

cambridge
carbon footprint

working together
on climate change



local resource guide for carbon conversations groups



Introduction

This leaflet was prepared for our '**Carbon Conversations**' groups, a series of six meetings on climate change and carbon reduction. It lists local Cambridge organisations that can give you ideas and help in reducing your footprint further. National organisations are listed in the main 'Carbon Conversations' course handbook.

This leaflet provides a snapshot of the most relevant local organisations and services to get you started. If you want to find other services that are not currently listed here, the Internet can be a very useful tool. Type your query into a search engine such as Google, e.g., 'jewellery repairer' together with the word 'Cambridge', and click 'pages from the UK' (so as to avoid pages from Cambridge, Massachusetts). Local search engines such as <http://www.cambridgeonline.co.uk/> are particularly useful – you can just type, say, 'jewellery repairers' into the search box.

This leaflet is also available online at CCF, with live links so you do not have to type in all the web addresses in order to check out the sites listed. Yet another way of saving your energy!

The information given here is no way exhaustive, and we would appreciate suggestions for organisations to include in later editions of this leaflet. The inclusion of an organisation in this leaflet does not mean that CCF endorses it in any way: it simply means that it was in operation at the time this leaflet was produced, and appears to provide a useful and relevant service. We would appreciate feedback about any of these organisations.

Cambridge Carbon Footprint
Citylife Social Enterprise Centre
182- 190 Newmarket Road
Cambridge CB5 8HE
01223 971353
info@cambridgecarbonfootprint.org
www.cambridgecarbonfootprint.org
3 October 2010

Cambridge Carbon Footprint activities/services

Cambridge Carbon Footprint is a charity and a company limited by guarantee, organised by a small part-time staff and a huge number of volunteer members. The staff work from an office in the Citylife Social Enterprise Centre. For more information about CCF activities contact Mary Geddes on 01223 971353 or email info@cambridgecarbonfootprint.org

Low Carbon Network. CCF's 'Low Carbon Network' organises social meetings, seasonal meals, support meetings, talks and workshops to help you keep shrinking your footprint. Look at the website for details. Suggest and organise meetings you would like! To make sure you are on the list of members, tell your group facilitator, or contact the office.

Climate Friendly Homes. This project is run in collaboration with Cambridge University Environmental Consulting Society. We have a team of trained volunteers who will come and survey your home, free of charge, and give advice on how you can cut the energy use of your home and save money on bills. Contact the office for more information.

Eco-renovation workshops. From Summer 2010 we will be running a series of workshops on various topics regarding ways to lower the carbon footprint of your home.

Lightbulb library. CCF has a light-bulb library which people can borrow to try out different bulbs in their home. Contact Martin Roach martin.roach1@ntlworld.com to borrow it.

Book and meter library. Books and meters remain available for Carbon Reduction Network members to borrow. Contact Siobhan at the office.

Volunteer members. CCF welcomes new members to do everything from facilitating groups, organising publicity, to dreaming up new ideas of what we should be doing. Contact Volunteers Co-ordinator Siobhan Mellon for an informal chat about what you'd like to do.

Training workshops. CCF provides training for people volunteering on all its activities. There are workshops on facilitation for people running Carbon Conversations groups and training on all aspects of climate change and communication for people making presentations, and running other activities. Training workshops are open to everyone.

Outreach and Akashi project. CCF is committed to working with all sectors of our diverse community. If you are interested in helping with this contact Siobhan Mellon Siobhan@cambridgecarbonfootprint.org.

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Carbon Conversations Groups. Short courses of six meetings in a small group with two facilitators where we discuss climate change and how to reduce our footprint. Participants use the specially prepared 'Carbon Conversations' handbook and activities and are part of a cascade system where some members go on to facilitate groups themselves. Talk to your group facilitator or contact the office if you are interested in this.

Home Energy

CCF services. Take advantage of a Climate Friendly Homes survey, borrow the Lightbulb library or come to one of our Eco-renovation workshops.

Cambridge City Council services

'Home Energy Officers'

Sam Griggs (01223 457960 or sam.griggs@cambridge.gov.uk) advises council tenants and community groups on keeping their homes warm. Justin Smith provides advice about home energy efficiency to those in private sector housing (01223 457954 or justin.smith@cambridge.gov.uk).

Grants

Cambridge City Council website details the grants available for upgrading homes: check the most up-to-date information at:

<http://www.cambridge.gov.uk/ccm/content/housing/home-energy-efficiency/grant-schemes.en>.

Warm Front is a government-funded scheme that provides insulation and heating grants for those on certain benefits, to make homes warmer, healthier and more energy efficient. <http://www.warmfront.co.uk/>

Cambridge Home Aid offers a Home Energy Grant of up to £1,000 to elderly, vulnerable or low-waged owner-occupiers for improvements in the energy efficiency of their home.

<http://www.cambridge.gov.uk/ccm/navigation/housing/home-aid/>

The Heat Project provides all home-owners, residential landlords and private tenants with grant assisted loft and cavity wall insulation. _

<http://www.heatproject.co.uk/>

Utility Companies/CERT grants. The government's Carbon Emission Reduction Target (CERT) scheme sets energy suppliers targets for home energy efficiency. Contact your energy supplier to see what offers and grants are available through them.

