



### Editorial

Welcome to the second edition of KingstON bringing you environmental news and stories from around the borough.

We are always looking for ideas and contributions to this newsletter so if you would like to contribute please email [environmental.action@rbk.kingston.gov.uk](mailto:environmental.action@rbk.kingston.gov.uk) with your stories, ideas and environmental tips.

Smart meters can revolutionise the way we use electricity by helping us to understand how we use energy in our home. If you use our ecological footprinting tool and register your details at [www.kingstonfootprint.co.uk](http://www.kingstonfootprint.co.uk) you will be entered into our monthly draw to win a free smart meter.

### Growing your own

*Kate Lancaster, Kingston in Bloom winner 2009 tells her story*

Growing your own fruit and vegetables is back in fashion, which is great news as locally grown and seasonal food is a vital part of a sustainable future.

With vacant allotments rarer than hen's teeth, more of us are turning gardens, patios and even balconies over to food production.

*continues on page 9*



## Green Guardian Awards

The Kingston Green Guardian Awards 2009 were celebrated at the Rose Theatre on Monday 25<sup>th</sup> January. More than 200 people gathered to celebrate as the awards were presented to those who have recognised the benefits of going green.

The awards recognise and celebrate the efforts individuals, community organisations and businesses are making to reduce their environmental impact and improve our quality of life. The awards are run by Kingston Council in partnership with the local Guardian newspaper.

Renowned inventor Trevor Baylis, key speaker at the event, said: "The key to success is to take the risk of thinking unconventional thoughts; convention is the enemy of progress." This is very true if we want to create a better future for all and at the same time reduce our impact on the environment.



On February 26<sup>th</sup>, representatives from 11 boroughs, from south-east and south-west London, got together to celebrate the 2009 Green Guardian Regional Gala Evening Awards, held at the Wyndham Grand on Chelsea Harbour. The event was hosted by eco-journalist Lucy Siegle – founder of the Observer Ethical Awards and presenter of the BBC's 'The One Show.'

Kingston had a successful night with winners in different categories. Transition Town Kingston was awarded the best overall project or group; highly commended awards went to Chris Hine (green household) and Shaun Chamberlin (green champion) and a commended to Kingston University's electric motorbike (green concept).

## Winners of the evening were:

### Green Champion

Shaun Chamberlin - Winner

Marilyn Mason - Highly Commended

### Green Household

Chris Hine - Winner

Martin and Mary Bates - Highly Commended

### Green Business

Kingston First – Winner

Straker Eco Carpet Clean & Riverside Vegetaria  
- Highly Commended

### Green Concept

Kingston University's development of an electric motorbike  
- Winner

### Green Project or Group

Transition Town Kingston - Winner

Sustainable Living and the Older Community & Kingston  
Cycling Campaign - Highly Commended

### Green Primary School

Burlington Junior - Winner

Grand Avenue Primary - Highly Commended

### Green Secondary School

Richard Challoner - Winner

### Green Building

Green World Construction Limited - Winner

The Rotunda - Highly Commended

## Fair and Alternative TRADE

To celebrate Human Rights Week and Fairtrade Fortnight, Kingston University put on a free public event which focused on all things ethical and Fairtrade.

The 'Trade Fair' extravaganza highlighted ethical and more environmentally friendly options for things close to every student's hearts – from Fairtrade rum and cola tasting to a high fashion catwalk show.

For fashion on a budget with an environment twist, a swop shop was held where everyone was encouraged to donate an unwanted article of clothing or accessory in exchange for a ticket entitling them to pick up the same number of items as they had donated. Around 30 people took part and the majority of items were snapped up in minutes with the remainder being donated to Oxfam.



The fashion show saw budding models from the Student Union showcasing designs created by two innovative organic and Fairtrade certified designers. Fairtrade cotton is becoming increasingly popular and is helping many growers gain a fair and guaranteed price for their produce as well as helping support and develop their local communities.

The event was jointly organised by the University's People & Planet Society, Arts and Social Sciences Human Rights School and the Sustainability Team.

