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# IT'S YOUR FUTURE

Spring 2006



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Dear Supporter

Welcome to Action for Sustainable Living's Spring Newsletter, our quarterly digest of news, views and gossip on the sustainability front.

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## New Offices for AfSL

Action for Sustainable Living has moved to new offices - our new mailing address is:

St Wilfrid's Enterprise Centre  
Royce Road  
Hulme  
Manchester M15 5BJ

## Did You Know?

**Every tonne of glass** that is recycled saves over one tonne of raw materials (like sand and limestone) used in the manufacture of glass, which means less quarrying, less transport, less pollution and **less green house gas emissions**. (*Every Little Bit Helps – Are You Doing Our Bit? DETR leaflet*)

**8600 independent grocery stores (25%) closed between 2000 and 2005**. (*Institute of Grocery Distribution quoted in Local Works – Campaign for the Sustainable Communities Bill, Summer 2005*) So, shop local and adopt a 'one-shop' policy by not using shops that are part of a chain.

The PVC used in double glazing is **a most environmentally hostile plastic**, it takes eight tonnes of crude oil to produce one tonne, it's hard to recycle and can't be incinerated because **it releases carcinogens**, and it only lasts twenty years (wood can last a century). (*Death by Plastic – Evening Standard, 1<sup>st</sup> March 2006*)

The impact of travelling one mile by car is **3 times higher** than travelling the same distance by train; the impact of using a bicycle is **40 times less** than the impact of using a car; **walking has no eco footprint at all** (*The Eco Footprint of York – Stockholm Environment Institute*)

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## SUST Success

**Sustainable Urban Styles Today, a showcase event of eco and ethical fashion organized by AfSL, proved to be a fantastic success**. Held at Bridgewater Hall on April 4th the show included outfits from local designers, fashion students, schools and community groups along with displays from ethical retailers.

**Four hundred people attended, filling the venue to capacity** – the show was so popular some people who had hoped to buy tickets on the door couldn't get in! With ethical fashion increasingly in the news SUST provided a common ground for people an interest in fashion and people with an interest in the environment. **The diversity of people gave the show a unique atmosphere and a real buzz** .



'brand new second hand' outfits for themselves.

**Schools, colleges and community groups contributed their time to designing and producing outfits for the catwalk**. A selection of stalls at the event gave people the opportunity to browse and buy ethical clothing and products from local designers. **It was an opportunity to find out what options are available when it comes to sustainable fashion;** fair trade, organic, reconditioned and sustainably produced materials. A 'Clothing Amnesty' brought the idea of a 'clothes swap' to a new level, with those attending contributing items they no longer wanted and choosing

AfSL staff and directors came up with the original vision of the SUST fashion show, but AfSL volunteers made it happen. Without the AfSL volunteers, the show would never have been able to go ahead. **We'd like to offer a big thank you and an even bigger CONGRATULATIONS to all our volunteers.**



Thanks also to all the stall holders, companies and organisations that contributed. And a special thanks to the Bodyshop who volunteered make-up and make-up artists and Mancat for volunteer hairstylists,

**SUST proved that eco and ethical clothing is a fashionable and sustainable alternative to mainstream clothing** and showed

AfSL at the forefront of a wave of change that has brought ideas of sustainability to the high street and high fashion alike. The event showed the fantastic potential of volunteer community led action.



We are holding a **SUST Volunteer Party** to say thanks to all those involved on Wednesday 31<sup>st</sup> May where we will be **showcasing the SUST DVD.**

There are even bigger and better plans for next year's Sustainable Fashion and Arts Extravaganza - to get involved contact [SUST@afsl.org.uk](mailto:SUST@afsl.org.uk)



## Getting Drastic with Plastic

Just got rid of all that Easter Egg packaging? Well, you're not alone. **UK households generate a staggering thirty million tonnes of rubbish a year, of which sixty per cent comes from packaging.** Plastic waste weighs in at three million tonnes (almost exactly the amount we produce each year), fifty-six per cent of which comes from packaging and three quarters of which originates from our homes. Shrink-wraps, cellophane and plastic bags all seem indispensable to our modern life styles and most of it goes straight in the bin. **Only seven per cent of all plastic waste is currently recycled.**

It is easy to understand the attraction of plastic to manufacturers and retailers alike. There are around fifty types of plastic with hundreds of different varieties. It is an extremely versatile product (as light and flexible as cling film or as tough as a hang glider), durable, resistant to moisture, chemicals and decay, and relatively inexpensive to produce. Hardly surprising, then, that **we use twenty times more plastic today than we did fifty years ago** (or that consumption is growing by four per cent every year in Western Europe).