Energy efficient light-bulbs

Some good places for buying bulbs include:

- **Cambridge Discount Electrical** on Mill Road (towards the bottom on the right past Romsey Mill) stock a wide range of sizes and shapes from a number of different suppliers.
- **Homebase** on Newmarket Road often have good prices and/or offers on standard Philips bulbs.
- **John Lewis** (Town Centre) also often have good prices and/or offers.
- **B&Q** on Newmarket Road stock GE and Megaman bulbs, which offer a large range.

All supermarkets now sell low energy-efficient lightbulbs, many with special offers at present. Useful websites for energy saving bulbs, particularly the less usual types, include:

- <http://www.ultimastore.co.uk> - good prices on own brand range
- <http://www.gbulbs.co.uk/> - wide range
- <http://lamps2udirect.com> – wide range

Building & planning

The planning system is a complex set of laws and regulations. Central government provides guidelines, the local authority defines the local framework and administers the system. For larger developments there are requirements for 'sustainable development'. For individual houses, although there are some guidelines, there is also much confusion, particularly about solar panels and wind turbines. Planning officers will discuss specific proposals. Architects should have a good idea of what might be approved. www.cambridge.gov.uk/ccm/navigation/planning/
Tel: (01223) 457200 or (01223) 457201

We are currently developing a list of local contractors and architects that are recommended by CCF members. Please contact the CCF office with suggestions of additional firms to include.

- **AC Architects:** 33 – 35 Victoria Road, Cambridge CB4 3BW. Tel: 01223 576315. www.acarchitectscambridge.com emphasis is on sustainability in all types of work from green buildings, including new buildings and recycling buildings for a carbon neutral future, to historic building and conservation work.
- **Green Hat Construction:** 6 The Pits, Iselham, Cambs CB7 5QS. Tel: 01638 781007 / 07966 450353. www.greenhatco.co.uk Undertake all general building projects, new builds, extensions, renovations and alterations, and hard landscaping. However where possible, we aim

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to use 'green' construction methods to find solutions to suit your needs and budget.

Installing renewable energy systems

See the CCF course book for information about the National Energy Foundation which provides reliable information about renewable energy systems and local installers, or visit the website: www.nef.org.uk and view the renewable energy section for a breakdown of technologies. If you are considering a wind energy installation you may wish to use the Carbon Trust's Wind Yield Estimator: www.carbontrust.co.uk

The Low Carbon Buildings Programme also provides information about householder and community grants for renewable energy systems, certified installers and products.

Be wary of directly approaching 'green energy' installers as there are some shady operators out there! You may find it helpful to visit the website of the Microgeneration Certification Scheme (MCS) when considering products and installers: www.microgenerationcertification.org

The Microgeneration Certification Scheme is an independent scheme that certifies microgeneration products and installers in accordance with consistent standards. It is designed to evaluate microgeneration products and installers against robust criteria providing greater protection for consumers.

We are currently putting together a list of reputable local companies, which will appear on the website in due course. In the meantime, please send us your suggestions...

Travel and transport

Buses

The City Circle is a FREE bus service linking the Grafton Centre to the historic city centre. It runs every 15 minutes via The Grafton Centre, Jesus Lane, Trinity Street, Market Square, Corpus Christi, & Downing Street. For a timetable see:

<http://www.stagecoachbus.com/timetables/CityCircleMay08.pdf>

Bus timetables: Good information on buses in Cambridgeshire can be found at: <http://www.cambridgeshire.gov.uk/transport/around/buses/>

Good map of local transport in Cambridgeshire:

<http://www.cambridgeshire.gov.uk/NR/rdonlyres/0031F4FA-DD99-4796-8C96-713520D2D897/0/CambsPassengerTransMap.pdf> Rain travel:

Park & Ride Car-parks are available at: Babraham Road, Madingley Road, Milton, Newmarket Road and Trumpington. For timetables of buses from these points, see:

<http://www.cambridgeshire.gov.uk/transport/around/parkandride/>

Cambridge trains

Crosscountry: Covers Stansted to Birmingham via Cambridge.

<http://www.crosscountrytrains.co.uk/>

First Capital Connect: Now running the Kings Cross line instead of WAGN.

<http://www.firstcapitalconnect.co.uk/Main.php?sEvent=HomePage>

National Express East Anglia: Services to and from London Liverpool Street. Formerly called 'one'. <http://www.nationalexpresseastanglia.com/>

Cycling in Cambridge

Cambridge Cycling Campaign: Campaigns for better cycling facilities in Cambridge. Site includes information about cycle parking sites.

www.camcycle.org.uk

Cycle routes around Cambridge:

<http://www.cambridge.gov.uk/public/images/cycmap.pdf>

Cycle routes in city centre:

http://www.cambridgeshire.gov.uk/NR/rdonlyres/D41EF69B-37A5-4ED1-8C2A-BCBCC6A49CB3/0/cycle_map_camb.pdf

List of cycle shops from Cambridge Online:

http://www.cambridgeonline.co.uk/local/Shopping/Bicycles_and_Bicycle_Repairs/ Includes shops that deal with bike sales and hire, repairs, spares and accessories.

