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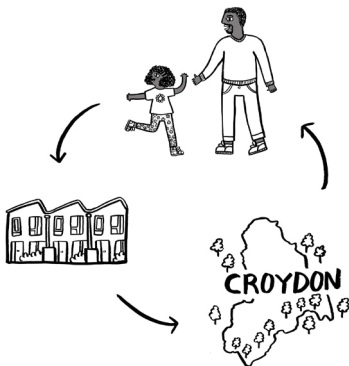


UPPER NORWOOD
SUSTAINABLE LIVING GUIDE

INTRODUCTION

We're a responsible developer with a desire to support our local community and the environment. We provide homes that encourage sustainable living.

We have collaborated with [Bioregional](#) using their One Planet Living framework to highlight green features within our homes, and promote sustainable ways of living.



This handy booklet uses the ten One Planet Living principles to explain how you can live more sustainably, and how this is better for you, your neighbours and the planet.

1. Travel & transport
2. Culture & community
3. Local economy
4. Health & happiness
5. Land & nature
6. Local & sustainable food
7. Zero waste
8. Sustainable water
9. Reduce carbon energy
10. Materials & products

TRAVEL & TRANSPORT

SUSTAINABLE TRAVEL

As a new resident, we encourage you to make sustainable travel decisions, walking, cycling or using public transport wherever possible.

Petrol and diesel engine cars rely on fossil fuels, emitting carbon dioxide and toxic greenhouse gases which contribute to global warming and air pollution.

Through our sustainable strategy, we aim to:

- reduce car dependence and the need for daily car use
- make it easy and attractive for people to walk and cycle
- promote car-sharing (including car clubs) and public transport
- promote low/zero-carbon vehicles including electric cars
- raise awareness of the impacts of, and promote alternatives to, air travel



WALKING & CYCLING

One in four car trips in the UK are under a mile. It takes just 15-20 minutes to walk this distance, or 3-4 minutes on a bicycle!

And there's no risk of delays from traffic or looking for parking, plus you'll save money on the cost of travel.

As importantly, you'll feel better for it - time spent walking or cycling improves mental wellbeing, and has been shown to reduce stress, anxiety and fatigue.

Health benefits of regular cycling and walking can include:

- Improved fitness levels
- Increased muscle strength and flexibility
- Improved joint mobility
- Strengthened bones
- Reduced stress levels, anxiety, and depression
- Decreased body fat level
- Prevention or management of disease

Journey Planning

The Mayor of London's Transport Strategy aims that, by 2041, 80% of all journeys in Greater London will be made by walking, cycling and public transport.

TfL's [Journey Planner](#) gives the best routes between stations, bus stops, places of interest, addresses or postcodes.

You can set the time you want to travel and whether you want to take the fastest route or the one with fewest changes or least walking involved.

You can also find out more information about accessibility at specific locations.

Cycle Routes

Further details of open and proposed TfL cycle routes, as well as Santander Cycle docking stations across London can be found via this [Interactive Cycle Map](#).

[Cycle Streets](#) is a UK-wide cycle journey planner, which lets you plan routes from A to B by bike. It is designed by cyclists, for cyclists, and caters for the needs of both confident and less confident cyclists.

Cycle to Work

Cycle to Work is a UK government initiative to promote healthier journeys to work and to reduce environmental pollution.

The scheme allows employees to obtain commuter bicycles and accessories through their employer, spreading costs over 12 months which is deducted from your salary before tax, helping to reduce costs. Further details can be found via these websites:

- [Cycle Scheme](#)
- [Bike 2 Work Scheme](#)
- [Evans Cycles](#)
- [Halfords](#)
- [Wiggle](#)

Cycle Storage

Secure cycle storage is located on the ground floor of each Brick By Brick development with visitor cycle parking provided outside each block. Please refer to your Welcome Pack for further details.

Local Cycle Repairs

- [Blue Door Bicycles, Crystal Palace](#)
- [Cadence Performance, Crystal Palace](#)
- [Giant, Crystal Palace](#)
- Find local free pump and repair stations here: www.cyclehoop.com/pumps/

PUBLIC TRANSPORT

Discounted travel options on different modes of public transport may be available.

