

TOWARDS SUSTAINABLE LIVING IN LEEDS

2010 – 2011 Edition

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Rose Hampton, R.J.Hampton@leeds.ac.uk Development Coordinator (Halls & Community)

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

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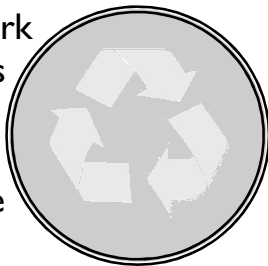
Green Guide

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 face.

Loads of students are already finding loads of amazing and inspiring ways to help build a greener Leeds. Getting involved really can be fun and rewarding.

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 is not 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.



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



5 Lightly Treading Steps

- Buy/support local food and businesses
Airfreight costs the planet and supermarkets create a race to the bottom and care only about profit.
- Get on yer bike
Bikes are efficient, good exercise and save money. See the Uni's bike scheme or Leeds Bike Co-op.
- Push for energy efficient housing
Also be as efficient as you can with lights, heating and recycling. Also look at suppliers
- Get involved with local groups
Join an allotment project. Meet like minded people with lots of energy for change such as Green Action and People and Planet.
- Consume less, live more
Try an allotment, buy what you need and make the rest. Don't get sucked in by adverts and the media telling you to buy more, be independent and make it!

If you are interested in helping sort out a website with more information, 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 now has a sustainable development section and energy management team. We gained fair-trade status in 2005 for supplying and promoting fair-trade across campus, and have the first carbon-neutral Geography department in the country! In 2009 the Uni won a Student Initiatives award for Green Streets and a Continuous Improvement awards for transport. 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.

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 from energy use in 2008/9 totalled 67,667 tonnes (t), with an additional 28,000 tonnes related to transport. We also produce approximately 1700 tonnes of waste each year, with 90% currently being recycled. Although there is still room for improvement!



Travelling to Uni

This is another major source of pollution So, think about walking or getting a bike! It helps you keep fit, is a sustainable means of travel and often it's quicker than driving or getting the bus! Secure cycle parking facilities have improved a lot recently, with a further £80,000 investment this year both around campus and in halls.. Velocampus Leeds, part of the UTravelActive Project, provides a bike hire scheme for students with fully equipped bicycles at low cost for the academic year. The university-based project also provides maintenance, route, safety and storage information and cycle training. All are managed from the Velocampus Bike Hub on campus, based underneath the Roger Stevens courtyard. Bikes can be hired for £35 a year from the Bike Hub, with extended opening for Intro Weeks. For more information, see www.leeds.ac.uk/velocampus, email transport@leeds.ac.uk, or phone 0113 343 7255 / 9179

Further information on travel to the University can be found in the 2010/11 Travel Guide, University Walking and Cycling Map and in the Leeds Travel Section (p10)

Students are not allowed to park on campus and the traffic-wardens are ever wary!



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. The University also has a successful furniture re-use scheme which in its first year alone re-used over £200,000 of furniture.



Awards

The university got awarded a ‘First’ in People & Planet’s Green League Awards in 2010. <http://peopleandplanet.org/greenleague/table>



Your House

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Choosing a house

It's worth thinking long and hard about where you're going to live before rushing to sign up.

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Here are a few things to consider:

• Is the house registered with **Unipol**? Environmental requirements are soon to be incorporated into the code of standards.

www.unipol.leeds.ac.uk.

• Can you change your electricity and gas suppliers to ones using renewable sources? (see p.5)



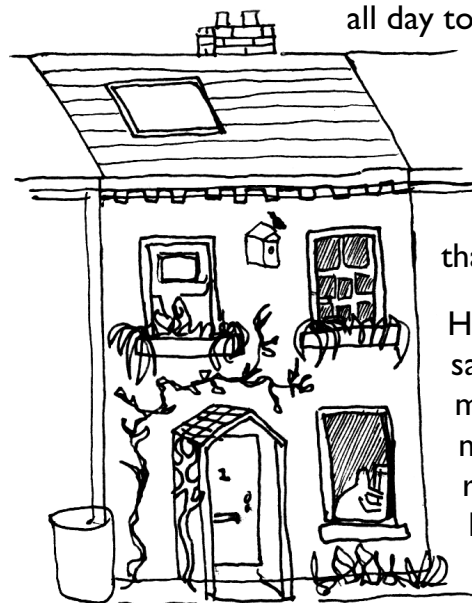
• Old appliances can be energy inefficient - Having an A-rated washing machine, fridge and freezer can cut power by upto 60% and your bill by more than £35.

