



WHO WE ARE

- REG are local people who are passionate about the environment.
- We want to make our villages better places to live, work and socialise in.
- Starting at a local level, we are joining the global effort to protect our planet.
- By taking SMALL steps, we can have a BIG impact.

Since 2019 we have been working to promote sustainability and help the environment in Read and Simonstone. Our projects range from planting wildflowers to using thermal imaging technology to detect unwanted heat loss. The work of

our members, and support from various charitable organisations, local businesses, and individuals makes this all possible.

WHAT WE DO

We are keen to do all we can locally to help the environment. **These include...**

Litter Picking

Litter is a problem on our streets, riverbanks, and in our woods and recreation areas. Each month our members take part in a litter pick. We also have one-off events where we tackle litter 'grot spots' as a group.

Although it's a never-ending task, picking up litter is a rewarding and therapeutic activity!



Chris and Noah our D of E. volunteers

REDUCE, REUSE AND RECYCLE

Did you know that we are running out of places to put our rubbish in the UK and some of our rubbish travels across the world to be dumped in other countries? This is why reusing, recycling and reducing the amount of stuff we buy is so important.

DR FIXIT

The more we buy and send to landfill, the greater our carbon footprint becomes. To help local people recycle things which might otherwise go into landfill, Dr John Barker has offered to help. He can repair small things like strimmers, bicycles, and small electrical items. There is a small charge for the service which is split between Martholme Greenway and REG.

In addition to helping us recycle, John has volunteered to run workshops on how to repair simple everyday equipment.

SINGLE-USE PLASTICS (SUPS)

Plastic is fantastic! Where would we be without it? The problem is that too much of it ends up as litter on our streets and in our oceans.

SUPs include items such as plastic drink bottles, milk containers, straws, plastic cutlery and margarine tubs.

By stopping using SUPs we can improve the health of the local and wider environment. We can improve our own health too, as micro and nano plastics are now being found in human bodies.

SOFT PLASTIC

This is most of the plastic wrapping your food and household goods are packaged in.

Check out <https://www.coop.co.uk/environment/soft-plastics>

These items are not soft plastics: bottles, trays, compostable carrier bags, pet food bags with aluminium lining.

After starting a soft plastics' collection point in the Village Hall, we were overwhelmed with the amount brought in! We now ask people to take their soft plastic recycling to the local supermarkets instead. However, we still collect medicine blister packs.

We are encouraging our primary schools and local businesses to take up our Plastic Free Initiative. The aim is to make Read and Simonstone free of SUPs, thus doing 'our bit' for the planet.

Why not try a 'Plastic Free Month' this year? You may even be able to continue this further so it becomes a habit for your household.

Help Read and Simonstone to become recycling champions

For more information contact us at readstoneinfo@gmail.com or see our Facebook page.

REDUCING OUR CARBON FOOTPRINT

This needs no introduction. Carbon emissions from petrol cars, manufacturing and power sources such as electricity and gas, all cause global warming. If global warming continues it will have a devastating impact here in the UK and around the world.

WHAT CAN WE DO?

TOGETHER we can make a difference! We can all play our part, large or small, in trying to reduce our carbon footprint.



Eddie Smith Aged 4 St Peter's Simonstone

BALSAM BASHING

Himalayan Balsam, a native plant of North East Asia, is now a big problem in the UK. It prevents our native plants from growing by shading them out. Each year it produces hundreds of seeds causing rapid spread. REG have been removing Balsam from around the village for the last few years and will continue throughout the summer, usually in the evening.

GARDENING GROUP

We have a gardening group that meets weekly. We help to keep green areas around the villages looking colourful, tidy and pleasant for everyone. Our group has sown seeds, planted bulbs and plants and carried out weeding. You may have noticed some of the things we have done at Worthalls Road, Friendship Mill, Turner Fold and around Church Street Gardens.



Pollinator Project

Natural pollinators play a vital role in the production of food. We are trying to improve the number of bee and wildlife friendly flowers in the villages. You can also 'bee' part of our 'nectar corridors' by planting bee friendly plants and flowers. Both our primary schools started pollinator projects last year.

See the pupils' lovely art work on these pages.

BIG IDEAS

Try the following:

Solar panels, Heat Pumps, More Home Insulation Triple Glazing, Buy an electric Car

Talk to Tony

He estimates that he saves thousands per annum on living costs as his home and lifestyle are almost carbon neutral. He will be able to give you advice on reducing your carbon footprint in a big way. Contact us to 'Talk to Tony'.

Use our Thermal Imaging Camera

We can visit your home and, using our thermal imaging camera, can help you identify where you have unwanted heat loss.

This will save you money on heating bills **And** reduce your carbon footprint.

SMALL IDEAS

Here are a few examples

- Have 2 minute showers
- Use less water overall – when filling your kettles and flushing the toilet
- Wash clothes less often, dry them on the line outside
- Use a smart meter – they don't cost anything and even if you don't act on it, using one will help the energy companies manage electricity usage and save energy
- Don't be an energy vampire! Check out this useful website <https://www.thisismoney.co.uk/money/bills/article-10640385/Vampire-electrical-appliances-sucking-cash-bank-account.html>
- Turn that thermostat down, wear layers of warm clothes

Rivers & Oceans

Healthy rivers and oceans are important to the future of our planet. By looking after rivers and oceans we look after our own health too.

The lovely River Calder flows past our villages.

Unfortunately, after heavy rain, the fields are flooded with rubbish from upstream which causes problems for local farmers.

We can protect our local rivers, and beyond this, the seas and oceans, by reducing litter and plastic use. We can also help by avoiding products containing plastic micro beads such as some toothpastes, shower gels, body scrubs and glittery make up.



Abbie Barnwell Aged 11 St Peter's Simonstone



BE A HEDGEHOG FRIEND

Hedgehogs badly need our help; their numbers have fallen by up to 50% in the past twenty years.

WHERE DO THEY LIVE?

Hedgehogs thrive in hedgerows, fields and woodlands. They have also learnt to live alongside humans. Lots of gardens provide natural food and potential nest sites for sleeping, breeding and hibernation.

WHAT DO HEDGEHOGS EAT?

Anything small and catchable; slugs, beetles, snails, worms, caterpillars. They also eat seeds and herbs.

HOW CAN WE HELP THEM SURVIVE?

Allowing them access between gardens is critical. Residents of our villages can help by creating Hedgehog Highways through their garden fences.

HOW TO DO THIS

Cut a D shape 5"x 5" hole in a wooden fence panel or remove the bottom brick from a brick wall. For wire fences, place a short section of pipe, 5" in diameter, at the bottom.



Kian Phillips Aged 8 St John's Read



Erica Stanworth Aged 9 St John's Read

OTHER THINGS TO DO...

- Avoid using slug pellets, these are poisonous.
- Hedgehogs like untidy gardens; if you have the space leave a corner wild and unmanaged.
- Ponds can be dangerous, leave a sloping area to allow the hedgehogs to climb in and out.
- Be careful what you feed hedgehogs, avoid milk and bread as it upsets their stomachs.
- Should you see a hedgehog in distress, there are rescue centres in Chorley, Preston, Slaidburn.



**AS YOU CAN SEE WE
ARE PASSIONATE
ABOUT A LOT OF
THINGS! IF YOU LIVE,
WORK, OR SOCIALISE
IN READ AND
SIMONSTONE, PLEASE
COME AND JOIN US.**

Sponsored by Scope Fire and Security

For more information contact us at readstoneinfo@gmail.com or see our Facebook page.