Good range of information about **bike shops, cycle paths, safety, campaign groups**, etc. in Cambridge, on CamCart's website - a company that sells bicycle cargo trailers and accessories.

http://www.camcarts.co.uk/cycling_in_cambridge_uk.htm

List of cycling clubs in Cambridge:

<http://www.colc.co.uk/shared/sport.html#cycling>

Bike shopping-trailers. Waitrose in Trumpington has teamed up with the City Council to provide shopping trailers for cycling customers to transport their shopping home. The bicycle trailers can be used free-of-charge by Waitrose customers enabling them to place their

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shopping straight into the trailer as they shop. It then simply hitches onto their bikes once they have paid. The trailer then has to be returned to the store within three days.

Fuel: bio-diesel

Cambridge Bio-Diesel Club: Local company selling bio-diesel made from waste cooking oil. Currently, fuel is only available to members. Call Mark on 07801042504.

<http://www.cambridgebiodiesel.co.uk/index.php?id=4>;

We are currently researching whether any other ecologically less damaging fuels are available locally, and will publish the findings on the CCF website in due course. In the meantime please direct any suggestions and comments to Karin, Ro or Andy at the office.

Cambridge rideshares & carpools

Streetcar: You join the club and can then hire cars by the hour, booking via their website/mobile phone and accessing the car with a swipe card.

www.streetcar.co.uk/location.aspx?location=463

This **car-pool/sharing service** is promoted by Cambridgeshire Chamber of Commerce.

http://www.cambridgeshirechamber.co.uk/bfora/systems/xmlviewer/default.asp?arg=DS_CCCI_ABOUTART_93/page.xml/237

CamShare has been set up to provide a matching service for potential partners as a driver or passenger, for all those living, working or travelling around Cambridgeshire.

<http://www.camshare.co.uk/Default.asp?uxi=&cr=check>

Locanto Cambridge rideshare & carpool is part of the Community Cambridge classifieds. <http://cambridge.locanto.co.uk/rideshare-carpool/102/>

Find a **rideshare partner** or offer rideshare in Cambridge on Gumtree.

http://cambridge.gumtree.com/cambridge/rideshare_1307_1.html

Delivery services

Outspoken Delivery: bike courier firm which uses 'specially designed bicycles to transport everything from documents to computers across town'. Tel: 01223 719594. <http://www.outspokendelivery.co.uk/>

Local and organic food and growing your own

Farmers' markets

Farmers' markets sell local produce directly to consumers. They're a great source of fresh, local, seasonal food and some of it is organic too. More information and national listings from the National Association of Farmers' Market: www.farmersmarkets.net

Locally, look for:

Cambridge Farmers' Market: in the market square, Cambridge. Tel: 01223 457105. Every Sunday, 10-4pm. You can get superb and inexpensive organic vegetables from Simon Steel and other growers. There are also unsprayed apples, pears and other fruit, plus pies and jams, from Geoffrey Barker of Over. Other stalls sell fish and shellfish from Norfolk, goat's cheese from a farm in Hitchin, and even ostrich burgers!

Cambridge Market: the market square, Cambridge. Monday-Saturday, 9-4.30ish. Some of the smaller stall-holders have local fruit and vegetables bought direct from the growers. Look along the eastern edge of the market – the stalls facing GAP and Marks and Spencers. Harvey and Sons of Little Shelford (opposite Marks and Spencers) are there every day except Monday, Michael Young is there Monday, Tuesday, Friday and Saturday, and Chris Carter (opposite GAP) is there every day. In the summer, Chris has apples, pears, plums and gooseberries from his own orchards.

Farmers Fayres: <http://www.farmersfayres.co.uk> Tel: 07786456348. Provides information about and organises local farmers markets, currently held in Burwell, Shelford, Linton, and Impington.

Great Shelford Farmers Market: Memorial Hall - Woollards Lane - Gt. Shelford. Tel: 01223 291291. Every 4th Saturday 9.30 - 12.30.

Impington Farmers Market: Impington Village College, New Road, Impington. Tel: 01223 291291. Every 3rd Saturday of the month, 9.30am - 12.30. This venue boasts excellent parking.

<http://www.farmersfayres.co.uk/impington.htm>

Linton Village Farmers Market: Linton Village College, Cambridge Road, Linton. Tel: 01223 291291. Every 1st Saturday of the month 9.30am - 12.30am. Local producers of fresh and organic food selling direct to the public. This venue boasts ample parking. Refreshments Available. Pedestrian Access. Specialist Arts & Crafts Section.

<http://www.farmersfayres.co.uk/linton.htm>

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National Association of Farmers Markets: <http://www.farmersmarkets.net>

Website explaining the unique values of farmers' markets, and listing farmers' markets across the UK.

Orwell Pannier Market: The Pavilion Town, Green Road, Orwell, SG8 5QJ. Tel: 01223 208035. Email: treesandbees@tiscali.co.uk. First Saturday in every month 10.00-12.00. Local produce, crafts and gifts. Typical stalls include Trees and Bees Honey, Fresh local vegetables, home grown fruit and veg, home made jams.