• A property's **hot water** and **heating system** is also vital - Ask for old boilers to be replaced with high efficiency condensing boilers, and invest in an insulation jacket for your hot water tank.

• Choose a house which is well **insulated** (loft and double glazing) This could save you a significant amount of money as it will reduce heat loss and therefore energy usage.

• Check whether the cavity walls have been insulated - This saves on average £100/year! But simpler steps like curtains and draught excluders can also save up to £20 on your bills.

• If you are having problems with your Landlord a student group has formed to deal with these issues; contact p.gold@luu.leeds.ac.uk.



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University Residences

If you want to take an active role in environmental decisions concerning your halls, then you should consider becoming a **Green Rep** or volunteer in the **Green Team** for your email Rose J.Hampton@leeds.ac.uk for more info.

There will be monthly get-togethers to plan various campaigns and initiatives to make the Uni's residences more environmentally friendly. Look out for posters advertising these roles over the first few weeks or contact m.leonard@adm.leeds.ac.uk—RCS Environmental Co-ordinator.

Other things to note in halls:

- You don't need to buy a full set of brand new kitchen utensils! Try second hand and sharing.
- This should also encourage you to cook communally, thus saving energy and minimizing food waste.
- Please don't alter the thermostats but adjust the heating directly via your radiator - remember to turn it all the way off when windows are open.
- Heating controls are pre-set for 7am to 11pm, don't alter these unless shown how to.
- Hot water controls are normally set to 60 all day to prevent growth of bacteria.

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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.cornerstonehousing.org.uk.

Pressure your landlord, when things break, to be replaced with energy efficient goods.

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

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)...

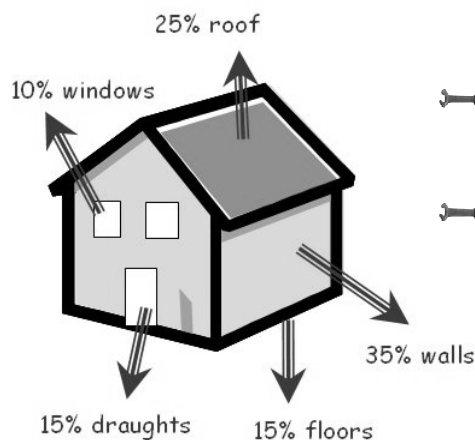
CRAG (Carbon Reduction Action Group) offers tips, tools and support of how best to ration your carbon. For the Leeds group visit www.leedstidal.org/sccleeds/leedscrag.php, or to see what ecological footprint you have left on the planet go to footprintnetwork.org/

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.

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 a Uni residence bear in mind:

- Heating controls are pre-set for 7am to 11pm, don't alter these unless shown how to.
- 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.

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.3 for information on energy efficient appliances.

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

In June look out for Green Streets bags and bins to donate your unwanted items!

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

➤ 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.

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



Repair / Reuse

Green Streets: Green Streets collects unwanted items such as crockery, bedding etc, during moving (May-July) then offers them, for free, to other students at 'freesops' in the union throughout the year.

Switch to a green energy supplier to help fund renewables.

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. Most major electricity companies offer a green energy scheme where they match every unit of energy you use, and feed the same amount into the electricity network from renewable sources. Signing up for a green energy supply **reduces your household emissions by around 1.42 tonnes of CO2 a year** and could reduce your bill!

➤ Unwanted clothes and household items can also be donated to charity shops, [freecycle groups.yahoo.com/group/freecycleleeds](http://freecycle.groups.yahoo.com/group/freecycleleeds) or the Peanut Gallery's swap shop.

➤ Plastic bottles can be refilled at a tap or at the water fountains in LUU (bottled water is no longer available from the Union).

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

Recycle

Leeds has green bins and all of the following items can go in: paper, cardboard, metal cans, empty aluminium aerosols, and plastics types 1, 2 and 4 (check the triangle on the bottom). The city's recycling performance for 2009/10 was 31.25% - We can do better! If you have problems then call the council on 0113 398 4760.

