

Hesters Way Green Living Plan 2020 – 2031



Hesters Way Green Living Plan

The discussions groups and consultation exercises held by Hesters Way Forum have identified the following actions and ideas to promote greener living in the ward.

At Home

Small Changes can have immediate results.

- Use low energy bulbs
- Turn off the lights when you leave the room
- Reusable water bottle for trips out and work
- Wash laundry less often and in colder water
- Wear an extra jumper when its cold indoors
- Switch off TV, DVD, CD player and games consoles
- Fit a 'Power Down' plug to a main device
- Unplug mobile devices once fully charged



For advice on energy saving see Warm & Well warmandwell.co.uk

Switch to renewable energy



It's cheaper than you think and means your dreams of an eco-powered robot butler are still well and truly alive. For free, impartial, independent pricing information on energy suppliers, visit www.uSwitch.com You can get an energy supply from renewable sources.

In the Kitchen

- Keep fridges/freezers away from heat (boiler, cooker) as possible
- Only wash a full load in the washing machine or dishwasher
- Use lower temperature settings on your washing machine
- Dry clothes outside if you can instead of using a tumble dryer
- Only boil as much water as you need in the kettle
- Descale kettle - limescale means the kettle uses more energy

Reduce Your Food Footprint

On average, food produces about a quarter of our total carbon footprint.

- Eat much less meat and dairy products but better quality
- Eat more local seasonal foods
- Buy less processed foods – cook 'from scratch' more
- Accept different notions of quality – don't expect everything to look perfect
- Don't expect to be able to buy everything all of the time
- Walk to the shops when you can



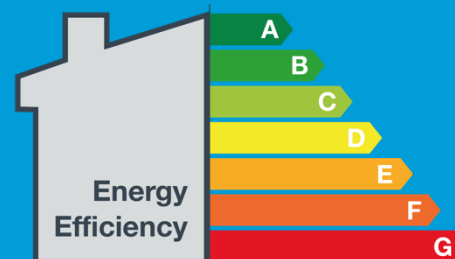
Lighting

In most homes lighting makes up 10 to 15% of the electricity bill

- Make the most of natural light by adjusting blinds and curtains
- Turn off lights in empty rooms
- Swap any old light bulbs for CFL (Compact Fluorescent Lamps) or LED (Light Emitting Diode) lights. Look for the Energy Efficiency Recommended Logo on new light bulbs or light fittings
- Fitting a 150-watt bulb is adequate for responsive security lighting rather than 250-300 watt usually sold
- Solar-powered outside lights are also now widely available

Replace Fixtures and Fittings

If you are replacing bathroom or kitchen plumbing consider using more water efficient fixtures and fittings. You can also replace your existing cistern with either a dual or low flush one. Dual flush cisterns use either 3 or 6 litres per flush; low flush use 4 litres, compared with old style cisterns that use 9 litres per flush. Low-flow taps are also available.



Minimise Water Waste

There are many ways that you can reduce your water use at home, and you can look at ways of collecting water for use around the

home and garden. Simple changes to your lifestyle could also save you as much as £200 per year on your water bill if you have a meter installed,

- Turn off the tap while brushing teeth or using the basin
- Fit twin tap inserts to reduce the flow of water
- Repair dripping taps
- Place a 'hippo' water displacement in the toilet cistern
- A conventional shower uses roughly half the water of a bath or a power shower
- Fit an aerating showerhead that adds air to a reduced flow of water to reduce this further
- Use full loads in your dishwasher or washing machine
- When replacing an appliance, buy one with a high level of water efficiency
- Use the minimum amount of water required in saucepans or the kettle, and always use lids on saucepans
- Steam rather than boil vegetables
- Wash fruit and veg in a bowl rather than under a running tap
- Install a Water Meter



Re-use Water

There are two methods for re-using water inside your house - rainwater harvesting and grey water recycling.

- Rainwater harvesting is collecting all the water from your roof in a water butt
- Grey water recycling is reusing water from your kitchen sink, shower, and basin

Water collected from both methods can then be used to flush your toilet, water your garden or wash your bike.

Storage of the collected water can range from a small unit that sits above the toilet cistern, a water butt in the garden to large under ground tanks

For more information, visit www.openecohomes.org



Reduce Water Pollution

To avoid contributing to the pollution of our waterways, and to reduce the amount of waste that water treatment companies have to sift through, follow these simple rules:

- Keep a small bin next to the toilet, so nobody's tempted to flush rubbish
- Don't pour fats down the drain!
- Sink strainers catch food; empty to your food waste caddy

Packaging

Packaging can be unnecessary and excessive. Try to avoid

- plastic and non-recyclable containers
- overpackaged goods

Recycling and re-use and waste disposal

Don't forget your CBC / Ubico bi weekly kerbside recycle boxes for

- Plastic bottles, tubs, trays and pots as well as metal tins, cans, foil and empty aerosols and any glass bottles and jars
- All paper, brown corrugated cardboard or light card
- Household batteries, small electrical appliance and textiles and shoes must be put in separate carrier bags and put inside a recycling box with the lid on
- Consult - with [CBC](#) and others to encourage the repair, re-use, and wise disposal of unwanted white and other more bulky goods

Eat less meat.