Find out more about Kingston University's commitment to the environment at [www.kingston.ac.uk/sustainability](http://www.kingston.ac.uk/sustainability)



## The Big Swap

Fairtrade campaigners – who took part in thousands of events during Fairtrade Fortnight – are celebrating the success of 'The Big Swap' which saw people and groups all across the UK swapping their usual purchases for Fairtrade ones.

John Lewis, Kingston Council and Kingston Fairtrade Steering Group joined together to hold a Fairtrade promotional weekend at John Lewis at the end of February.



Fairtrade ensures disadvantaged farmers and workers in developing countries get a better deal through the use of the international FAIRTRADE Mark.

More than one million and one swaps were completed across the range of Fairtrade products including tea, chocolate, coffee, bananas, cotton, herbs and spices plus newer ranges such as cosmetics, cottonwear and olive oil. The most popular everyday item swapped was tea followed by coffee.



## Women and Climate Change

Gender and the Climate Change Agenda is a comprehensive new report by the Women's Environment Network (WEN). It examines the gender related impacts of climate change on women in the UK and internationally and why it is crucial to involve women in climate change solutions and policies.

Read the report on [www.wen.org.uk/resources](http://www.wen.org.uk/resources)

## Environment Grants Available – Apply Now!

Community or voluntary groups that want to run environmental projects in the borough over the next 12 months are being encouraged to apply to the Council for an environment grant.

Applications can be made for grants ranging from £500 up to £10,000 and the deadline is Friday 14 May 2010.

Grants will be awarded for projects that directly benefit residents of the Royal Borough of Kingston upon Thames and also achieve one or more of the following:

- increase environmental knowledge and understanding
- save energy, promote renewable energy and cut carbon emissions
- promote the use of public transport, cycling and walking
- involve the community in environmental action
- reduce waste and increase recycling
- protect and enhance biodiversity and the natural environment
- protect natural resources through conservation and sustainable consumption.

Whilst up to £10,000 is available for each project, most grants awarded are likely to be in the range of £500 - £5,000.



Environment awards last year included Waste Watch's environmental awareness project for primary school children using their Recycler Robot, Fircroft Trust who used service users to build a compost area for all their garden and kitchen waste and awards for a community allotment, a project to recycle old bikes and publicity to promote recycling.

All applicants are encouraged to contact the Council to discuss their ideas before submitting their application.

For further details visit [www.kingston.gov.uk/grants](http://www.kingston.gov.uk/grants) or contact the Voluntary Sector Unit on 020 8547 6068 or e-mail [grants@rbk.kingston.gov.uk](mailto:grants@rbk.kingston.gov.uk)



## Pegasus Crossing in Kingston

Horses can now 'fly' safely between Richmond Park and Wimbledon Common thanks to a new Pegasus Crossing.

A new Transport for London funded crossing has been installed in the Royal Borough of Kingston on the A3 between Richmond Park and Wimbledon Common providing a direct and accessible route for horse riders, pedestrians and cyclists wanting to get from one green space to the other.

The new crossing near the Robin Hood Roundabout is one of only three in the Capital that gives special consideration and space to horse riders. The design allows pedestrians to cross the busy A3 dual carriageway without having to use the footbridge and allows horse riders and cyclists to cross without having to dismount.

The crossing was officially opened in February by Richard Dunwoody MBE, three-time champion National Hunt jockey. Speaking at the opening he said: 'Having spent my career in the saddle before venturing far afield as a pedestrian I commend Transport for London for this magnificent Pegasus crossing over the A3. It gives safe access to all riders, walkers and cyclists, as they journey between Wimbledon Common and Richmond Park.



# Businesses in Action

## Go Green and Save Money

Businesses in south London can get free advice to help them adopt environmental measures and save them money. The Go Green Plus programme, run by southlondon.biz, offers 12 hours free support and advice to small and medium sized businesses in six local authority areas – Kingston, Lambeth, Merton, Richmond, Sutton and Wandsworth.

Go Green Plus is part funded by the European Regional Development Fund and the service provided includes information and advice on a host of environmental initiatives.

