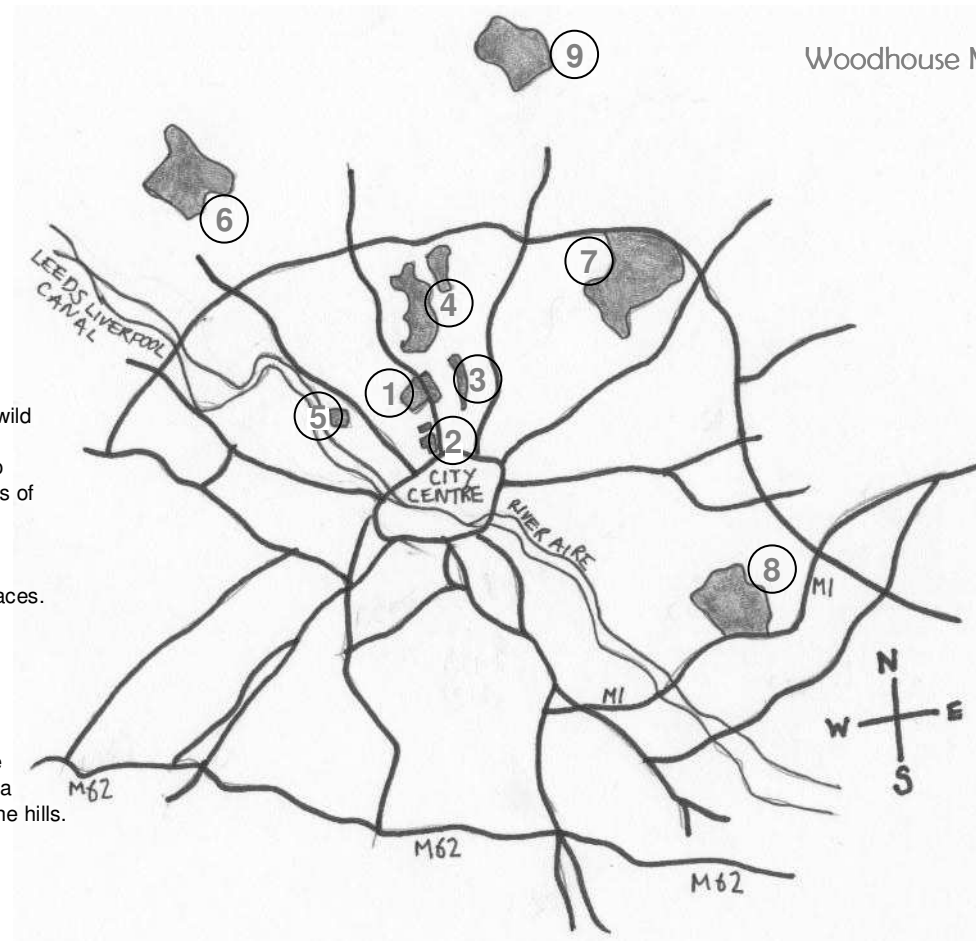
24.8 miles (50 minutes by train)
Centre of a lively community situated in the beautiful Yorkshire countryside, well worth a trip to the town itself or for a stroll around the hills.
Trains run 3 times an hour.
£2.70 return with YP-railcard.

Harrogate

15.6 miles (30 minutes by train)
Pretty spa town worth a wander.
Trains run every half hour
£4.25 return with YP-railcard.

York

25.9 miles (30 minutes by train)
Medieval city packed full of quaint little shops, markets and streets. Trains run 5 times an hour
£6.25 return with a YP-railcard.



Woodhouse Moor (Hyde Park)

Leeds Uni

Woodhouse Ridge

Meanwood park

Kirkstall Abbey

2.5 - 3 miles away
Picturesque ruins which can be explored free of charge.
Bus No 33/33A from New Briggate or the Bus Station.

Otley Chevin

10.3 miles away
Countryside around Otley, go on the BBC website to get panoramic views.
Bus No 33A or X84 from Bus Station.

