

SUSTAINABILITY NEWSLETTER



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National Cycle to Work Day

Cycle to Work Day is back for 2017! Join in the nationwide celebration of cycling on **Wednesday 13th September 2017**.

Whether you cycle in every day or it's been a while since you've hit the road, Cycle to Work day is a chance to jump on your bike.

As a thank you we will be hosting a breakfast at the EHB atrium between 8:00 to 9:30 am. So swing by and pick up some brekkie and have a chat with your fellow cyclists

Why Cycle?

Cycling is good for your body and mind in many ways. Regular cycling can help reduce your stress levels, shed those extra pounds and improve your overall fitness.

There are huge environmental benefits as well. A bike takes 6.2 tonnes less carbon than a car to make, helps reduce congestion and improves air quality.

Prizes to be won

Tweet, Facebook or Instagram us a photo of you on your commute on the day to be in with chance of winning a 1 of 3 of our safety bundles.

In addition to our competition you can pledge to cycle via www.cycletoworkday.org and you could be in with a chance to win one of 18 prizes below including!!

- [Cycling Holiday for 2 in Spain](#) – RRP £2,800
- [Boardman Hybrid Comp Bike](#) – RRP £500
- [Boardman Hybrid Comp Women's Bike](#) – RRP £500
- [Boardman Road Sport Bike](#) – RRP £500
- [Showers Pass bundle](#) – RRP £594
- [Rapha clothing & accessories](#) – RRP £500
- [Cycliq Fly12 and Fly6 bundle](#) – RRP 2 x £395
- [Muc-Off Ultimate Cleaning Bundle](#) – RRP £267
- [Proviz REFLECT360 Bundle](#) – RRP £250
- [SeeSense ICON+ light set](#) – RRP £149.99
- [Cycle Republic Gold bike service](#) – RRP 5 x £100
- [Blaze Laserlight and Burner set](#) – RRP £174
- [Cycl WingLights](#) – RRP 3 x RRP £26.99
- [Winston bag from Hill & Ellis](#) – RRP £220
- [A years subscription to Cyclist or BikesEtc magazine](#) – RRP £79.99



Find out more at...
www.lboro.ac.uk/sustainability

Our Environmental Assistant

As the new academic year rolls around we say goodbye to our 2016/17 Environmental Management Assistant, Tasha as she moves on to pastures new and we welcome Jemma to the team.



Welcoming Jemma to the team with a game of Jenga after a full on game of Laser Quest!

A little message from Jemma...

I'm Jemma the new Environmental Management Assistant for the coming academic year (2017/18), I have taken over from Tasha. I have recently graduated from Loughborough University having studied Geography. I have absolutely loved my time here at Loughborough. I have always been interested in environmental sustainability, so I am excited to fill this role and join the Sustainability Team. I will be working with both individuals and groups on campus and the wider community, in an aim to boost campus sustainability and student participation in the University's sustainability agenda. I will be heavily involved in the University's Green League; an inter-hall competition that aims to promote recycling, energy saving and positive sustainable behavior's. Hopefully I will be able to increase participation throughout the year by reaching as many students as possible through the use of different types of student engagement activities and social media.

It's Better OFF, this Bank Holiday

The August Bank holiday came and went in a flash, but how did our hard work switching off work go?

Well... Overall we saw a 0.27% increase across the campus. This equates to an increase of around £70 compared to the 2016 Bank holiday. Although not a reduction this is a positive result as we have not seen a dramatic increase in consumption comparing like-for-like to last year's bank holiday.

Some of the largest % reductions were seen in John Hardie and John Clemens (around 50% reduction) Large reductions have also been seen in S-Building and Sir David Davies as part of the refurbishment works.

It has been great to see savings in almost all of the sports facilities, support buildings, including Rutland Building and WPTH as well as a few academic buildings including Haslegrave and Martin Hall.



We do have some buildings that did see increases, some of these more than we would expect or are unable to identify a cause off. So we will be contacting building users to find out more.

This is a really positive result and can't wait for future oportunities to see more positive reductions.

Thank you for all your hard work.

(This data is excluding STEM, including STEM we actually saw an increase of 1.9% and around £500)

Gardening Team Update

In the gardening calendar, the needs of the University often mean jobs cannot be done at the 'correct' time of year as to when a gardening calendar would say so. Usually coppice works happen during early spring.

But this month at Holywell Park the parking bays have to be kept clear. The gardeners have been cutting down the hazel (*Corylus avellana*), that is obstructing the bays. In our mission to waste as little as possible, we use the branches to create wattle fencing, for chipping or for wildlife habitat.

Coppicing hazel is ideally done every 5-7 years and the process of making fences with the branches is usually carried out when the leaves have fallen. The branches are sawn off low to the ground and are then cut into various lengths and used for the fence cross members or the posts. The longest whips are used for ties. The branches have to be moulded and shaped as soon as possible after cutting since the sap keeps them pliable. The branch is first twisted and then bent into shape.

Whatever does not get used for fencing is either chipped and reused on shrub beds or taken into the woodland areas and made into habitat piles. Our wildlife's landscape changed considerably following the development of Holywell 6 & 7 playing pitches. Valuable habitat was lost in the form of scrubland and mature, extensive hedges. These were replaced with sports turf and fences. We are successfully replenishing some of this valuable habitat with the piles of hazel and have already witnessed these being used by weasels, wrens, robins and hedgehogs.



The Team: Alan Bates, Stan Palmer and Mick Rennie.



The Great British Beach Clean.

Beachwatch is the Marine Conservation Society's national beach cleaning and litter surveying programme, helping people across the UK to care for their coastline.

Some of our best-loved marine wildlife is under threat from the waste and litter in our seas, We all have a part to play in turning the tide on litter. Join an event or organise your own and be part of the most influential fight against marine litter in the UK! <http://bit.ly/1BXNyXA>



Zero Waste Week

What happens when you throw something away? Away isn't some magical place; it's landfill, an incinerator, the bottom of the ocean, litter or the stomach of an animal. It's always somewhere else...

Zero Waste Week is a grassroots campaign raising awareness of the environmental impact of waste and empowering participants to reduce waste.

Launched in 2008, the campaign is conducted almost exclusively online via this website, e-newsletters and social media.

This campaign is the annual awareness campaign for reducing landfill. Helping you save money and preserve resources since 2008.

Zero Waste week 2017 is from Monday 4th – Friday 8th September, why not visit the website and sign up <https://www.zerowasteweek.co.uk/>



Organic September

Be party of the UK's biggest campaign dedicated to growing the organic market.

The aim of the campaign is help consumers understand what makes organic different to encourage people to choose organic.

Organic September is an opportunity to find out the benefits of buying and eating organic foods, but also an opportunity for organic producers to promote their wears and offer you opportunities to try new products.

Visit the website <http://bit.ly/2vJfufI> to find out about events and orders in your area, from food and drink to fashion and textiles. We can change many aspects of our life to be more organic.
