

## Greenprint Forum Newsletter—Spring 2020

Dear Greenprinters—I hope this newsletter finds you well during these uncertain times. I am sure that you will share my hope that this does not endure for too long and have too great an impact, and also does not divert too much of the momentum that the movement towards more sustainable, more positive lifestyles has gathered over recent months and years.

So—keep positive, let's do what we can whilst keeping ourselves and others safe within the constraints of the current disruption and let's be ready to pick up again anything that's had to be suspended once this current temporary threat has passed. Who knows, perhaps there will be lessons that we can draw from this experience that can be applied to the much wider and longer-term threat facing not only our species but whole ecosystems and natural processes, that is climate change. I daresay many people in business and organisations outside of the environmental movement may have been bounced into adopting home-working, and tele- and video-conference meetings, as the default for perhaps the first time, and there is something to be said for actually trying new ways of doing things for breaking down preconceptions about whether it will or won't work.

And of course there's nothing to stop us drawing consolation from whatever nature we can see from our windows!



Photo—D  
Wareing



# News from the Steering Group

## Message to Members from Andrew Cassy

It is with a heavy heart that I am announcing my retirement from the Greenprint Forum steering group and ESP representative.

In these troubling times I am planning to refocus my energies on my family and local priorities which include:

- Boyton Community support - extending our small Suma wholesale syndicate account to the whole village to ensure vital supplies are available for those who need them. This was an initiative established through our earlier Transition group objectives that the Greenprint Forum helped to establish.
- Quiet Lanes Suffolk Phase 2 - another Greenprint supported activity with ESP funding drawn in by Greenprint now committed, currently in the process of hopefully securing additional support from Suffolk County Council.
- Parkinsons Table Tennis World Championship: I am recruiting a national squad for England to be represented at the next (rescheduled) ITTF Parkinsons World Table Tennis Championships in Berlin when we are allowed out to play again. Watch this space.

I am certain our paths will continue to cross and I shall look forward to attending the Forums to be inspired and learn more about all the amazing things we are all doing. I remain hopeful that some good will eventually come out of the latest challenge Mother Nature has bestowed upon us.

Many thanks for all your support over the years for this well respected group and all we have achieved together. Long may that continue.

Wishing you all a healthy and transformative future,

**Andy**

**Editor's Note**—I am sure Members will join myself and the rest of the Steering Group in thanking Andrew for his determination and efforts over the years. He has done so much for the Greenprint Forum for which we are all very grateful and we will in particular continue to work closely with Andrew on the hugely exciting Quiet Lanes Phase 2 as part of our Active Travel work.

## Update on representation on external bodies

- **Susan Harvey** is now the Greenprint Steering Group representative on the East Suffolk Community Partnership Board, which is the successor to the ESP Board.
- **James Mallinder** is our representative on the AONB Partnership.

<https://www.eastsuffolk.gov.uk/environment/east-forum/greenprint-steering-group/>

[suffolk-greenprint-](https://www.suffolk-greenprint.org/)



## Digging for victory (and for wildlife)

Those of you who have been with us for while might remember last spring's edition which included a bit about the Secretary's own wildlife pond—since which time we have relocated, and last weekend put some time towards digging a new wildlife pond in our new back garden. Just three days after putting water in it, I saw a mottled shape that I at first thought was a drowned starling tucked under an overhang in the new pond and reached in to retrieve it—it turned out to be a startled frog ! It just goes to prove how quickly wildlife can find new habitat when it is created, in itself probably a symptom of how nature is squeezed by human encroachment.

Digging the pond provided lots of fresh topsoil, which we mixed with the contents of our Hotbin (which also relocated with us) and added to the raised beds in which we plan to start growing some organic food this year. It's a long way from perfection—the raised beds we inherited from the previous occupant are lined with plastic weed suppressant that has degraded and fragmented which we haven't yet had time to extract completely (this will be a long-term job to get all the fragments out).

