

Plastic free Lady Bay News. 4th November 2023

Lady Bay is Awarded 'Plastic Free Communities' Status as it Takes Action on Single-Use Plastic.

Lady Bay has joined a network of communities across the UK who are leading the way to tackle throw away plastic at source. In November 2023, Lady Bay was awarded Plastic Free Community status by marine conservation charity, Surfers Against Sewage (SAS), in recognition of the work it has done to start reducing the impact of single-use plastic on the environment.

Rushcliffe Councillor Sue Mallender, who has been committed to reducing waste for many years, started the campaign in Lady Bay. The group works with local businesses, organisations and community groups to spread the word and minimise the amount of disposable plastic they use.

Each Community Group Ally and Business Champion chooses to eliminate three items of single use plastic. We have a real mix of people of all ages, from Little Friends and Lady Bay Preschool, through primary school and Beavers and Brownies through Guides and Scouts all the way to adults both tuneful and tuneless, a music café at the pub, a café at the church, and we have gardeners and tree planters. If you are part of a group that hasn't been approached, please don't feel left out – make yourself known to us.

The most popular pledges are for refilling bottles. These can be bottles for water, returnable milk bottles, shower gel, shampoo, soap, cleaning products. You name it. Lady Bayers are on to it.

Many of us are buying loose fruit and veg as well as refills from the Good Weigh. And kudos to everyone who grows their own food and doesn't even have to think about packaging. Here's a heads up for the Community Allotment.

Tea can be an important contributor to plastic waste. Not everyone knows that most brands of tea bag contain plastic, which is often used to fuse the two sides of the bag together. We can buy tea leaves or use reusable tea bags. Local Café Bread and Butterflies provides the community with homemade cooking on china plates, accompanied by loose tea.

Using fabric bags for shopping rather than plastic ones has really caught on, and can even be fun if you make the bags yourselves, such as 1st Lady Bay Brownies.

Some groups have thought about decorations, making sure we can create beautiful things without using glitter or balloons. These things are especially important at Christmas time. We waste a huge amount of plastic at Christmas, especially with shiny wrappings and decorations. But we don't have to. Beautiful wrappings can be made from paper and wool and plants.

Flowers don't have to be bought in supermarkets, wrapped in cellophane. Inspired arrangements from Lady Bay Blooms come wrapped in paper and ribbon.

Plastic Free Allies in Lady Bay also reduce their use of single use plastic in - pens, publicity posters, toothbrushes, wipes and nappy bags.

They make cakes and biscuits that save on packaging

Several groups make an effort to re-use things, such as plant pots and tree guards,

The Lady Bay Pop up café shows us that take away packaging does not have to be plastic. The Poppy and Pint use refill soap and cleaning products and sell water in glass bottles.

“We acknowledge that we are only at the start of a journey to eliminate plastic waste. Plastic production is set to double by 2040 globally, so it’s easy to be overwhelmed by the enormity of the problem. But there is a lot that can be done locally and first adopters of lifestyle changes can have a big influence. We will continue to support, inform and encourage local groups and businesses to reduce plastic, as Surfers Against Sewage have supported, informed and encouraged us”, said Community Lead Monica Pallis.

The Surfers Against Sewage Plastic Free Community network aims to free the places where we live from single-use. The aim is to empower communities to kick start local grassroots action, which can then be built upon.

The marine conservation charity, based in St Agnes in Cornwall, says it wants to unite communities to tackle avoidable plastic from the beach all the way back to the brands and businesses who create it. It says it is not about removing all plastic from our lives, but kicking our addiction to throwaway plastic and changing the system that produces it.

More information:

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Lady Bay Guidance on Reduce & Re-use - <https://www.ladybay.co.uk/reduce-and-reuse-pages>

Plastic Free Communities: www.plasticfree.org.uk

Surfers Against Sewage: www.sas.org.uk