Compost!

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, tea bags etc. Cooked food and dairy products are best left out.

The Uni has introduced compost bins all over campus and the Green Action society has an allotment; get in touch on unigreen@leeds.ac.uk.

There are two energy companies that produce all their electricity from 100% renewable sources :

Good Energy: www.good-energy.co.uk

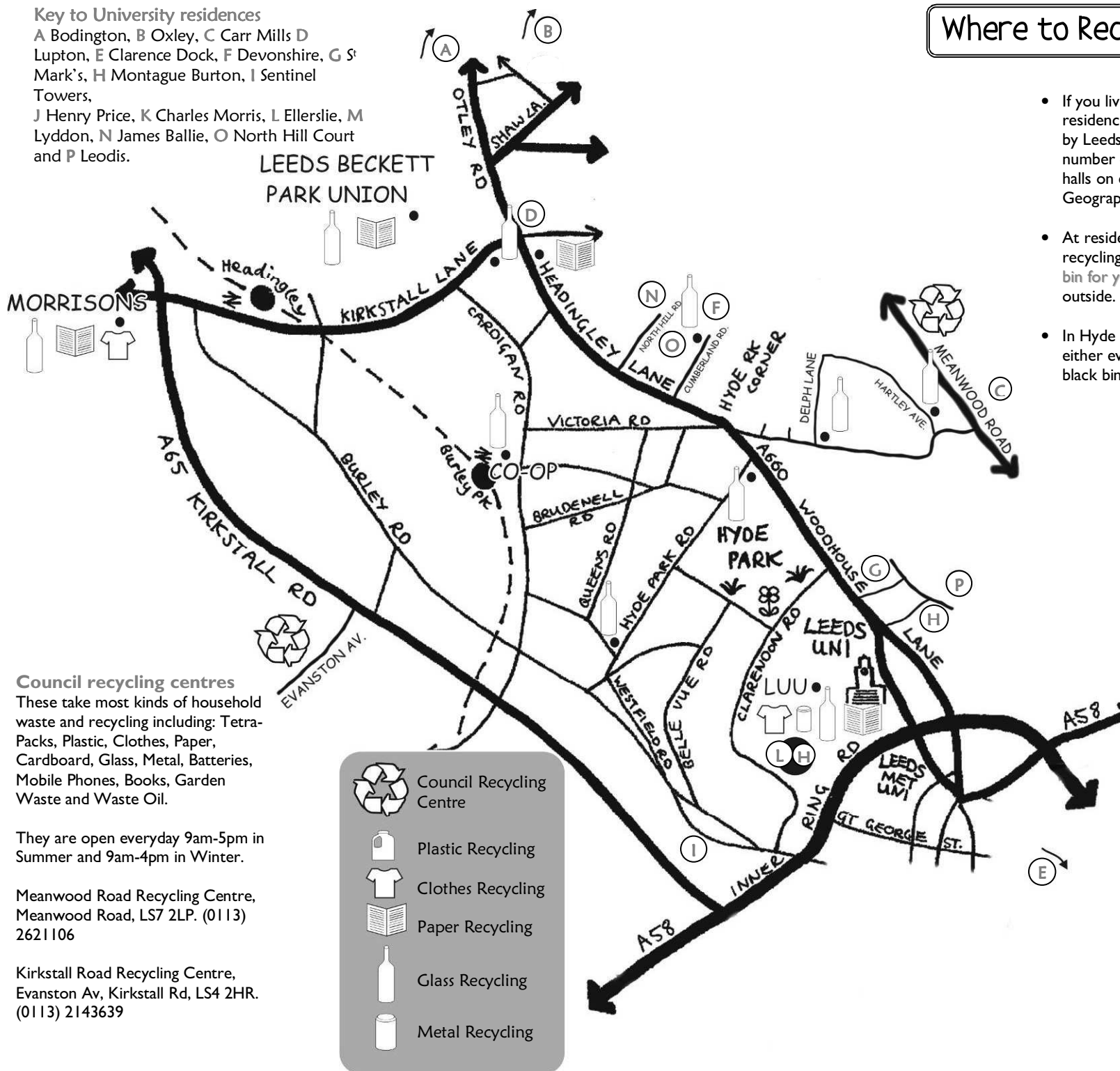
Ecotricity: www.ecotricity.com or 0800 0302 302

If you are living in **University Residences** your electricity already comes from either a green supplier or the University's combined heat and power plant based on campus - both quite environmentally sound sources.

