

Greenprint Forum members' newsletter autumn 2022

We leave behind a summer of record-breaking temperatures having been recorded in the UK as part of this year's heat waves affecting much of western Europe. However, as we head into the autumn, and the winter beyond, many will be worried about the costs of heating our homes as the weather gets colder, in the midst of the current cost of living crisis.

There is support available locally to those most affected by the rising costs of energy, through Warm Homes Suffolk, which offers fully funding energy efficiency measures, such as insulation, to reduce the amount of energy that eligible householders need to purchase to keep warm in the first place – thus also helping to reduce emissions. A bit more about Warm Homes Suffolk can be found on page 7 of this newsletter, and readers are urged to help to spread awareness of this initiative to those in their own communities to whom the support available can potentially make a real difference.



Update on allocations of grants from Nature First

Greenprint's small grants scheme, [Nature First](#), remains open to further applications to support community-based projects that enhance and/or promote appreciate of nature. So far, nineteen projects district-wide have received grants totalling over £14,000.

The fund remains open – to apply, or to see the full list of projects that have been awarded grants since the scheme launched, please visit: [Nature First Small Grants Scheme » East Suffolk Council](#)



Pupils at Beccles Primary Academy creating their new raised beds as part of the project "Growing and Learning Together" delivered by Pathways Care Farm to promote the concept of growing and harvesting vegetables organically and sustainably alongside nature

Update on composition of the Steering Group

Our steering group has undergone a few changes over the past year or so. **Chris Ryde**, Countryside Officer for East Suffolk Norse, joined the group in November 2021. More recently, **Paul Mackie**, the new Lead Officer for Environment and Climate Change at East Suffolk Council, joined the group in June, and in September we welcomed **Emily Knock**, volunteer member from Kesgrave, to the Steering Group.

In addition to the volunteer Chair of the Greenprint Forum, Jane Healey, the remainder of the current Steering Group is as follows:

- **Betsy Reid** – volunteer member (Greener Waldringfield)
- **Daniel Wareing** (secretary) – East Suffolk Council Environmental Sustainability Officer
- **James Mallinder** – Elected Councillor of East Suffolk Council and Cabinet Member for the Environment
- **Laurence Moss** – volunteer member (Greener Peasenhall)
- **Luke Bennett** – East Suffolk Council Partnerships Manager
- **Susan Harvey** – volunteer member (Kirton)

To read a profile of each member of the Steering Group, visit: [Greenprint-Steering-Group-Profile.pdf](#)

Saxmundham Green Team and Saxmundham and District Litter Pickers

We would like to say a big thank you to the Greenprint Forum for approving our request for a grant from East Suffolk Council towards our new pickers and liner hoops which we purchased with funds from the Small Grants Scheme Nature First, which follows a previous grant from Nature First towards the equipment for our conservation tasks to help us biodiversify our town. If you would like to join us at a community litter pick or have a place in mind that you would like to pick over the autumn and winter please keep an eye out for updates or let us know on [our Facebook page](#). Search Saxmundham and District Litter Pickers to join this 131 member strong group.



Above: Saxmundham Green Team volunteers raking arisings from the annual mow at Memorial Field to encourage wildflowers using tools funded by Nature First

I am hoping that the new equipment will help us to improve the local area for all of us and for wildlife by using it to remove hazardous litter which animals may ingest, get stuck or tangled in. I am also aware that litter in our town may easily find its way into our waterways or even out to sea, so, the more we pick the less damage it can do! Saxmundham Green Team volunteer on behalf of Saxmundham Town Council. If you would like to join us for our events and litter picking / conservation activities please contact me by emailing me or by phoning the Town Council Office on: 01728 604595.



Amy Rayner, Environment Co Ordinator

Saxmundham Town Council

Email: amy.rayner@saxmundham-tc.gov.uk



Emmanuel Church in Bungay leading the way for the Eco Church movement

As Suffolk aspires to be the Greenest County and lead in our goals of slowing down or even reversing the effects of man-made Climate Change, Churches of all denominations across the whole of England and Wales are playing their part too.