Wimpole Hall Farmers Market: The National Trust, Wimpole Estate, Old Wimpole Road, Royston, SG8 0BW. Every 2nd Saturday of the Month, 11-3pm. Tel: 01223 291291

Farm shops

Cambridge Farmers Outlet: 8 Lensfield Road, CB2 1EG. Tel: 07885 686947. A cooperative of 20+ local producers that sells seasonal food direct to the public. Stocking organic bread, and fruit, veg and flowers grown without pesticide use, along with chutneys, some prepared food and high-quality frozen ready meals.

Prospects Trust: Snakehall Farm, Swaffham Road, Reach, Cambridgeshire CB25 0HZ. Tel: 01638 741551 <http://www.prospectstrust.org.uk> A Local charity that works with adults with learning difficulties, providing training and work experience in horticulture and supported employment opportunities. The Trust has a farm/garden centre shop selling seeds, plants, fresh veg and preserves.

Radmore Farm Shop: 82-84 Victoria Road, CB4 3DU. Tel: 01223 361155.

Rectory Farm Shop: A10, Milton Bypass, Cambridge. Tel: 01223 860374.

Shops

Andrew Northrop: 114 Mill Rd, Cambridge. 01223 353092. Butcher selling a range of local, free-range meat, some organic. Also local apple juice.

Arjuna: 12 Mill Road, CB1 2AD. Tel: 01223 364845. Mon-Fri 9.30-6.00; Sat 9-5.30. <http://www.arjunawholefoods.co.uk/> A wide range of organic goods, with top-grade organic fruit and vegetables, some sourced locally.

Mouth Music: Mouth Music c/o Arjuna Wholefoods, 12 Mill Road, CB1 2AD. Telephone 07886 757987. <http://www.mouth-music.co.uk>. Vegetarian wholefood caterers Mouth Music operate out of the kitchen in Arjuna Wholefoods, and provide lovely nosh for groups small and large.

Burwash Manor Farm Larder: New Road, Barton, Cambridge, CB23 7EY.
Tel: 01223 264600. Monday-Saturday 9.30-5pm, Sunday 11-4pm.
http://www.burwashmanor.net/01_shops_tl.asp

Regional delicatessen, offering an exclusively organic, wide range of produce from the farm and from many local suppliers such as Coton orchard and Chilford vineyard.

Cobs Bakery: 14 Robert Davies Court, Nuffield Rd, Cambridge, CB4 1TP.
Tel: 01223 241207. <http://www.cobsbakery.com>. Cobs Bakery is a registered organic producer with the Bio-dynamic Agricultural Association. In order to keep food local and keep down food miles they get their supplies from local farmers and millers. They use 100% renewable electricity from Good Energy. Available from shops including: Daily Bread, Origen8, Organic Health, Arjuna and Farmers' Markets, and orders can be delivered.

Cousins & Sons: 36 Grantchester St., Newnham village, Cambridge. Tel: 01223 352856.

Monday-Saturday; 7am - 4pm on Monday and Saturday, 7-5.30 on Tuesday-Friday. A traditional independent butchers shop, stocking local meat and eggs, from Suffolk and Norfolk, local bacon and their own sausages. Pies, cakes and other baked goods are made on the premises. They also sell fruit and vegetables, and quite a bit of this produce is local.

Daily Bread: 3, Kilmaine Close, King's Hedges, CB4 2PH. Tel: 01223 423177.
<http://www.dailybread.co.uk/cambridge/index.php>.

Tues-Fri 9-5.30; Sat 9-4. A cooperative selling locally produced honey, flour, and organic fruit and vegetables in season. There is a helpful list showing exactly where the fruit and vegetables comes from. With other products, such as cheese and confectionary, preference is given to UK producers. There is also a café.

Newnham Bakery: 7 Derby St., Newnham village. Tel: 01223 353004.

Monday-Saturday; 7.30am-3pm, except Saturday when they close at 1pm. Bread baked on the premises every morning, and very, very good. The flour is milled in Essex, Northampton and Lincolnshire, largely from British wheat, with a little high-protein Canadian wheat added to give the bread the right texture.

Organic Health: 87 Church Rd, Hauxton, Cambridge CB22 5HS. Tel: 01223 870101. Tuesday-Saturday. Specialist organic and special diet food shop, also stocks green products and local food.

Origen8: 62 St Andrew's Street, Cambridge, CB2 3BZ. Tel: 01223 354434.
<http://www.origin8delicafes.com/>. Stocks the best of Anglian produce, sourcing delicious ingredients that are grown, prepared and

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cooked locally. Also does 'working lunch' platters for outside catering. Discount voucher for café available on website!

Rawr Chocolate: 36 Girton Road, Cambridge CB3 0LL. Tel: 01223 798555. Small, Cambridge-based company producing handmade raw chocolate that's truly good for you! All Rawr products are made with ingredients sourced from ethical companies. Most ingredients are organic, and packaging is recycled. Rawr chocolate is raw, vegan, gluten free, suitable for diabetics (no refined sugar and low GI) and contains no artificial ingredients.

Urban Larder: Hope Street Yard (off Mill Road), Cambridge CB1 3NA. Tel. 01223 243021. www.urbanlarder.co.uk Stocks a range of local, organic, free range, homemade and sustainable food.

Box and delivery schemes

Most of these schemes will deliver fresh, local, organic vegetables and fruit to your door. Some deal just in their own farm's produce, some buy in from other growers to make a more varied box, some also deal in imported organic fruit. Some offer locally produced meat, dairy products, eggs and bread.

