

# Reduce, Reuse, Recycle in West Berkshire

Produced by Hungerford Environmental Action Team & East Garston Eco Group, June 2022,  
in response to David Attenborough's reports on the damage to our planet as a result of human activity.

Updated at <https://pennypost.org.uk/2022/01/reduce-reuse-recycle/>

## Reduce

- Research how an item can be repaired or recycled before buying, eg check *Which*, available online through libraries, or *Ethical Consumer*.
- Avoid single-use packaging: take our own containers & bags when shopping, eg, at deli-counters, market stalls & zero-packaging shops.
- Talk to friends/neighbours/people at work about reducing our consumption & offer to help, eg with trips to recycling centres/markets, sharing tools etc.
- Reduce what we buy. This is usually the best way to reduce our environmental impact, so resist advertising for things we don't need.

## Reuse

- Repair or repurpose items, eg Repair Cafes, sewing groups.
- Buy, sell or offer/collect for free in second-hand shops & websites.
  - Online, eg eBay, Facebook marketplace, Freecycle, Freecycle
  - Specialist companies, eg Green Machine Computers in Ramsbury, The Clothing Warehouse in Newbury.
  - Charity shops & collections, eg Community Furniture Project in Newbury, West Berkshire Baby Bank in Newbury.

The more we "Reduce, Reuse, Recycle" the less raw materials, eg oil, metal ores & water, are used.

## Recycle

### Kerbside Recycling

Paper & cardboard.  
Glass, leave lids on.  
Aluminium & steel cans.  
Plastic bottles, generally without lids, (milk bottle lids may be pushed inside the bottle).  
Textiles (clean bed sheets, duvet covers & clothing), put in a clear bag for collection.  
Garden waste, £50/year.  
Food waste (not oils, liquids or fats), put in kerbside caddies or green wheelie bins, either loose or in compostable bags labelled ♻️  
There is no charge for food waste collections, although communal bins may not get collections until later in 2022.

For more information about West Berkshire Council services: visit [www.westberks.gov.uk/recycle](http://www.westberks.gov.uk/recycle), email [customerservices@westberks.gov.uk](mailto:customerservices@westberks.gov.uk) or phone 01635 551 111

### Mini-recycling centres

eg Hungerford Station Road, Thatcham Kingsland Centre.  
Plastic pots, tubs & trays, eg yoghurt & cream pots, fruit punnets, cosmetic pots, margarine & sweets tubs, ready meal & meat trays, plastic lids & bottle tops.  
Food & drink cartons, eg Pringles tubes, Tetra Paks.  
Small electrical items.  
Textiles (clean clothes, curtains, bedding, paired shoes, handbags & belts).

**Household Waste Recycling Centres** in Newbury & Padworth (aka the tip/dump) collect the above & more, eg light bulbs, paint, printer cartridges, house & garden chemicals, scrap metal.

### Town centre recycling bins

### Other Recycling

The Government's [recyclenow.com](http://recyclenow.com) website gives both general and local information, or register with [recyclinghive.co.uk](http://recyclinghive.co.uk) for specific local information.

Some shops accept recycling:  
Soft plastic/plastic bags & wrapping, eg bread & crisp bags, bubble wrap, chocolate & biscuit wrappers, baby food, pet food & cleaning pouches, pasta & frozen food bags, cheese, fish & meat wrapping, cling film, film lids, but not biodegradable plastics is collected by some supermarkets, eg most Tesco, Sainsbury's, M&S food & Co-op.  
Batteries in some supermarkets.  
Pill packaging & toiletries containers in some pharmacies.  
Coffee cups in some coffee houses.

Aluminium foil & trays can be recycled through a licensed scrap metal dealer.

**Items not easily recycled** (reduce & reuse are the only sustainable options): food-soiled items; animal-soiled litter; disposable nappies, sanitary & other hygiene products; polystyrene; heat-treated glass; biodegradable plastic. Don't "wish-cycle" items you wish were recycled but actually aren't as this reduces the value of collections, putting them at risk of either not being collected or being illegally dumped.

