

magazine. Tel: 01654 705989 Email: info@cat.org.uk
Web: www.cat.org.uk

COMMUNITY COMPOSTING NETWORK (CCN) supports and promotes community management and use of biodegradable waste resources. Contact: CCN, 67 Alexandra Rd, Sheffield S2 3EE. Tel: 0114 258 0483/255 3720 Email: info@communitycompost.org Web: www.communitycompost.org

DAYLIGHT DEVELOPMENTS Stockists and installers of solatubes - allowing natural, non-artificial light into your building for commercial and residential purposes. Contact: Tel: 01454 269000 Web: www.daylightdevelopments.co.uk

ECO HOME STORE Home accessories and gifts from natural, sustainable and recycled sources. Contact: Westmill Farm, Westmill Rd, Ware, Herts SG12 0ES. Email: ecohomestore@aol.com Web: www.ecohomestore.co.uk

ECO INSIGHTS Online retailer, set up by owner Nigel because "I was inspired by products and ideas that solve environmental challenges. They use less energy, re-use materials, or don't pollute, and yet do the same job as non-eco products, and look and feel just as great." Contact: 55 Coleridge St, Hove, BN3 5AB. Tel: 0800 288 8970 Email: helpme@nigelsecstore.com Web: www.nigelsecstore.com

ECO-MERCHANT SUPPLIERS provide sustainable building materials. Contact: Head Hill Rd, Goodnestone, Nr Faversham, Kent ME13 9BY. Tel: 01795 530130 Web: www.ecomerchant.co.uk

ECOS aims to make sustainable building and neighbourhoods the norm by 2010. Contact: Nigel Griffiths (project manager), Town Hall, Bow St, Langport, Somerset TA10 9PR. Tel: 01458 259400 Email: admin@sustainablehousing.org.uk Web: www.sustainablehousing.org.uk

ECOZONE Ecologically sound household goods. Contact: Unit 1, Tannery Close, Beckenham, Kent BR3 4BY. Tel: 0845 230 4200 Fax: 0845 230 4220 Email: customerservice@ecozone.co.uk Web: www.ecozone.co.uk

FOREST OF AVON PRODUCTS Locally produced woodland products - charcoal, hurdles, bowls and furniture for the garden and home. This marketing coop sources all timber from managed woodlands in the Forest of Avon, helping to support the local woodland and timber economies. Contact: Ashton Court Visitor Centre, Ashton Court Estate, Long Ashton, Bristol BS41 9JN. Tel: 0117 953 2141 Email: info@forestofavon.org.uk Web: www.forestofavon.org.uk

GARDEN ORGANIC is the working name for HDRA, the national charity for organic growing. Contact: Ryton Organic Gardens, Coventry, Warwickshire CV8 3LG. Tel: 024 7630 3517 Email: enquiry@gardenorganic.org.uk Web: www.gardenorganic.org.uk

THE GOOD GARDENERS ASSOCIATION Registered charity promoting nutritiously grown organic food by linking soil ecosystems with health and vitality. Tel: 01453 520322 Email: office@goodgardeners.org.uk Web: www.goodgardeners.org.uk

GREEN BUILDING PRESS have a website and book promoting energy-efficient, healthy and sustainable building. Contact: Green Building Press, PO Box 32, Llandysul, Carmarthenshire, Wales SA44 5ZA. Tel: 01559 370798 Web: www.newbuilder.co.uk

GREEN BUILDING STORE Online shop supplying building products which promote energy-efficient, sustainable and healthy homes, from redecorating to refurbishing - or even building a new home. Contact: Heath House Mill, Heath House Lane, Bolster Moor, West Yorks HD7 4JW. Tel: 01484 461705 Fax: 01484 653765 Email: info@greenbuildingstore.co.uk Web: www.greenbuildingstore.co.uk

GREEN CONSUMER GUIDE provides environmental, ethical and sustainable products, services and news. Tel: 0191 275 9777 Email: contact@greenconsumerguide.com Web: www.greenconsumerguide.com

All together now

Be healthy, productive, socially just and environmentally responsible, says Sustainability SW director Leslie Watson

Frances, mother of two, wants to be part of the low-carbon solution to climate change.

She's worked out her carbon footprint and knows if she reduces it from its current 6.6 tonnes to 4.2 tonnes, she'll be within her 'fair share' of carbon for 2007. She's signed up with Beth, online personal carbon coach at Fair Shares, Fair Choice (FSFC), who's provided her with carbon-cutting challenges. Frances now plans to holiday in Europe once a year instead of twice, saving a massive 1.5 tonnes of carbon; walk rather than drive distances under two miles (such as the school run), saving 124kg of carbon per year; buy local, seasonal fruit and vegetables, saving 500kg of CO₂ per year; and turn the house heating down 1°C, saving 294kg annually. Voila! Frances has achieved her target 4.2 tonnes carbon footprint and she's working on ways to reduce it even further.