Breckland Organics: Bottisham Tel: 01842 762522 / 01223 812075.

Box scheme delivered to your door; local products where possible.

Cambridge Organic Food Company: Penn Farm Studios, Harston Rd, Haslingfield, Cambridge, CB3 7JZ. Tel: 01223 873300. <http://www.cofco.co.uk> The Cambridge Organic Food Co. represents a group of 8 organic farms in the Cambridge area. They deliver fresh, locally produced and organic vegetables and meat in the Cambridge, Huntingdon, St. Ives, St. Neots or Saffron Walden areas. Boxes priced from £10.50 - £20.50.

CamValley Orchards (formerly Elbourn Apples): 25, Whitecroft Road, Meldreth, SG8 6ND. Tel: 01763 260332. camvalley.plums@virgin.net This fruit farm has a seasonal shop and also attends many local farmers' markets, selling apples (26 sorts) and plums (33 varieties) as well as plum jams and apple juices. There are plans to plant new orchards with about 40 heritage varieties of apple. They will deliver apple juice in the Cambridge area, if you buy a box of 12 bottles.

The Food Folk: Many local products from Essex and East Anglia are available for delivery from The Food Folk, which represents many local farmers and producers. Tel: 01799 586776 or try <http://www.thefoodfolk.com/index.php/shop/index/>. Meat and

poultry, fish, milk, cream, yogurt and eggs are available, as are locally prepared chutneys, jams, bread, oils and even ketchup and crisps!

Guilden Gate Smallholding: Simon and Jacqueline Sagers, Bassingbourn, Royston, SG8 5PD. Tel: 01763 243960. www.guildengate.co.uk. Veggie boxes made up of organic produce from the smallholding.

Naturally yours: Bob & Jo Horton, Naturally Yours, Horse & Gate, Witcham Toll, Ely, Cambs., CB6 2AB. Tel: 01353 778723. <http://www.naturally-yours.co.uk/> Organic fruit and vegetables, organic meat, additive-free meat, organic sausages and burgers, fish, ready-made savoury pies (organic ingredients) delivered frozen, cereals, nuts, and local stoneground flour.

Organic Connections: Riverdale, Town St, Upwell, near Wisbech, PE14 9AF. Tel: 01945 773374. www.organic-connections.co.uk www.milkandmore.co.uk A long-established company that supplies boxes through Dairy Crest containing local organic produce wherever possible (some grown by themselves), and organic fruit and vegetables brought in from further afield. Can also do one-off deliveries to order.

Waterland Organics: Paul and Doreen Robinson Tel: 01223 812912 www.waterlandorganics.co.uk. Will deliver fruit and vegetable boxes to Cambridge, Newmarket and surrounding villages. They offer vegetable boxes at £7, larger boxes at £11.00. Seasonal vegetables will include such luxuries as asparagus, artichokes, fennel and sweetcorn.

Growing your own

Cambridge Allotments Network. Information on allotment sites and societies and how to join, seed swaps etc.
<http://www.allotments.net/index.html>

Transition Cambridge Garden Share Scheme.

www.transitioncambridge.org If you have space in your Cambridge garden that is underused or if you want to grow your own veg but don't have a garden to do it in.

Homegrown UK. www.homegrownuk.org A national garden share community.

Master composters. Cambridgeshire has a network of volunteers called master composters, dedicated to:

- raising awareness of the benefits of composting
- encouraging people to home compost

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- helping those already composting to do so more effectively
- encouraging the setting up of community composting schemes.

If you are interested in speaking to, or becoming a master composter yourself, contact Compost Connexions at Cambridgeshire Community Reuse and Recycling Network (CCORRN) on 01354 742300.

Real Seeds: <http://www.realseeds.co.uk> the Real Seed Catalogue is a private collection of vegetable varieties selected particularly for the home grower. All have been chosen from personal experience for great taste and simple cultivation. All are non-hybrid, non-genetically-modified, reliable and easy to grow.

Consumption and waste

Reduce, re-use & recycle. Put a notice on your letter box saying 'No advertising; no unaddressed mail please.' The County Council also issue stickers, available from Cambridgeshire & Peterborough Waste Partnership, at Shire Hall. Tel: 01223 717248. www.recap.co.uk

Charity shops

The following primarily sell second-hand clothes, crockery, and bric-a-brac.

British Heart Foundation: 10 Burleigh Street, CB1 1DG. Tel: 0870 120 4141.

British Red Cross Society: 26 Burleigh Street, CB1 1DG. Tel: 01223 301426.

Cancer Research: 42 Regent Street, CB2 1DP. Tel: 01223 367045.

Care & Share: 11 High Street, Histon, CB4 9JD. Tel: 01223 235840.

Cats Protection League: 172 Mill Road, CB1 3LP. Tel: 01223 566997.

East Anglia Childrens Hospice: 174 Mill Road, CB1 3LP. Tel: 01223 243800.

Emmaus Cambridge Community Shop & Cafe: Monday-Friday 10-5pm. Saturday 9-5pm. Green End, Landbeach, Cambridge CB25 9FD. Tel: 01223 863657. www.emmauscambbridge.org manner of recycled goods and new handmade furniture also available.