Plastic is everywhere and we hardly give it a second glance. Supporters argue that it requires less energy than comparable materials to produce and, because it is generally lighter and easier to store, less fuel is consumed during transportation. It has even been suggested that its resistance to

degradation helps to stabilise landfill tips and release them for house building earlier than might otherwise have been the case!

## Problematic Production

Its production, however, requires oil and gas (fossil fuels that generate green house gases). Worldwide plastic manufacture consumes eight per cent of world oil production. And that's just making the stuff, it doesn't include the cost of recycling and wider environmental damage (it has been estimated, for example, that **almost every sea bird in the world has plastic inside it** – one fulmar found in Belgium contained 1603 separate pieces, while another from Denmark had 20.6 grams in its stomach).

Plastic manufacture also uses other resources, such as land and water, and produces its own waste and emissions. Potentially harmful chemicals are used as stabilisers and colorants, many of which have not undergone full environmental risk assessments; and neither is their impact on humans fully understood. **PVC, for example, is seen as a most environmentally hostile plastic because it is hard to recycle and cannot be incinerated because it releases carcinogens.** Unlike wooden windows, that can last a century, the average life of a PVC window is twenty years. PVC is cheaper, however, and the impact of regulations requiring homeowners to install double-glazing when replacing windows inevitably means that plastic is chosen by many, if not the majority.

**Most plastics are non-degradable** (even those that *are* degradable need the right conditions to do so effectively). Because the technology is a relatively recent phenomenon, no one knows exactly how long the material will take to finally break down, but it could be hundreds of years. Most waste doesn't even find its way to landfill sites, ending up instead in hedgerows, rivers and parks; places where individuals accept little responsibility for dropping or clearing it up.

**In short, plastic is convenient and saves time in busy lives, but it has serious downsides in terms of energy consumption, pollution and problems of disposal.**

### So what can we do?

Like many of the challenges we face today, the answer lies not in the promise of some technological fix that will allow us continue with our throw away culture, but in embracing changes to the way we choose to live our lives: ones that will ultimately make them sustainable. Those changes can be summed up by **Reduce, Reuse, Recycle**. Recycling is good, but much more expensive than reusing and reducing. Reuse is better, reduce is best of all!

For a start, with packaging accounting for such a significant proportion of plastic production, it makes sense to try and reduce the amount we personally consume. **Take bags (preferably made out of organic materials) with you when you go shopping.** Avoid heavily packaged items. Patronise stores that provide paper bags for fruit and vegetables; if they are not available make a point of telling staff that you would prefer to have this option and why – while you're about it ask what the company's policy is regarding transporting and displaying food (most supermarkets, for example, now use returnable plastic crates, but not all). Buy items that can be stored – washing up liquids, etc. – in larger quantities, which reduces the amount of packaging. Little things maybe, but **if we all did them the impact would be huge** and, reviewing your shopping habits in this way, will suggest other steps that you can take to reduce the amount of plastic (and other forms of packaging) that you throw away without even being aware of it.

**Reusing plastic bottles is preferable to buying new ones** (drinking tap water seems to be infra dig at present, even though it is better regulated than most of the bottled stuff on the supermarket shelves). When you have finished with a plastic item, make sure it is recycled. At present, only an estimated fifteen per cent of UK households have access to kerbside collections and that usually only for bottles. Find out where collection points for other types of plastic are located and press your local council to provide better amenities (which they are increasingly obliged to do under EU regulations).