A-Rocha have developed a system called [Eco Church](#) which endeavours to encourage all Churches to reduce their carbon footprint and to look towards their neighbours.



Their website is easy to access and contains a simple tick list survey covering five different areas:- Worship, Buildings, Land, Community & Global Engagement and Lifestyle. Not only is this a useful checklist for those just starting on their journey, but for us, who achieved our Gold Award last summer, it is a useful Quality Assurance document because there is always more that we can do. I would humbly suggest that this survey could also be useful to non-Church organisations, missing out the obvious questions relating to worship.

Here at Emmanuel we are in our 15th year of our Going Green Environmental Project. We were the 21st Church in the whole of England and Wales to achieve our Eco-Church Gold Award and the 1st in Suffolk. In March 2021 we completed a questionnaire on a website called 360° carbon and by a little offsetting, (we donated £114.36 to Climate Stewards), we were Carbon Neutral for 2020. We were also carbon neutral in 2021.



Under the building category we transformed our old Victorian Sunday School Rooms into the greenest Community building around and at present we are saving hard to start on our Church building off Upper Olland Street. A bigger challenge as it is a grade 2 listed building. We want to reduce our carbon footprint even more and bring our Church into the 21st century using environmentally friendly technology and making it inviting & accessible to all.

We continue to help other Churches to begin their environmental journeys with support and encouragement and we have been part of a working group to help the United Reformed Church Eastern Synod to attain their Eco-Synod Bronze Award. (The Eastern Synod covers all of Suffolk, Norfolk, Cambridgeshire, much of Essex and some of Hertfordshire).

For the past five years we have also donated £250 each year to help a Third World Project specifically affected by Climate Change from ocean plastics to Sand Dams, Toilet twinning to seed programmes.

Graham Gibbs

Going Green Co-ordinator

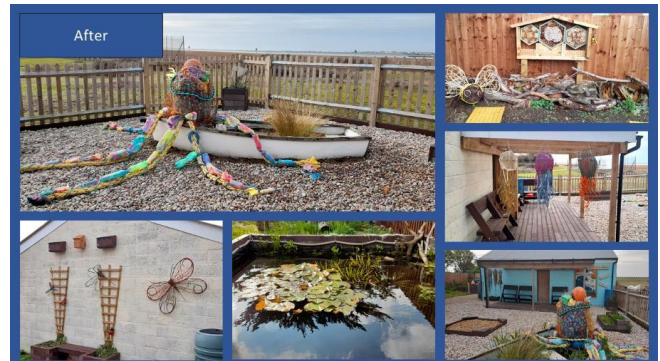
Emmanuel Church, Bungay

[Emmanuel \(wvep.co.uk\)](http://www.emmanuel.wvep.co.uk)



News from Landguard Nature Reserve

This April marked the completion of our new learning area. Situated on the riverside of [Landguard Nature Reserve](#), the new learning area will be used by visiting schools and groups such as cubs and beavers to learn more about wildlife and habitats onsite. The area today looks quite different to that of just a year ago...



Where possible materials found onsite were reused or recycled, for example, an old plastic boardwalk was reused to create features such as a raised pond, benches, planters, seashore treasure pit and decking area. Additionally, to highlight the problem of plastic in nature, particularly in our waters, materials were collected from Felixstowe beaches and recycled to create some colourful artwork which now forms the basis of our 'Stop the tide of plastic' learning session. Funding was used to purchase bird boxes, cameras, bee homes, plants, paints, learning materials and much more.

The creation of this space would not have been possible without the assistance of funding, donations and time from the Harwich Haven Authority, the Rotary Club of Felixstowe, local contributors, and the dedicated team of Landguard volunteers.



Those visiting the Reserve, April through to September may have observed much activity on site as improvement works were carried out by the Harwich Haven Authority, as part of their continued investment in the Landguard Peninsula. Works included, improving access to, and repainting, the 37m tall Landguard Radar Tower.

