

# not rubbish but a resource

In East Sussex and Brighton & Hove we are producing 400,000 tonnes of rubbish each year. This means that every ninety minutes we're producing enough rubbish to fill a swimming pool.

By making just a few lifestyle changes and by viewing our rubbish as a potential resource we can drastically reduce the amount we throw away.

Reducing, reusing and recycling our rubbish saves energy and raw materials and can save money too.

## FIND OUT MORE

about how you can help to reduce, reuse and recycle.



### For recycling collection details contact your local council on:

Brighton & Hove City Council	01273 292929
Eastbourne Borough Council	01323 415274
Hastings Borough Council	0845 2741077
Lewes District Council	01273 484999
Rother District Council	01424 787580
Wealden District Council	01892 602626

### For information on home composting, wormeries and food digesters:

In Brighton & Hove	01273 292929
<a href="http://www.brighton-hove.gov.uk/cityclean">www.brighton-hove.gov.uk/cityclean</a>	
In East Sussex	01273 482323
<a href="http://www.eastsussex.gov.uk/composting">www.eastsussex.gov.uk/composting</a>	

For tips on home composting:  
[www.recyclenow.com/compost](http://www.recyclenow.com/compost)

### For materials reuse schemes (for arts, crafts and design projects):

Flotsam and Jetsam	01273 486619
Scrapstore, 20 North Street, Lewes	

### For information on your local Freecycle® group:

[www.uk.freecycle.org](http://www.uk.freecycle.org)

### For information on washable nappies:

[www.nappies.org](http://www.nappies.org)

### For information on the Household Waste Recycling Sites:

<a href="http://www.veolia.co.uk/southdowns/hwrs">www.veolia.co.uk/southdowns/hwrs</a>	08453 550550
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### For furniture reuse schemes:

Furniture Now!	
Lewes	01273 487377
Unit 1, Phoenix Works, North Street, Lewes	
Eastbourne	01323 638000
Unit 3a, Courtlands Road, Eastbourne	
<a href="http://www.furniturenow.org.uk">www.furniturenow.org.uk</a>	

Hastings Furniture Service	01424 441112
6-10 Dorset Place, Hastings	
<a href="http://www.hfs.org.uk">www.hfs.org.uk</a>	

Hove YMCA	01273 885505
(collects throughout the Brighton & Hove area)	
<a href="http://www.hoveymca.org.uk">www.hoveymca.org.uk</a>	

Shabitat (Magpie)	01273 677577
Saunders Park, Lewes Road, Brighton	
<a href="http://www.magpie.coop/shabitat.php">www.magpie.coop/shabitat.php</a>	

Emmaus	01273 426480
Drove Road, Portslade	
<a href="http://www.emmaus.org.uk">www.emmaus.org.uk</a>	

### To sign up to the Mailing Preference Service:

<a href="http://www.mpsonline.org.uk">www.mpsonline.org.uk</a>	0845 703 4599
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### For wood reuse schemes:

Brighton & Hove	01273 570500
Wood Recycling Project	
Unit 32-36, Municipal Market,	
Circus Street, Brighton	
<a href="http://www.woodrecycling.org.uk">www.woodrecycling.org.uk</a>	

REDUCE REUSE RECYCLE

putting  
rubbish  
to  
better use



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# ✓ REduce

Producing less rubbish in the first place is the best way to minimise our waste and look after the environment.

Avoid heaps of junk mail by signing up to the Mailing Preference Service on 0845 703 4599 or at [www.mpsonline.org.uk](http://www.mpsonline.org.uk)

Reduce your milk bottle waste: contact your local dairy to arrange a doorstep delivery.

Get a cloth bag or supermarket 'bag for life' to do your shopping.

Buy items which use less packaging such as:

- loose fruit and vegetables, instead of pre-packaged
- concentrated or refillable detergents
- products in larger containers.

Avoid disposable products and buy reusable instead, e.g:

- rechargeable batteries
- electric razors or razors with replaceable blades
- cloth napkins instead of paper ones
- washable cups and plates instead of paper ones
- washable nappies.

Rather than buying equipment or tools, why not hire them instead?