See the [Transport for London \(TfL\) website](#) for details. Annual season tickets and discount railcards for public transport may also be cost effective

Trains to Central London

Gipsy Hill to London Victoria.....25mins
Crystal Place to London Victoria.....30mins
West Norwood to London Victoria.....30mins
Norwood Junction to London Bridge...12mins
Norwood Junction to St Pancras.....28mins
Crystal Palace to Shoreditch.....30mins
Norwood Junction to East Croydon.....4mins
Norwood Junction to Gatwick.....37mins
East Croydon to Brighton.....43mins

Local Buses

468 - South Croydon to Elephant & Castle
196- Norwood Junction to Elephant & Castle
249 - Clapham Common to Anerley
450 - West Croydon to Sydenham
410 - Beddington to Crystal Palace
322 - Clapham Common to Crystal Palace
157 - Morden Station to Crystal Palace
358 - Crystal Palace to Orpington
432 - Anerley to Brixton
N68 - Old Coulsdon to Tottenham Court Rd
X68 - West Croydon to Russell Square



ELECTRIC VEHICLE CHARGE POINTS (EVCP)

If you still need to own a car and drive for some of your journeys, you could consider switching to an electric vehicle.

Electric vehicles offer improved health and safety benefits, as well as being less polluting and better for the environment.

Many Brick By Brick developments include the provision of electric vehicle charging points (EVCP) for residents. Please refer to your Travel Welcome Pack.

[ZAP MAP](#) also provides live updates on charging points, their location, type and availability, helping you to find somewhere to charge when you're out and about.

CAR SHARING

Car sharing is another way to cut the carbon footprint of your commute and save money, as well as build community relationships.

Reducing the need for private and on-street parking also means spaces are available to those who need them most.

There are various online tools that can connect you with nearby drivers and sharers.

- [Lift Share](#)
- [BlaBlaCar](#)
- [GoCarShare](#)



CAR CLUBS

Car clubs are another great way to help cut the carbon footprint of your commute, reduce the stress of traffic and parking and save money.

There are car club spaces provided at many Brick By Brick schemes, check your Travel Welcome Pack for more information.

- [Ubeeqo](#)
- [Zipcar](#)
- [Hiyacar](#)

TAXI SERVICES

Taking a taxi for the occasional journey is better for the environment than owning your own car and can work out cheaper.

There are several taxi services within your local area which offer both long and short distance trips:

- [Croydon Cars Minicab, 0208 6864000](#)
- [Express Minicabs, 0208 6862777](#)
- [Crystal Cars, 0208 768 111](#)
- [Station Cars, 0208 659 9000](#)

Whilst we would recommend hiring a local taxi where possible, there are a number of online services available through your mobile app. Always check the taxi and driver's license before you travel.

- [Uber](#)
- [FreeNow](#)

CULTURE & COMMUNITY

Supporting local businesses, [volunteering](#) or joining a [local community group](#) all help to enrich your local area, making it a more welcoming place for you and others to live.

Keeping business local where possible reduces the impact on the environment through unnecessary travel and transport, and establishes friendly local relationships.

The Crystal Palace Triangle is a local cultural hub where you can find a wide variety of community groups, shops, services and amenities – we've pinned some of them on our [interactive map](#).



PLACES TO EXPLORE

Be a tourist in your own area – from parks to markets, there is plenty to discover and enjoy in Upper Norwood!

These and others are all located in our [interactive map](#).