There has been a lot of publicity recently about waste that has been put out for recycling ending up in landfill sites. It is also clear that an increasing amount is being shipped to China (it apparently makes economic sense to fill up the containers that are arriving daily at Britain's ports full of cheap imports – many made out of plastic – with rubbish, rather than send them back empty) where it is sorted by the lowest of paid workers with little concern for health or environmental impact. Up to a third of our waste paper and plastics are currently being exported in this way, a practice that is putting our own recycling

industry under immense pressure, forcing some plants to close down because they can no longer compete.

In a global economy it is no longer sufficient to say we pay our taxes and it is therefore the Council's/Government's responsibility what happens to **our** rubbish once it leaves our homes. They often don't know! **We should be asking our local officials and councillors at every opportunity to reassure us that any recycling programmes they run are delivering effectively.** That means tracing waste down the chain to its ultimate destination.

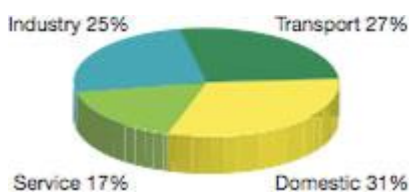
Transparency is not just a feature of plastics. It should inform the whole waste management industry.

### Further info

[Emerge Recycling](#) now offer plastic bottle recycling as part of their kerbside recycling scheme in parts of Manchester.

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## Save Energy with Sol Heat



**AfSL affiliate Sol Heat design and install domestic micro-generation systems**

**Our homes are the largest consumers of energy**, consuming 31% of the total energy consumed in the country. Domestic micro-generation - generating power at home from renewable resources – is one way we can reduce our carbon emissions.

**And there are other good reasons to think about domestic micro-generation. Over the last year there have been steep increases in the price of gas for domestic users, and wholesale gas prices have risen by over 70% since September. With 40% of the UK's electricity supply derived from gas powered power stations increases in the price of gas also drive up the price of electricity. And with the UK's own reserves of natural gas declining 7-8% annually, over the coming years we will come to rely on importing gas from dwindling world reserves more and more .**

**So if reducing your carbon emissions isn't motivation enough, financial savings and a secure energy supply for your home are other good reasons to invest.**

**Not only that but with AfSL affiliate Sol Heat you can get a 5% discount and benefit AfSL at the same time. AfSL will receive a payment from Sol Heat if you become a customer.**

**Stockport based Sol Heat design and install solar water heating systems and heat pumps.**

It might not seem like it on a rainy day in Manchester but even in the UK you can harvest solar energy and **reduce your water heating costs by up to 70% over the course of a year** ,, regardless of your existing heating system. Sol Heat's domestic systems can reduce carbon dioxide emissions by over one tonne per year.

Sol Heat offer a free survey and design service to assess the best renewable energy solution for your home. Sol Heat also supply tailor made kits for people wishing to install their own solar water heating systems.



For further details visit [Sol Heat's site](#) give them a call on **0161 612 9491** or drop them an email at [customerservices@SolHeat.co.uk](mailto:customerservices@SolHeat.co.uk)

**To get a 5% discount and benefit AfSL, quote reference AfSL1 when enquiring**

**Grants are available** to households that meet certain criteria – guidance notes are available [here](#) and application forms are available [here](#)

While AfSL believes the organisation to be a "green" option, it is your responsibility to check that the service is what you require. Your contract will not be with AfSL. We do however welcome your feedback on these organisations and their services.

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## Britain starts eating the planet on Sunday 16 April each year

### New research reveals Britain's rising global dependence as the nation goes into ecological debt on Easter Sunday.

The New Economic Foundation's *UK Interdependence report* reveals that on Sunday 16 April the UK in effect stops relying on its own natural resources to support itself and starts to 'live off' the rest of the world. At current UK levels of consumption our 'ecological debt day' – **the day we begin living beyond our environmental means** – falls only a third of the way through the year and has crept ever earlier over the last four decades. In 1961 it was 9 July, advancing to 14 May in 1981.

