Christmas Wrap Up

Green Park, Reading

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Agenda

1. Welcome and Sustainability Review of 2018 from Green Park
2. Christmas Tips and the Big Green Christmas Quiz - Rachel / Colette
3. Key dates and events coming up
4. AOB
5. Q and A / Networking

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Welcome and Sustainability Review of 2018 from Green Park

Colette Cashley, Knight Frank

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Christmas Tips and The Big Green Christmas Quiz

Green Park, Reading

Rachel Widdows and Colette Cashley

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Energy

1. Switch to LEDs - replace all standard bulbs and halogen spotlights in your home and if every home in the UK swapped one string of lights for LED bulbs it would save £13m during the 12 days of Christmas
2. Draught-proof your windows and doors this Christmas
3. Move furniture away from radiators
4. Insulate your exposed pipework
5. Keep your tyres inflated

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Energy

6. Turn your TVs, games consoles and computers off standby
7. Wash your winter woollens at 30 degrees
8. Turn your thermostat down by one degree and review timer settings

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Quiz

1. If you implemented all of the energy saving tips for energy, how much money could you save per year?
   a. £90
   b. £235
   c. £150
2. How many of us leave the TV on just for background noise?
   a. 26%
   b. 74%
   c. 53%

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Energy

Did you know? More than three quarters (78 per cent) of us admit to regularly leaving at least two devices on standby. An advanced set-top box left on standby for 20 hours a day could cost around £20 a year alone just in standby mode.

Tech tip: Tablets use 70 per cent less power than laptops.

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Food and Waste

- One in five of us admitting to buying traditional Christmas foods that we don't even like
- 17.2 million Brussels sprouts are chucked every Christmas the carbon dioxide equivalent emissions of the 172 tonnes of wasted sprouts could power a home for three years.
- Do - put all cooked and raw food into the food recycling bin.
- Don't – put any food in the food recycling that still has residual bits of cling film or foil, and don't forget to remove pesky chocolate wrappers.

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Food and Waste

- Cut down (or out) the meat this Christmas
- According to the Soil Association, "food is the single most important, everyday way for people to reduce their own environmental impact".
- Vegetarian or vegan
- Organic / free range meat

- Choose things that are light on packaging, or buy loose item
- Freeze, give away or transform leftovers https://www.bbcgoodfood.com/recipes/collection/leftovers

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Quiz

3. How many Christmas dinners are thrown away each year?
   a. 1,000,000
   b. 350,000
   c. 4,000,000
4. How many of us throw away our turkeys before it even reaches the table?
   a. 1 in 3
   b. 1 in 6
   c. 1 in 10

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Christmas cards & envelopes

- Reduce how many you send or send e-cards
- Buy FSC / PEFC certified and/or recycled paper cards
- Do – recycle if the cards and envelopes are made of paper.
- Re-use Christmas cards as gift tags the following year
- For recycling - tear off the glitter section as well as any non-paper items like badges and batteries.

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Wrapping Paper - does it scrunch?

- Recycle wrapping paper, unless it's glittery (glitter can't be recycled).
- The scrunch test is an easy way to determine whether wrapping paper is made from metallised plastic film.
- If it remains 'scrunched' it can be recycled; if it springs back it is probably metallised plastic film and not recyclable.
- https://youtu.be/gvofof3BXR0

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Waste and Recycling

Christmas lights

- Buy LED lights to save you £35 / year
- WEEE waste – dispose of in recycling centre, not in your bin
- Put them on timers
- Turn them off at night

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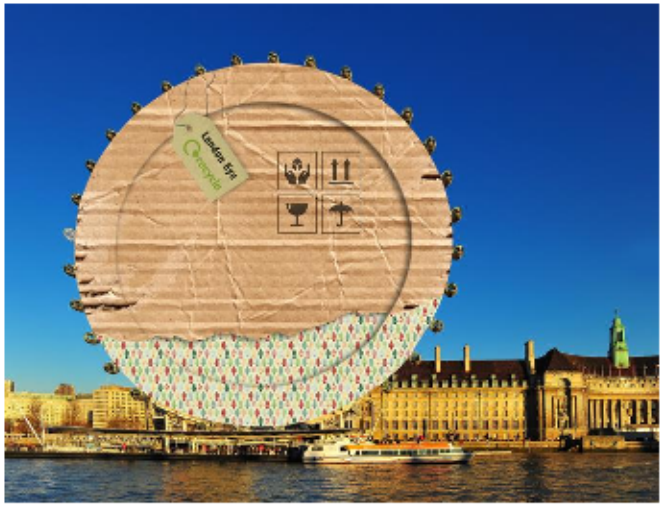
Quiz

5. 300,000 tonnes of card get used in the UK during the festive season, how many times would this cover the London Eye?
   a. 10,000
   b. 150,000
   c. 50,000



6. How many Christmas cards do we buy in the UK each year?
   a. 1 billion
   b. 1.5 billion
   c. ½ billion

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Quiz

7. Paper waste over the Christmas period is equivalent to 5-12 million litres of biofuel, how many times could we go to the moon by bus?

a. 10 times

b. 20 times

c. 50 times

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Christmas Trees

- Most councils have allocated locations / recycling centres where people can leave their tree after Christmas
- The trees are shredded, then used as mulch on plants in parks, or on woodland paths (for a lovely instant pine-forest smell). Or else rotted down and recycled as compost.
- Cut into small pieces and dispose of in the garden waste bin.
- Wreaths, holly and mistletoe can also go in with garden waste.

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Christmas Trees – Annual dilemma

Real

- More natural
- Intensive production
- Potentially a lot of waste

Artificial

- Fake plastic trees last for years
- Can look very realistic
- Take enormous amounts of energy to manufacture
- More synthetic waste to be disposed of in the future.

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Christmas Trees

- If you've got a fake tree already, keep using it – make it last as long as possible
- Look into more environmentally-sound options when it eventually comes to replacing it.
- Try Freegle , Freecycle , eBay or Gumtree for a pre-loved one.
- For real trees - look for the FSC-certification / Soil Association approved.
- Grow your own
- Rent one!

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Quiz

8. How many real Christmas trees do we buy in the UK?

a. 4 million

b. 8 million

c. 15 million

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Christmas Presents

- Get creative with home made or home grown
- Give your time - do something nice for someone
- Go online - Friends of the Earth / Oxfam / Etsy
- Make a charitable donation eg sponsor a leopard, school, child or water supply
- Buy something with environmental benefit e.g. Bee Saver Kit

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Quiz

9. What are the odds for a White Christmas in 2018?
10. What is the best selling Christmas Single ever in the world?

Did you know - in Greece, Italy, Spain and Germany, workers get a Christmas bonus of one month's salary by law!

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Key Dates and Events

- Bootcamp
- Bee keeping theory class (later to go on to practical)
- Photography class
- Nature walks

Email: events@greenpark.co.uk