



# Carbon Campaign Newsletter – June 2013

## WHAT'S ON JUNE 2013?

*Established by the United Nations in 1972 World Environment Day is celebrated every year on 5 June in more than 80 nations. It was created to stimulate worldwide awareness of the environment and enhance political attention and action. To find more:*

<http://www.unep.org/wed/>



## Introduction

What better time to celebrate the great outdoors than the summer months. As the days are longer we have time to think about ways to preserve our environment, so that we can all enjoy it for generations to come. Getting out and about without the car is one way to enjoy our environment a bit more and stay fit and healthy at the same time.

Half of all journeys made by car in the UK are less than 2 miles! This includes going to the supermarket, the local paper shop, doing the school run and getting to work. This is a chance for **you** to make a difference - why not try selecting one of a number of methods to carry out your activities instead of driving on your own! Take a look at [http://www.eta.co.uk/green\\_transport\\_week](http://www.eta.co.uk/green_transport_week) for more detailed information and ideas.

This month we honour National Recycling Week to help reduce our impact to landfill in Scotland. If you have any ideas or suggestions to improve our working environment, please contact us on [energy@moray.gov.uk](mailto:energy@moray.gov.uk).



## Alternative Transport

Green Transport Week is taking place between 14 - 23 June this year. During this time select a mode of transport other than your car for journeying to and from work. Walk, cycle, catch the bus, car share - you could even choose a different method each day if you live close enough.



**Green  
Transport  
Week**

Dust off your wheel caps and pump up your tyres, **15-23**



**June is National Bike Week.** With the summer now officially upon us, and the longest day fast approaching, it's time to get your bike out of the garage or shed and get back on two wheels. .



Clarity

Core



British born billionaire banking heir David de Rothschild sailed the world in a boat made of plastic bottles and recycled waste to highlight the effects that humans are having on the world's oceans. Birds, fish and other wildlife are suffering because the oceans are being littered with tens of thousands of pieces of plastic per square mile. David's voyage across the Pacific can be revisited at <http://www.theplastiki.com>

## Website of the Month

<http://www.moraywastebusters.org>

Help Scotland work towards Zero Waste.

So many items we buy can be reused or recycled in some way. As part of Scotland's push to reduce waste to landfill Moray Waste Busters offers the opportunity to bring along your unwanted items or browse their stock for a bargain. The charity was established in 2002 to promote public awareness of the 3 R's (reduce, reuse, recycle). Their services have grown in popularity so much that they have had to expand to keep up with demand.

Visit their website and view the 7 top tips for reducing waste. As they say as Moray Waste Busters:

"Remember one person's waste is another person's treasure!"





## Sustainable Travel

What does the term “sustainable travel” mean? It can be a lot of different things to different people. But it is important that the message is not misunderstood to mean “anti-car.” Small changes can go a long way to helping your health, bank balance and the wider environment.

**Did you know.....?** Experts recommend that adults be active for a total of 30 minutes a day, on five or more days of the week to benefit health. This can be made up of shorter bouts of 10 to 15 minutes, making walking an ideal way to hit the target. Many people who live and work in the same town walk already. Could walking to work be built in to your day as part of your commute or by replacing one of the many short journeys people often make by car? If you are thinking about increasing your walking you can make a walking pledge at the Walking Works website.

**Did you know.....?** Inflating your car tyres properly can reduce your fuel bill. In fact, for every six pounds per square inch a tyre is under-inflated, fuel consumption can rise by 1%.

**Did you know....?** Car-sharing (also called liftsharing, ridesharing and carpooling) is when two or more people share a car and travel together. It allows individuals to benefit from the convenience of the car, whilst reducing the costs and alleviating the associated problems of congestion and pollution. Car sharing is the most common alternative to driving alone. Have you ever had any questions about car sharing? There’s a really good FAQ section at [www.liftshare.com](http://www.liftshare.com)

**Did you know....?** There’s help out there if you want to get back into cycling. Cycling Scotland have loads of tips on getting started, planning a route, choosing a bike etc. <http://www.cyclingscotland.org/get-cycling/>

**Did you know....?** The Energy Savings Trust has a Transport Advice Line 0845 602 1425. You can call them for impartial advice to support you in reducing your fuel costs.

**Andrew Stewart, Sustainable Travel Officer.**



### HOW MUCH ? . .

The electricity bill for Elgin Academy in February 2013 was £9,423.29. Thanks to everyone who sent us their guess - prizes have been despatched.

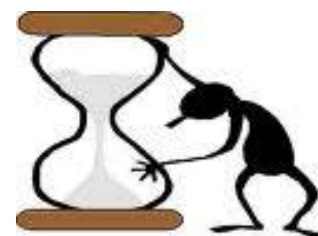
Contact us to find out how much your place of work is spending on energy and how you could reduce it.

[energy@moray.gov.uk](mailto:energy@moray.gov.uk)

## Exploding Environmental Myths

*“I haven’t got time to be environmentally friendly”.*

**ANSWER:** Being part of the Moray Council’s carbon campaign does not take much time at all. Cycling to work is often quicker than sitting in a traffic jam. Choosing correct bins to segregate waste takes a split-second.



Turning off equipment and lights is literally at the flick of a switch. We’re not asking people to make radical changes to their lifestyles, merely to think about environmental impact when making decisions so that we incorporate good practice. This can be as simple as boiling only the water needed in the kettle, which will actually save time, or bringing lunch to work in a plastic box rather than cling film or a freezer bag to save on waste.

If we all do a little, a lot will be achieved. So no matter how little time you have, just changing one action for the better will add to our collective success.