See the Wildlife Trusts' website for inspirational wildlife gardening ideas: <https://www.wildlifetrusts.org/gardening>



Photos D Wareing



## Save our Suffolk Swifts & Felixstowe Swifts Group



The Save our Suffolk Swifts Group began as a small group of enthusiasts wanting to see what they could do to reverse the decline of swifts. Amazing birds that they are, visiting our shores for 12 weeks of the summer to raise their young, they have declined by over 50% in the last 25 years. A major issue identified was the loss of nesting spaces. Very much an urban bird for us - they particularly nest under tiles and in roof spaces – these traditional holes are often ‘filled in’ when roofs are improved and our modern house designs have no room for them. SOS Swifts promoted the erection of swift boxes and they have proved to be very effective – particularly if a call system is used to mimic the ‘screaming parties’ that whizz round the rooftops in July which we think involves prospecting for nesting spaces. Of course making your garden, community space or even window box wildlife friendly will help generate the insects the birds feed on in the air as well. Apart from landing to lay the egg and feed their young, the swift’s life is spent solely on the wing: sleeping, breeding and feeding across our skies and often covering hundreds of miles in a day looking for food.

Enthusiasts in Felixstowe picked up on the ideas and really pushed on last year. A total of 18 boxes have been installed on private houses and other buildings: of these six were installed at Felixstowe Library and six more on Broadway House and Walton Community Hall. The Port of Felixstowe have also been erecting boxes. New banners and promotional material was developed for this year’s campaign: sadly curtailed by Corvid-19 restrictions but they can be used later. Aldeburgh has been another town that tackled the problem with more boxes and local action. It is looking like over 1000 boxes have been erected in Suffolk but many more are needed.



“A Swift Walk followed by a Swift Pint” - swift-watching evening organised and led by Felixstowe Swifts Group last summer. Photo courtesy of Felixstowe Swifts Group

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## Save our Suffolk Swifts & Felixstowe Swifts Group (continued)



The Coronavirus constraints shouldn't stop you looking out for swifts this year though. They should arrive back in England from their winter in Africa at the beginning of May. Scan the skies and see what day you see them and share your sights on social media. Then as they return to their traditional nest sites, or find new boxes, it would be great to have records of such nesting sent to the Suffolk Biodiversity Information Service along with records of the screaming parties later in the summer as they swoop around the rooftops in towns and large villages.

More information on line – from more fascinating facts about these special birds, to nest boxes and call systems and how you can help.

[www.suffolkwildlifetrust.org/swifts](http://www.suffolkwildlifetrust.org/swifts) - further new webpages coming

[www.suffolkbirdgroup.org](http://www.suffolkbirdgroup.org)

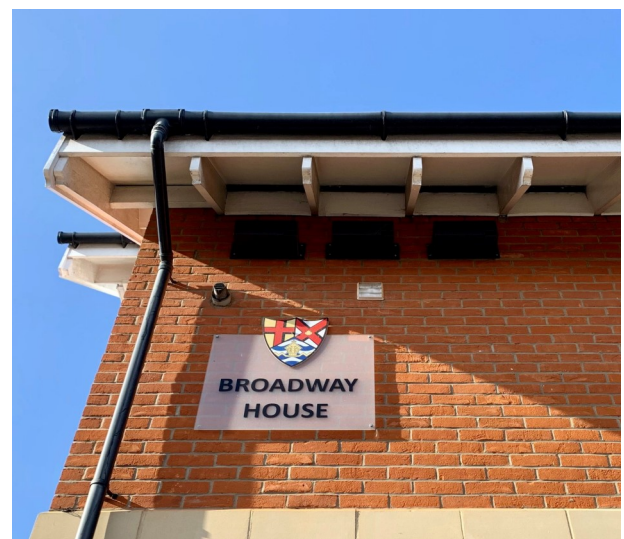
Send your nesting information to [www.suffolkbis.org.uk/swift](http://www.suffolkbis.org.uk/swift) so we can especially help planners know where swifts are breeding.

We'll return to this subject with further information in future editions.

**Simon Hooton, Volunteer Communications Officer for Save our Suffolk Swifts Group**

Below—swift boxes installed on Felixstowe Town Council's Walton Community Hall and Broadway House.