Helen Clark Bell, Go Green Plus project manager said: "This programme allows businesses to implement different environmental practices, from recycling and eco travel plans, to energy efficiency and water reduction measures."

Kingston firm TaxAssist Accountants has received support, helping to develop a travel plan for employees. The accountancy firm has a local base, ensuring that staff don't have far to travel for client visits. Partner Bruce Burrowes is in the process of obtaining planning permission to build three bike stands outside the office and is installing a shower in the office premises.

"We're only a small business but if everyone does small things it will make all the difference," said Bruce Burrowes.

With most business conducted online Bruce is planning to introduce software to help scan in documents more proficiently and looking for a local stationery supplier that provides recycled products.

The Green Business Advisers have been working with a variety of businesses in the Kingston area, including Prochem Europe, introducing plastics recycling and developing energy saving plans for the Association of Business Executives and CS Healthcare.

If you would like help greening your business email [gogreen@southlondon.biz](mailto:gogreen@southlondon.biz) or visit [www.southlondon.biz](http://www.southlondon.biz)

*Sunny Lee (Green Business Adviser) and Bruce Burrowes (TaxAssist Accountants)*



## Try Cycling to Work

Kinston Council is working with Cycle Experience and Colin Buchanon to run a Try Cycling to Work Scheme for businesses in Surbiton. The scheme lends a bicycle and equipment to an employee for 4 weeks when they commit to riding 50% of their journeys to work by bike.

Participants get free cycle training and help with maintenance. A variety of bicycles are available to cover people's specific needs. For example the scheme is able to cater for mothers with children as there is a range of family cycling systems to include child seats, trailer bikes and trailers available.

And at the end of the scheme, employees have the option to buy the equipment and bike at a discounted rate.

The scheme is working with businesses that have signed up to the Business Travel Network in Surbiton in which all members have an active travel plan and a commitment to reduce the reliance on car journeys from their employees.



# Schools in Action

## Food for Life Partnership

The Food for Life Partnership Mark is an action framework and award scheme to help schools provide the very best school meals and practical food education for their pupils and involve the community too.



### Join a movement for change

Schools across the country are signing up to transform their food culture with the Food for Life Partnership. Young people in these schools are growing, cooking and eating fresh, seasonal, local and organic food and visiting the farms where their food is produced. Good food is becoming real for them and their families.

### Why join us?

By enrolling, your school will receive a wealth of resources to help you meet the award criteria so you can be recognised for transforming your school food culture.

### All enrolled schools receive:

- Free introduction pack
- Posters, recipe cards and a DVD
- Access to our advice lines
- Cooking and growing resources
- Invitations to workshops
- Regular offers and promotions
- Your own school webpage on our website
- Listing in our online schools database
- Access to national and regional networks
- Chance to be selected as a Flagship School

Enrol your school now at [www.foodforlife.org.uk](http://www.foodforlife.org.uk)

## Cooking Ideas

*With Tom Aikens*

School Food Matters (SFM) has teamed up with multi award-winning chef Tom Aikens to work on a new project called Cooking Ideas. Designed to promote cooking in schools, and to encourage children to have a go at preparing simple and nutritious meals.

SFM launched the project in Richmond in October and then came to Kingston. Tiffin Girls School was first to apply quickly followed by Green Lane Primary.

Tom Aikens said "I am very excited to be working with School Food Matters - to be able to show children the fun and healthy side of cooking, and that eating a healthy well balanced diet is essential to their age group."

Sessions were welcomed at both Kingston schools and fifteen lucky students got to produce a delicious fresh tomato pasta sauce followed by a very popular chocolate fondant pud!

Look out for a new Cooking Ideas page on the SFM website where you will find handy pdfs to download with Tom's recipes to try at home. [www.schoolfoodmatters.com](http://www.schoolfoodmatters.com)



# Schools in Action

## Lovelace Primary hosts Kingston's first Sustainable Schools Conference

Head teachers, senior teachers, governors, bursars and school site managers from 32 Kingston schools attended a day long conference at Lovelace Primary School in Chessington last February.