## Use only what you need

- Use just the right amount of washing up liquid or detergent.
- Don't prepare more food than you can eat to avoid throwing out leftovers.
- Freeze any surplus freshly cooked food for use at a later date.



# ✓ REuse

Using things more than once whenever we can is the next best thing and can save money too.

- Take unwanted clothes and household items to charity shops or offer them free to your local community by joining your nearest Freecycle® group at [www.uk.freecycle.org](http://www.uk.freecycle.org)
- For larger reusable items contact your local furniture/reuse charity to arrange a collection; many of these will also collect electrical goods.
- Make some money by selling unwanted items at car boot sales, in the local paper or on internet auction sites.
- Donate old magazines to your local doctor or dentist for their waiting room.
- If you need arts and crafts materials, why not use your local scrap store?
- Reuse scrap paper for messages or shopping lists and print onto the reverse side of used office paper.
- Reuse plastic bags as bin liners or to wrap packed lunches.
- Reuse plastic drinks bottles to carry water or as collars to protect your growing plants from slugs and snails.
- Have clothes altered or mended rather than throwing them out.
- If something is broken, repair it rather than throwing it away and buying new.

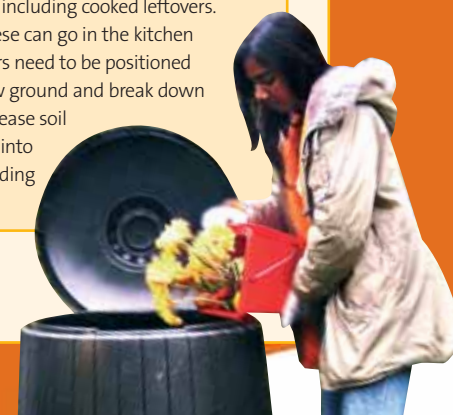
## Home composting

Much of what goes into your bin can be composted in a home composter to produce a natural soil conditioner and mulch for your garden.

For the best results, position your composter on bare earth, preferably where it will get some sun. You can put lots of things into your compost bin: grass, prunings, fruit and vegetable peelings, tea bags, coffee grounds, ash, paper and cardboard. It is important to create a good mix of materials, balancing those which rot quickly, like peelings and prunings, and those which provide fibre and allow air to circulate, like scrunched up cardboard and paper.

## Wormeries and food waste digesters

If you have limited space then a wormery is an ideal way to compost organic kitchen waste such as peelings, coffee grounds and stale bread and it produces liquid plant food. Alternatively, food waste digesters take all food waste, including cooked leftovers. Some of these can go in the kitchen whilst others need to be positioned partly below ground and break down waste to release soil conditioner into the surrounding earth.



# ✓ REcycle

If it can't be reused then can it be recycled?

A lot of the rubbish we produce can be recycled. We can increase this even further by choosing more products which contain recyclable packaging when we shop.

Materials which can commonly be recycled are: paper (newspapers, magazines, catalogues, junk mail, scrap paper and directories), card and cardboard, glass bottles and jars, food and drinks cans and plastic bottles.

You can recycle your household rubbish in a number of ways:

## Household collection

Brighton & Hove City Council and the five District and Borough councils within East Sussex all operate a recycling collection scheme. These often take a range of materials. Contact your local council to find out what they offer.

## Recycling points

If you don't have access to a recycling collection scheme then you can find recycling points located on streets and at local supermarkets or shop car parks.

## Household Waste Recycling Sites

If you have bulkier items to recycle like car batteries, fluorescent tubes and fridges then take these along to your local Household Waste Recycling Site along with other recyclable materials. Find out where your nearest one is at [www.veolia.co.uk/southdowns/hwrs](http://www.veolia.co.uk/southdowns/hwrs) or via the Veolia Environmental Services helpline 08453 550550.



## Do your recycling and then buy recycled

Recycling your rubbish is only half the story. It's important to support the recycling process by buying products which are made from recycled materials. There are many of these products available now, from toilet rolls to bin bags, with their recycled content clearly displayed. Many forms of packaging such as glass bottles and aluminium cans always contain recycled material.