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



Your Local Community

Thriving local communities are essential to creating a more sustainable world. Students can play a leading role in achieving this. For information on building community in LS6 see www.headingley.org.

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. As well as reducing fossil fuel emissions, this will boost the local economy – and best of all, it can give you a true sense of belonging in the community.

To get involved, why not join a local group, shop locally, organise a “community clean-up” like Green Streets, or check out your nearest community centre.

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



Groups with multiple projects

Action: LUU group with over 20 projects working in local community.
<http://www.leedsaction.co.uk/>

The Peanut Gallery: A student-run social centre in LUU which includes meeting space, 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>

Oblong Resource Centre: Facilities for community use in Woodhouse 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: uni-green@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. www.hydeparksourse.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? Try the Peanut Gallery for university-based events, or check out the extensive list of local community centres on this website: www.headingley.org/node/157

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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University Residences, house or flat

➔ Become a green rep (idea for next year - hold a 'Green Halloween party' where you dress up in recycled materials) or Volunteer in the Green Team at your Residence. For questions contact Rose Hampton, Halls & Community, on R.J.Hampton@leeds.ac.uk. 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.

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@leedsmetsu.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: James, j.dixon-gough@leeds.ac.uk

Web: www.leeds.ac.uk/environmental

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Leeds groups:

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

Travel in Leeds and Beyond

Whether getting to Uni 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.

Get a bike to save money and explore.

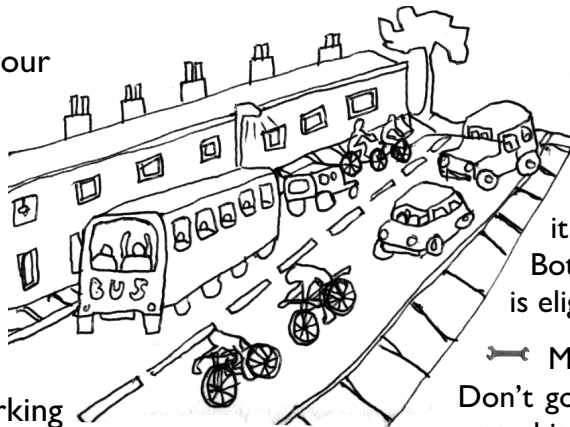
Travel in the Leeds Area



For most journeys you don't really need a car, and with the chance to avoid fuel, insurance and MOT costs, the alternatives are looking promising. **Walking, cycling and public transport** win hands down in terms of cost and environmental impact. Even better, combine transport modes for added flexibility - put your bike on the train.

— When choosing your house think about the distance to work and shops.

— Get on yer bike! The benefits are clear - it's free, it keeps you fit and healthy, and with no need to worry about parking or traffic jams it's often the fastest way to get around the city.



— 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 share lifts with friends. For occasional car hire, city car club has vehicles parked all across Leeds www.citycarclub.co.uk/locations/leeds-car-hire

Campaigns

Critical Mass - bike ride, celebration - last Friday of the month, 5.30pm, Millennium Sq.

Links

Metro Journey Planner:

www.wymetro.com

For public transport in West Yorkshire

Leeds Cycling Action group: www.leedscyclists.org.uk

Leeds Uni Bike User Group: www.leeds.ac.uk/leedsbug

Leeds Uni Transport website:

http://www.leeds.ac.uk/estate_services/environment/transport.htm

UTravelActive Project: www.leeds.ac.uk/utraelactive

Leeds walking route planner: www.walkit.com



Beyond the Leeds Area



When you get a chance to escape the city, consider staying in the UK: there are many diverse places and you can get to them by bus, train, bike or on foot. Plan 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.

Even for travel abroad, there are lots of alternative to cheap flights: 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.

— A 16-25 railcard is invaluable. For £26 it gives a third off almost all UK train fares. Both mature students and anyone aged 16-25 is eligible.

— Myths surround hitching but just be sensible: Don't go alone. Let a friend know your route. Try not to hitch at night. Getting lifts from petrol stations allows you to suss out the driver beforehand.