Roundhay Park

3-5 miles away
Big beautiful park with lake. Bus No 2 or 12 from New Briggate or opposite Corn Exchange.

Temple Newsam

5.4 miles away
Free to visit gardens (£3 for the farm), catch the 950 from bus station.

Harewood House

9.6 miles away
Have to pay £11 to enter BUT cycle or bus it and get in for half the price!
Bus No 36 from the Bus Station.

Useful links:

www.leeds.gov.uk/fof/forest.html lists and gives details of all the 'Forest of Leeds' areas
www.leeds.gov.uk/Business/Planning/Planning_policy/Nature_conservation.n.aspx lists the Leeds Local Nature Reserves and gives .pdf maps of them
www.leedsnet.com/urban/ Leeds Urban Countryside Guide
www.tinyurl.com/655red miles of cycle routes in Leeds (free, try your bike shop or send a stamped, self-addressed A5 envelope to Travelwise, The Leonardo Building, 2 Rossington St., Leeds LS2 8HD)

Open Spaces...



Consumables:

Shopping



As consumers, we need to be making intelligent, responsible and ethical choices in our daily lives. Companies depend entirely on their customers' goodwill; if you and a few thousand other people let a company know that you think their attitude is rubbish then they'll change it. The same goes for supporting companies that you believe are doing good- they'll keep it up.

Companies have begun to successfully capitalise by launching new product lines. Unfortunately, a few token 'green' gestures & 'natural' ingredients can mask unsustainable practice be aware.

Do you really need:
those new shoes, that
new mobile phone or
yet another pair of
jeans?

Can you fix it?
Repairing items can
be cheap AND you
get to use your

Second-hand
Freecycle Leeds – a free, local version of e-bay (and virtual version of a swapshop) to subscribe
freecycleleeds-subscribe@yahoo.co.uk
Or groups.yahoo.com/group/freecycleleeds
Peanut Gallery Freshop: Take what you need, leave what you don't. Some really good 'bargains'.
Swapshops – bring what you don't need and take what you do need. Browse the one in the Peanut Gallery in LULU or set up your own!
Green Streets, Charity shops and Jumble Sales
You'd be shocked what students throw out after term finishes.

Buy items from a socially and environmentally responsible source.
Choose local independent businesses and co-ops (see map on pg. 16) over supermarkets.
And try to buy things that last.

Supermarkets

We have become addicted to supermarkets in the UK. 80% of the British grocery market is under their control. Supermarkets wield immense buying power which they use to secure low prices and exclusive deals at the expense of producers & smaller retailers. An extract from the Guardian explains part of the problem:



It takes a while to work out what it is about Hogg and Bull's [Apple & Pear book]. What it is that, two or three minutes after you've started lifting the heavy pages, makes you, quite unexpectedly, want to cry...

Then you see it. It's the names. The names of the fallen. Foxwhelp, Sheep's Snout... The list runs into thousands. It is a history of rural England, a poem in pomology, rough and bitter and sad...

"Why? Why won't they plant the old kinds?"

"Supermarkets. There seems to be a complete fatwa on home-grown apples. They're interested only in consistent appearance. They dictate what gets grown, how big it should be, what colour it should be, how it's picked, how it's stored."

By buying in small independent shops, co-ops, or in local markets you are helping the local economy and keeping money in the community rather than with big multinationals. Buying from local producers & shops is also often cheaper and is definitely more environmentally friendly.

Second-hand

Buying second-hand can help charities and you can even make friends with your neighbours by getting (or giving) useful things, see flow-chart

or **freecycle**. There is no place for a bargain like a car boot sale

Some ethical brands:

Chocolate: Plamil and Traidcraft

Tea and Coffee:

Zapatista, Equal

Exchange,

Traidcraft,

Clipper.

Make-up: Beauty

Without Cruel

Clothing: Ptree,

No Sweat

Apparel, GossyPlum, Antiform.

Shoes: Vegetarian Shoes.

