



Viewpoint with Simon Lee, Chief Executive – Changeworks

FOR this edition of Resources for Life I would like to focus on volunteering. At Changeworks, volunteers represent the pinnacle of our mission to engage people: for only through engagement can we hope to realise the step-change needed to avert catastrophic climate change.

Volunteers give up their valuable time to support the community. As part of The Waste Wise Armadale Project, which gets underway this month, local volunteers will support their neighbours to produce less waste. Generous Scotland is encouraging volunteers across the country to offer their services and boost the capacity of the charity shop/re-use sector economy.

Volunteering comes in many guises and brings many rewards. Volunteering is a central plank in Changeworks' strategy because an active engaged citizenry offers the best hope for sustainable solutions, and we need to find the volunteers and the solutions quickly!

Most Changeworkers understand the sanctity of the Chief Exec's office – if the door is closed: keep out! So I was alarmed when, at noon on 5 June, someone burst into my office and demanded my presence in the Board Room. This could only be bad! However, I was greeted by a sea of smiling faces – and an amazing Changeworks birthday cake. It was the first anniversary of our re-naming.

People have asked me for advice on re-branding frequently over the last year. My normal response is don't do it! Unless you really have to. I believe we had to, and over the last year the benefits of what was a painful process have become clear.

Much of the benefit has been realised because of the amazing support we have had from our stakeholders. Thank you for your support. With your help Changeworks will go from strength to strength and will continue to lead the way in formulating long-term practical sustainable solutions.

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to Reduce, Reuse, Recycle
0131 555 4010
www.changeworks.org.uk**





Wising up about waste prevention

The average household in Scotland produces 1.1 tonnes of waste per year¹ (the equivalent weight of a small family car). Most of that waste ends up in landfill. Despite improving figures for recycling, the amount of waste we are producing is increasing – by up to two per cent each year.

June sees the launch of Changeworks' new waste prevention initiative *The Waste Wise Armadale Project*. Focusing on the community of Armadale in West Lothian, this innovative project will encourage householders to Reduce, Reuse, Recycle – with the aim of diverting 190 tonnes of household waste from landfill in one year.



Find out more:
0131 555 4010
www.changeworks.org.uk

Community Engagement Officer Paul McOscar (pictured) said: *"We need to talk to the community and take the message to the doorstep. We will hold conversations with householders to identify ways of decreasing waste, such as home composting, using real nappies or donating to charity shops. Volunteers will play an important part providing information about Reduce, Reuse, Recycle at workshops and events. Volunteering for a project like this provides a great opportunity to improve communication and other valuable skills, as well as helping a worthwhile environmental project."*

"Although Scotland is getting really good at recycling – and at 30 per cent Armadale's current rates are better than the national average

of 25 per cent – we need to get better at reducing and reusing, and that's what this project aims to do," added Ian Smith, Senior Projects Manager.

"If every household in Armadale decreases its waste by just 1kg a week, the equivalent weight of a couple of boxes of cereal, we can stop almost 200 tonnes of waste from going to landfill, making for a better place to live.

The message is: a little bit from everyone is a lot for Armadale."



Six simple steps to reduce your waste:

- 1 **Be a smarter shopper:**
 - reuse bags or get a 'bag for life'
 - plan your shopping and buy only what you need
 - choose loose fruit and veggies
 - resist the temptation of Buy One Get One Free offers
- 2 **Reclaim your doorstep – stop unwanted mail**
- 3 **Start home composting**
- 4 **Change to real nappies**
- 5 **Use libraries and Freecycle.org**
- 6 **Buy from and donate to charity shops and reuse projects**



Driving down fuel costs: reducing CO₂ emissions

Canny car drivers could have saved over £6,000, and helped to combat climate change, by following Changeworks' eco-driving advice.

Changeworks advised 52 drivers during the Energy Saving Trust's recent eco-driving campaign, which used billboard and drive time radio advertising to get the message across to motorists that they could save up to £120 per year by adopting 10 top tips.