Links

National Rail: www.nationalrail.co.uk Tel: 08457 484950

For cheap tickets: book in advance with a 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 www.megabus.com

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

WWOOF www.woof.org.uk

For £20 it lists farms which provide food and board in exchange for labour (BTCV do something similar)

Couchsurfing www.couchsurfing.org

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

Sustrans www.sustrans.org.uk

UK charity that promotes cycling and builds cycle paths. Print and online maps available

Tourism Concern www.tourismconcern.org.uk

Explains about some of the impacts of tourism

Car Share www.goCarShare.com

Considerate Consumption



Sign up to Freecycle, an online swapshop.

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.

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 imagination...

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. 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 often cheaper 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



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

Second-hand

Freecycle Leeds – a free, local version of e-bay (and virtual version of a swapshop) to subscribe freecycleleeds-subscribe@yahoogroups.com

Or groups.yahoo.com/group/freecycleleeds

Local Freeeshops: Take what you need, leave what you don't. Some really good bargains. Checkout the Peanut Gallery one.

Swapshops – bring what you don't need and take what you do need. Browse the one in the or set up your own! **Charity shops and Jumble Sales**

Choose wisely

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.



Some ethical brands:

Chocolate: Plamil and Traidcraft

Tea and Coffee: Zapatista, Equal Exchange, Traidcraft, Clipper.

Make-up: Beauty Without cruelty.

Clothing: Ptree, No Sweat Apparel, GossyPlum, Antiform, Hoowies, .

Shoes: Vegetarian Shoes.

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.

Leeds Kirkgate Market

Shopping at Leeds Kirkgate Market, with over 500 stalls, is considerably cheaper, more ethical and more environmentally friendly than shopping in big supermarkets. There is less packaging, less food miles, stalls are run by local traders and any profit for the Market is reinvested in local public services.

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 check out www.fairtrade.org.uk. Also look out for

Girls – try a Mooncup instead of tampons.

Heath

Many environmentally sound ways of living are also healthier for individuals, as is avoiding the use of fossil fuels is often synonymous with living a more **active lifestyle**.

Medication

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 unnecessary 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

events and stalls around the University and Leeds during Fairtrade Fortnight which is the 1st-14th of March every year.

Links

Oxfam: www.maketradefair.com

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

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.

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. Visit www.mooncup.co.uk for further information. You can buy them at Boots or at cost price from the Greenaction Coop in the Leeds University Union.

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

Links & Groups

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>

Split Peaches is a Leeds based women's health collective where you can discuss, debate and share experiences and alternatives to mainstream medicine.

Food

Grow veg (tomatoes e.t.c) in a window box.

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!

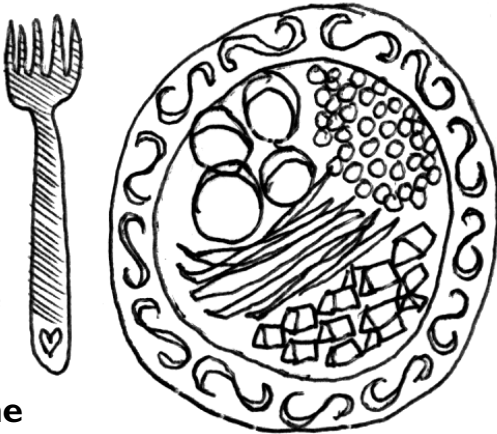
Organic farming uses less-intensive practices which seek to minimise environmental impact. This means the food and land is not full of added chemicals. Organic foods do not contain genetically modified organisms "GMOs".

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 at the University, 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 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? University Catering actively source their suppliers from within the Yorkshire & Humber Region.

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. 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 in Hyde Park where you can get involved with whether it is 'stewarding' a patch or helping out on a workday or coming along for picnics and harvesting.

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 any 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. It ain't gonna provide dinner every day, and leave some for the birds....