Reduce your footprint: www.fairsharesfairchoice.com

Pete, a student, is fed up with the amount of packaging he's always throwing away. He's aware of the wider waste problem, too: 10 million tonnes of waste 'wrapping' generated each year. So he downloaded SW's shopper's guide to packaging and found out how he could help.

To avoid taking home unnecessary plastic bags, Pete remembers to take his own re-useable bags and containers to the shops. He chooses unpackaged goods whenever possible, such as fruit and vegetables, or food bought by weight from his local scoop-shop or market. If he has to buy something wrapped, he looks for reusable, recycled and recyclable materials (eg paper, cardboard, glass, metal). Pete then recycles everything he can - or re-uses it in inventive ways.

Reduce your packaging: www.sustainabilitysouthwest.org.uk/projects/pioneers_of_packaging



Alex knows that where he goes and the choices he makes on holiday matter, and that's as true for the environment as it is for the economy, so he's decided there's never been a better time to discover the UK. Local food and drink are a great way to get a 'true taste' of where he's visiting, so he shops at markets, local shops, farm shops and direct from producers, knowing that the fresher the food and the less it's had to travel, the tastier it will be. He likes to get a real feel of where he's staying by exploring what's on his doorstep and always finds something interesting just around the corner. Alex lets his car have a holiday too, using local transport, biking and walking to get around, not having to worry about traffic or parking or navigating, and he can truly enjoy that pint of local ale.

Find out more about sustainable tourism: www.futurefootprints.org.uk

Ffi: www.sustainabilitysouthwest.org.uk For guidance on sustainability in the workplace: www.shapersw.net

THE GREEN REGISTER brings together all the disciplines in the construction industry, listing builders, architects, tradespeople and more, all committed to sustainable working practices. Also features a searchable online national database. Contact: Tel: 0117 377 3490 Fax: 0117 922 4444 Email: mail@greenregister.org Web: www.greenregister.org

THE GREEN SHOP provides products for a sustainable future, from Fairtrade and solar, wind and rainwater harvesting systems to green-living books and environmentally friendly paints. Products available via mail order from: Cheltenham Rd, Bisley, Stroud, Gloucs GL6 7BX. Tel: 01452 770629 Email: enquiries@greenshop.co.uk Web: www.greenshop.co.uk

JEKKA'S HERB FARM is recognised as the country's leading authority on growing and using herbs, holding the largest collection of culinary and medicinal herbs anywhere in the UK. Contact: Jekka's Herb Farm, Rose Cottage, Shellards Lane, Alveston, Bristol BS35 3SY. Tel: 01454 418878 Email: farm@jekkasherbfarm.com Web: www.jekkasherbfarm.com

LIVING ETHICALLY Independent portal into the world of organic, ecological and ethical living. Shopping directory includes hundreds of links, all to UK companies where you can order online for home delivery. Contact: Ethical Earth, PO Box 3194, Norwich NR6 7WW. Email: getintouch@livingethically.co.uk Web: www.livingethically.co.uk

THE MEXICAN HAMMOCK COMPANY Hammocks bought from cooperatives on a Fairtrade basis. Bristol-based; mail

order only. Contact: 42 Beauchamp Rd, Bristol BS7 8LQ. Tel/fax: 0117 942 5353 Web: www.hammocks.co.uk

NATIONAL SOCIETY OF ALLOTMENT & LEISURE GARDENERS Advisory body helping you to grow your own food and keep healthy. Also online shop, directory and events. Contact: NSALG, O'Dell House, Hunters Rd, Corby, Northants NN17 5JE. Tel: 01536 266576 Fax: 01536 264509 Email: natsoc@nsalg.org.uk Web: www.nsalg.org.uk

NATURAL ENGLAND (FORMERLY ENGLISH NATURE) A new, exciting organisation aiming to conserve and enhance the value and beauty of England's natural environment. Gardening advice and downloads at www.english-nature.org.uk/Nature_in_The_Garden Bristol contact: Block 3, Government Buildings, Burghill Rd, Westbury on Trym, Bristol BS10 6NJ. Tel: 0117 959 1000

ORGANIC GARDENING Britain's only monthly magazine for the organic gardener. Expert advice on every aspect of the garden. A4 62p SAE for free copy! Contact: Gaby Bartai, The Garden Flat, 22b Hayburn Crescent, Glasgow, G11 5AY. Tel/fax: 0141 357 5537 Email: gaby@organicgardeningmagazine.co.uk Web: www.organicgardeningmagazine.co.uk

ORGANIC VEGETABLES A wide range of information for organic vegetable growers. Contact: Phil Sumption/Dr Anton Rosenfeld. Email: psumption@hdra.org.uk, arosenfeld@hdra.org.uk Web: www.organicveg.org.uk