Meat and dairy production is responsible for 14.5% of climate changing gases (more than all forms of transport).

Weekly food delivery

Weekly food deliveries can cut down on separate car journeys – reducing your climate change emissions. Local box schemes are also likely to use much less plastic packaging than supermarkets.

In the Garden

Composting

You can install a compost bin in your garden and recycle your garden and organic kitchen waste. Composting at home reduces the amount of rubbish you put out for collection.

Compost bins are available to Cheltenham residents at [discounted prices](#)



Composting transforms your uncooked fruit, vegetable and garden waste into valuable food for your garden by returning important nutrients and minerals to the soil. Finished compost is great for using on flowerbeds, vegetable plots and mixing into planters, and can really make your garden bloom. When used as mulch it can help suppress weeds and retain moisture in the soil.

Water Use in Your Garden

- Install a water butt to collect water from your house, garage or shed roof
- Greywater from bathing or washing up can also be used for all but the most sensitive of garden plants. Do not use on soft fruit or vegetables you intend to eat
- Try not to use sprinklers. If you must water your garden, remember infrequent watering is better than regular sprinkling as it encourages the roots to search for water
- From June onwards mow grass less frequently. It will stay greener for longer without needing to be watered
- Choose plants for their drought tolerance, for their compatibility with your soil and their intended position. Ask your local garden centre or nursery for advice



Organic Gardening

- The best way to control pests in the garden is to encourage their natural enemies. Birds, amphibians and hedgehogs eat slugs and snails, and ladybirds and hoverflies eat greenfly and their eggs
- Avoid using slug pellets. They can kill hedgehogs and garden birds which eat the slugs, and even harm household pets
- Planting disease-resistant varieties of plants will mean you do not have to use so many pesticides to keep them healthy
- If you grow vegetables, companion planting can help reduce pest attacks. For example, marigolds and poached-egg plants attract ladybirds and hoverflies, which eat greenfly and other pests
- Mulching your garden plants with grass clippings keeps down weeds, improves your soil and saves water by reducing evaporation
- Use peat-free compost. Peat is a finite resource and many wildlife habitats are now threatened by peat extraction. As an alternative use garden or mushroom compost and leaf mould.
- Use plants that provide nectar for insects. The Royal Horticultural Society has a useful list of plants for pollinators that provide flowers all year round. For more information, visit www.rhs.org.uk
- Consider planting a tree. Trees filter air pollution, shelter birds and keep streets shaded and cool. Consider carefully what shrub or tree you plant. Plant wildflowers in a space in your garden or in pots



Consider adding a pond or hedge

Ponds attract frogs, toads, dragonflies and many bird species to drink and bathe. Even a sunken dustbin lid can be an oasis for wildlife. For more information on making your garden a haven for wildlife, visit <https://www.wildlifetrusts.org/actions/how-build-pond> Relacing a fence with a hedge to increase biodiversity, reduce noise and help the minibeasts!

Plant trees via [Ecosia](#)

A search engine that plants trees with the money it makes from ads. Every time you click on an ad in your search results, you're helping to reforest the Earth.

Travelling around

Cycling

There are lots of cycle routes into the town and across the area which are safe and easy to use. The [Cheltenham Cycle Map](#) grades each road in the town and shows where the easiest routes are. Look out for the signposts to the best routes.

Bike Shops

Locally owned and managed bike shops in Cheltenham include Roylan Cycles, Cheltenham Cycles, Williams Cycles, Lucky 13 Bikes, Cyclists Fighting Cancer and The Bike Hub but others can be found in the town and at Kingsditch Retail Park.



Walking

There are lots of walking routes into the town and across the area which are safe and easy to use. The [Cheltenham Walking Map](#) shows where the best walking routes are around the area. Look out for the signposts indicating the best routes. You can walk to the local shops too, if you don't have much to carry of course!

Health Walks

Health schemes operate in the area including walks from Hesters Way and Springbank Community Resource Centres which offer gentle exercise for all abilities. There is also the local [public art trail](#) linking eight pieces of art in west Cheltenham

Public Transport

The area is well served by busses including A, C, D and 94 routes. The main bus route map can be found [here](#)



Car Sharing

For routine journeys (e.g. commuting to work, school or a weekly visit to the supermarket) it is usually cheaper and greener to car share with somebody taking the same route as you. You will need to be organised and there may be some compromises, for example one person may have to work later than the other, but the benefits outweigh the minor inconveniences.



Car Club Schemes

Give you convenient access at any time to a car, without the hassle and expense of car ownership or traditional car hire. You can join as an individual or as a business. As a member, you only pay for what you use and do not have to worry about tax, insurance, servicing or repairs.

Electric Vehicles (EVs)

There are some great reasons to buy electric vehicles, such as:

- Cheaper to use, as petrol prices rise the electric cars become more efficiency
- Cheaper to maintain as they don't have as many moving parts!
- There are tax exemptions
- They are better for the environment especially if they are charged using renewable energy
- They reduce air pollution and are much quieter



Drive at the Speed Limit

Goes without saying that driving below the speed limit is safer and promotes friendlier communities but also encourages cycling and walking too.