

Killhope Green Newsletter

INTRODUCTION

I hope you enjoy the new Killhope Green Newsletter. Lots of new and exciting things have been happening at Killhope, helping us work towards a sustainable environment.

We've now got better recycling facilities, we've won Silver for a Green Tourism Award and the proposed New Build is looking to give Killhope a more sustainable approach to energy use.

This newsletter will come out every two months and keep you up-dated with all sorts of 'green' issues, not just those relating to Killhope but ones that you can take home too.

Thanks Helen

CALL FOR HELP

This isn't just my newsletter and any articles you would like including, just let me know.

This is also a great opportunity for any (and all) of you to get as involved as you want into turning Killhope (and your own homes) as green as possible!! Any ideas, suggestions, etc. that you have, let me know—or put them in the suggestion box.

In this Issue

	Page
GTBS—Silver Award	2
Recycling	2
Household Hints	3
Junk Mail	3
Craft Corner	4
Shopping	5
Killhope Policy	6
Christmas	7
Staff News	8

GTBS - Silver Award

The Green Tourism Business Scheme is an accreditation scheme for tourism businesses relating to environmental good practice. Killhope has gone through an assessment process where a GTBS auditor came out and looked at many different aspects of the site including energy efficiency, water usage, wildlife and purchasing policies.

I can proudly announce the news that we have been awarded a Silver award which is brilliant news.

The GTBS report outlines several recommendations as to how we can work towards a Gold award so the hard work continues!

HOUSEHOLD HINTS!!

There are loads of really simple things you can do at home that added together will make a huge difference to both the environment and your bills.

- **Switch off unnecessary lighting**- make the most of daylight.
- **Turn off taps** - especially hot taps and get those drips fixed!
- **Shut doors** - if you keep inside and outside doors closed it'll really help with your heating costs.
- **Turn it off** - the stand-by function on TVs, printers, stereos, etc. uses about 25% of all your electricity costs - turn it off and notice the difference.
- **Bring it to the boil** - if you put a lid on a pan of water it boils even quicker and saves you energy - also try filling the kettle with only enough for your cuppa!

RECYCLING

Killhope now has several new recycling schemes.

- **Aluminium cans** - you can recycle your cans in the bin just inside the café door. The cans go to the Butterwick Hospice where they sell them on to a recycling company - so we're not only helping the environment but helping a local charity as well.
- **Paper and Cardboard** - We're now included in the County Council scheme for recycling both paper and cardboard.
- **Compostable waste** - we've now got *biobag* compost bins in the café and the staff kitchen for teabags and compostable waste. The bags degrade in a couple of weeks so they're fantastic for keeping the kitchens tidy and encouraging composting.
- **Plastic cups** - we continue to recycle our plastic cups for the water cooler and this scheme is working well. Although always keep in mind - do you really need to use a plastic cup - can you use a mug instead?

STAFF NEWS

CAR SHARERS WANTED!

I'm looking to set up a car sharing scheme for staff at Killhope. Let me know if you're interested.

GREEN TEAM

I would love to be able to set up a Green Team here at Killhope.

Any staff who are interested in getting involved let me know and we can get together and make a plan of what we can do to make even more green improvements and how we can keep up the good standards we already have. All suggestions welcome!

CRAFT CORNER

I hope you like this section on crafty projects to try at home. I hope it inspires all you secret crafters!

This issue's Craft Corner is "How to make Recycled Candles" and it's really easy.

Kit - You'll need:

an old saucepan, new wicks (available at all craft shops) and a container or mould to make your candle in, and of course some old candles!

Tips - if you mix lots of different colours and scents the new candles will probably turn out brown and smell a bit unexpected!

Try keeping like colours and scents together unless you're feeling experimental!

The wicks should be straight and in the centre of the candle to ensure even and safe burning - tie the new wick to a pencil and place this on top of the mould - this should keep it in place whilst the wax sets.

Get started!

Clean up the old candles before you begin, remove any paper and old wick.

