

## Local Ideas for IP15 IP16 IP17 Central Suffolk Coastal

(ideas that also **save money** marked with \*)

## Reduction of Plastics and Packaging

### Refills \* Some local possibilities...

Farmshop Marlesford A12 : refills for some Ecover products  
Nichols Butchers Leiston : Olive oil - refill your glass bottle

**Milk** Delivery in returnable glass bottles 'Milk & More' <https://www.milkandmore.co.uk>  
Foulgers Dairy covers some, not all of our area <https://www.foulgersdairy.co.uk/delivery-map/>

**Loose cereals, nuts & more** Cupboard Love - local enterprise, online deliveries <https://www.cupboardlove.shop>

**Fresh Tempeh** made Wickham Market, online ordering and delivery <http://www.freshtempeh.co.uk>

### Farmshops & loose veg

Make/buy produce bags (see general list)

Some local Farm Shops Butchers, Producers  
Maple Farm organic / free range farm eggs, some veg, flours, <http://www.maplefarmkelsale.co.uk>  
Farmshop Marlesford A12  
Friday Street Farm shop, Saxmundham , off A12 (and re use their plastic bags for frozen berries etc)  
Elmwood Nurseries Leiston Road, Knodishall  
Emmerdale Farmshop Westleton Rd, Darsham  
Middleton Farm shop Reckford Roost

**Pulses** <https://hodmedods.co.uk/> also Grains, Flours and more. Halesworth based.

### Group ordering \*

Rainbow whole foods Norwich, wholesale side, offers free delivery in Suffolk for minimum invoiced total of £200 excluding VAT. <http://www.rainbowwholefoods.co.uk/wholesale.jsp> \* save money on some bulk goods  
Suma Wholefoods (not local) <http://www.suma.coop/order/food-group/>

### Less Palm oil (& see General List)

Health food shops / health food supermarket sections most likely to have palm oil free products  
Focus Organics , shop at Halesworth, High Street.  
Cupboard Love at local stalls / online delivery <https://www.cupboardlove.shop>  
Waitrose own brand oatcakes have no palm oil  
Co-op 'Truly Irresistible' biscuits range have butter not palm oil

### Recycling

Leiston Household Waste Recycling centre : Lovers Lane, Leiston IP16 4UJ  
<https://www.recyclenow.com/local-recycling>  
<http://www.eastsuffolk.gov.uk/waste/waste-collections-and-disposal/recycling/>  
\* Freecycle website <https://groups.freecycle.org/group/IpswichUK/posts/all>

### Transport (also see General List)

Local transport info <http://www.suffolkcoastandheaths.org/things-to-do/getting-around/>  
[http://www.travelinesoutheast.org.uk/se/XSLT\\_TRIP\\_REQUEST2?language=en&timeOffset=15](http://www.travelinesoutheast.org.uk/se/XSLT_TRIP_REQUEST2?language=en&timeOffset=15)

## *Biodiversity*

Suffolk Wildlife Trust <https://www.suffolkwildlifetrust.org/about-us>

Community Green Spaces <https://www.suffolkwildlifetrust.org/communitygreenspaces>

Some local reserves :

Darsham Marshes <https://www.suffolkwildlifetrust.org/darshammarshes>

Carlton Marshes <https://www.suffolkwildlifetrust.org/carlton>

Alde Mudflats <https://www.suffolkwildlifetrust.org/aldemudflats>

Blaxhall Common <https://www.suffolkwildlifetrust.org/blaxhallcommon>

Snape Warren <https://www.rspb.org.uk/reserves-and-events/reserves-a-z/snape>

North Warren <https://www.rspb.org.uk/reserves-and-events/reserves-a-z/north-warren>

Dunwich Heath <https://www.nationaltrust.org.uk/dunwich-heath-and-beach>

Minsmere Bird Reserve <https://www.rspb.org.uk/reserves-and-events/reserves-a-z/minsmere/>

Kelsale & Hasketon (some open days) <http://www.suffolkflora.org>

Suffolk generally: butterflies <http://www.suffolkbutterflies.org.uk>

## *Local Green Organisations*

<http://www.eastsuffolk.gov.uk/news/residents-can-take-action-over-plastic-waste/>

Transition Woodbridge <http://transitionwoodbridge.onesuffolk.net>

Greener Saxmundham <http://www.greensuffolk.org/green-communities/greener-sax/>

Greener Rendlesham <https://www.onesuffolk.net/events-in-suffolk/v/greener-rendlesham-transition-woodbridge-meeting>

Greener Waldringfield <http://www.greenerwaldringfield.org>

Groundwork East <https://www.groundwork.org.uk/Sites/east/pages/yellow-fish-east>

We are a small group of people in coastal central Suffolk UK wanting to make our contribution to the health of our planet.

We have compiled four lists which can be downloaded at

<http://earthaldeburgh.co.uk/our-planet/>

- **Short Intro List** to introduce the idea of ideas and local resources, easy to print out and distribute
- **Local Resource List** similar but longer, for our own area which is IP15 IP16 IP17 (this list)
- **General List** with national and international resources.
- **How To** sheet with details of some of the ideas to make at home.

Please join us and bring ideas to the list. We aim to be non commercial and offer constructive, practical, everyday actions. We aim to keep the list updated several times a year and distribute it through email, personal networks, local groups, shops, local papers, social media. We try to stay current and seek to be accurate but cannot guarantee either of these. Please help share the lists around and help keep updated.

Print / distribute the **Short Local Resource List** to your own contacts, local groups or classes.

We would welcome people to use any of the structure/format/ ideas/ information to collate their own resource list for own locality.

***"I want you to panic, I want you to act as if the house is on fire. Because it is."***

( Greta Thunberg [https://www.theguardian.com/environment/2019/feb/15/the-beginning-of-great-change-greta-thunberg-hails-school-climate-strikes?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/environment/2019/feb/15/the-beginning-of-great-change-greta-thunberg-hails-school-climate-strikes?CMP=Share_iOSApp_Other))