Photos—Ash Tadjrishi



## Return of The Teapot Project

### Giving surplus food a purpose in uncertain times



The Teapot Project is working with Woodbridge Town Council and other cross-sector agencies to divert surplus and donated food as part of a Food Aid First Response team amidst the Covid-19 outbreak, mainly in Woodbridge and the surrounding area. Here we have an interview with founder **Mischa Pearson**:

#### How did the Food Aid project come about and how does it work?

I started The Teapot Project back in 2015 in a bid to reduce food waste and hunger. The tested shared value model we adopted emerged in Leeds as The Real Junk Food Project by its founder, Adam Smith. In theory, we aimed to fit between supermarkets and consumers in the supply chain by re-purposing their surplus food, and cooking meals sold on a 'pay as you feel' basis through our community cafe. The cafe did very well, won a county award within it's first quarter, and became subsequently a victim of its own success: the owners of the building wanted back the building within which we had operated the community cafe. In order to continue, in part, on our mission, we adapted to distribution. This way we didn't lose the surplus stock we held contracts for, and those who needed it were still fed. Our processes continued for a number of years until we had built enough of the infrastructure we no longer felt we were needed: we handed over the reigns to third sector charities, and we took ourselves out of the mix. Until now, of course. We resurrected the project simply as a rapid response to the Covid-19 outbreak.

#### How have those in need reacted to your initiative?

In recent times, it's been overwhelming. Covid-19 is hitting us all, but some are more vulnerable than others and we mostly work with the latter. Thanks to Pete's Pizza, we're delivering 27 pizza's to a youth hostels to feed homeless kids tonight, and as you can imagine, the response to that has been hugely positive! Nando's has sent us enormous amounts of chicken from their forced closures, and we were able to support our friends over at Meals for Medics who are cooking up ready-meals for NHS workers on a daily basis. Families are struggling, particularly with the new isolation measures; they can't get out to get food, and the gratitude from those we are able to help by dropping off food packages to, has been truly humbling.

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## Return of The Teapot Project (continued)

### What positives would you see arising from the current crisis?

I have seen enormous community action over the past week; unprecedented support between neighbours and perfect strangers reaching out to others. From offers of money, food and deliveries of essentials, to brave individuals reaching out because they simply haven't got the ability to feed their kids. We're doing all we can, but most of the referrals coming to us, are from community members signposting those who are struggling to us; they act as our eyes and ears and that's a tremendous help to us. The Woodbridge Town Council have also offered us an army of volunteers 200 strong. They've sourced us fridges and keep in constant contact throughout the day. Our entire outfit assembled as first response aid in less than a week, and that's a huge positive. I'm really proud of the team I work within.

### What's next for the Teapot Project?

It's hard to say. The project will of course continue for as long as it's needed during the outbreak, but I have no plans to continue beyond that. I'm simply using the time I have, since all my self employed work has been shelved, to do something of use. I know right now, we're needed more than ever, so I imagine my voluntary work through the project is going to be full on for some time.

### How can Greenprint members help or get involved?

Since teaming up with Woodbridge Town Council, who have been enormously supportive, we're operating with an emergency email. If you need help, or want to offer help, you can contact them on [emergency@woodbridge-suffolk.gov.uk](mailto:emergency@woodbridge-suffolk.gov.uk) If it's food related, and in our area, it will reach us. Aside of that, we continue to urge people to stay home and let the NHS do their tremendous work fighting the virus.

**Editor's note**—you can follow The Teapot Project on Facebook: <https://www.facebook.com/theteapotproject/>



Left—Founder Mischa Pearson and some of the food parcels distributed by the team. Photos courtesy of The Teapot Project

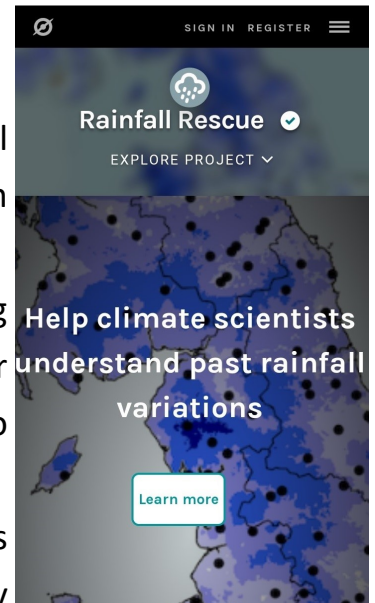
## Rainfall Rescue

Stuck at home? Completed that 1000 piece puzzle already? Well the good news is there's another way of relieving a bit of boredom with an activity with purpose.

The Rainfall Rescue Project, led by Prof Ed Hawkins of Reading University, seeks to harness volunteers with an enthusiasm for climate data and digitisation to help climate scientists to understand the UK's past rainfall variations.