Additionally, fencing was erected around the mine station to help create a sanctuary for bats and other wildlife, new grass matting was installed along an eroded desire line to help re-establish growth and mesh guards were replaced on some of the Searchlight buildings. These works followed earlier improvements and repairs to the river wall, timber and concrete groyne and wooden jetty on site.



Above: fencing helps provide sanctuary to bats roosting in the old mine station

During the summer holidays, Landguard Nature Reserve delivered two successful Wildlife Discovery Days for visiting families. Once again, the popular Willow Wildlife Trail was showcased. Each sculpture created by Tracy Barritt-Brown was displayed with props including, bee homes, bat boxes, hedgehog highway and butterfly feeders, plus signs giving fascinating facts and tips for helping each species at home. Additions to this year's events included a rabbit trail, rock pool, and large educational floor game about seals on the shore.

Continued over



News from Landguard Nature Reserve (continued)



Wildlife themed crafts were also provided, and visitors could build bee homes, craft with paper, and help create a new bottle top 'under the sea' wall art for the learning area, using plastic bottle tops collected during litter picks and donated by local contributors. All in all, they were great days enjoyed by many.



External partners included:

- Local artist, Soren Bone who helped bring the wall art to life with her fabulous illustration and painting skills;
- Suffolk Outdoor Learning Ltd who provided scavenger hunts, jellyfish creation and mould painting which were enjoyed by many children, teenagers, and adults, and;
- Felixstowe Coast Patrol attended with their friendly crew to provide information about their services to Felixstowe, demonstrate rescue techniques and gave tours of their rescue boat.

As part of East Suffolk Council's Health and Wellbeing programme,

a guided tour of Landguard Nature Reserve and the [Landguard Bird Observatory](#) was organised in September. Participants were guided around the Reserve and Observatory by myself and Nigel Odin from the Bird Observatory to see and hear about the positive action being taken at Landguard.



October through to February is when most habitat management occurs, during this period tasks such as scrub control, pond maintenance, fence repair, access maintenance and other ad hoc projects take place with the help of dedicated volunteers.



If you would like to enquire about future volunteering opportunities, please contact me to find out more.



Leonie Washington, Landguard Ranger, Felixstowe

landguardranger@east Suffolk.gov.uk



Balloons – Don't Let Go!

One Monday in the summer when the sun was shining from a cloudless sky we were sailing in our boat in the calm blue sea off Felixstowe and Harwich. We were enjoying the day but then we spotted a balloon floating in the water.

We don't like litter anywhere but litter in the sea is a particularly serious problem (*editor's note – Eunomia estimate that there is an average of 70kg of plastic litter on every square kilometre of the ocean floor!*) and so we set to picking it up. But that was only the first. Over the next two hours we picked up 4 more and there were at least 3 others that we saw but the current carried them away too quickly.

For many, balloons add a bit of fun to a party or celebration. But what happens to the balloon after the party? When a helium- filled balloon is released to float up and away it might look lovely but you have no control over where that balloon will go. Eventually it will fall to earth and could land absolutely anywhere.



Wherever they end up they are a problem. Balloons are made of plastic and will last for years and then when they do degrade the plastic breaks into tiny pieces that are impossible to remove from the environment.

If a balloon lands in farmland they can be a danger to livestock. If a balloon lands in the sea it can be mistaken by turtles, whales, dolphins and porpoises for food. It's estimated that possibly 300,000 sea mammals die each year from eating plastic including balloons. The animals can slowly starve to death as the digestive tract is blocked by the plastic from which it gains no nourishment. The incredibly strong plastic balloon string can cause death or terrible injury to sea creatures too, as they get entangled in it.

I'm sure none of the people who bought these celebration balloons intended any harm and I'm sure they would be very upset to think their balloon might cause the death of any creature.

If you buy or receive a balloon please make sure that at the end of the celebration the balloon ends up in the right place – the bin – so that it can be disposed of safely and cause no harm.