The conference was organised by Kingston Council to help schools work towards central government's target that all schools will be sustainable by 2020.

Presentations in the morning from Bill Jerman, Head Teacher at Hampton Hill Juniors and David Kemp, former principal of Chessington Community College, gave delegates the reassurance and confidence that incorporating key areas of sustainability really does make positive impact on everyone at school. They can also gain some valuable marks from Ofsted.

The focus of the conference was on the promotion of the DCSF (Department for Children, Schools and Families) Sustainable Schools National Framework.

If you are thinking about introducing sustainability at your school then the three most important guides to use are:-

QCA - Sustainable Development in Action - Curriculum Planning

DCSF - Planning a Sustainable School

DCSF - S3 Sustainable School Self Evaluation



## First Secondary School to Achieve Silver Eco-Schools - Holy Cross Girls

Two very committed teachers at the school, Lorrette Ashwell and Dominic McDonnell, grabbed the bull by the horns and went all out to launch their school into the sustainability arena. With essential full-backing from the head teacher they set about putting all the criteria required by Eco-Schools into the school's policy and practice.

Achieving silver level in a secondary school requires a democratic and collective approach. Working as an 'action team' with the school's student council, premises manager and a committed governor, Lorette and Dominic developed an online survey asking the students what environmental issues are important to them and what they would like to see implemented in school. Together with this environmental review and a free energy audit from the Carbon Trust, the action team were in an excellent position to draw up their environmental action plan and write the school's 'eco-code'.

The school are now integrating the concept of sustainability into the school curriculum across most year groups.

Lorette says "The environment is something that has an impact on everybody and the girls at Holy

Cross have really begun to take on board an eco-way of thinking! With any new initiative, it starts with one person having a bright idea or being brave enough to stand up and voice their opinion!"

"The top tip is simply to start small. If you can do 10 small things to have a positive impact on the environment, the big things will begin to take care of themselves."



# Community in Action

## Celebrating Transition Town Kingston

Transition Town Kingston (TTK) was the overall winner on the best project / group category at the South London Green Guardian Awards last February. The project/group was the most hotly contested category.



Member Martin Birley, last year's South West London Green Champion, said: "Everyone was really impressed by what a big event it was and I think it will inspire us to feel what we are doing is recognised. It shows we are getting somewhere and that it's worth continuing"

The group was set up in April 2008 and believes simple, positive changes initiated throughout the community have the potential to influence not just one Borough, but our whole society. It has been described as a social experiment on a massive scale and, although Kingston was not the first to adopt the idea, it was quick to embrace it and influence other boroughs, such as Ealing, to do the same.

Steering group member Toni Izard said: "We were so chuffed. I really do think this will help us. It boosts our credentials and the fact other people have recognised what we are doing gives us a renewed enthusiasm."

Shaun Chamberlin, member of TTK's temporary steering group and author of The Transition Timeline, was presented with the Highly Commended Green Champion award amidst stiff competition. Shaun said, "TTK's award came as a very pleasant surprise. It's a tribute to the effort that a lot of Kingston people have put in so far, hosting community events and, increasingly, starting their own projects. We want to use this platform to raise more awareness of peak oil and climate change, but also to help create a united front on green issues for community groups and individuals in Kingston – there's a lot of great work already going on, as the amount of nominations at this year's awards showed."

Come along to a meeting or event and learn how you could get involved, email [TTKingston@yahoogroups.com](mailto:TTKingston@yahoogroups.com) or see the latest news on [www.ttkingston.org](http://www.ttkingston.org)

## St Paul's is Shrinking its Carbon Footprint

St Paul's Church in Kingston is a busy parish that receives over 1000 visitors a week. Having already implemented measures to increase recycling, waste management and to reduce power usage, St Paul's wanted to expand this to include sustainable travel.

Taking advantage of the free travel planning service offered by Transport for London's Enterprise scheme, St Paul's introduced a new sustainable commuting initiative for their staff and members, with a large focus on cycle travel. Enterprise's expert travel planners worked with St Paul's to develop a tailored approach to meet the individual needs of the organisation.