The world as a whole is also now living beyond the capacity of its ecosystems to regenerate and goes into ecological debt on 23 October, causing long-term environmental degradation. **By 2050 we will need the equivalent of 3 planets to support our lifestyle.**

**The New Economics Foundation's 'Ecological Debt Day Calendar'** shows the days in a typical calendar year when, in effect, a range of countries stop relying on their own natural resources, and start to live off the rest of the world. You can download a copy [here](#).

We can reduce our burden on the rest of the world by sourcing as much of what we consume as possible from local producers and ensuring that products imported from further a-field have been produced in as fair and sustainable way as possible.

### Local Eating for Global Change

For one year, two Canadian activists vowed they would buy or gather their food and drink from within 100 miles of their home and the **100 Mile Diet** was born. Since then dozens of individuals and grassroots groups have launched their own 100-Mile Diets and their [website](#) has become a locus for turning the idea into a movement.

**Manchester's Farmer's Market** provides a great range of fresh local produce. The market is held at Piccadilly Gardens on the second and fourth Friday and Saturday of each month, 10am - 6pm

Another great way of 'eating local' is to **join a box scheme**, where local, seasonal produce (often organic) is delivered to your front door. And because suppliers can deliver to a multiple customers at one time, **box schemes reduce the number of 'food miles'** so helping to reduce the amount of carbon emissions its taken for food to get from field to your plate.

**There are a number of box schemes servicing Manchester** - such as

<http://www.northernchoice.co.uk/>  
<http://www.everybodyorganic.com/>  
<http://www.northernharvest.co.uk/>  
<http://www.abel-cole.co.uk/>

### Further Info

Enter your address at <http://www.bigbarn.co.uk/> to find locally produced food.

The Open University's Interdependence Day project seeks to provoke new dialogues about the complexity of our interconnected world through collaboration between researchers, publics, artists, NGO's and the media. <http://www.interdependenceday.co.uk/>

Home of the 100 mile diet <http://www.100milediet.org/home/>

For a summary of the New Economics Foundation *UK Interdependence* report see <http://www.neweconomics.org/gen/Britainstartseatingtheplanet160406.aspx>

## Permaculture Summer Programme

Book Now!

12 days during June and July in Hulme

- Improve spaces around you
- Be self-reliant
- Access healthy local food
- Save energy
- Reduce greenhouse gasses

The internationally recognised 72 Hour Permaculture Design Course, certified by the [UK Permaculture Association](#). At Hulme Hall, Rolls Crescent next to the Garden Centre.

The course will equip participants with core permaculture design skills, and will include a practical design project on a local space in the area.

- Outdoor activities - growing food and wildlife studies
- Visits - [Glebelands](#) organic market garden, Sale, plus a weekend away to [Growing With Grace](#) organic market garden and [Middlewood Permaculture Trust](#) in Lancashire
- Sessions - trees, soil and compost, water, renewable energy, low impact building, eco-footprinting, food enterprise, box schemes, personal development, thinking and learning skills

Facilitated by Julia Frankel and Rob Squires, who are both local, experienced permaculture activists and teachers. Plus there will be a variety of guest speakers and teachers.



Mon 12/06, Thu 15/06, Fri 16/06  
Mon 19/06, Fri 23/06  
Mon 26/06, Thu 29/06, Sat 01/07, Sun 02/07  
Mon 03/07, Fri 07/07, Sat 08/07

£20 - £40 according to income

For more information or to book yourself on the course, email [Julia](#) or phone her on 07940 350 448.

Please help promote the course by downloading and distributing copies of the programme [flier](#) and [poster](#). Project funded by [Community Chest](#) and supported by AfSL

A vibrant poster for the Permaculture Summer Programme. The top half shows three people working in a garden. The bottom half shows a person looking at a large sheet of paper with a permaculture design. The text is bold and colorful, with a mix of orange, green, and purple. It includes the title 'Permaculture Summer PROGRAMME', the dates '12 days during June &amp; July in Hulme', a list of benefits, contact information for Julia (email: erlichda@hotmail.com, phone: 07940 350 448), and the website www.afsl.org.uk. Logos for VAM and Community Chest are at the bottom.



