



Green Ixworth News

March 2023

<https://www.greenixworth.org.uk>

Didn't we do well.



Green Ixworth receiving the “Highly Commended” award from Suffolk County Council. We came second out of 23 entries in the Green Community section.

Thanks for this are due to all those who have helped make this possible. If you have a project which you would like to see followed up then do let us know. At our next meeting on 20th April, we shall be putting forward a work plan for the next 12 months. If you would like to participate in any of the projects the committee or those attending are putting forward, please let us know.

How's your insulation?

Green Ixworth have nearly completed the Heat Mapping exercise to show the areas of heat loss in your homes. We have completed maps for 26 local residents. We are still trying to arrange visits for some applicants. Effective measurements need a temperature difference between outside and inside of about 10°C so if you wish to take the opportunity, please get in contact as soon as possible.

Our **last drop-in** session for residents to see how they can reduce their energy costs and help the climate is taking place in **Ixworth Library on 1st April**. All are welcome.

Greenest County Community Network.

Established with funding from Suffolk County Council this network is already proving its worth with its Facebook page is becoming a wonderful showcase for the multiplicity of environmental activity taking place in Suffolk. Do look in and see what is going on. If you find something which you feel we should be doing do let us know.

<https://www.facebook.com/groups/greenestcountycommunitynetwork>

Swifts are coming back.

We can hope so or we can help them. Suffolk Swifts Group will be making a presentation at our next meeting on 20th April at 7.00pm in the Methodist Church, Ixworth High Street. Importantly we can help the Swifts find a home in Ixworth by fitting a swift box. They will be available at the meeting for a suggested donation of £25. Please book one or more via Roger before 17th April roger.larbes@gmail.com

Copart – A143

We have now submitted our response to the Copart Consultation. Using the same criteria as the planners we have calculated that the approximate traffic flows Orttwell Road roundabout in Bury will be **210%** of present levels when the likely developments in the current and next West Suffolk Plan are completed. This requires a near doubling of essential facilities, health, education, etc. and huge improvements to the A143.

One of the major worries is that the Copart site was for 23 years a wartime USAF bomber airfield, then used by them for jet fighters and finally for Thor Nuclear Missiles storage and launchers. Chemicals would have been used including tetraethyl lead in high octane petrol and PSAFs, a group of chemicals which are both toxic and cancer causing. They are among the “forever chemicals”, not readily breaking down, so accumulating in vegetation and animals. Used for a number of purposes on the site including fire-fighting foam with which fire fighters would have come into contact. The foam or spillage of other chemicals went into the drains or non-concreted surfaces. It is more than likely that these chemicals are still in the ground or making their way through the aquifer into our drinking water or streams. Recent (February 2023) research shows very high levels of PFAS are present in many locations including over 700 present and retired USAF bases.

The Fire Brigades Union (FBU) has expressed its very strong concerns over the health threat to its members. It was the FBU which highlighted the dangers of furniture using polyurethane foam before it was banned.

We are therefore seeking a full and extensive chemical survey of the Copart site among a number of other conditions.

PFAS have recently been found at RAF Wethersfield following testing by local residents.

Cancer causing chemicals found in Suffolk water!

The river Deben is currently threatened by a finding of PFAS at Bromeswell with levels 9 times the UK permitted limit in UK water, which is therefore **90 times** the international recognised safe level. The US Environmental Protection Agency now believes there is no safe level. So, the danger is real. How many leaks like this are there?

For more on this issue go to:

https://www.theguardian.com/environment/2023/feb/23/revealed-scale-of-forever-chemical-pollution-across-uk-and-europe?utm_term=63f75546c23e5116d8d7d693207aa5b8&utm_campaign=DownToEarth&utm_source=esp&utm_medium=Email&CMP=greenlight_email:

Numbers matter.

They can tell you, in undeniable terms, things you may not really want to hear, the article is provocative but eye opening.

Eg. Organic meat – surely that’s good for the environment? Afraid not: the cost of the climate damage caused by organic meat production is just as high as that of conventionally farmed meat. Why? Because organic livestock are not fed imported fodder and are often grass-fed, meaning they produce less meat and grow more slowly, spending longer emitting climate-heating methane before slaughter. But what about benefits to the soil? Is the answer to eat less meat?

For more on these issues and others go to our website or sign up to “Down to Earth” a weekly newsletter on the environment from the Guardian.