Enterprise also provided promotional items such as rucksacks, water bottles and cycle repair kits to help St Paul's encourage its staff to adopt the travel plan and choose cycling and walking over driving to the church.

Additionally, St Paul's took advantage of match funding provided by Enterprise to install new cycle racks and develop bespoke travel maps with detailed information for staff and visitors on how to access the site using sustainable transport modes;

St Paul's Church is part of 'Shrinking the Footprint,' a UK-wide program involving churches that are seeking to reduce their carbon footprint.



# Community in Action

## Growing your own

*Growing your own ... continued from front page*

**Last year's Kingston in Bloom's 'Best Front Garden' was won by an extraordinary entry. Kate Lancaster's beautiful front garden was entirely designed for food production.**

We talked to Kate to find out about her experience:

### What motivated her to grow food in the front?

*"Our the front garden is south facing and was just a piece of grass with some scrubby shrubs. My husband had been made redundant so had some time to dig it all up. It also made sense to save some money on our food bill as well as make the garden look better."*

### Where did you start?

*"We planned the project as if starting a small allotment from scratch. We wanted to be organic and read up on companion planting, which worked very well. The garden needed to look good as well as being productive, so we planted the border next to the path with lots of flowers to encourage the bees and other beneficial insects."*

### What did you grow?

*"Our successes included salads, tomatoes, runner beans, radishes, carrots, beetroot, swiss chard, spinach, leeks, onions and potatoes. However, our peas weren't successful and the purple sprouting broccoli took up too much room for our small plot and had to be pulled up."*

*"This year we're growing the same, but slightly less of each variety to avoid gluts and so we can grow new things - broad beans, butternut squash, a climbing courgette to join our runner beans, potatoes in pots, peppers and I can't remember the rest!"*



### Challenges?

*"We had the usual challenges every food grower faces- slugs, snails, cats, caterpillars, crop failures and gluts. The garden also needed lots of watering. Our two water butts ran dry, so used our bath water instead!"*

### What would you say to others who want to do the same?

*"We didn't know what we were doing at first and we had some great successes and some not so great! But the food tastes fantastic and we learnt masses. Most of all it is extremely satisfying and the garden looks 100 times better than it used to!"*

Kingston in Bloom (KiB) is a garden competition open to all residents. It promotes sustainable gardening practices. If you have a garden, large or small or even a window box, why not enter this year's KiB competition and get to know other residents keen on gardening and concerned about the environment.

[www.kingston.gov.uk/inbloom](http://www.kingston.gov.uk/inbloom)

# Council in Action

## A time for positive action.

Ecological footprinting is a comprehensive way of looking at how our lifestyles impact on the environment. It measures how much resources we are using and then converts it into how many planets we would need if everybody in the world lived like we do in Kingston.

The concept is all about raising awareness and encouraging steps towards an environmentally friendly lifestyle that not only benefits our planet but is actually good for our pockets, health, happiness and community. We asked a resident to work out her footprint using our online calculator at [www.kingstonfootprint.co.uk](http://www.kingstonfootprint.co.uk) and feedback on her experience.

Dawn, a single mum from Tolworth, used the short version of the calculator and was very shocked to find that her household clocked up 4.6 planets. She recycles and composts practically everything she can and is not a big purchaser of consumer goods. However, her 1920s house is lacking in any significant insulation or energy saving equipment.

"I found the questions very relevant and they allowed me to respond accurately.

I was also very honest with my replies! For example I almost always holiday in England but last year took a flight to Italy to visit friends and a holiday in Spain.

"For me the biggest improvement would be in making my home more energy efficient as I don't even have double glazing. As I am on a low income I would need substantial grants to put in double glazing, cavity wall insulation, extra roof insulation and replace my old boiler.

"Overall I found the process informative and the suggested action plan straightforward and helpful. I will continue to look at my lifestyle and take the more environmentally friendly option when I can."