Break up the old candle into small pieces to speed up the melting process.

Don't fill the pan too full and don't heat it up in a microwave.

Never, ever leave the pan of wax unattended.

This crafty hint is not recommended for children as making candles can be dangerous.

The tips are a general guide so have a look at a few books before you start.

Remember - Never leave a burning candle unattended.

SHOPPING

As you all know the problem of plastic carrier bags has recently become a huge issue.

"Eight billion plastic carrier bags are handed out in the UK each year - or over 134 for every one of us. But it's easy to find yourself down the shops without any other way of getting your groceries home. So keep a reuseable bag - or your stash of plastic bags - by the door so you remember to take a couple when you pop out. Ladies, keep a couple in your handbag, for those spontaneous retail moments! And don't forget to make a point of refusing bags at the shops."

Taken from the Friends of The Earth website.

There are loads of fab eco products available at the moment, ranging from Fairtrade tea and coffee, eco cleaning products and even eco friendly paints.

The internet is a great source of information. Have a look at The Green Shop - www.greenshop.co.uk. They have an extensive range of products at competitive prices - delivered direct to your door. Try one eco-product every time you go shopping—every little helps!

JUNK MAIL - Just say NO!!!!

Does junk mail drive you MAD???

If you register with the Mail Preference Service they contact lots of businesses and get your name and address taken off their mailing databases. It's really easy to do, I've done it at home and it's started to make a difference already.

All you need to do is contact the Mail Preference Service and give them your name and address, either by phone on **020 7291 3310** or send them an email to mps@dma.org.uk.

Even better news is that it's a free service and saves loads of waste paper.

Killhope and the Environment

Killhope now has an environmental policy which shows what we are doing to fall in line with the ten principles for a sustainable environment that Durham County Council have asked us to follow. This policy is still in its early stages so any comments will be welcomed.

We are committed to providing a good, high quality service, whilst minimising the environmental impact of our activities.

We do this by following the 10 principles of a sustainable environment as stated by Durham County Council:

Efficient use of energy - we use low energy light bulbs where we can and make sure all our electrical equipment is properly switched off at the end of the day.

Reduction of transport impacts - we welcome visitors coming here by public transport or cycles and provide a bike stand for this. Some of our staff car share and cycle to work.

Reduction of water use - all our water at Killhope comes from a private spring and we make sure that none of our taps drip and that we have no leaks.

Minimisation of waste - we try to recycle where we can.

Reduction in paper consumption - we all use computers and print and photocopy on both sides of the paper.

Sustainable construction and land management - we look after the local wildlife in our woods.

Resource efficient IT - we turn off all our computers and only print when we need to.

Sustainable purchasing policy - we use lots of local suppliers for the shop to help with local jobs.

Raising awareness - all Killhope staff care about the environment and keep up to date by reading our Green Newsletter.

Measuring Progress - Durham County Council come and measure how much energy we use and tell us how well we are doing.

IT CAN'T BE THAT TIME OF YEAR ALREADY

Gosh, can you believe how quickly Christmas has come around. This Newsletter takes us through the festive season so here are a few suggestions to save money AND the planet without having to choose between dazzling and drab.

Savvy Shopping

Take your own bags with you when you go shopping.

Choose items with minimal packing.

Buy recycled goods—cards and wrapping paper.

Consider food miles—why not go to your local farmers' market?

Buy ethical—visit the Traidcraft website.

Light bulbs—now the longer nights are here buy some long lasting low energy lightbulbs.

Presents

Try to buy battery-free presents where possible. If you do need batteries buy rechargeable ones (and a charger).

Take unwanted presents to charity shops.

Decorations

Choose festive lights which have LEDs rather than traditional bulbs—and remember to turn them off at night.

If you love the Craft Corner try making your own decorations.

Heating and Insulation

Organise installation of loft insulation before it gets cold.

Don't forget to get your boiler serviced.

Check your thermostat—turn the setting down by one degree and put on a jumper!

Remember—these tips are for life not just for Christmas!