The UK has rainfall data dating back 200 years but not all of this is currently held in digital form, hindering efforts to quickly and easily analyse all of the data to analyse patterns.

To turn these records into a computer friendly format, volunteers aren't expected to leaf through the old paper records themselves—those have all been scanned in by the Met Office and volunteers can access these online and transfer the numbers into boxes on the screen. To get involved, visit <https://www.zooniverse.org/projects/edh/rainfall-rescue>



## Plastic Action School Lessons

Before the school spring term was abruptly curtailed, the Greenprint Forum's Plastic Action Champions had been carrying out lessons on plastic pollution with local primary schools, led by ESC's Graduate Project Officer James Sullivan on our behalf. To support this programme, James has developed a range of teaching resources on plastic pollution, including a waste audit activity, factsheet and lesson plan aimed at upper Key Stage 2, all of which are now available online for educators to download:

<https://www.eastsuffolk.gov.uk/environment/east-suffolk-greenprint-forum/plastic-action/plastic-action-resources-for-schools/>



Photos—left courtesy of Grundisburgh Primary School, right courtesy of Grange Community Primary School





## Well this is rubbish isn't it

Whilst SCC and ESC have understandably taken the decisions to close the Recycling Centres and suspend collections of green waste from the kerbside until further notice, this doesn't have to mean that those of us who might have been looking forward to doing a spot of gardening during this period of enforced social distancing are going to have to have a rubbish time in the garden.

Whilst we dig, mow, prune, and clip, we are just going to need to spare a bit more thought towards what we do with the rubbish we heap up in the process. For now, we can't take it to the dump, and it won't be collected by the bin men, so what can we do?

Many keen gardeners will of course also be seasoned home (or allotment) composters—and this is also the most environmentally sustainable way of dealing with a wide range of garden waste as it eliminates the need for collection, transportation, and processing infrastructure and also means that the gardener reaps the added benefit of exclusive access to the end product into which they know exactly what went into its production.

So if you're already in the composting habit, you've got a march on already—and if you haven't, perhaps now is the time to give it a try. It's also a great way of dealing with raw plant-based food waste too, such as fruit and vegetable peelings and used tea leaves. (Though I tend to place citrus fruit waste in the Hotbin instead along with cooked and processed food waste.)



Above left—"cool" composting for garden waste; above right—the Hotbin—we use this mainly for dinner plate scrapings, citrus waste and a bit of garden waste (pics D Wareing)

Cut price compost bins are available through the Suffolk Get Composting scheme, to find all the offers on compost bins and more you can visit <https://getcomposting.com/> and enter your postcode; orders can be placed either via the website or via email [customer.care@evengreener.com](mailto:customer.care@evengreener.com) . Or of course you can always try making one from repurposed wood?

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## Well this is rubbish isn't it (continued)

Burning garden waste can also be a convenient way to get rid of garden waste; but if done carelessly can lead to adverse local effects which can be multiple including effects on health, air pollution, annoyance to others, and danger to people, pets and wildlife.



Whilst we're in "lockdown" it is not a good time to have a bonfire, as for those vulnerable people who are being urged to stay at home, the only opportunity for them to get any fresh air is to open their windows or go out into their own garden. Many of those in the vulnerable categories will suffer from chronic respiratory conditions which may be made worse by smoke.

So please—if you're not able to compost your garden waste at home, please store it on the premises until the green waste collections resume instead. East Suffolk Council advise that subscriptions to the scheme will be rolled forward meaning that which means that the next annual payment will only be required once the subscriber has received their full quota of 12 monthly collections that they've paid for.

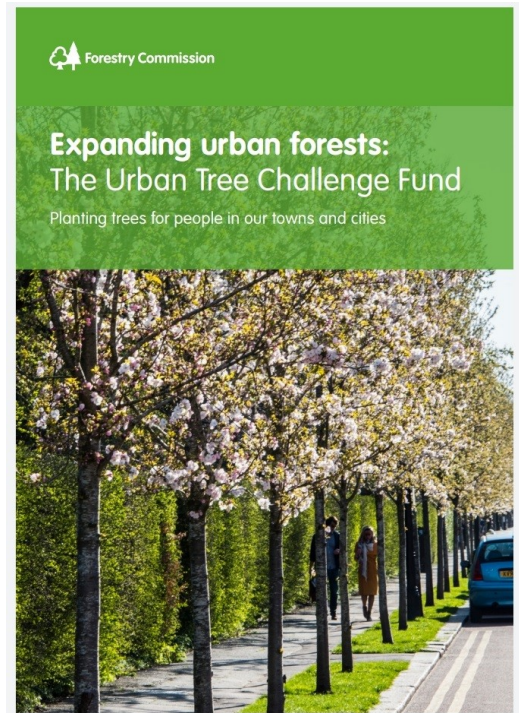
## Urban Tree Challenge Fund



Trees are essential for many reasons –their roles in mitigating climate change and regulating floodwater runoff, providing homes for wildlife, and vital places where our communities can connect with nature.