Parks

- Norwood Park
- Upper Norwood Recreation Ground
- Westow Park
- Crystal Palace Park
- South Norwood Lake & Grounds
- Grangewood Park
- Spa Wood & The Lawns
- Beaulieu Heights
- Biggin Wood
- South Norwood Country Park
- Upper Dulwich Wood

Coffee Shops & Cafes

- Four Boroughs
- Roasted Bean
- Café St Germain
- Café Paradou
- Stanley Halls
- The Lakes Cafe

Local Shops & Amenities

- The Secret Garden, Garden Centre
- Crystal Palace Antique Centre
- Bookseller Crow on the Hill
- Sound Vinyl, Record Store
- The Store Cupboard, Crystal Palace

Restaurants

- Four Hundred Rabbits
- Mediterranea Pizzeria
- Mi Cocina Es Tuya
- Roti Brothers
- Urban Orient

Markets

- Crystal Palace Food Market
- West Norwood Feast
- Haynes Lane Market
- The Walkthrough
- South Norwood Market

Pubs & Bars

- Westow House
- The White Hart
- The Alma
- Varanda
- The Conquering Hero
- Gipsy Hill Taproom

CULTURAL RESOURCES

Public Libraries

- Upper Norwood Library
- West Norwood Library
- South Norwood Library
- Penge Library

Tool Libraries

- Crystal Palace Library of Things

EDUCATION & FAMILY SUPPORT

Schools & Colleges

- All Saints Cof E Primary School
- Downsview Primary School, Upper Norwood
- Harris City Academy, Crystal Palace

Childcare & Nursery Groups

- Ladybird Nursery, Anerley
- Alphabet Lanes Nursery, Gipsy Hill
- First Step Day Nursery, Upper Norwood
- Little Treasures Nursery, South Norwood
- Downsview Nursery School, Upper Norwood

SEN & Disability Support Groups

- [Croydon Council](#)

Community Centres

- Phoenix Community Centre , Crystal Palace

Family Centres

- Community Vision Children & Family Centre, Penge
- St Mary's Family Centre, Norwood

Adult Education Centres

- Bromley Adult Education College
- CALAT, Thornton Heath

VOLUNTEERING

Volunteering in your local community gives you the opportunity you to help others, nurture the environment, gain new skills and meet new people. To get started, please see some local organisations listed below:

- [Crystal Palace Community Development Trust](#) - Aiding poverty relief for people living in London Boroughs of Bromley, Croydon, Lambeth, Lewisham & Southwark by tackling unemployment, education and retraining.
- [The Conservation Volunteers](#) - Connect to nature and get active outdoors, find conservation volunteering opportunities through The Conservation Volunteers.
- [London Wildlife Trust](#) - Help to manage nature reserves across the capital (including Sydenham Hill Woods), and take practical action in your local area to help wildlife flourish and support national campaigns led by The Wildlife Trusts.
- [Crystal Palace Transition Town](#) - Help out CPTT at their local gardens where they grow and sell fruit and veg at the Crystal Palace Food Market every Saturday.
- [Age UK London](#) - More than 25,000 volunteers support over 130 local Age UKs to make every day a little brighter for older people. Volunteering opportunities include helping someone regain confidence after a fall to delivering meals for people with mobility issues.
- [Team London](#) - Find a volunteering role anywhere in Greater London through the GLA's website: <https://www.london.gov.uk/what-we-do/volunteering/search/>

LOCAL ECONOMY

SUSTAINABLE SHOPPING TIPS

1. **Shop local** - Buy items that have been sourced, made or harvested locally.
2. **Choose seasonal produce** - Seasonal produce is more likely to have been grown locally, avoiding the air-miles.
3. **Choose sustainable produce** - Choose products that have been responsibly sourced without the use of harmful chemical or pesticides. Consider buying Fair Trade items, from food to clothing.
4. **Reduce waste** - Avoid products that are excessively packaged, or packaged in materials that can't be recycled such as plastic.
5. **Bring your own shopping bag!**

SUPPORTING LOCAL SHOPS

By supporting local businesses you are putting money back into your local community, helping independent retailers and encouraging local employment.

Shopping local often mean your food has travelled fewer miles, saving on carbon emissions. It can save you money too!

“When you spend £100 at an independent business, £68 returns to the local community, compared with £43 if you buy from a national chain”¹

The Crystal Palace Triangle is the local cultural hub where you can find a wide variety of shops and amenities, as pinned on our interactive map, or check out [The Crystal Palace Local & Fair Shopping Guide](#).

For home deliveries from local businesses, refer to the [South & South East London Local Business Deliveries list](#).