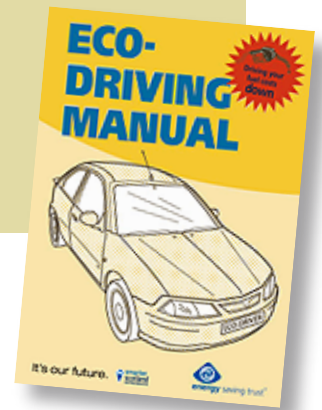
As well as providing advice to householders to help reduce energy use and to save money in the home, the *Energy Efficiency Advice Centre (EEAC)* at Changeworks can get you on the road to becoming an eco-driver with FREE impartial advice about a range of transport matters. The EST's Eco-Driving manual is still available from the EEAC or online (see below).

Find out more: 0800 512 012
www.changeworks.org.uk

Eco-driving top tip

Avoid short journeys – a cold engine uses almost twice as much fuel, and catalytic converters can take up to five minutes to become effective.

One of the best ways to reduce your CO₂ emissions is to leave the car at home and use an alternative means of transport. We know there are times when the car is absolutely vital, but there may be another, easier or more cost effective way to make your journey that also benefits the environment.



Act now for a warmer winter

At this time of year most of us will be concentrating on keeping cool rather than installing a new central heating system or insulating the loft, but these home improvements are some of the most important things you can do to save energy and reduce your fuel bills – and summer's the time to start planning for a warmer winter.



However, employing a contractor to carry out important work on your home can be worrying. Are they reliable? Will they do a good job? Will the price be fair?

A significant barrier to the take-up of energy efficiency measures in the home is anxiety about employing a contractor, which is why Changeworks established *Action for Warmth*.

As well as providing energy efficiency advice and details of grants and special offers, this unique service uses only 'quality assessed' installers to carry out the work so householders can improve their home with peace of mind.

SAVES	energy use %	CO ₂ kg	£ per year
Topping up loft insulation	6.3	462	60
Installing a condensing boiler	10.7	703	100 – 120
Fitting cavity wall insulation	14.1	1,036	130 – 160

Action for Warmth is also able to assess the suitability of a property for renewable sources of energy such as wind and solar, and also works with 'bigger boilers' – guesthouses, nurseries and churches/church halls.

Find out more: 0845 002 8466 or text 'warmth' to 81025 www.changeworks.org.uk

GIVE generously!

Imagine... a reuse centre on every high street.

They already exist. Charity shops are one of the easiest ways to Reduce, Reuse, Recycle and a new project from Changeworks aims to put them at the forefront of waste prevention.

Based on the success of *Generous City*, which encouraged Edinburgh residents to buy from, donate to and volunteer for charity shops, *Generous Scotland* will adopt a 'training and toolkit' approach to enable charity shops, local authorities and community organisations across the country to benefit from the best practice – and best projects – pioneered by its predecessor.

Projects such as The Edinburgh Charity Map, copies of which have been distributed to more than 40,000 people. In a recent survey conducted by Changeworks 75 per cent of respondents said that they would use the Map three times a year to buy from and donate to charity shops. (*Generous Scotland* is already working with Radius Glasgow on a Glasgow map due to be published in September. Watch this space.)

In another innovative scheme the City of Edinburgh Council's criminal justice teams collect unsold books from Edinburgh charity shops, supplying a number of them to Book Donors – a not-for-profit organisation

based in the Borders that provides employment for home workers and the long-term unemployed.

Book Donors re-sells some of the books on specialist websites such as Amazon and ABE: the rest are recycled. In the first year of the scheme

180 tonnes of books were reused or recycled, and more than 25 charity shops benefited from reduced waste costs. A similar scheme is currently being considered in the Forth Valley.

"The emerging projects are extremely exciting. There is a great deal of support for charity shops already, and we know we can do a lot more to increase donations and recycling opportunities," said Jess Gildener, Programme Co-ordinator.



Find out more: 0131 555 4010
generousscotland@changeworks.org.uk

Summer events

JULY	Sunday 29	Hopetoun Fair	Hopetoun House, W. Lothian
AUGUST	Sunday 12	Vogrie Fair	Vogrie Country Park, Midlothian
SEPTEMBER	Saturday 1 & Sunday 2	Mela	Edinburgh

About Changeworks

Changeworks exists to improve quality of life and to protect the environment. We work with passion, integrity and in collaboration to develop and deliver innovative projects and businesses in energy, waste prevention and transport that inspire and empower people and communities to make a difference.

www.changeworks.org.uk

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