

Killhope Green Newsletter

INTRODUCTION

Happy New Year to you all.

I'm welcoming in the New year with the latest addition of the Green Newsletter. As I'm sure you're all aware Climate Change is the 'hot topic' of the moment. In this issue of Killhope's Green Newsletter you'll find articles about climate change and what you can do to make a difference.

You'll also find articles on how to make spring cleaning fun whilst saving money and helping the environment.

In this issue Craft Corner provides details of DIY beauty products for those of you that fancy a bit of pampering after the rigours of the party season.

Thanks Helen

WELCOME TO

I am pleased to introduce to you the Green Team at Killhope. Caron Henderson, Michaela Raynor, Kate Farrow and Sarah Shaw have all volunteered their services. We'll be exchanging ideas and starting some exciting new projects.

New members welcome!

In this Issue

	Page
Climate Change	2-3
Craft Corner	4
Freezers	5
On Yer Bike	5
Spring Cleaning	6
Water News	7
Staff News	8

CLIMATE CHANGE

Our planet is surrounded by a layer of gases which keep the surface of the earth warm and able to sustain life. This layer is getting thicker, trapping heat as we release greenhouse gases by burning fossil fuels and cutting down forests. As a result of this our climate is starting to change. Some changes are now inevitable, even if we stop emitting gases now, as the gases already released will continue having an effect.

What causes climate change?

There has historically always been climate change due to natural factors. Some of these changes are caused by the effect of the sun, land and oceans interacting differently with each other. However, the main reason for our current climate change has to be attributed to human activities. The production of carbon dioxide from the burning of fossil fuels and the loss of forests which absorb carbon dioxide have significantly altered the concentration of greenhouse gases in the atmosphere.

What effect will climate change have?

Some regions will experience extreme rainfall and others will experience extreme drought. Sea levels will start to rise, due to melting ice caps and as the oceans begin to warm up they will also expand. Some low lying land will be swamped putting millions of people at risk.

Cereal crop yields in Africa, the Middle East and India will be significantly reduced.

As temperatures increase, areas harbouring diseases such as malaria and dengue fever will start to shift. 290 million additional people could be exposed to malaria by 2080.

The higher temperatures and reduced rainfall could mean the loss of huge areas of South American and southern Africa rainforest. This will create even more carbon dioxide in the atmosphere.

What can we do about climate change?

We can't stop the effects of greenhouses gases that have already happened but we can influence the future. Greenhouse gas emissions must begin to

decline over the next 10 years to avoid extreme changes to our climate. Many of the changes we can make will bring other benefits such as new jobs, improved local environments and economic growth. By communicating climate change successfully, we'll be able to make sure that there is widespread support for the goal that together this generation will tackle climate change.

CLIMATE CHANGE—THE MYTHS

It's too late to make a difference:

There are some changes that have happened already which cannot be reversed. However, by acting now, we can reduce the risk of big changes occurring to our climate and reduce the impacts that we and future generations will experience.

One report states that if we can get greenhouse gas emissions to peak and then decline within the next 10-20 the risk of seeing temperature changes higher than 2 °C would be greatly reduced.

There's no point in me taking action:

In fact, every reduction in emissions will make a difference by not adding to the risk. Also, some countries like the UK are in a great position to provide a positive example to the rest of the world. We do need other countries to join in, but if we can show that we can rise to the challenge and make a real difference, others will follow.

Climate Change will make life more comfortable in the UK.

Climate change may lead to a warmer climate overall in the UK, but the climate will also be unpredictable and extreme. We will have warmer and wetter winters. The extreme heat in the summer may cause problems for the elderly and the young and those with health problems. There's also the risk of rising sea levels and extreme weather events like storms and floods. Tackling climate change will secure a more stable climate for ourselves and make life a lot more comfortable for us all

CRAFT CORNER

This issues craft corner will focus on how we, as individuals, can beautify the planet! Granny's Herbal Remedies are do-it-yourself beauty products that won't cost the earth.

BATH TIME-

Thyme Bath Bags - A refreshing herbal bath to soothe the skin and relax aching muscles.

Place dried thyme in an 8 inch square of cheesecloth. Add a few oats to soften the water. Tie with string and either hang from the tap as the water runs or let it bob about in the water.

SKIN CARE-

Sugar Cleanser - Soap your face well and add a handful of sugar to the lather. Massage in for a couple of minutes and rinse with warm water.