Macmillan Cancer Relief: 32 St Andrews Street, CB2 3AR.

Marie Curie Cancer Care: 347 Cherry Hinton Road, CB1 8DH. Tel: 01223 416405.

Mind: 38 Burleigh Street, CB1 1DG. Tel: 01223 302926.

National Trust: 9 Kings Parade, CB2 1SJ. Tel: 01223 311894.

NCH Action For Children: 228 Mill Road, CB1 3NF. Tel: 01223 244964.

Nearly New Agency: 16 Burleigh Street, CB1 1DG. Tel: 01223 316618.

Oxfam:

- 46 St Andrews Street CB2 3AH. Tel: 01223 313373.

- 28 Sidney Street, CB2 3HW
- 110 Regent Street, CB2 1DP. Tel: 01223 830208.
- 4 Morleys Place, High Street, Sawston, CB2

Romsey Mill Charity Shop: 2, Thoday Street, CB1 3AS. Tel: 01223 506443.

Romsey Mill Community Chest: 2 The Broadway, CB1 3AH. Tel: 01223 519287.

SPCA Charity Shop: 188 Mill Road, CB1 3LP. Tel: 01223 212644.

Sally Anns: 44a Mill Road, CB1 2AS. Tel: 01223 316161.

Save The Children: 21 Magdalene Street, CB3 0AF. Tel: 01223 313900.

Scope: 33 Burleigh Street, CB1 1DG. Tel: 01223 360205.

Sue Ryder Care: 5 Rectory Terrace, High Street, Cherry Hinton, CB1 9HU. Tel: 01223 505423.

Sue Ryder Foundation: 16a Mill Road, CB1 2AD. Tel: 01223 353948.

Sue Ryder Shop:

- 9, Barnwell Road, CB5 8RG. Tel: 01223 242288.
- Rectory Terrace, High Street, CB1 9HU. Tel: 01223 505423.

The Charity Shop In Aid Of Romsey Mill: Rear Of 193 Mill Road, CB1 3AN. Tel: 01223 506443.

The Hospice Shop: 30 Regent Street, CB2 1DB. Tel: 01223 462452.

The Salvation Army: 104 Mill Road, CB1 2BD. Tel: 01223 316161.

The following places take unwanted furniture as well as clothes and household goods; (and sell them too):

Oxfam Shop: Burleigh St. Tel: 01223 329841

SOFA: Unit H, The Paddocks, 347 Cherry Hinton Rd. Tel: 01223 576535.

<http://www.cambridgesofa.org.uk/index.html>

Salvation Army Shop: 44a Mill Rd, Cambridge. Tel: 01223 316161.

Real (non-disposable) nappies

Cambridgeshire & Peterborough Real Nappy Network: 24 Hollow Lane, Ramsey, Huntingdon PE26 1DE. Tel: 0845 644 3045.

<http://www.realnappy.net>. A voluntary group, run by parents and with no commercial interests that provides information and advice on the use of re-usable nappies.

Sharing & exchange schemes

Cambridge FreeCycle: The Cambridge Freecycle Network is open to all who want to "recycle" useful items by giving them to others, rather than throwing them away. Whether it's a chair, a fax machine, piano or an old door, feel free to post it. Maybe you're looking to acquire something yourself? Feel free to post...

<http://groups.yahoo.com/group/cambridgefreecycle/>

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Eastex: Cambridgeshire Materials Exchange is a free online information service where organisations and individuals view and place information about redundant stock and surplus raw materials.

Unwanted materials can be efficiently passed on or sourced - either once or as an ongoing arrangement.

<http://www.eastex.org.uk/cambs/information.asp>

The Swap Pit: DVD Exchange Club: For a monthly fee, swap your DVDs so you never need to buy new ones. 95 Mill Road, Cambridge CB1 2AW; Tel: 01223 500247. <http://www.swappit.org.uk/>

LetAllShare: A free site that helps you rent, borrow, lend or give-away things amongst friends, neighbours, colleagues and people you trust. You control what you share, with whom & how, i.e. for free, for a fee or both! <http://www.letsallshare.com/user/login>

Camlets: CamLETS enables members to exchange skills by means of a sophisticated barter system. You get things done for yourself by doing things for other people. Cambridge (UK) has had a thriving LETS scheme since 1993. <http://www.camlets.org/index.html>

Freedom Club Timebank: Freedom Club TimeBank is a community exchange scheme for the residents of Cambridge. Members give and receive time from other members to get things done and perhaps learn new skills. Activities include gardening, shopping, reiki, learning languages, giving lifts. <http://www.fctb.org.uk/>

Servicing and repairs

Many other things apart from washing machines, computers and shoes can, of course, be repaired, but we've started with these as they are the most commonly repaired items. Search online for repairers of other goods. If you think it would be a good idea to include others here, please contact us with suggestions.

Washing machines

Andrew McCulloch: 11 Nuffield Road, Cambridge, CB4 1TF. Tel: 0500 600873 / 01223 836610

B.A.S. Domestic Appliance Repairs: Unit 1 Dapple Farm, Oakington Road, Girton, Cambridge, CB3 0QH. Tel: 01223 423993.