OF COURSE IF WE LEFT THE LAND TO ITSELF IT WOULD REVERT TO WOODLAND ANYWAY, BUT WHERE'S THE PROFIT IN THAT?



Sign up to Freecycle, an online swapshop.

Animal testing

This is a serious issue. Check to see if it has been tested on animals & if alternatives exist. If not then maybe write to them and ask why.

Guides

www.ethicalconsumer.org – researches the social and environmental records of companies. www.ethiscore.org – scores products eco record

LUU also has a list of organisations banned from the union and companies not banned but frowned upon

Fairtrade in Leeds

Fairtrade means that the grower gets a long term relationship with the supplier so they can plan and provide for their staff and community. Leeds is a Fairtrade City. For more information about Fairtrade and the Foundation check out www.fairtrade.org.uk. Also look out for events and stalls around the University and Leeds during Fairtrade Fortnight which is the 1st-14th of March every year.

Links

Leeds Fairtrade University:

www.leeds.ac.uk/about/environmental/fairtrade.ht

Oxfam: www.maketradefair.com

The Trade Justice Movement: www.tjm.org.uk

Health

Many environmentally sound ways of living are also healthier for individuals, as avoiding the use of fossil fuels is often synonymous with living a more **active lifestyle**. Sharing resources is also a good way to reduce harm to the environment.

The consumer marketing of pharmaceutical drugs has resulted in many people taking chemicals unnecessarily, often only treating the symptoms rather than the cause. An increase in awareness of your health and others could avoid un-necessary problems. Many issues with health require professional help but by using simple treatments (such as the one below) and living a healthier lifestyle you can boost your immune system and reduced your trips to the GP.

DIY health

There are many herbs with medicinal properties; after all aspirin came from willow tree bark. ➡ Try this simple **flu 'tea'**: combine equal parts of elderberry, peppermint and yarrow and steep 2 teaspoons of the mixture in a cup of hot water. It induces a sweat and helps the body handle fever and reduce aches, congestion and inflammation.

For more information try www.pfaf.org

Tampons, sanitary towels and alternatives

Every day 2.5 million tampons are flushed down the toilet, along with 1.4 million sanitary towels and 700,000 panty liners. Almost 70% of all blockages in the sewerage system are attributed to "disposable" sanitary items.

So what's the alternative?

The Mooncup: the Mooncup is a reusable menstrual cup made out of silicone rubber that is worn internally to collect the blood. It really isn't as icky as it may sound and even most normal people wonder why they never tried it before! Visit www.mooncup.co.uk for further information. You can buy them at Boots or at cost price from the Green Action Co-op.

Ecological brands of disposable tampons and sanitary towels: brands such as Natracare make biodegradable organic cotton tampons and towels.