Vegetarianism and veganism

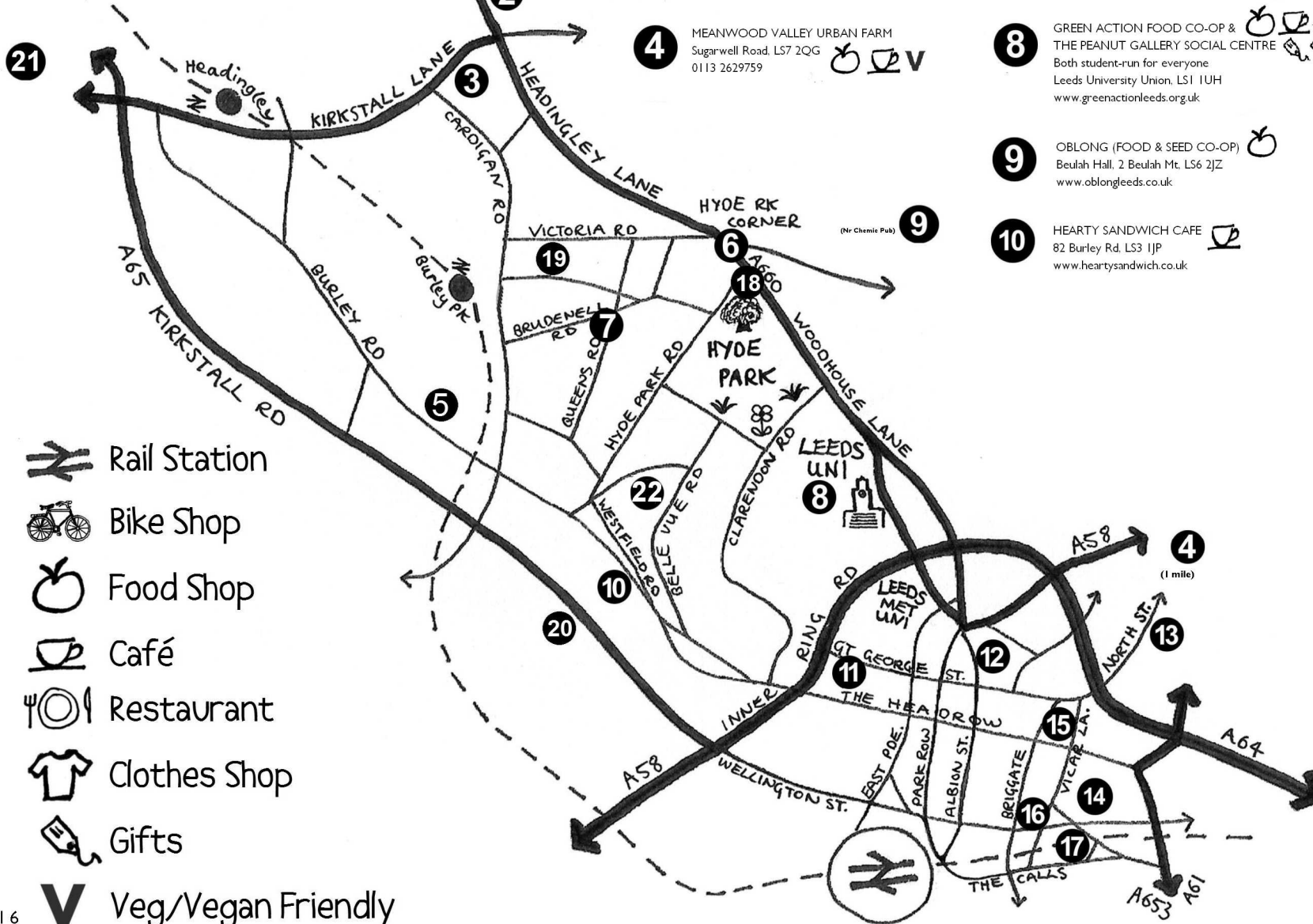
A **vegetarian** is someone who does not eat any products derived directly or indirectly from the slaughter of animals. A **vegan** takes this a stage further by not eating or wearing any produce of animals. This means no dairy products, eggs, honey, silk and other items. People have different reasons 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 [Am J Clin Nutr, , Vol. 78, No. 3, 660S-663S].

There is too little space to discuss the meat and dairy industries in terms of **animal welfare**, see the links.

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

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 Woodsey 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 THIRD ESTATE
102 Merrion Centre

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

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

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

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

18 BIKEOLOGY
Hyde Park Corner

19 RECYCLE ENGINEERING!
2 Norwood Mt, LS6 1DU
0113 2745229

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

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

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

Water

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.