The Government has just launched the next round of its Urban Tree Challenge Fund, making £10m available for groups and individuals to apply to to fund tree planting initiatives in towns for plantings of between 150 and 5000 trees. For more information about the fund and how to apply visit:

<https://www.gov.uk/guidance/urban-tree-challenge-fund>



## Greener Waldringfield Sustainability Day

[Greener Waldringfield](#) organised a Sustainability Day with Repair Café on Saturday 29<sup>th</sup> February. The success of the day gives the organisers confidence that there is much more Greener Waldringfield could do. (We have existed as a very loose group for about a decade and in that time organised two Energy and Community Days, three talks by Prof John Midwinter, a Peace and Remembrance event, cycle workshop and several other things.)

Our Parish Council Chairman, Ian Kay's, talk on Climate Change and its Impacts secured a large and responsive audience and overran so much that we had to chase people out of the room to make way for the Young People's forum - two children from the primary school's Eco-team and two young women who have grown up in the village - who each said what they loved about their locality and what they feared. This attracted a smaller audience but we were moved by their sincerity and passion.

Ian has been invited to repeat his talk for Greener Rendlesham and we had visitors from several other green groups.

Clothes were swapped and a huge number moved on to another life elsewhere. While the e-bike event was compromised by the weather a good few people got useful advice both on bikes to buy and on conversions. One inspiring visitor - not young, not tall - had cycled her converted Brompton from Woodbridge in just 25 minutes on a cold and blustery day: a missionary for ebikes. We've had requests to repeat this element of the day in more clement weather.

Much interest was shown in the Stuff Buddies developing website: circles of about 100 limited to about ten miles radius who advertise items they have that are seldom used: among early items on the site are a fondue set, the Waldringfield Scattered Orchard long pruning saw and an enormous pink handbag.

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## Greener Waldringfield Sustainability Day

In addition to the volunteers staffing the event 61 adults paid to enter and a number of children also attended. Holding it on a Saturday morning meant that working people and young people came – not the case when we hold events during the day, or even in the evenings. The repairers, several most useful and talented volunteers from the village together with those enlisted from MakerSpace by a local devotee, were kept busy throughout; one of them brought plastic welding kit – not used, as how many of us know that you can weld plastic? 30 items were recorded as being repaired and 4 knives and 5 secateurs were sharpened while 8 items were deemed to be either u/s or unrepairable in the limited time available. A couple of people went home and got stuff – including a 1970's radio, which was taken apart and magically reassembled to function. Several repair forms were not returned but it is known that at least some of these covered further items that were successfully repaired. There were many appreciative comments on the completed forms.

Throughout people loitered and chatted over coffee and cake, and added to the boards their ideas for the future. The organisers were well pleased with the event and plan to repeat the formula every second month – Repair Café plus a talk or film or discussion: we have yet to sort out details but are optimistic!

**Betsy Reid**



## Beachwatch 2019—Suffolk results now in!

Last year's Beachwatch results for Suffolk are now available via the AONB's new-look website <https://www.suffolkcoastandheaths.org/wp-content/uploads/2020/03/2019-Suffolk-BW-Results.pdf> —over 1000 volunteers participated, removing over 22000 items of litter from Suffolk's beaches! Thankyou to everyone who took part either as a volunteer or organiser. We really do appreciate your efforts in helping us to keep the Suffolk coast and estuaries a lovely place to live and visit. Of course it is also part of a wider national effort led by the Marine Conservation Society to collect important data to help inform and influence decision makers in government and industry to try to tackle some of this pollution at source.

Take care and stay well.