Cucumber skin tonic - Cut half a cucumber into chunks and liquidise. Strain it and you have a fresh and cool cucumber lotion. (This doesn't keep well so use up as soon as possible)

Banana Mask - Great for dry skin.

Mash and sieve half a ripe banana. Add 1tsp of honey and 2tsp cream. Mix and use!

HAIR CARE-

Lemon Hair rinse - Use diluted lemon juice in your final rinse when washing fair hair to increase shine, (1part lemon juice to 8 parts water).

Dry Hair Conditioner - For dry, damaged hair heat some oil (coconut, olive or castor oil) and massage into the scalp. Wrap your head in a warm towel and leave for half an hour. Wash off with a mild shampoo.

FREEZERS

The electricity used by your freezer accounts for a significant amount of CO2 emissions, but there are a few things you can do to keep these - and your bills - to a minimum. Defrosting regularly can make a real difference. Check guidelines from the manufacturer to ensure it is set to the correct temperature. Replace damaged door seals to prevent heat getting in. Lastly, site your freezer (and fridge) in a cool place, away from direct sunlight, cookers and boilers.

SAVE WATER

About one third of all water used in the home goes down the toilet. If you have a dual flush toilet, use the short flush where possible. A save-a-flush can save up to 1 litre of water per flush. It's easy to install in most cisterns and is available free of charge to our customers.

You can request a free save-a-flush device by visiting the Northumbria Water website on www.nwl.co.uk/domestic/bathroom.asp

FEELING STRESSED AND TIRED AFTER CHRISTMAS

Feeling tired? Have a relaxing mug - or two - of camomile tea, then place the cold teabags on your eyes to revive tired or puffy eyes.

NEWSLETTER

The Green Newsletter is printed on 100% recycled paper.

SPRING CLEANING

If like me, you like to start a New Year with a good old clean then this article will be right up your street.

There is a huge range of eco-products on the market but alternatively there are many household cleaners you can make yourself from everyday kitchen items and will save you some money in the process. Here are a few ideas to get you started.

Traditional cleaner: lemon juice

Surface cleaner, stain remover, deodorizer

Cut in half and leave in fridge to absorb smells.

Mix with salt to clean copper and brass.

Mix with water to whiten whites and brighten colours.

Price: Lemon 20p

Traditional Cleaner: Bicarbonate of soda

Deodorizer. When mixed with water produces an alkaline solution that dissolves dirt and grease.

Use dry to lift stains from carpets (e.g. red wine) and marks from surfaces.

Good for cleaning shower curtains.

Price: 48p per 200g

Malt vinegar

Surface cleaner, stain remover, descaler, cuts through grease, deodorizes and acts as mild disinfectant.

Dilute mix is good for **cleaning windows** (apply on scrunched-up newspaper).

Price: 44p/568 ml

Olive oil

Use sparingly as **furniture polish** and fingerprint remover for stainless steel.

Price: Organic own-brand £2.94/500 ml

KEEP YOUR PIPES FLOWING THIS WINTER

Here are some great tips to help avoid frozen and burst pipes during the cold weather spells.

- If you're going away this winter, try to leave your heating on at a low level to keep your home frost free.
- Make sure your pipes are properly insulated, inside and out.
- Make sure you know where your internal stopcock is and that it works. (The internal stopcock can usually be found under the kitchen sink.)
- If possible, set your heating to come on for short periods every day to help prevent pipes freezing.
- Beware of fire risks and never use a heater in the loft or attic.
- Check for draughts around windows and doors and insulate where possible.
- If you are going away from home and cannot take any of these steps, you should turn off your water supply at the internal stopcock and drain your pipes and tanks.
- If you are leaving your home empty over the winter, ask a neighbour or friend to visit your home regularly to turn your heating on and off or use the timer on your central heating system.
- Make sure all pipes and tanks in the loft are lagged. However, don't lag under the tank, as heat rising from your home will prevent this area freezing.
- Only lag pipes with material approved to British and European Standards, available from your local DIY or plumbing shop.

ON YER BIKE!!!

Did you eat one to many mince pies this Christmas?

Get out in the fresh air this weekend - go out for a cycle with friends or family, then treat yourself to a pub lunch.

To plan your route, including places of interest, use the online mapping facility at <http://www.sustrans.org.uk>