## Greener driving

Greener driving? A contradiction in terms surely? But however green we are most of us need to drive at one time or another and while it's always greener to leave the car at home when we do drive a few simple techniques can help us cut our fuel consumption. **By some estimates drivers can cut fuel use by nearly a third.**

Modern family vehicles are as powerful as the 1960s Monte Carlo rally cars and new car efficiency ratings are based on model driving.

### 10 Top tips

#### (or 10 'Pokes in Jeremy Clarkson's Eye')

- 1 Check your revs - change up gear before 2,500rpm (petrol) and 2,000rpm (diesel).
- 2 Slow down! Especially on motorways - fuel efficiency decreases rapidly after 60 miles an hour. Driving at 80mph rather than 70mph uses 10-15% more fuel.
- 3 Anticipate road conditions and drive smoothly, avoiding sharp acceleration and heavy braking. The less you've got your foot on the accelerator, the less fuel you use
- 4 Check your tyre pressure regularly - under-inflated tyres are dangerous and can increase fuel consumption by up to 3%
- 5 If you're stuck in a jam or even stuck at lights, switch off – cutting the engine will save fuel and stop emissions.
- 6 Use air conditioning sparingly as it significantly increases fuel consumption.
- 7 Drive away immediately when starting from cold - idling to heat the engine wastes fuel and causes rapid engine wear.
- 8 Remove roof rack when not in use – they increase drag significantly.
9. Avoid short journeys - a cold engine uses almost twice as much fuel and catalytic converters can take five miles to become effective.
- 10 Plan your journeys - to avoid congestion, roadworks and getting lost.

**Are you a green driver? Find out with the [Observer's Green Driver quiz](#)**

**Read about one journalist's [lesson in eco-driving](#)**

The [Energy Saving Trust](#) provides information to individuals and businesses about how to increase fuel efficiency.

And while we are on the subject of cars you'll be pleased to know that 2006 will be the last year for the Hummer H1, the hulking, gas-guzzling status symbol despised by environmentalists everywhere, has, mercifully, been discontinued.

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## Plenty more Fish in the Sea?

For most of human history the fish of the sea has been regarded as a limitless resource. However, since the advent of modern, industrial scale fishing, fish stocks, like all our natural resources, have come under intense pressure. The Food and Agriculture Organisation reports that nearly **70% of the world's fish stocks are now fully fished, over-fished, or depleted.** 40 of the 60 main commercial fish stocks in the Northeast Atlantic are outside safe biological limits, or heavily overfished. In the North Sea many once common species such as cod, haddock, skate and plaice are now overfished and in the case of cod, stocks are on the verge of commercial collapse, whilst common skate is virtually extinct.

As stocks decline fishermen are moving into deeper waters in search of new sources and in some cases this has resulted in the destruction of unique habitats and overfishing of species we know nothing or very little about. .

Many of the world's poorest people depend on fish for their survival. **Approximately 1 billion people depend on fish for their main source of animal protein** whilst the diets of 2.6 billion people depend on fish to some extent. World wide 200 million people earn all or part of their income for fishing. .



For those of us who eat fish **we can contribute to the sustainability of global fisheries by demanding that the fish we eat is from sustainably managed stocks and that the way in which it is caught or farmed causes minimum damage to the marine environment.**

The labelling of fish (for whole fish and fillets) with information on the species' common name, area of capture and method of production i.e. whether wild and caught at sea, or farmed, is now required by law throughout the EU., and should appear on the packaging. However, no information relating to the method or the state of the stock from which the species is derived is yet required. Recently, organic standards have been developed for farmed fish in the UK by the Soil Association and Organic Food Federation with accredited products marked on their packaging. The RSPCA also accredits certain farmed fish with it's 'Freedom Food' symbol which covers standards affecting all aspects of animal welfare.

**The Marine Conservation Society provides lists of those fish you can eat without compromising sustainability and those we should avoid.** A pocket 'Good Fish guide' can be downloaded from their web site [here](#).

