



The Green Page



We all know that we should be doing 'something' to reduce our impact on our environment but doesn't it sometimes feel daunting and just too big a task for us as individuals to tackle?.

Here are a few tips from The Wildfowl and Wetlands trust to help us make small changes in our own households that can have far reaching benefits to our water supply and the wildlife (and ourselves) that depend on that water.

Six things that definitely SHOULD NOT go down your sink or toilet-

- Bleach based cleaning products.
- Wet wipes. Including those that are supposedly 'flushable' (these products contribute to an estimated and whopping 93% of all sewerage blockages) they are bad for our environment on many levels.
- Food, fats, oils and greases. Combined with other debris including the previous and next items on the list, the resulting sewer blockages become a serious problem.
- Sanitary products. Say no more!
- Micro fibres and plastics. Always fill your washing machine for each wash, you can use a special laundry bag to trap micro fibres and prevent them entering the waste system.
- Old medication. Return these to your pharmacy.

Try making your own cleaning products (more ideas next month!)

This article is based on information from the Wildfowl and Wetlands trust website, There are loads of ideas and tips available from many environmental organisations and from your water supplier (Anglian water in this area) On their website you can also read about the "three P's". A very simple rule! Check it out!

Erica Hine

Getting rid of furniture and working electrical items.

Can be taken to **the British Heart Foundation shop in Grantham but if you want stuff collected, this has been transferred to Mansfield, 01623 549 420** – ring them and make your arrangements

If you have problems with wanting to get rid of stuff but don't want strangers involved, then contact any WI member you know or any parish councillor who can get in touch with us.

It all goes to help people down on their luck through no fault of their own!

Do you have any old or unwanted household items like pots and pans, crockery, cutlery, sheets and towels? Kids' toys?

The WI collect these to give to **Newark Women's Refuge** to help the women and children start a new, safe home, as often they are left with absolutely nothing. Contact Kathleen 016366 626860 or Jane 01400 281206