HEALTH AND HAPPINESS

KEEPING ACTIVE

Staying active and exercising is proven to improve your physical and mental health.

“When you exercise, it increases endorphins, dopamine, adrenaline and endocannabinoid - these are all brain chemicals associated with feeling happy, feeling confident, feeling capable, feeling less anxiety and stress and even less physical pain.”¹

MENTAL WELLBEING

Keeping active and exercising is also great for your mental health.

If you require any support for your wellbeing you can talk to your local GP, or reach out to a mental health charity.

The organisation [MIND](#) provides advice and support to empower anyone experiencing a mental health problem.

1 Dr Kelly McGonigal

TACKLING LONELINESS

You can get involved as a volunteer or digital buddy at [Age UK](#), or contact [Re-engage](#), a charity that supports social connections for older people who live alone.

Age UK Croydon hosts [Tango Fit & Fun Dance Walks](#) through various Croydon nature beauty spots.



WHERE CAN I KEEP ACTIVE?

Upper Norwood has a good selection of parks and green spaces to go out and enjoy the great outdoors, as pinned on our [interactive map](#), and listed in our Culture and Community chapter.

There are plenty of gyms and yoga studios in the area too, offering a range of membership deals for a variety of fitness needs. Outdoor gyms are also a great way to get fit and get some fresh air.

The sports facilities at the Crystal Palace National Sports Centre in Crystal Palace Park are outstanding.

Gyms & Yoga studios

- The Yoga Edge
- Training Points
- Warrior Fitness London
- Crystal Palace Bootcamp
- Performance 360 London
- Meso Fitness Studios
- Stones Gym
- Crystal Palace Leisure Centre
- Fitness Renaissance

Outdoor Facilities

- Outdoor Gyms: Norwood Park, Valley Park, Norbury Park, Betts Park
- Tennis Courts to hire: Upper Norwood Recreation Ground
- Football Pitches to hire: Upper Norwood Recreation Ground
- Crystal Palace Skatepark
- South Norwood Cricket Ground

Sports Clubs

- MD Martial Arts Academy
- Foo Dog Martial Arts
- Crystal Palace Indoor Bowling Club

Exercising at home

There are an array of online platforms which offer free workouts from your home.

[The Body Coach TV](#) by Joe Wicks on YouTube is a good place to start!

FAMILY FUN

Local playspaces and family centres where you can find information on children's activities are listed below. Playspaces are also mapped on our [interactive map](#).

Playspaces

- Westow Park playground
- Salters Hill playground
- Dinosaur Park in Crystal Palace Park
- Crystal Palace Park playground
- Betts Park playground
- Palace Square playground

Family Centres/ Activities

- Community Vision Children & Family Centre, Penge
- St Mary's Family Centre, Norwood
- The Grove's Children Centre
- The Lakes Cafe, South Norwood Lakes & Grounds
- Stanley Halls Arts

LAND AND NATURE

You are lucky enough to be living in a verdant area of the city. There is an abundance of parks and green spaces nearby to enjoy and support.

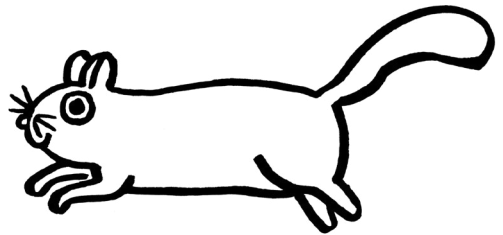
We are all part of nature and can improve the quality of our own lives and that of our local communities by:

- Taking opportunities to improve local habitats and biodiversity
- Maximising our access and connections to nature

Many BBB schemes feature communal gardens (refer to your Welcome Pack). Communal gardening is welcome where it is appropriately managed by residents, so please get in touch with your property manager if you're interested in gardening within communal areas.