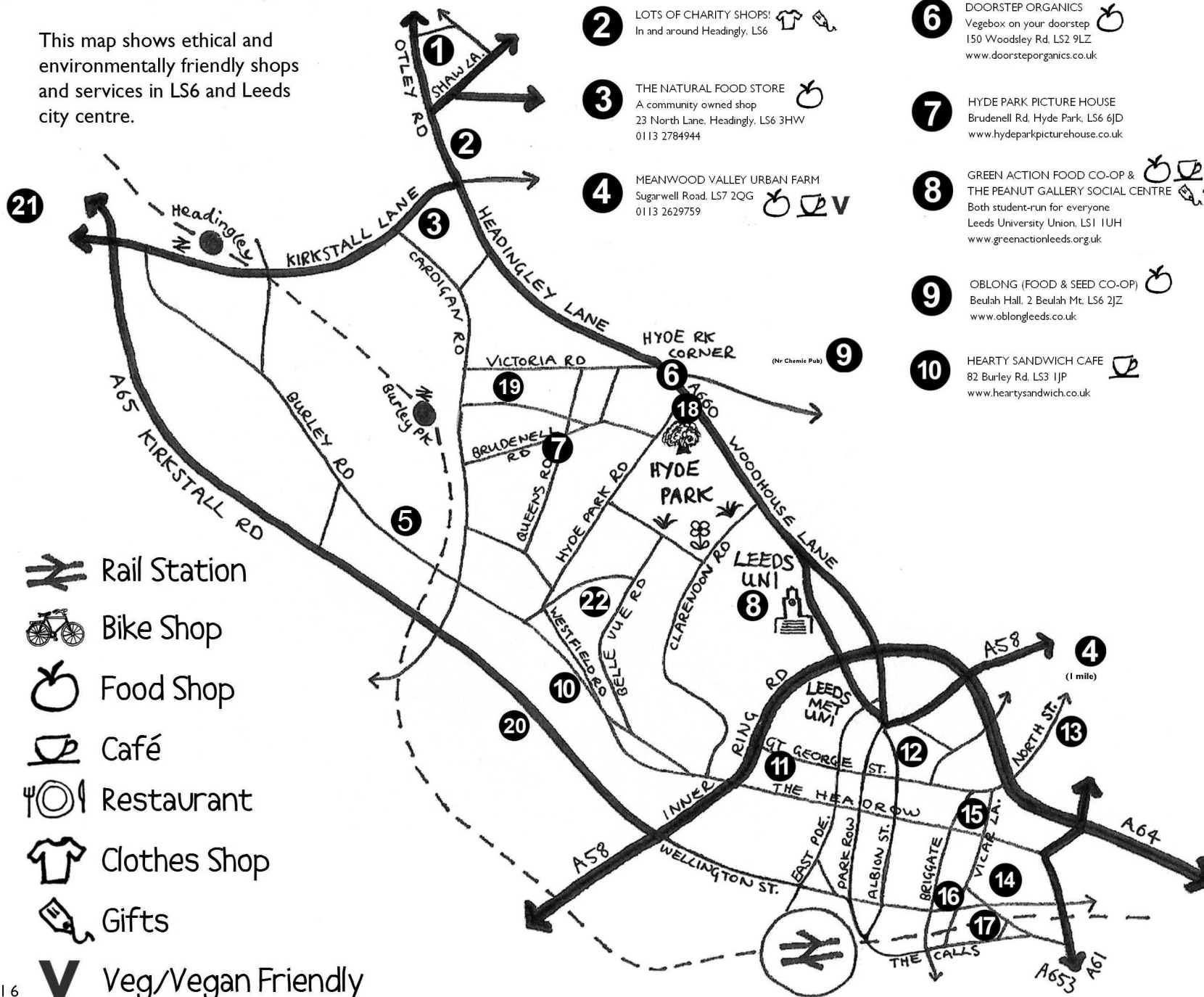
Links

Medsin is a network of students with an interest in health. They encourage students to get involved with issues such as poverty, trade and access to medicines. <http://medsin.leedsmedics.org.uk>

Girls – try a Mooncup instead of tampons.

Green Leeds

This map shows ethical and environmentally friendly shops and services in LS6 and Leeds city centre.



1 COTTAGE ROAD CINEMA
Cottage Road, Headingley, LS6 4DD
0113 275 1806

2 LOTS OF CHARITY SHOPS!
In and around Headingley, LS6

3 THE NATURAL FOOD STORE
A community owned shop
23 North Lane, Headingley, LS6 3HW
0113 2784944

4 MEANWOOD VALLEY URBAN FARM
Sugarwell Road, LS7 2QG
0113 2629759

5 PURE ORGANIC PRODUCE
309A Burley Rd, LS4 2HY
07737 130337

6 DOORSTEP ORGANICS
Vegebox on your doorstep
150 Woodley Rd, LS2 9LZ
www.doorsteporganics.co.uk

7 HYDE PARK PICTURE HOUSE
Brudenell Rd, Hyde Park, LS6 6JD
www.hydeparkpicturehouse.co.uk

8 GREEN ACTION FOOD CO-OP &
THE PEANUT GALLERY SOCIAL CENTRE
Both student-run for everyone
Leeds University Union, LS1 1UH
www.greenactionleeds.org.uk