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## Volunteer Profile – Amy

Volunteers are an important part of AfSL and its future. AfSL could not exist and fulfil its purposes without its volunteers and staff and volunteers work in partnership so that we can all achieve more. Starting with this edition of the Newsletter we will be celebrating our volunteers by profiling some of those who volunteer their time to Action for Sustainable Living.

**Amy became a volunteer at our allotment in Chorlton last year after attending an Introduction to Permaculture course run by AfSL.** She and the other two keyholders Josh and Matt can be found there on Sundays from around midday supervising a team of volunteers practising permaculture and working towards creating a forest garden feel to the site. After a couple of hours of work the team usually end up in a local pub for a drink.

The allotment has a small communal space and has played host to several events including a celebration of the Spring Equinox and a performance of a touring production of The Vagina Monologues, directed by Amy who works in theatre, as part of International Women's Week.

The allotment would not have come this far without the volunteers and new ones are always welcome (no gardening experience required) whether you can offer the odd hour of digging or a more regular commitment. Amy can be contacted at [tanfelinwen@hotmail.co.uk](mailto:tanfelinwen@hotmail.co.uk) with any allotment volunteering queries, if you want to suggest possible future events or if you have any ideas about local community groups you think might like to become involved.

For those interested in learning more about permaculture AfSL are delivering a [Summer Permaculture Programme](#) starting this June

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## Hulme Energy Conservation Area

Manchester City Council have declared **Hulme & Moss Side an 'Energy Conservation Area'**. In partnership with [AfSL action group HEAT](#) and other local groups, they are planning a range of programmes to **promote energy efficiency in schools, community centres, churches and among local residents** – with the aim of making the wards 'fuel poverty proof'. MCC want to encourage private home-owners to insulate through grant support, as well as developing social housing investment schemes to help insulate council properties. They are also carrying out a survey of CO2 emissions from 'new-build' houses in Hulme.

There are 7,000 properties in Hulme, of which around 2,000 are council managed. The population of Hulme, as measured in the 2001 Census, was 10,449, with 44% students and a large number of ethnic groups. This variety of circumstances means all energy campaigns have to be community wide, and show an understanding of the diversity of individuals and living situations in Hulme. **HEAT is a great opportunity for a community focus to be applied to a campaign that incorporating all members of the Hulme community.** Manchester City Council sees "great strength in Community Lead awareness raising".

## Hulme Green Spaces

**Friends of Birley Fields (FOBF) are campaigning against a new Council proposal which contravenes policies for sustainability, community engagement and consultation**, as well as the recently launched [Manchester Green City campaign](#)

Locals believe the proposal is inappropriate, since it includes budget hotels, car showrooms, offices and housing, and Birley Fields already contains office blocks, which have lain empty for years. In addition, there are no provisions for reductions in transport, energy use, CO<sub>2</sub> emissions or climate change. **MP for South Manchester, Tony Lloyd, agrees with these views.** FOBF's critical review of the proposal can be obtained from [www.hulme-residents-manchester.co.uk](http://www.hulme-residents-manchester.co.uk).

FOBF prefer alternative uses for the land including:

- affordable eco-housing;
- green, open space / city farm /allotments;
- local shops, small businesses and recycling.

**This would benefit Hulme by creating a greener environment, providing local jobs, and reducing use of cars and other polluting forms of transport.** Incorporating 'green' technologies in new buildings, would save energy and reduce CO<sub>2</sub>. In addition local and social enterprise would benefit the community economy, rather than big business such as retail, hotels and car dealers.

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## Sustainable Consumption Report

According to the **Sustainable Consumption Roundtable** report – **I will if you will** – Britain already boasts a select range of sustainability success stories, which are down to a positive lead from business and government. These include: sustainable wood products, fair trade coffee, dolphin-friendly tuna, energy-efficient fridge freezers, washing machines and dishwashers.

To make these work across the economy, **Government and business must get radical solutions into consumers' lives.** Instead of waiting on consumers to make decisions on complicated environmental problems, Government and business must do it for them.