“Since 1970 the planet’s wildlife populations have decreased by 68% and in the UK species abundance has decreased by 41%”¹

“Spending at least 120 minutes a week in nature is associated with good health and wellbeing”²



1 WWF (2020). Living Planet Report 2020 - Bending the curve of biodiversity loss. Almond R. E. A., Grooten M. and Petersen T. (Eds). WWF, Gland, Switzerland.
2 Sci Rep 9, 7730 (2019). <https://doi.org/10.1038/s41598-019-44097-3>

TRIPS TO NATURE

Spending time outdoors can quickly reduce anxiety and lift your mood. Find your local parks and green spaces, and reap the benefits of immersing yourself in nature.

Find out more about your local nature by walking with a social group, such as Croydon Walks, [Croydon Ramblers](#), or [Walking for Health](#).

Find a local nature reserve near you using [London Wildlife Trust's website](#).

Did you know South East London is home to the Great North Wood¹, an ancient fragmented woodland which is still home to a vast array of species?

Local sites include Biggin Wood, Grangewood Park, Dulwich & Sydenham Hill Woods and Spa Wood (which won the L&TWA [Community Woodland Award](#) 2020).

Find out more about the Friends of Spa Wood on [Facebook](#).

Read more about landscapes on your doorstep by visiting The London Wildlife Trust's [London's Living Landscape initiative](#).

BRING NATURE INDOORS

Replicating your experience of nature indoors can offer wellbeing benefits, such as listening to natural sound tracks, and cultivating indoor plants.

Consider which indoor plants suit your home by reading guidance from the [RHS](#) before you buy, and visit your local garden centre [The Secret Garden](#) to stock up on a great range of plants.

BEE WILDLIFE FRIENDLY

Whether you have a garden, communal space or a balcony, they all offer opportunities to create habitats and enjoy watching fauna and flora thrive.

Planting for pollinators and creating bug hotels can be fun activities for all ages.

Learn how to create a special habitat for Butterflies, even just in a window box or balcony using The Wildlife Trust's [Wild About Gardens](#) guides.

To welcome worms into your garden, and put your food waste to good use, read The Wildlife Trust's [Go Wild For Worms](#) Guide.

Would you like to learn more about local fungi or bats? The Friends of Stambourne Woods is an award winning organisation improving access and diversity of a pocket of urban ancient woodland, named the best Community Woodland Project at the London Trees and Woodlands Awards 2019.²



1 <https://www.wildlondon.org.uk/great-north-wood>

2 [Woodland nature group named best in London - Newsroom](#)

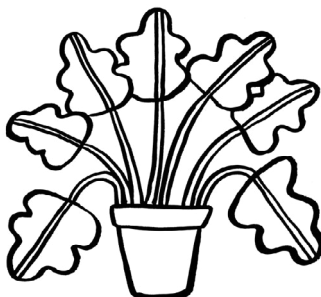
LOCAL & SUSTAINABLE FOOD

REDUCE YOUR FOOD MILES

By sourcing your food locally or growing it yourself, you can significantly reduce your 'food miles'. Many products purchased in supermarkets have travelled over 1500 miles before they reach the plate. By cutting down on these miles, you are reducing fuel consumption, air pollution, shipping, packing facilities and energy on refrigeration.

FOOD CO-OPERATIVES

Find local not-for-profit food producers and suppliers, supporting community wealth building and low impact food production. The charity [Sustain](#) can signpost you to local resources and provide more information on the topic.



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GROW YOUR OWN

Many BBB schemes feature communal gardens (refer to your Welcome Pack). It may be possible to establish an allotment where it is appropriately managed by residents, please get in touch with your property manager to explore this.

Whether you have a garden, balcony, window boxes or a spare window sill indoors you can grow some of your own food, such as herbs or tomatoes. Start with easy to grow items that you enjoy eating. You can register your growing space and join London'd food growing network at [Capital Growth](#).

Find advice on growing food from the [Royal Horticultural Society](#).