9 OBLONG (FOOD & SEED CO-OP)
Beulah Hall, 2 Beulah Mt, LS6 2JZ
www.oblongleeds.co.uk

10 HEARTY SANDWICH CAFE
82 Burley Rd, LS3 1JP
www.heartysandwich.co.uk

11 ORG ORGANICS
79 Great George St, LS1 3BR
www.org-organics.org.uk

12 SHARED EARTH
40 Woodhouse Lane
www.sharedearth.co.uk

13 HANSA'S GUJARATI RESTAURANT
72-74 North St, LS2 7PN
www.hansas.co.uk

14 KIRKGATE CITY MARKETS
Indoor and outdoor (half day Weds)
www.leedsmarket.com

15 ROOTS & FRUITS CAFE
10 Grand Arcade, LS1 8PG
0113 2428313

16 MILLIES ORGANIC
109 Vicar Lane, LS1 6PJ
www.milliesfreshandorganic.co.uk

17 OUT OF THIS WORLD
20 New Market St, LS1 8DG
www.oow.co.uk/m4leeds

18 THE COMMON PLACE
Leeds' autonomous radical social centre
23-25 Wharf St, LS2 7EQ
www.thecommonplace.org.uk

19 BIKEOLOGY
Hyde Park Corner

20 RECYCLE ENGINEERING
2 Norwood Mt, LS6 1DU
0113 2745229

21 SEAGULLS REUSE (Paint) &
SCRAP (Art Materials)
Unit 3-4 Aire Place Mills, Kirkstall Rd, LS3 1JL
www.seagullsreuse.org.uk &
www.scrapstuff.co.uk

22 BTCV &
PERMACULTURE ASSOCIATION BRITAIN
Hollybush Conservation Centre, Broad Ln,
Kirkstall, LS5. 0113 2742335
www2.btcv.org.uk/display/btcv_leeds
www.permaculture.org.uk

23 HYDE PARK SOURCE
Creating outdoor spaces
2 Rosebank Rd, Hyde Park, LS3 1HH
www.hydeparksourcesource.org

Food

Your choice of food and drink is an area where small changes can make a big difference to you, farmers, the countryside, and biodiversity in general. Buying locally produced or organic food needn't be as expensive as the supermarkets would have you believe! Think about...

How was it produced? Choose organic!

Organic farming uses less-intensive practices which seek to minimise environmental impact. This means the food and land is not full of added chemicals. Organic foods do not contain genetically modified organisms "GMOs".

One of the cheapest ways to buy organic fruit and veg is from a **vegbox scheme**. Join the one in the Green Action Food Co-op or Oblong, or get together with your housemates for a delivery anywhere in Leeds. See: www.goosemoor.info or www.doorsteporganics.co.uk.

If you choose to eat meat and eggs, try to buy organic and free-range. Meanwood Valley Urban Farm (LS7 2QG) sells eggs at £2.00 dozen from their hens. Soil Association organic rules try to ensure animal welfare.



Where did it come from? Try to minimise "Food Miles"

Buying **local produce** that is **in season** means that you get fresher, tastier and often cheaper food. It also helps cut pollution as it doesn't have to be transported so far. Check out **Leeds City Markets** (by the bus station) during the week or the **Farmer's Market** (same place) every 1st and 3rd Sunday of the month for some bargains! Better still – why not grow your own?

Grow your own!

It's cheaper and **tastier** to grow your own food! You know exactly how it was grown, where it's come from and it's fun! **Windowsills** are great for tomato plants or fresh herbs like mint or coriander. **Bardon Grange Allotments** are next to the Oxley Halls of residence, north Leeds. The Uni has given students the space to grow food, for info email i.swift@leeds.ac.uk

Grow courgette or tomatoes in a window box.

Once you have a taste for home-grown vegetables, you could even get your own **allotment**. For around £30 a year, you can rent one from the council or local allotment association see www.leeds.gov.uk/allotments for more info. The Green Action Society has an allotment where you can get involved with whether it is 'stewarding' a patch or helping out on a workday.