# What else can we do to reduce our environmental impact?



Understanding the environmental impact of our lifestyle can help us make informed decisions about how to reduce it. For example, knowing that it would take almost three Earths to sustain a UK lifestyle globally shows us why it is so important to change. Similarly, knowing that about 3/4 of emissions are directly caused by our food, our homes, our travel and our shopping helps us prioritise what to change. *References: Earth overshoot day, Project drawdown.*

**Eat more sustainable food**, based on vegetables and whole-grains, and with mainly plant-based protein, eg beans, lentils, seeds and nuts. The global food chain accounts for about a third of all energy use and emissions. Beef has the highest emissions of all food, and rainforests are being cleared to grow soya for chicken and egg production. A sustainable diet will have less meat, chicken, fish, dairy and eggs and consider buying these from local Pasture for life or biodynamic farms. It is more efficient (and usually cheaper) to eat plants ourselves, rather than feeding plants to animals, and then eating the animals. *References: Sustainable food trust, Grow your own.*

**Don't waste food.** Better planning, shopping, storage and use of left-over food in the UK could be the equivalent of taking one in four cars off the road and could save the average UK family over £700 a year. Although the priority should always be not to waste food, any food waste should be collected separately and composted (eg, using West Berkshire Council's Kerbside collection, which from Autumn 2022 will be collected weekly) to keep the nutrients in the food chain, and out of landfill and incinerators. *Reference: Love food hate waste.*

**Use less energy in our homes**, and consider fossil fuel alternatives. Domestic energy use accounts for about 15% of UK emissions, but this could be reduced by behaviour changes like taking shorter (<4 minute) showers and heating unused rooms less. Better insulation and doubling up curtains can also save money on heating (18-20°C is recommended unless you are vulnerable to the cold). *Reference: Energy Saving Trust.*

**Use less energy to travel:** walk, cycle, car-share, use buses and trains, consider an electric car, and choose local over far-flung destinations. Choose not to fly, especially long-haul or business class, and avoid buying food that is air-freighted, such as out-of-season berries. Aviation accounts for 3.5% of global warming even though 80% of the global population doesn't fly. Cars account for about 15% of UK emissions. *References: Sustainable transport, Newbury and District Bus app ("favourite" a timetable and you can see where the buses are using "live times").*

**Get more wear out of the clothes we already own.** Global clothing production has doubled since 2000, but the UK market for recycled clothes has decreased and £140 million worth of clothes are sent to UK landfill each year. Extend the life of our clothes and replace any worn-out clothes with second-hand ones. Similarly, try to extend the life of electronic and other products. *References: Love your clothes, Sustainable electronics (SERI).*

**Switch to a bank & pension provider that doesn't fund the fossil fuel industry.** Globally, private-sector banks, including UK banks such as Barclays and HSBC, have invested about \$4 trillion in fossil fuel industries since the Paris Agreement came into force in 2016. There are alternative banks (eg Triodos, some building societies) with little or no history of fossil fuel investment. *References: Good with money, Make my money matter.*

**Support environmental charities**, eg Friends of the Earth, Greenpeace, BBOWT (our local Wildlife Trust), Population Matters, and get involved with local environmental groups such as Hungerford Environmental Action Team.

**Ask our Parish and Town Councils, and West Berkshire Council for help in reducing our environmental impact.** Together they are responsible for social care, some aspects of transport, housing, education, and services such as libraries, waste collection, open spaces, play areas and street lighting. Ask them to provide eg, more safe walking, cycling and public transport routes, and support their initiatives.

**Ask our MP to respond our environmental concerns.** Follow up with a phone call after two weeks if no response. Newbury: Laura Farris, House of Commons, London SW1A 0AA, 020 7219 4829, [laura.farris.mp@parliament.uk](mailto:laura.farris.mp@parliament.uk). Reading West: Alok Sharma, House of Commons, London SW1A 0AA, 020 7219 7131, [alok.sharma.mp@parliament.uk](mailto:alok.sharma.mp@parliament.uk).

If you found this information useful please share it: **small changes, made by many, make a HUGE difference.**