



SUSTAINABLE WOOTTONCOURTENAY

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How much do our electrical items cost to run? NATIONAL ENERGY ACTION ADVICE LEAFLET

The table shows average costs of using appliances. Use it to see where you could make savings.

APPLIANCE	COST PER HOUR	RATING (Watts)
Electric shower	£1.91 – £2.87	7,000 – 10,500
Immersion heater(single rate tariff)	82p	3,000
Supplementary heating e.g. fan heater	27p – 82p	1,000 – 3,000
Kettle	68p – 82p	2,500 – 3,000
Grill/oven	55p – 66p	2,000 – 2,400
Hob (per ring)	27p – 55p	1,000 – 2,000
Iron	27p – 82p	1,000 – 3,000
Microwave	19p – 38p	700 – 1,400
Vacuum cleaner	16p – 25p	600 – 900
Slow cooker	4p – 8p	150 – 300
Air fryer	4p – 6p	1,400 – 1,800
Fridge-freezer	2p – 8p	100 – 300
Games console	2p – 5p	100 – 200
LCD TV	1p – 5p	25 – 175
Incandescent GLS bulb	1p – 3p	40 – 100
LED GLS bulb	Less than 1/2p	6 – 10
Broadband router	Less than 1/2p	5 – 15
Extractor fan	Less than 1/2p	5 – 10
Phone / tablet (charging)	Less than 1/2p	2 – 15

(Last updated October 2024)

DID YOU KNOW?

PIONEERING FARMER GAINED 3 PRESTIGIOUS AWARDS



Farmer, Duncan Farrington has been described as a "a prominent voice in the promotion of regenerative farming techniques" and "a role model to other farmers across the UK". He created Mellow Yellow in 2005, **Britain's first seed-to-bottle cold-pressed rapeseed oil** and in 2020 it became the first food product to be certified by the UN as plastic- and carbon-neutral; it was awarded a Queen's Award for Enterprise for Sustainable Development in 2021 and Duncan was named on the King's 2024 New Year Honours list and was awarded an MBE for services to agriculture and the food and drink industry. Mellow Yellow was also awarded a Queen's Award for Enterprise for Sustainable Development

CAMPAIGN TO BAN PLASTIC CHEWING GUM



Brits chew a whopping **4 billion** pieces of plastic gum every year. Littered plastic gum is **stuck to 87% of pavements** and every single piece contains a **drinking straw's worth of hidden plastic** ingredients. These plastics are also used to make carrier bags, car tyres and glue. **Plastic-free gum alternatives exist so chewers can keep fresh without harming people or planet.**

Campaigners say it's **also** a health emergency as microplastics have been found throughout the human body, from our brains to our hearts & lungs. Plastic gum creates a **huge environmental problem**, ending up in landfill, waterways and sticking around to pollute our planet forever.

The Government has already banned single-use plastic drinking straws so some environmental organisations are calling on the Government to ban plastic chewing gum for good - and encourage people to choose plastic-free chewing gum alternatives.

COULD A SEWAGE-POWERED CAR BE MOTORSPORT'S SUSTAINABILITY SOLUTION?



As motorsport attempts to reduce carbon emissions and become more environmentally sustainable, a group of **engineers may have come up with a novel solution - and it's found in human waste.**

They have developed a prototype race car made from sustainable materials, that is powered by sewage, or rather, sewage treatment technology which involves microbes feeding on waste producing hydrogen as a by-product - and it is this hydrogen which produces fuel for the car.

The Warwick Manufacturing Group, which includes students at the University of Warwick, is behind the prototype, working with sewage treatment technology being trialled at Severn Trent Water. They believe the car could be out in the mainstream in as little as five years, though they acknowledge there are still significant hurdles to overcome.



GARDEN TIP: NUTRIENT ENRICHMENT

Eggshells are rich in calcium, a vital nutrient for plants. As they decompose they slowly release calcium, which helps in strengthening plant cell walls. This can result in sturdier plants and better harvests.

INFORMATION ABOUT BATTERIES

Which battery should I choose?

This will depend on the equipment it is to power (eg radio, camera etc) and on the size of the battery that fits it. Often this is AA (small) or AAA (very small).

Disposable (alkaline) batteries are the ones most easily found in supermarkets. They are initially cheaper but need replacing when they run down and are more damaging to the environment.

Rechargeable batteries can be used many times over. Although more expensive initially, in the long run are cheaper and also less harmful to the environment. You will need to buy a separate charger (easily available on line) to recharge your battery. The same charger can generally be used for both AA and AAA size batteries.

RECOMMENDATIONS (From the consumer magazine 'Which')

For clock radios, smoke alarms and similar low-drain items

Disposable (alkaline) batteries are recommended

	Best budget	Best overall
AA	ALDI AA ACTIV ENERGY £2.59 for 10	ENERGIZER ULTIMATE LITHIUM AA £10.49 for 4
AAA	ALDI ACTIV ENERGY SUPER ALKALINE AAA £2.49 for 4	ENERGIZER ULTIMATE LITHIUM AAA £9.14 for 4

For cameras, powerful torches and similar equipment that requires high power for a shorter time

Rechargeable batteries are best

	Best budget	Best overall
AA	VARTA RECHARGE ACCU POWER AA 2100MAH £6.69 for 4	GP LITHIUM AA £14.99 for 4
AAA	ANSMANN MAX E 800 MAH £6.95 for 4	PHILIPS READY TO USE 1000MAH AAA £7.83 for 4

These are all rechargeable so you will also need to buy a charger.

If you choose to buy a disposable battery for one of these items ENERGIZER ULTIMATE LITHIUM appears best for both AA and AAA SIZES.

Paper copies of this item are available from Sarah and Mark and in the energy file in the village shop.



SOMERSET: REDUCING THE CARBON FOOTPRINT OF ASTHMA INHALERS

Did you know that some inhalers for asthma produce the same amount of greenhouse gases as a car journey of 75 miles? Somerset is one of the best areas in the country for reducing the amount of greenhouse gases used in asthma inhalers – it has managed to reduce this by over 25%.

A BREAKTHROUGH: POLYESTER CAN NOW BE RECYCLED



Every year in the UK we incinerate or dump 350,000 tonnes of used clothing and that's a problem for the planet. Some fabrics are incredibly difficult to recycle. Over half the clothes we buy contain the man-made fabric polyester, a form of plastic that takes centuries to decompose. There hasn't been an alternative to incineration or landfill but now one

company claims to have found a solution to the problem.

The Salvation Army's trading company's recycling factory at Kettering processes 70,000 tonnes of donated second hand clothing annually. They recycle 100% cotton and 100% wool but many clothes today are made from blended fabrics which cannot be recycled. However, they now have a machine that sorts out articles made of 100% polyester. These are then taken to Project Plan B, a textile recycling company, where a new machine uses intense heat to turn the 100% polyester back into plastic pellets which can be dyed and turned back into polyester yarn. This is then turned into new fabric for new garments. So, polyester will be able to be recycled over and over again. This process reduces fashion waste going to landfill, gives old clothes a new lease of life and produces a sustainable new fabric.

STORM-FELLED TREES TURNED INTO BENCHES FOR MARKET



Timber from trees destroyed by Storm Ciarán has been used for new benches at a Jersey market in a move aimed at encouraging shoppers to stay there longer. The benches were commissioned for the entrance to the Central Market at French Lane as part of a plan to develop Jersey's traditional markets which follows a strategic market review in 2022 which said there was insufficient seating.