Carol Steptoe, Transition Woodbridge [Transition Woodbridge – Part of the Transition Towns Network](#)

Editor's note

On this topic, readers may be reassured that East Suffolk Council have in place a long-standing ban on mass releases of balloons (and releases of sky lanterns) from land that the council owns – and this is thanks to the Greenprint Forum engaging positively with ESC's predecessor councils, Suffolk Coastal and Waveney District Councils, to instigate their ban back in 2014/15, which ESC has since inherited. [Restrictions on mass balloon and sky lantern releases](#)

If you become aware of anyone planning a mass release of balloons (or indeed sky lanterns) as part of a fund raiser, celebration or commemoration for example, and have the opportunity to do so sensitively (especially if the event is a commemoration), please ask them to consider alternatives with a lower impact. Ideas might include:

- Planting a native tree, [flower](#) or [butterfly garden](#).
- Flags, banners, streamers, ribbons and dancing inflatables.
- Kites and garden spinners.
- Bunting.
- Tissue paper pompoms.
- Floating flowers.
- Lighting candles and lanterns.
- Blowing bubbles.
- LED lights.



Do you want your home to be warmer?

Are high energy bills preventing you from putting the heating on?

Do you know any friends, family or neighbours who need extra help heating their home?

Warm Homes Suffolk is here to support you and keep Suffolk warm.



Warm Homes Healthy People Suffolk is able to offer a range of practical support to low income, vulnerable households this winter.

For home owners or those privately renting the potential support available is significant, including and solid wall insulation, solar panels, boiler repairs, free draught-proofing, emergency fuel payments and loan heaters. A free home survey is offered to any home owners or private renters who feel they could benefit from any of this support.

For those in social housing we offer more lighter touch support, in the form of income maximisation, advice and fuel payments. Financial eligibility is very simple, the home's Energy Performance Certificate (EPC) needs to be D or below, and the household income needs to be below £30,000 gross (this includes everyone permanently residing at the property, and all forms of income including benefits).

Clients can refer themselves, or be referred via **email:** whhp@eastsuffolk.gov.uk, **phone:** 03456 037686, or enquire via our **webpage,** www.warmhomesuffolk.org



Newsflash! – just before this newsletter was finalised, to further help those most affected by the cost of living crisis, the service received an important funding boost courtesy of Suffolk Public Sector Leaders to establish a new Fuel Poverty Retrofit Team to enable the work of Warm Homes Suffolk to be scaled up and make a bigger difference to The service is a collaboration between all district and borough councils in Suffolk along with the county council.





October Walking Challenge



A new walking challenge has been launched in East Suffolk, with vouchers and digital tech up for grabs as prizes for taking part.

East Suffolk Council has teamed up with community-based walking app [Go Jauntly](#) to create the month-long challenge, launched at the beginning of October.

Challengers will be asked to walk a minimum of 20 minutes a day, with digital badges to be collected at key milestones and prizes to be won in a weekly draw. The initiative is designed to promote the positive physical and mental health benefits of walking. As part of the Digital Towns programme, East Suffolk Council has been working with Go Jauntly to develop outdoor adventures across all 12 of the district's principal towns and villages. The programme has already seen the installation of free public Wi-Fi, digital footfall counters and town marketing platforms, alongside business support, in towns including Felixstowe, Lowestoft, Southwold and Woodbridge.

Cllr Letitia Smith, East Suffolk Council's cabinet member for Communities, Leisure and Tourism, said: "Getting outdoors to exercise and connect with nature need not be incompatible with technology. This challenge is a way for people to reconnect or further enhance their experience of our beautiful district, including our diverse and vibrant town centres. We have such a rich and varied landscape to enjoy – and Go Jauntly has put in our hands a wealth of walking guides, tours and trails. Walking helps cut congestion and air pollution, while boosting people's health and wellbeing through physical activity."

Hana Sutch, CEO and Co-Founder of Go Jauntly, said: "Walking is fun, free and easy, and so good for your physical and mental health. We encourage everyone in East Suffolk to get involved and feel happier and healthier – and maybe even win a prize."



The East Suffolk Explorer challenge runs from Monday 3 October to Sunday 31 October on the Go Jauntly app, which can be downloaded for free from www.gojauntly.com. After signing up to the challenge via the app, each participant can choose from walks or trails to explore. They will be able to log their steps, unlock badges and be entered into a weekly prize draw for opportunities to win leisure centre vouchers, Go Jauntly subscriptions, fitness trackers and a smart watch.