## Reduce your Energy bills

**You want to reduce your carbon footprint and your energy bills, become more self-sufficient in energy, and earn some extra income.**

The Feed-In Tariffs are a new Government-backed measure to make it worth your while to produce renewable electricity. There are three ways that the Tariffs help you make money from generating your own energy:

You could potentially earn £800 a year tax free by selling back to the grid the electricity you generate and don't need.

When you can't generate enough electricity for your needs (when the wind don't blow and the sun don't shine) you buy electricity from your utility company at the normal rates BUT it'll be much less electricity than you currently buy.

Anyone who installs a renewable energy systems producing electricity after July 15th 2009 is eligible to claim the tariffs as long as they produce less than 5MW of power. Virtually every property in England, Scotland and Wales is eligible.

For more information visit: [www.fitariffs.co.uk](http://www.fitariffs.co.uk)



# Council in Action



Find out more at  
[www.kingston.gov.uk/eco\\_footprint](http://www.kingston.gov.uk/eco_footprint)

**DO IT FOR YOUR  
POCKET  
AND FOR THE  
ENVIRONMENT**



# What's on?

## Kingston In Bloom

The 2010 competition is now open. Kingston in Bloom is an opportunity to take pride in contributing to improve the quality of Kingston's green spaces. Every space counts: a small window box, a private front or back garden, a business patio or hanging baskets, a vegetable plot in a school or private garden or a communal garden area.

To enter visit [www.kingston.gov.uk/inbloom](http://www.kingston.gov.uk/inbloom)

Winners of Kingston in Bloom receive a very smart brass plaque (15 cm diameter) to put on the front wall of your house, business or building. Our intention is that Kingston in Bloom plaques become a pride feature of Kingston buildings in years to come.



Kingston in Bloom promotes sustainable gardening practices including careful use of drought resistant plants, the use of non peat based compost and the use of plants that benefit local wildlife.

For more tips see our sustainable gardening guide at [www.kingston.gov.uk/sustainable-gardening](http://www.kingston.gov.uk/sustainable-gardening) or request your copy by calling Kingston Council on 020 8547 5929.



## New bike maintenance courses

One of the joys of cycling is that it is one of the most convenient and cheapest ways of getting around. Being able to carry out your own basic bike maintenance and repairs will save you even more money and hassle.

Kingston Council's Climate Change and Sustainable Travel Team are again running a series of workshops where our qualified instructors show you how to keep your bike safe and on the road.

The popular bike maintenance courses will help you learn how to complete a safety check, adjust and replace your brakes and repair a puncture.

The courses are held in New Malden on the following Saturday mornings on 24 April, 22 May, 19 June, 24 July, 18 September, 23 October and 20 November.

There is a small charge of £10 per person to cover our costs. Book early by calling on 020 8547 5865 or emailing [ccst@rbk.kingston.gov.uk](mailto:ccst@rbk.kingston.gov.uk)





### Cyclist Training Scheme 2010



#### Bikeability LEVEL 1 & 2

Free training courses for children in year 5 and above who live or attend a school in the Borough of Kingston. Training includes:

- Bike checks
- Control skills
- On-road cycling

All training is delivered in part on public roads, and leads to a qualification required by many secondary schools. Run AM or PM.

**Book Now for Summer 2010**

For all enquiries contact the Climate Change and Sustainable Travel Group  
020 8547 5865  
[www.kingston.gov.uk/cyclist\\_training](http://www.kingston.gov.uk/cyclist_training)  
or email [ccst@rbk.kingston.gov.uk](mailto:ccst@rbk.kingston.gov.uk)



This newsletter is for you. We want to encourage members of the community to use this newsletter as a means to share positive news. If you would like to write an article for inclusion please send it to

[environmental.action@rbk.kingston.gov.uk](mailto:environmental.action@rbk.kingston.gov.uk)

If you would like to sign up to receive this newsletter on a regular basis, either by email or paper, please visit [www.kingston.gov.uk/kcf](http://www.kingston.gov.uk/kcf) or call the Environmental Services Contact Centre on 020 8547 5929.



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