Preserving and brewing

If you've got some time and too much fruit and veg how about preserving them by making jam, chutneys, or wine! Look out for the 'Urban Harvest' project this autumn.

Foraging

For some foods there isn't even a need for us to work hard or spend money as nature does it for us! Look out for blackberries and raspberries in late summer, and various edible mushrooms throughout the year. Richard Mabey has written an excellent book called 'Food for Free'. You'll be surprised what can be found in the urban landscape. But don't get too excited, it ain't

gonna provide dinner every day, and leave some for the birds....

Vegetarianism and veganism

A **vegetarian** is someone who does not eat any products derived directly or indirectly from the slaughter of animals. A **vegan** takes this a stage further by not eating or wearing any produce of animals. This means no dairy products, eggs, honey, silk and other items. People have different reasons for deciding to follow a veggie or vegan diet; these might be concern for animal welfare, human health, the environment. If you look at energy usage 25 kcal of fossil energy per 1 kcal of meat protein (25:1) compared to (2:1) of grain protein, so meat is 11x less energy efficient [American Journal of Clinical Nutrition, Vol. 78, No. 3, 660S-663S].

There is too little space here to discuss the meat and dairy industries in terms of **animal welfare**, but you might want to look at some of links.

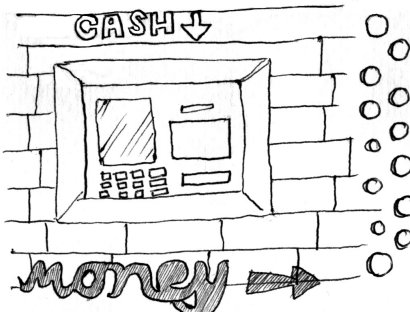
Links

www.viva.org.uk
www.vegsoc.org
www.vegansociety.com

Banking and Money

What happens to your money when it's in the bank is just as important as what you spend it on. Once your money is in the bank it gets **invested** all over the world. Banks lend or invest billions of pounds every day on your behalf but **often you have no say** in these investments at all.

Most of the main high street banks carry out pretty unsavoury business practices such as financing countries with poor human rights records and providing banking services to arms companies. There is another option though! Ethical investment puts social and environmental considerations before profit so you can be sure your money is being invested in environmentally and ethically sound practices. You can check your bank's record at www.ethicscore.org.



Leeds City Credit Union

A credit union is owned by its members. It works on a local level helping people organising their finances and offering affordable credit.

Ecology

For savings accounts the Ecology Building Society is an ethical option possible. For more information see: www.ecology.co.uk



Co-operative Bank

The Co-operative Bank has an ethical investment policy. They have a branch in Leeds at 41 Vicar Lane, opposite the market (0113 234 3703). You can also get an account with Smile, their online bank, at: www.smile.co.uk Student accounts are available from both. Smile also got the best buy award from Which? magazine for best bank and best customer service.

Things you can do:

- ✂ Switch your bank to Smile or the Co-operative Bank so there is a clear ethical investment policy for investments made on your behalf.
- ✂ When you make the change **write** to your old bank and tell them why you moved.

Links

The Good Shopping Guide: www.gooshing.co.uk

Ethical Consumer Magazine:

www.ethicalconsumer.org

Leeds City Credit Union: www.leedscitycreditunion.co.uk

Cleaning

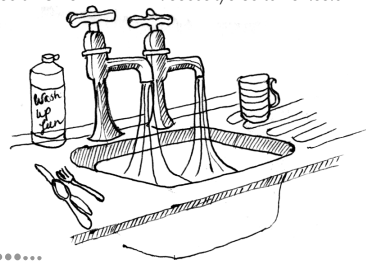
Here's some tips and facts on how to be 'greener' in your own home.

Cleaning products

The main ingredient in many commercial cleaners is **surfactants** which help remove grease and dirt. These can be naturally derived from vegetable substances but many big brands use **petroleum derivatives**. These are **non-renewable** and degrade slower than and not as completely as the naturally derived alternatives.