**Emma Black**

**Countryside Projects Officer—Suffolk Coast and Heath AONB**



Right—Boyton Beachwatch team

(photo—Boyton Parish Council)



**Editor's note**—the national results are available via <https://www.mcsuk.org/news/great-british-beach-clean-2019-report> and the results from the Greenprint Forum's own beach clean and survey in

support of Suffolk Beachwatch can be found here: <https://www.eastsuffolk.gov.uk/assets/Environment/Green-Issues/Greenprint-beach-litter-survey-report-2019.pdf>



## Round-up of local authority support for those in need



### Home But Not Alone

Suffolk County Council have launched the 'Home, but not alone' service to help connect people who want to volunteer in their communities with neighbours who are most in need. Volunteers can download the free app, called Tribe Volunteer from Apple App Store and Google Play Store. Meanwhile, the telephone number for those in genuine need of help is freephone:

**0800 876 6926**

<https://www.suffolk.gov.uk/council-and-democracy/council-news/show/home-but-not-alone>

### Businesses

We know that businesses, large and small, will be affected by the current situation. East Suffolk's Economic Development Team are providing a range of useful information for businesses during the COVID-10 outbreak including details of how to claim support and additional funding.

They keep this information up to date and relevant on the 'East Suffolk Means Business' website:

<https://www.eastsuffolkmeansbusiness.co.uk/business-support/resources/covid-19/>.

### Financial hardship fund

ESC has allocated £1,000 from each of the ward councillors' 2020/21 Enabling Communities Budgets towards a hardship fund.

Managed by the East Suffolk Communities Team, the fund will help to relieve the financial hardship of residents during these uncertain times. Funding can be used in many ways, including the support of pop-up food banks, buying essential goods or services for individuals, supporting telephone befriending services or providing funding for fuel to enable Good Neighbour Scheme volunteers to deliver medicines across the district.

Anyone wishing to highlight a resident or group in need of support is asked to contact the Communities Team by emailing [communities@eastsuffolk.gov.uk](mailto:communities@eastsuffolk.gov.uk)



## Message from Greenprint steering group member James Mallinder

Can I make a difference?

This is a question we should all ask ourselves. In a society where individuals seem to be disconnecting and communities cracking there is a growing movement that seems to be unnoticed. In villages and communities across East Suffolk, residents for many years have come together to fill the gaps of families, policy makers and institutions who are not able to offer answers and solutions.

Society is changing and many institutions haven't evolved. However for the volunteer sector the complete opposite is true. More and more people in the past couple of years have formed societies and communities dealing with real local problems. Issues as diverse as housing, speeding, loneliness and kindness are all being answered by communities and their volunteer groups. As each resident plays a part the outcome becomes bigger than the contribution. From personal experience there is nothing more satisfying than having the chance to give something back to the community and really make a difference in people's lives. Often the volunteer gains as much if not more than the person receiving their help.

And now the significance of these groups is plain to see. In dealing with the coronavirus, institutions talk in sweeping gestures and the mantra of 'we are here to help'. But in the current situation the key is getting the help to those that actually need it. And who knows about the most vulnerable, the local groups do.

So can you make a difference? Yes, you are the difference and without individuals coming together as communities to help our neighbours, institutions would fail in assisting those that need our help most.

Stay safe and well,

James Mallinder

James is the Cabinet Member for the Environment at East Suffolk Council and also the Chair of the Council's Environment Task Group. More information about the cross-party task group and its work can be found on the website: <https://www.eastsuffolk.gov.uk/environment/east-suffolk-environment-task-group/>



# GREENPRINT FORUM VISION



## Closing note from Editor

If you are reading this for the first time, the Greenprint Forum is a voluntary network facilitated by East Suffolk Council to help deliver their business plan specifically enabling community environmental action to improve lives and strengthen our economy. Whilst our focus is on east Suffolk anyone, anywhere can join for free to help inform and learn from our thinking

Thank you to all who have contributed and remember the Greenprint e-newsletter is most relevant when you are helping inform its content. Please email me at [greenissues@east Suffolk.gov.uk](mailto:greenissues@east Suffolk.gov.uk) with action you are taking towards our vision and would like to share to inspire others—I will try and include wherever space allows and if I cannot fit it in the newsletter, or if it relates to an initiative due to take place before the next newsletter is ready then I will wherever possible share via the our Facebook and Twitter accounts you can find us @GreenprintForum. If you're not already following us on social media please feel free to do so and feel free to share any posts to your own networks.

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