Its 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 baths).
- 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 Food 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.4) and only use bio-degradable detergents and cleaners (see below). 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

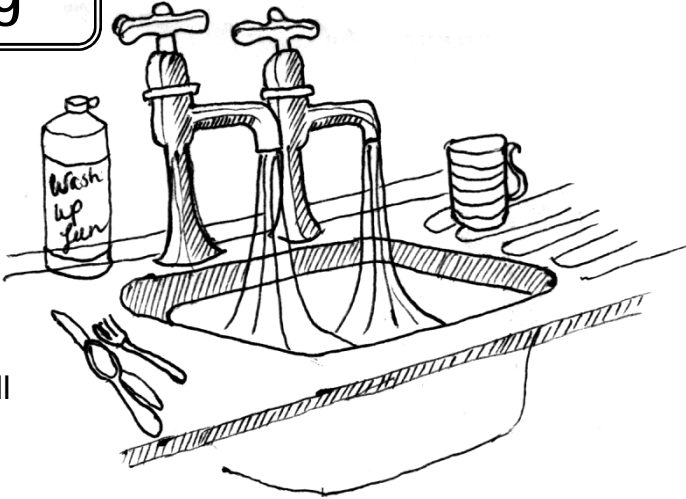
Environment Agency: www.environment-agency.gov.uk/savewater information on the future of water resource management in the UK and why its important.
Water Aid: www.wateraid.org.uk
Working for everyone to have access to safe water and effective sanitation.

Cleaning

Natural cleaners are better.

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

- **DIY Ideas:** White vinegar, baking powder, and lemon juice are all useful for cleaning and have antibacterial properties.



Cleaning products

The active ingredient in many commercial cleaners is **surfactants**. These can be naturally derived but many big brands use **petroleum derivatives**. This, along with bleaches, harms the environment in production and when they go down the sink.

What can I do then?

Choose Ecover and Bio D products, these can also be refilled in some places including the Green Action Co-op and Out of This World in town. These products use plant based cleaning and are far nicer to the environment.

Get your money to follow your ethics.

Banking and Money

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

Things you can do: ➤ Switch your bank to a Bank with an ethical investment policy.
➤ When you make the change **write** to your old bank and tell them why you moved.

Most of the main high street banks carry out **unsavoury business practices** like providing banking services to arms companies and dictators. **Ethical investment** puts social and environmental considerations before profit. 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 with their finances and offering credit.

Ecology

For savings accounts the Ecology is an ethical option possible, see: www.ecology.co.uk

Co-operative Bank

They have an ethical investment policy and have a branch in Leeds at 41 Vicar Lane, opp. the markets. Smile is their online division: www.smile.co.uk

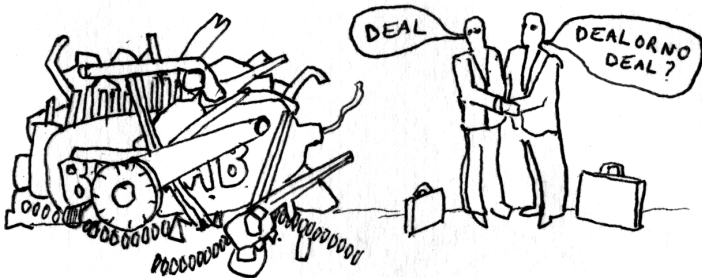
Links

The Good Shopping Guide: www.gooshing.co.uk
Ethical Consumer Magazine: www.ethicalconsumer.org

Ethical Careers

This is a major topic to cover in one section but don't worry! There is a wealth of accessible information available about how to earn money and have a positive impact on the wider world.

Arms Trade?



Scientists for Global Responsibility:

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

The Careers Centre

(careerweb.leeds.ac.uk) runs informative sessions with various organisations. They focus on NGOs, conservation groups, and help with your CV. Be aware: not all their recommendations are ethical so do some research on your own. Green Action is planning an ethical careers fair in March, check on www.greenactionleeds.org.uk



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

Another site to check: www.ethical-jobs.co.uk

People and Planet have teamed with the Ethical Careers Guide to bring you: www.ethicalcareers.org a very comprehensive site.



A low cost future?

There's significant research which shows working less, having fewer things and spending more time with family and friends can make you happier. **Radical Roots** can help if you are thinking of setting up a workers co-op which might help you achieve this.

The Green Action



Food Co-op

We are opposite the Old Bar



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