<https://www.theguardian.com/email-newsletters>

‘Let it grow’ – a therapeutic gardening project

A course designed to lower stress levels is soon to be launched at an historic walled garden in Suffolk. It is particularly to benefit people aged 18 to 75, suffering mental health issues such as anxiety, depression, loneliness, grief, and social isolation. ‘Let It Grow’ is a relaxed and therapeutic approach to learning the basics about horticulture and the Environment.

It is being pioneered by Community Interest Company, Wild Heritage Suffolk, which is based at the four acre site, on the Langham estate. The 250 year old walled garden, includes a restored kitchen garden and orchards and a wildlife rich meadow. There is also a plant nursery and shop specialising in native wildflowers, heritage vegetables, and herbs.

The project is set to start on 2nd May operating on Tuesdays with half day sessions, morning or afternoon, through until late September. Priority booking for the scheme is being given to participants who are referred by NHS Social Prescribers via the LifeLink organisation or those based at GP surgeries in Ixworth, Stanton, Woolpit and Botesdale. There are 20 places available and no qualifications are required. The sessions are free of charge, with tools and materials all supplied.

Participants can expect to divide their time between the new covered education space, lean-to-greenhouse and adapted raised beds. The mix of indoor and outdoor activity led by a qualified instructor, will involve ‘getting your hands dirty’ and achieving the satisfaction of growing seasonal plants, vegetables and salad to take home.

Wild Heritage Suffolk director Catherine Supple explains: “The atmosphere in the walled garden is very special. Once you come through the gate in the wall you are entering a very calm and serene place where all you can hear is bird song. It’s a perfect place to relax and feel away from life’s pressures. We want participants to come here to gain confidence, learn new skills, develop existing skills, get stuck in to the soil and above all, feel free to socialise. “The sessions will be based around all aspects of growing, gardening, pollination, organic and sustainable living, and the importance of wildlife and biodiversity”. We hope to provide transport to the site where required.

Those interested in taking part should contact either LifeLink or an NHS Social Prescriber at their local GP surgery. The catchment area is villages in Mid and West Suffolk and the towns of Bury St. Edmunds and Stowmarket. Wild Heritage Suffolk team can be contacted at: lwgnursery1@gmail.com or 01359 760326.

Chalk streams

A lovely Norfolk Rivers Trust video on the importance of Chalk Streams. 8 mins.
<https://www.youtube.com/watch?v=ae6XeifHdWA>

Otters have now been seen in the Black Bourn twice in the past month between the A143 bridge and Ixworth Bridge and downstream from Hempyard Bridge which is due to be repaired this summer.

The drone survey of the river from Bailey Pool Bridge to Broadwater Lake (1km downstream of the A1088 Bridge) is complete. John Lord, our pilot, is now stitching together the several hundred individual photographs so they can be seen as one picture overlaying the Ordnance Survey map. If we can get to grips with the QGIS software we shall be able to start our multi-layer map and then seek your help to place your Citizen Scientist’s observations on it. If anyone is willing to assist our IT guru with this software we should be grateful.

Success in reducing exhaust pollutants.

EU regulations have been responsible for exhaust emissions from UK vehicles falling by 90% since 1996, according to UK government data, owing to stricter standards being enforced. However, this now highlights the hazards associated with particles from tyres, brakes and roads, becoming the main cause of pollution from traffic, presenting a new challenge to reduce levels of dirty air and run off water. This has been highlighted in the past by Green Ixworth in a number of consultation submissions.

A new report estimates 52% of all the small particle pollution from road transport came from tyre and brake wear in 2021, plus a further 24% from abrasion of roads and their paint markings. Just 15% of the emissions came from the exhausts of cars and a further 10% from the exhausts of vans and HGVs.

However even electric vehicles need tyres. Trials of new types of tyres sponsored by Transport for London (TfL) found they could result in up to 35% less emissions. The EU is also due to regulate tyre emissions in a world first, with new standards due to be in force by mid-2025. The only long-term answer is to reduce private car use, easier to do in urban areas than rural. Planning therefore needs to ensure that housing, employment, leisure and retail facilities are brought together to minimise travel by car.

Food, Farming and Nature

A consensus document has been published a wide range of bodies including: Wild Life Trusts, Woodland Trust, Nature Friendly Farming Network, RSPB, etc. It is a framework about which further discussion can produce pressure on governments to ensure a policy for a safe food supply, beating Climate change and improving biodiversity. Well worth a quick read. <https://www.nffn.org.uk/wp-content/uploads/2023/01/FFND-v6.pdf>;

Food supply and the need for a strategy.