Challengers must be residents of East Suffolk to be eligible to win prizes and will be automatically enrolled by signing up to the East Suffolk Explorer challenge and providing an accurate postcode on the Go Jauntly app.



KESSINGLAND Community Kitchen & Wildlife Garden

Goodbye Summer, Hello Autumn!

What a relief to finally have some rain, it's certainly helped the Garden a little... but we need more !!

With the rain & cooler temperatures, our volunteers have been able to spend a little longer in the Garden and have been busy with clearing the raised beds of weeds & debris and topping up with fresh compost ready for planting of winter vegetables. The final grass cut of the season has also been done and over the next few weeks new bulbs will be planted and wildflower seeds sown. We have also been kindly donated a weeping willow tree and foxglove plants, a big Thank You for these. If you have any unwanted plants and think they may be suitable for the Garden, please do get in touch via our Facebook page.

[Kessingland Community Kitchen & Wildlife Garden | Facebook](#)

There are still lots of tomatoes available should anyone like some. If you do, please do visit the Garden and help yourselves, they are free of charge.

Now that the ground is a little softer, work has resumed on rebuilding the wildlife pond which was sadly vandalised earlier in the year. All being well, this should be completed by the end of the month (assuming we get more rain in order to fill it up).

Our volunteers will be on site every Tuesday morning (weather permitting) so come along and see for yourself the progress being made in your Community Garden. If you have some spare time on your hands, come along and join the Volunteer Group, everybody is welcome.

Dogs are also welcome into the Garden, but please remember to keep them on leads & clear up after them.

Cllr Julie McLean, Kessingland Parish Council

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Quiet Lanes Suffolk are award winners!

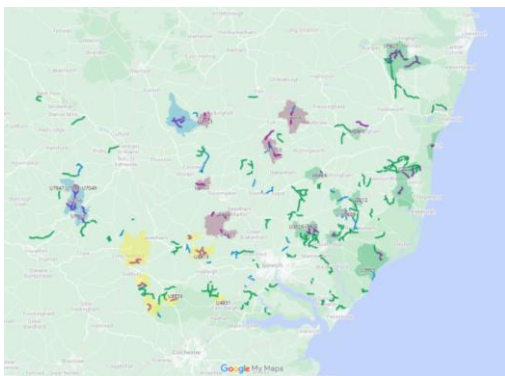
We are delighted to let you all know that the volunteer team behind Quiet Lanes Suffolk were declared the Winners of the Colonel Probert Award for voluntary group or community!



(L-R:) Susan Harvey, Chris Taylor, Andrew Cassy, and Tim Beach receiving the award on behalf of Quiet Lanes Suffolk (picture courtesy of PagePix)

This award, thanks to a nomination from the Greenprint Forum who have supported our project since giving it the thumbs-up at Greenprint's Active Travel event on World Environment Day 2019, reflects the hard work and dedication, not just of our core volunteer team (some of whom were in attendance at the Suffolk Community Awards to represent QLS and collect the award), but all the lead volunteers from over 120 participating parishes that have played such a key role in engaging their communities and ensuring that all of the requisite tasks are undertaken locally to turn community appetite – which exceeded all expectations we had on that day in 2019 when it all kicked off – for this initiative to preserve the rural tranquillity of quiet lanes into a reality.

In addition to the support of the Greenprint Forum, we acknowledge the funding from East Suffolk Council (via the former East Suffolk Partnership), Suffolk County Council, Babergh District Council, and Mid Suffolk District Council.



Quiet Lanes – progress report

Wave 3 of mass implementation was formally signed off in early September with the notification of those lanes being designated being published in the EADT – meaning we now have over 300 lanes designated in over 100 parishes county-wide (in addition to the 13 lanes designated under the original 2013/14 pilot in the Coast & Heaths AONB). Wave 4 has now completed its formal consultation period, and once this final wave of our project has been through the final process of scrutiny by the SCC Cabinet Member responsible, we anticipate the total extent of formally designated lanes across Suffolk to exceed 400km – of which just over 200km are in East Suffolk.