The report specifies that Government should:

- Unite with business to get the most damaging products out of the shops, and replace them with environmental products, e.g.
  - TV and set-top boxes which use massively less power when on standby
  - Affordable hybrid cars
  - Alternative fish species to Britain's much-loved, but hugely over-fished, cod
- Give consumers up-to-date energy information, so they can manage their energy use, by getting smart meters into every home by 2012
- Take the lead and make all schools and hospitals carbon-neutral by 2015
- Automatically give travellers the option to carbon offset their flights, to demonstrate the environmental impact of flying
- Develop a working economic model to track the links between national income, consumption growth and resources, by 2008

The Sustainable Consumption Roundtable is a joint initiative from the **National Consumer Council** and **Sustainable Development Commission**. The Sustainable Development Commission is the Government's independent watchdog on sustainable development.

Read the report [here](#)

Have your say on consumption [here](#)

## Manchester – Britain's Greenest City?

The Manchester Green City resolution in 2005 proposed a programme and campaign to make Manchester "Britain's Greenest City," backed with £200K allocated from the Service Improvement Fund. Rob Squires who will be conducting the AfSL Summer Permaculture Programme was commissioned to write a report by Manchester Environmental Network, reviewing the resolution. The report, "Principles For A Green City - Spotlight On Manchester," [is available here](#).

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### May/June events diary

- **Every Sunday, from midday till 2pm or 3pm - depending on daylight and the weather! [AfSL Allotment project](#)**, Southern Allotments, off Nell Lane, Chorlton. Following the success of the [AfSL Permaculture Workshop](#), get involved and get mucky once every couple of weeks growing your own food. Or sign up for our [Summer Permaculture Programme 2006](#) **Contact:** email [allotment@afsl.org.uk](mailto:allotment@afsl.org.uk) or phone 0845 108 6242
- **Throughout May [Walk in the Woods](#)** Take a walk among trees this May - for the sake of your health. The Tree Council's Walk in the Woods festival offers plenty of opportunities to have fun while doing yourself some good, whether it's heading out with family and friends or taking part in a whole host of events throughout the UK .
- **19 May [Old Trafford Means Business](#)**  
Shrewsbury St Library, Shrewsbury St : 1.30 – 4.30  
For advice on how to run a greener business why not come along to this event where AfSL will have an advice stall – and some free light bulbs!  
For more information please contact Claire Wheeler on 0845 108 6241/  
[claire.wheeler@afsl.org.uk](mailto:claire.wheeler@afsl.org.uk)
- **20 May 12.00pm onwards [Clifford Walks Celebration Fir St, Old Trafford:](#)**  
Come and celebrate the new environmental improvements completed on Myrtle St, Gladys St , Fir St, Lango St and Howarth St. **AfSL will be here with advice and information galore.**
- **21 May: [World Day for Cultural Diversity for Dialogue and Development](#)** - an opportunity to deepen understanding of the values of Cultural Diversity and to learn to "live together" better.
- **22 May: [International Day for Biological Diversity](#)** - marking the date of adoption of the Convention on Biological Diversity.
- **22 May: 11.30 – 1.30 [Sustainable Living Drop-in no.2](#)** Broom House, Seymour Grove:  
If you'd like to get some advice and a curry all at once then why not drop in to Broom House on Seymour Grove in Old Trafford where you can receive advice to green your life. Broom House runs a café that serves a very tasty curry!  
Subsequent sessions are planned for Broom house; keep your eyes peeled on this site for more information.  
For more information please contact Claire Wheeler on 0845 108 6241/  
[claire.wheeler@afsl.org.uk](mailto:claire.wheeler@afsl.org.uk)
- **22-26 May: [National Summer Walk to School Week](#)** - Parents are encouraged to walk to school with their young children as often as possible. If the journey is too far to walk, then the message is, drive part-way and walk the rest
- **22-28 May: [National Vegetarian Week](#)** - educate and inform people about the nature of a vegetarian diet
- **23 May 6pm - [HEAT May Talks - Renewable Energy](#)** - 2 x guest speakers - Hulme Library Meeting Room (Host - Rob Squires)
- **28 May, 1pm-5pm: [M.A.G.i.C Festival \(Music, Arts, Green Issues, and Crafts Festival\)](#)** - Friends of Longford Park in Stretford are holding their annual Festival in Longford Park. The event includes music, dance, children's activities, various stalls including environmental, craft, local produce. For further info [contact woddy3\\_1@yahoo.com](mailto:woddy3_1@yahoo.com)
- **30 May - 2 June: [Green Week](#)** - encourages people to "think aloud" about how we can really change our environmental behaviour and make the world a more environmentally friendly and healthy place to live in. This year the theme is "Biodiversity is life!"<sup>1</sup>
- **30 May 6pm - [HEAT May Talks](#)** - tbc - 2 x guest speakers - Hulme Library Meeting Room (Host - OPEN TO OFFERS!)