FRUIT & VEG BOXES

Sign up to a weekly vegetable delivery scheme. In-season produce is picked and packed using little or no plastic, and delivered to your doorstep. Good suppliers include:

[Riverford](#)

[Abel & Cole](#)

[Oddbox](#)

WORKSHOPS & TRAINING

Join a free local training session to hone your gardening skills:

[Urban Growth](#)

[Capital Growth](#)

FIND AN ALLOTMENT

[London Borough of Croydon](#)

[Bromley Parks](#)

[London Borough of Lewisham](#)

[London Borough of Southwark](#)

[London Borough of Lambeth](#)

Find lots of advice on edible gardening and managing your allotment online [here](#)

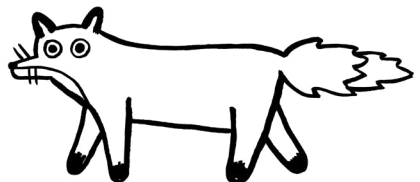
ZERO WASTE

Reducing waste is an important way to protect our natural resources, minimise the energy used to process waste, and create less landfill.

Food production, goods manufacturing, transportation and storage contribute to greenhouse gas emissions and costs that are passed on to us all.

Making careful decisions about what we buy and trying to reduce, re-use and recycle waste can have a big impact on our carbon footprint, as well as save you money!

The following page outlines useful tips to tackle the three 'Rs' - reduce, re-use, recycle.



REDUCE WASTE

Reduce consumption

Choose longer-lasting products. Paying for quality reduces waste and can be a much better investment.

Share and borrow. There are lots of apps that promote sharing tools and appliances which cuts down on clutter, is more affordable, brings people together and is kinder to the planet. [The Library of Things](#) is your local hub for this, allowing residents to borrow hundreds of household items.

Reduce packaging

Buy items with less packaging, for example loose fruit and vegetables – or take your own reusable bags. Visit your local zero waste stores [The Store Cupboard](#) and [La Amazonas](#) to stock up on groceries.

Pack snacks and lunch at home in reusable containers instead of buying packaged food.

Use refillable bottles for water, and say no to plastic bottles, straws and disposable cutlery.

Reduce food waste

Throwing away food is wasteful and bad for the environment. Research shows that the average household could save £50 a month by throwing away less food.

There are lots of ways to make sure you use your shopping efficiently, such as batch cooking and freezing. [Love Food Hate Waste](#) has lots of fantastic recipes, tips and ideas about how to make your weekly food shop go further.

If you have a garden, you can save vegetable and fruit peelings to make your own compost, which is great for feeding the soil!

RE-USE WHERE POSSIBLE

After reducing waste, reusing is the next most important step. Often items can be reused by somebody else, reused in a different way or repaired, for example:

Reuse food containers or reusable waxed wrappers to store food instead of using cling film

Buy liquids and dry goods in refillable cartons that you can use again

Use a reusable water bottle to avoid buying plastic bottles

Use a reusable shopping bag to avoid using plastic bags

Ice cream and take away tubs make a great lunch boxes and freezer storage boxes

Refills can often be purchased for household items like washing powder, soap and washing up liquid. Visit your local no waste shops [Roots & Cycles](#), or sign-up to a service such as [Good Club](#) which minimises packaging

Old clothes and bedding can be used for dusters and cleaning cloths

See what you can buy second hand, at charity shops or online

RECYCLE

Croydon Council collect an extensive range of items that they then recycle. Download and print their [handy guide](#) to what goes in your recycling bins. Make sure to rinse all containers and remove lids before recycling.

Any items that cannot be collected to be recycled should be taken to one of Croydon's recycling centres:

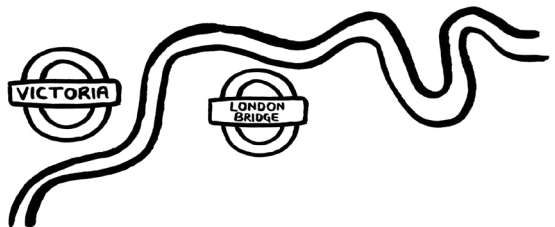
- Factory Lane, West Croydon CRO 3RL
- Fishers Farm, North Downs Road, New Addington, CRO 0LB

SUSTAINABLE WATER

WATER: A SCARCE RESOURCE

You may be surprised to hear London is a water-stressed region with less rainfall per person than Sudan. The city's consumption of water outstrips available supplies in dry years.