It will still take some time for final completion, as parishes work with SCC to get signage erected, but we look forward to leaving a legacy from this project to recognise and preserve our rural tranquil lanes for our communities and visitors to use and enjoy especially by active and sustainable means.

So remember – when you see this sign, take your time!

www.quietlanessuffolk.co.uk



Greener Waldringfield event report

On Saturday 1st October, Greener Waldringfield held their event 'Climate Ready Homes' designed to give information and advice on home energy improvements and share ideas on a range of initiatives.

The event in the village hall, attended by 45, first heard Cllr James Mallinder, Cabinet Member for the Environment at East Suffolk Council, start the meeting with a keynote talk on his vision for Suffolk, particularly regarding what the council was doing in its properties and estates. He also touched on the wider green initiatives from fuel sources for the council's fleet of vehicles, to the vision for green corridors running continuously across the county.

The next speaker, Nigel Watson from [Greenscape Energy](#) made the point that significant energy gains in the home can, and should, be made by first focussing on the basics of insulation, LED lights, radiator valves, double glazing and draught proofing before investing in renewables. Nigel then gave details of a range of products including solar panels, heat pumps and batteries and their effectiveness in particular home applications.



Dr Phil Wallace, from Martlesham, then gave an excellent talk on his personal experience of retrofitting a range of renewable and more efficient energy technologies to his home. He pointed out that in the past the cost of these products was seen as expensive, but now, following the recent energy crisis and cost increases, the pay back time for the capital cost involved has halved and can now be around 5 to 6 years for a typical solar installation.

The final speaker, Daniel Wareing detailed the help that East Suffolk Council is providing to our less well off living in less efficient homes, through the initiative [Warm Homes Suffolk](#). One of the more worrying facts he gave was that the number of homes in Suffolk in fuel poverty, that is homes in the categories above whose resident's energy spending takes them below the poverty threshold, had doubled in the last 3 years.

Following the excellent and well received presentations there was a break for coffee and cakes and a chance for the audience to put their questions to the presenters.



Geoff Robinson, Greener Waldringfield

www.greenerwaldringfield.org

Find us on Instagram and Facebook
[@greenerwaldringfield](#)

P.S: we are very proud of our website as it is probably one of the lowest power websites in the world - consuming less than 2W on a Raspberry Pi Nano using all our own code and server hardware!



Beachwatch 2022

On 25 September, nine of us assembled on the beach between Manor Terrace and Orford Road in Felixstowe for our annual Beachwatch activity, combining a beach clean with a survey of the marine litter found. We were delighted to be accompanied on the activity by some volunteers from the wonderful local group [Litter-free Felixstowe](#).

The data gathered from this, and all other Beachwatch surveys conducted by teams of volunteers around the coast of Britain, contribute to the wealth of evidence that the [Marine Conservation Society](#) collate to enable them to lobby for positive action on marine pollution in an effective, evidence-based way.



Contributors

Special thanks to **Amy Rayner, Carol Steptoe, Geoff Robinson, Graham Gibbs, Julie McLean, and Leonie Washington** for providing articles for this newsletter.

This newsletter is of most value when content is informed by its members. If you have a story about action you are taking that contributes to our shared vision that you would like to share, or would like your project highlighted in our newsletter, please drop me a line on greenissues@eastsoffolk.gov.uk

GREENPRINT FORUM VISION



New members welcome!

If you are already a member please share this newsletter with and encourage others in your network to join, and if you have received or found this newsletter and are not yet a member why not join us, **membership is free and open to all**.

The easiest way is to go online and register via: [Greenprint Forum membership form - My East Suffolk](#).

You are welcome to share and use content. The editor makes no claims or promises about the accuracy, completeness, or adequacy of the contents of this newsletter and expressly disclaims liability for errors and/or omissions. Editor – Daniel Wareing, Environmental Sustainability East Suffolk Council; Secretary of Greenprint Forum