Foster-Calland: 259 Wimpole Road, Barton, Cambridge, CB3 7AE. Tel: 01223 264777.

Lays Electrical: 66 High Street, Great Shelford, Cambridge, CB2 5EH. Tel: 01223 842488

N J P Services: 15 Kelvin Close, Cambridge, CB1 8DN. Tel: 01223 504504.

P S G Domestic Appliance: 52 Elfleda Road, Cambridge, CB5 8NA. Tel: 01223 214160

P Turney: 52 Birdwood Road, Cambridge, CB1 3SU. Tel: 01223 240364

Computers

Cambridge Computer Support:

<http://www.cambridgecomputersupport.co.uk/>

Computer Medic: Tel: 07867 631984. <http://www.jus-uk.co.uk/computermedic.html>

Get-to-I.T. Onsite PC Support: 8 Coulson Way, Alconbury, Cambridgeshire, PE28 4WE. Tel: 0845 459 2816; 07979 348020 or 01480 896704.

<http://www.get-to-it.co.uk>

JC Computer: Tel: 07711 804406 or 01223 510450.

<http://www.jccomputer.co.uk/>

Robert Wills: Based in Swavesey, CB24 4RL – visits by appointment only. Tel: 01954 232 947. <http://www.robertwills.com>

Printer Repairs: 1 Winship Road, Milton, Cambridge. CB4 6BQ. Tel: 0800 169 7255. <http://www.cbsofficesupplies.co.uk>

Shoes

Antonio: 36, Newnham Road, Cambridge, CB3 9EY. Tel: 01223 355278.

Chesterton Shoe Repair Shop: 52 Chesterton Road, Cambridge, CB4 1EN.

Modern Shoe Repair Service: 157 Mill Road, Cambridge, CB1 3AA. Tel: 01223 566882.

Multi Service Centre: The Grafton Centre, 63 East Road, Cambridge, CB1 1PS. Tel: 01223 314488.

Timpson: 5a Burleigh Street, Cambridge, CB1 1DG. Tel: 01223 462544.

Timpson: Care Of Curtess, 69 St. Andrews Street, Cambridge, CB2 3BZ. Tel: 01223 300559.

Village Cobblers: 63 High Street, Sawston, Cambridge, CB2 4BG. Tel: 01223 566736.

Recycling

Cambridge City Council provides three main ways to recycle and compost rubbish: kerbside collections, recycling sites and Household Waste Recycling Centres.

The kerbside household collection system collects **organic material, paper, metals, glass and some plastic materials.**

There are also more than 25 recycling points spread around Cambridge for those materials that cannot be recycled via the kerbside service, or for larger amounts of materials (see the government website below for addresses, and a map of these sites). The majority of these sites will recycle

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newspapers, magazines, white paper, white envelopes; glass bottles and jars; and food and drink cans, aerosols and clean foil. A few of these sites will also recycle **textiles, books, plastic bottles and paper-based cartons (e.g. Tetra Pak)**, so check the website below before making a visit.

Government Recycling Directory for Cambridge:

www.cambridge.gov.uk/recycling

Household waste recycling centres

Reasonable amounts of the following waste types from households can be taken to any of the Recycling Centres in Cambridgeshire: **Bulky Items, Cardboard, Clothes, Compost, Cooking oil, Foil, Garden waste, Glass, Hardcore** (concrete/rubble), **Light bulbs** (including energy saving bulbs), **Metal** (tins/cans/scrap metal), **Mobile phones, Pallets** (non-returnable only), **Paper, Timber, Shoes & Soil.**

The following hazardous items are also accepted (see site operator for instructions): **Aerosols, Batteries** (car/household), **Chemicals including oil, Computer Monitors, Engine oil and filters, Fluorescent tubes, Fridges/freezers, Paint and Televisions.**

Milton, Bluntisham, Thriplow and March Recycling Centres are also able to accept **plasterboard.**

The closest recycling centres to Cambridge are as follows. Call to confirm opening times.

Butt Lane, Milton, CB24 6DQ. Tel: 01223 860674.

Gravel Pit Hill, Thriplow, SG8 7HZ. Tel: 01223 839001.

Grunty Fen Recycling Centre, Pools Road, Witchford, Ely, CB6 2JE. Tel: 01353 668728.

Heath Road, Bluntisham, PE28 3LQ. Tel: 01487 841810.

For more information, and more Recycling Centres:

<http://www.cambridgeshire.gov.uk/environment/waste/facilities/hwrcs/>

Household battery recycling points:

Dee's Budgens in Arbury. (New!)

Waitrose, Hauxton Road, Trumpington (in the entrance foyer).

Customer service centre, Mandela House, Regent Street (to the left of the reception desk).

Gee's on Mill Rd. -- also take used energy-efficient light-bulbs.

Sainsbury's also has its own household battery recycling scheme. Freepost envelopes for batteries can be picked up in-store at the checkouts.

Computer recycling:

ITgreen: Computer recycling for Cambridge 'Provides a full end-to-end service for businesses covering the collection and in-house recycling of all obsolete, faulty and surplus computer equipment.'

http://www.it-green.co.uk/Cambs_computer_recycling.html

Reboot is a charity which provides training and employment to people needing support to get into work. Learners refurbish and recycle PCs for local socially minded organisations and for re-sale to the public and businesses. Unusable components are disposed of in an environmentally friendly way. Both businesses and householders can donate or buy computers. Tel: 01223 365917.

www.red2green.org/reboot.htm

Local environmental groups...