In 2018, the Environmental Agency stated that if we do not increase water supply, reduce demand and cut down on waste there may be serious water shortages by 2050.



REDUCE WATER CONSUMPTION

Here we have listed ideas on how to reduce your water consumption:



Take shorter showers and install water saving devices

On average, a shower uses 10 litres of water a minute. That means a 10-minute shower can use 100 litres of water. If a family of four reduced their shower time by just one minute, they could save £45 on metered water bills, up to £52 on energy bills, and as much as 11,648 litres of water a year.

Why not take the four-minute shower challenge with [Thames Water's free shower timer?](#)

Turn off taps

A running tap can use six litres of water a minute. You can save water by turning off taps when not in use, for example when you're doing the washing up, scrubbing your hands or brushing your teeth.

Track your water use

Try the [Thames Water water-saving calculator](#) to see if having a water meter could save you water, energy and money. By using your own water meter you can see how much you are using, and save money on your bills. Request one [here](#).

Rainwater harvesting

Collecting rainwater is a great way of reducing your water consumption. One way of doing this is connecting a water butt to a rainwater pipe in your garden to harvest rainwater from your roof. Use your water butt to water your plants or clean your bicycle/ car.

Maximise soft landscaping in your outdoor spaces

To help reduce surface water flooding you can plant up outdoor areas with soft landscaping, such as planting beds which allow water to drain into the soil. This helps avoid water pooling on hard surfaces such as paving or tarmac, slows water flow and can reduce flooding.

REDUCE CARBON ENERGY

A BRICK BY BRICK HOME

Our homes have a number of features designed to minimise their impact on the planet. They are well-insulated to minimise energy loss, and include MHVR units to help ensure efficient handling of air and heat. Many of our homes have solar panels and other renewable energy sources. We use timber frame construction and green roofs where suitable, and our homes have a number of features which aim to reduce water and energy consumption and encourage recycling the efficient use of resources.

Please refer to your Operations & Maintenance manual for MVHR guidance on how to use it most efficiently.



REDUCE FUEL CONSUMPTION

There are a number of simple steps that you can take to reduce your fuel consumption and reduce your bills:

Walk or cycle rather than driving

Switch off lights when you leave rooms

Do not keep electrical items on standby

Unplug electronics from ports overnight

Turning your thermostat down by 1degree will cut your bills by 10%

Use the eco cycle on your washing machine and wash at 30degrees whenever possible

Only boil as much water as you need

Turn radiators off in rooms not in use

Green Energy Suppliers

Your home is already set up with a green energy supplier, [Octopus Energy](#). If you wish to switch your green energy supplier, be aware not all are 100% renewable energy suppliers.

MATERIALS & PRODUCTS

Below is a list of simple eco-friendly swaps to make your home more sustainable and reduce your consumption of the earth's natural resources.

TEA

Many popular brands seal their tea bags with plastic. Switching to loose leaf tea and a drainer will enhance the taste of your tea, is better for the environment and can save you money. Alternatively you can find eco-friendly plastic free biodegradable tea bags.

PLANT BASED CLEANING PRODUCTS

We often take for granted that we need harsh, toxic ingredients to kill bacteria and cut through the daily build up of grease and grime. However, using chemical cleaning products can do more harm than good, both for the environment and for us. There are plenty of non-toxic alternatives that work just as well and are readily available. If you switch your regular cleaning products to these you will enjoy a sparkling home that doesn't come at a cost to the planet.

WATER BOTTLES

Cutting out single use plastics wherever possible is a big step to reducing plastic consumption. A reusable water bottle can cut out the need for single use plastic water bottles. Find your nearest free refill location on the move [here.](#)

COMPOSTABLE BIN BAGS

100% biodegradable bin bags decompose in three months as opposed their plastic counterpart that can take up to hundreds of years. They work well for kitchens, bathrooms and other household waste.

FABRIC SHOPPING BAGS

By looking after and reusing a fabric bag for many years you can significantly reduce the amount of plastic you consume. (Or arrange for your food and household supplies to be delivered to your door without the need for any bags!)