This “petition” by the National Farmers Union raises a number of issues which we are sure would be supported by many of our readers. Whatever your dietary preferences a sustainable food supply is essential.

<https://www.campaigns.nfuonline.com/page/121863/petition/1?ea.tracking.id=BBFnewsletter&ea.url.id=6294331&forwarded=true>

Recycling

Recycling and what you can do will be addressed at our meeting on 15th June when the Community Liaison Officer for the Suffolk waste plant at Great Blakenham, Siobhan O'Dell, will be explaining the system operated by Suffolk County Council, answering any questions you have and how we might improve the already impressive Suffolk recycling effort.

It is always worth asking your supermarket which products they recycle, to apply some gentle pressure. If they are not responsive why not write to the company asking them to take responsibility for what they sell and improving their facilities for recycling. If the packaging in their stores were all reusable or easily recyclable it would minimise what they have to collect.

Can I recycle this?

Below you will find attached a current guide to those items often difficult to recycle. Compiled from various sources it is what should apply in Suffolk. You might like to print it out and put with the recycling leaflet from your council. No, not in your recycle bin but where **you** can see it to jog your memory.

If you come across additional recyclable products or sites then please let us know.

Green Ixworth

<https://www.greenixworth.org.uk>

Can I recycle that?

Some recycling tips for those things which are not obvious where they go.

Stores

Boots Cosmetics, pumps from plastic bottles, toothpaste tubes, spectacles, Insulin Pens.

Superdrug Pharmaceutical blister packs, Insulin Pens.

Co-op/Sainsburys/Tesco/etc Carrier Bags, plastic film, etc,

“Recycle Your Electricals” – Cables, Chargers, Vapes, anything that uses batteries but not the batteries themselves. Bag them up, when you have enough, go to the website for deposit locations

Products

Aluminium foil can be used to wrap other small aluminium bits, screw caps from bottles, folded cake cases, etc. - **Blue Bin**.

Batteries – **Recycling Centre** or **supermarkets** eg Sainsburys

Black plastic can now generally be recycled, **Blue Bin**.

Bottles and Jars - **Recycling Centre**, small lids, and other small metal items, save in a tin and take to **Recycling Centre**, also at **Suffolk Bring Banks** across Suffolk - <https://www.suffolkrecycling.org.uk/where-to-recycle/recycling-bring-banks>

CDs and DVDs – can be taken to **Recycling Centres in media bank** with CD, DVD's and case in hard plastics if paper is removed, not easy to recycle - make good bird scarers, but only over your veg. and fruit or coasters with a textile underside, otherwise **Black Bin**.

Coffee. In Ipswich, you can recycle your coffee pods alongside your kerbside bin collection. [Recycle your coffee pods with Podback | Ipswich Borough Council](#). You can also recycle coffee pods from the following brands: Nespresso, Nescafé Dolce Gusto, Starbucks by Nespresso, Starbucks by Nescafé Dolce Gusto, Tassimo, L'OR and Cru Kafe at any **Suffolk Recycling Centre**

Compostable plastic bags and biodegradable wrappers are easy to compost professionally but not so easy domestically. If there is a food waste collection use it. Can be home composted, if you can generate hot compost, otherwise **Black Bin**

Contact lenses – Terracycle claim to recycle them but a Panorama program showed that a lot of their material finished up being exported or left to pile up with contractors. **Black Bin**

Cookware - Metal at Recycling Centres. Non scratch surfaces not a problem.

Food and Pet food pouches – Rinse them and take to Pets at Home, or **Black Bin**

Padded envelopes - Separate the plastic liner for the **Black Bin** and paper for the **Blue**, otherwise **Black Bin**.

Pizza boxes - Blue Bin. If anything is really greasy and any food waste, in the **Black Bin**.

Polystyrene packaging – Large to **Recycling Centre**, small to **Black Bin**. *Recycling not possible.*

Spectacles –Opticians e.g. Specsavers, or **Recycling Centres**

Tea Bags – Most big brands are moving to recyclable bags ok for **Home Composting**, check the container. Otherwise, **Black Bin**.

Tetra style packs – Not easily recyclable. **Recycling centre** or **Black Bin**

Textiles - If they can be reused then charity shops or **Bring Banks** across Suffolk, any quality of textiles to **Recycling Centres**

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