DIY

White vinegar, baking powder, lemon juice, and olive oil are all useful for cleaning.



What can I do then?

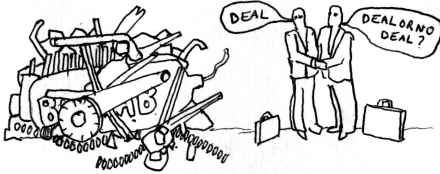
Keep it simple; try to use one type of multisurface cleaner for all household jobs.

Choose Ecover and Bio D products (these can also be refilled in some places including the Green Action Co-op at Uni and Out of This World in town) as these use acids which dislodge waste rather than sterilise it.

Ethical Careers

There is lots of advice available at Uni to help you think about what you would like to do in the future. This is a major topic to cover in just one page and until recently it was difficult to find information about ethical employment but don't worry! There is now a wealth of easily-accessible information available about how to earn money and have a positive impact on the wider world.

Arms Trade?



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The Careers Centre

(careerweb.leeds.ac.uk) regularly runs informative sessions with various organisations. They focus on NGOs, conservation groups and how to gain experience through voluntary work. They will also give you lots of help in perfecting your CV. Beware though: they have been known to host companies with rather dodgy track records so have your wits about you, and do some research on companies before signing up. If you're concerned about a company's ethical policy (or lack of) then ask questions, and see if the representatives are able to justify this or any other dubious practices.

Another great opportunity to learn about ethical careers while you're at Leeds is at the Ethical Careers Fair which is organised by People and Planet. Look out for details on their website: <http://bit.ly/pandp> and for more info on how you can join and help out!



The nationwide People and Planet also offer a popular ethical careers service and have teamed up with the Ethical Careers Guide to bring you a comprehensive one-stop site full of useful information: www.ethicalcareers.org.

Another good website is:

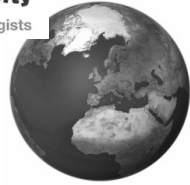
www.ethical-jobs.co.uk

Scientists for Global Responsibility

Scientists • Architects • Engineers • Technologists

Scientists for Global Responsibility:

For people in the fields of science and technology there are loads of guidelines and lots of information available on the SGR website at: www.sgr.org.uk



'The Sustainable Careers Handbook' by Allan Shepherd and Fiona Rowe is worth seeking out for more detailed information.

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A low cost future?

There are more and more pressures placed on us by society and the media to have more/bigger/faster things/houses/cars; however, it really **doesn't have to be this way**. There is a growing movement now of people seeking to **minimalise** and 'downshift' their lives. There is now significant research which shows that by working less, having fewer things and spending more time with family and friends **people can be much happier**. You will have **more time to do exactly what you want** and can put the skills you have learnt during your degree to use in all sorts of ways. For example, a friend who did genetics at university now runs a small seed company and breeds diverse and tasty vegetables. Just use your imagination to apply what you know in the best way you can.

Get your money to follow your ethics.

The Green Action



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The printers of this guide:

Footprint is a worker co-operative based at Cornerstone Resource Centre, Chapeltown, Leeds. Footprint was set up in July 2000 to provide printing services to the highest possible ethical and environmental standards. www.footprinters.co.uk



Acknowledgments:

This booklet has been designed and written by students at The University of Leeds and www.greenactionleeds.org.uk (2009): Nikolai Berkoff, Olga Baron, Bethan White, Amy Carson, (Drawings) Susannah Trevelyan. (2008): Nanda van Vliet, Nikolai Berkoff. (2007): Ben Milner.

(2006): Hannah Lewis, Ben Milner, Rik Holden, Leon Sealey-Huggins, Amanda Sowerby, Sarah Walpole, Dom Marsh, Lizzie Fellows, Hannah Gale, Vicky Mascard, Naomi van der Velden.

With the support of the Leeds University Union and Residential and Commercial Services. Many thanks for everyone's help.