- **3<sup>rd</sup> June Old Trafford in Bloom** Hullard Park , Old Trafford: Day time  
AfSL will be helping people to make up their very own hanging basket to celebrate Old Trafford in Bloom while offering sustainable living advice and information. For more information please contact Lorna Powell: 0161 912 4671
  - **5th- 12th June The Big Recycle** Aimed at encouraging the public to recycle more of their household waste this summer, the action-focused promotional campaign is designed to deliver a wide range of fun and informative activities at national, regional and local level.
  - **5th June World Environment Day** Considered by many to be the most important event on the environmental calendar.
  - **12th June - First day of Summer Permaculture Programme,** Hulme House, Rolls Crescent, Hulme, next to the Garden centre.
  - **12th-15th June National School Grounds Week 2006** A celebratory week of focused activity encouraging schools and early years settings in all parts of the UK to get outside and make the most of the opportunities for play and learning offered there
  - **13th June 6 pm HEAT Meeting - Exodus Event Planning** - Hulme Library Meeting Room - COME AND GET INVOLVED
  - **14th June National Liftshare Day** Promoting car-sharing, both nationally and locally, as a cost effective and environmentally friendly form of transport, which is available to everyone free of charge
  - **17-18 June: FEAST! Picnic by the Lake** - Platt Fields park lakeside, Wilmslow Rd, Fallowfield, Sat 7 - 10.30pm; Sun 1 - 5pm. To celebrate midsummer, the Streets Ahead team are planning a mass picnic round the lakeside, with entertainment from Britain and Europe. Bring your own picnic or buy food from around the world - or both... Sit at tables provided or on your own blanket on the grass. They'll provide a feast for your eyes and ears with tabletop entertainment, musical serenades, circus, street theatre, activities and games. Bring candles, tablecloth and a bunch of flowers. And if you feel like it, come dressed up, tell stories or play music, sing – make your picnic area a must-see for others!Sat
  - **17th-25th June Green Transport Week** A week of events around Britain designed to highlight real alternatives to the car for every day journeys.
  - **18th-25th June Traidcraft Week** A week of action when supporters across the UK promote Traidcraft's work and range of fair trade goods in their local communities
  - **21 June: AfSL Annual General Meeting** - St Wilfrid's Enterprise Centre, Royce Road, Hulme
  - **24th June - HEAT at Exodus Festival** - Hulme Park - COME AND GET INVOLVED
- HEAT won £2000 as NEA/defra Award Scheme '06 - Regional Winners.  
NEA Officials will attend Exodus Festival to judge HEAT's award project.  
We could go on to become National Winners - and claim an additional £3000 prize.  
**We welcome all ideas and contributions in making this an event to remember!**
- **17-25 June: Bike week**

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## And Finally!

Please feel free to **forward this Newsletter** to anyone you think might be interested in its contents.

Action for Sustainable Living is currently a Manchester based initiative (although we would like to see similar initiatives established in other areas), so we give priority to people living there. If you are from **outside the Manchester area** and want more information about our activities, please do not phone us. **Visit our website, or contact us by email, post or fax.**

If you **do not wish to receive future editions** of the Action For Sustainable Living Newsletter please email [unsubscribe@afsl.org.uk](mailto:unsubscribe@afsl.org.uk)