This section contains information about some other Cambridge environmental organisations: the final chapter of the course handbook lists relevant national organisations.

Cambridge Action Network: <http://www.cambridgeaction.net> The Cambridge Action Network offers local resistance to corporate capitalism, globalisation, and the destruction of our environment. The group help and support each other with various projects, ideas and actions in and around Cambridge. There's an open meeting twice a month, and everyone is welcome to join the events announcement list.

Cambridge City Greenways Project: For more info contact Iain Webb on 01954 713530 . <http://www.wildlifebcnp.org/citygreenways.htm>

This project aims to enhance wildlife habitats within the city of Cambridge through practical management work, and encourages local people to get involved.

The Cambridge Conservation Initiative (CCI) is a collaborative partnership created by the University of Cambridge and leading conservation organisations. It represents a critical mass of expertise at the interface of research and education, policy and action for the conservation of biodiversity and ecosystems. Our vision is to secure a sustainable future for biodiversity and humanity, and inform decision-making by government, industry and civil society in local, national and international contexts. The website offers news and information about upcoming local events. <http://www.cambridgeconservation.org/>

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Cambridge Conservation Volunteers: <http://www.ccv.org.uk> Spend your Sunday in the beautiful outdoors, helping to maintain nature areas in and around Cambridge! The group usually meets on Sunday at 10am, with a pick-up from the toilets on Victoria Avenue alongside Midsummer Common. See the website for a diary of events.

Cambridge Friends of the Earth: 23 King Street, Cambridge, CB1 1AH. Tel: 07811741163. <http://www.cam.net.uk/home/camfoe/> Challenges environmentally damaging activities and policies by promoting sustainable alternatives, both nationally and in the Cambridgeshire region. We hold regular meetings at St Barnabas Church, Mill Road on the last Tuesday of the month at 7.30pm, but ring to check it is on first. All welcome!

Cambridge Greenpeace Group: Contact Richard Martin (Tel: 0207 865 8178 or email: richard.martin@uk.greenpeace.org), or Polly Honeybone (Tel: 07941668270 or email: (p_honeybone@mn.com)). Alternatively, join the Facebook group: <http://www.facebook.com/group.php?gid=15823165434>. Website: <http://www.greenpeaceactive.org.uk/group.php?cat=178>. An active group campaigning on a local level, as well as on national co-ordinated Greenpeace campaigns. See <http://groups.yahoo.com/group/cambridgegreenpeace/> for recent messages about group activities. The group meets on the first Tuesday of the month in CB2 café on Norfolk St.

Cambridge Woodcraft Folk. The Woodcraft Folk is a progressive educational movement that aims to develop self confidence, social awareness and empowerment in children and young people in our society, and to move towards building a world based on equality, friendship, peace and co-operation. They have a strong emphasis on environmental issues. www.cambridge-woodcraft.org.uk
trish@cambridge-woodcraft.org.uk

Campaign for Better Transport: To contact Simon Norton (Chair), phone 01223 569623. <http://www.t2000cam.org.uk/> This is the Cambridgeshire group of the United Kingdom Campaign for Better Transport which campaigns for more environmentally-sound transport policies.

East Anglia Food Link: The Street, Long Stratton, Norwich NR15 2XQ. Tel 01508 536666. <http://www.eafl.org>. EAFL's aim is to help to build a sustainable and food system across the East of England. They provide information about local food, sustainability and related issues such as the global economy,

population growth, oil and climate change. They also do related projects with local organisations such as research and promotion of local fresh food.

Histon and Impington Climate Change Action. (HICCA) Enthusiastic local group taking action together with lots of great activities to get involved in. www.hicca.org.uk info@hicca.org.uk

Just Living offer a 'Proper Positive Guide' to Cambridge. They maintain a directory of various socially responsible organisations in the Cambridge area, from shops to campaigning groups. <http://www.justliving.org.uk/>

Nature Reserves: Tel: 01223 457000. <http://lnr.cambridge.gov.uk/> The Local Nature Reserves (LNR's) in Cambridge are for both people and wildlife. These reserves help to protect some of the best wildlife habitats and geographical features across the City, whilst making an important contribution to the UK's biodiversity. The nature reserves are: Logan's Meadow, Bramblefields, Barnwell West, Paradise, Barnwell East, Byron's Pool, Nine Wells, Limekiln Close and West Pit.

Sustainable Girton. Active local group in Girton that welcomes new members. www.sustainable-girton.org.uk info@sustainable-girton.org.uk

Transition Cambridge: <http://www.transitioncambridge.org> Transition Cambridge is part of the Transition Town network of like-minded communities across the UK and abroad that seek a community-based response to the challenges of peak oil and climate change. Several sub-groups are already active including: Food, Education, Body and Soul and Skills Share.

Wildfoodie: <http://www.wildfoodie.com> Tel: 07913085797. Foraging workshops and walks – learn about local wild foods and eat for free!

local resource guide

for carbon conversations groups

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Prepared by Sarah Gingell

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