



KingstON

Choices for the FUTURE

www.kingston.gov.uk/kcf

January 2010

Editorial

This is the first edition of the quarterly KingstON newsletter containing environmental news and information for everyone who lives, works or studies in the borough.

KingstON replaces Action for a Sustainable Kingston (ASK) and reflects the Council's increased commitment to the environment. Although this newsletter is produced by the Council's Climate Change and Sustainable Travel Group, we are keen that it echoes the whole community's efforts to tackle the challenges of climate change.

2010 will see a packed environmental agenda. In January local individuals, businesses, groups and schools will be recognised at the Kingston Green Guardian Awards held at the Rose Theatre. The winners will go forward to the finals for south east and south west London in February.

At Kingston Green Guardian Awards, the Council will also be launching an online eco-footprinting tool for Kingston residents to measure their impact on the environment and to help them start to reduce it.

In spring, the Council will announce its targets to reduce its own carbon dioxide emissions. This will be followed by publication of a Climate Change Strategy, which will set out the vision of how our whole community can work together to minimise the impact of climate change on borough.

This newsletter is here to highlight a whole range of community actions and projects that together make a difference to our local and global environment. If you have a story that is of interest please contact is on 020 8547 5992 or email leslie.hunt@rbk.kingston.gov.uk

If you are reading a paper copy, you can help us save resources by signing up for an electronic version at www.kingston.gov.uk/kcf

Get your action plan for a healthier lifestyle

Kingston Council, in partnership with BioRegional - solutions for sustainability- has produced an on-line tool, 'Ecological Footprint Calculator' to help residents to identify where they can make positive changes to their lifestyle in order to reduce their environmental impact.

The Ecological Footprint shows us that if everyone lived as we do in Kingston we would need three planet earths to support us!

The good news is that living sustainably can be cheaper, healthier and give a better quality of life. The calculator covers all aspects of your life from saving energy and reducing waste to looking after your health and happiness. As well as producing tailored action plans the online calculator also directs people to local initiatives and projects as well as further support and advice.

Visit www.kingstonfootprint.co.uk and start reducing your footprint now!



Smarter Driving in Kingston

Kingston Council staff and residents were recently given the opportunity to practice the art of eco-driving.

To celebrate National Energy Saving Week, the council's Climate Change and Sustainable Travel Group invited the Energy Saving Trust to bring their interactive smarter driving simulator to Kingston.

Road transport contributes around a quarter of the UK's CO₂ emissions but simple changes to driving technique could cut carbon emission and fuel consumption by up to 15%.

Over twenty drivers took the Smarter Driving Challenge. Each were advised on simple techniques to save fuel including when to change up and down gears, acceleration rates and anticipating road conditions.


For more information on Smarter Driving go to www.kingston.gov.uk/smarter_driving



Ben Slade proved to be the most eco-friendly driver of the day.

Commuter Climate Change Challenge

Kingston Business Travel Network







THE Commuter Climate Change Challenge


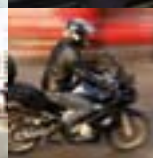
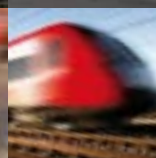
On the morning of 22 September 2009, Kingston Council's Climate Change and Sustainable Travel Group are staging a Commuter Climate Change Challenge.




We are looking for volunteers to compete in a 'multi modal' race from Worcester Park to Kingston Market Square. Six different transport modes will be competing to see which is the quickest, greenest, cheapest and healthiest way to work. We are looking for volunteers to take the challenge for each of the following transport modes:

- » Car
- » Train
- » Bus
- » Motorcycle
- » Bicycle
- » Foot (running)

There will be prizes up for grabs and a free commuter's breakfast.
If you are up for a challenge then call Leslie Hunt on 020 8547 5992 or email leslie.hunt@rbk.kingston.gov.uk

To mark International Car Free Day on Tuesday 22 September, 12 intrepid commuters gathered at Worcester Park station at the height of the morning rush hour to take part in our Commuter Climate Change Challenge.

The challenge was organised by Kingston Council's Climate Change and Sustainable Travel Group and looked at options available for a short urban commute in terms of convenience, time, cost and the impact on our environment and fitness levels.

Three runners, three cyclists, two motorcyclists, a car driver, a train passenger and a bus passenger all set off for journeys to Kingston High Street that ranged from 3.5 to 4.5 miles depending on their chosen route. The group consisted of volunteers from Howell Jones Solicitors, The Early Learning Centre and Kingston Council.

In a close fought contest Ed Clark, a cyclist trainer for Kingston Council just out-cycled John Root on his motorbike. Not unsurprisingly the two wheeled transport topped the speed test. The bicycles benefitted from the cycle route network that allowed them to go under the A3 and over the Hogsmill River.

Charging towards a green future

Kingston Council has switched on 4 new electric vehicle charging points in a bid to get Kingston's drivers to switch to greener fuels. The points are located in the Rose and Cattle Market Car Parks in Kingston town centre and at Blagdon Road Car Park off New Malden High Street.

The points, costing £3,300 each have been installed using funding from Transport for London, the Energy Savings Trust and EDF Energy.

SWELTRAC, a partnership of 10 local authorities in South and West London, promotes the charging points, and allows the registered users to charge at points across the boroughs.

There is a £100 administration fee which is charged by the operator of the charging points, Elektromotive. Once registered, a cable and key fob will be sent which will allow them access to the points. The car parking bays in Kingston allow the user to park for free for up to three hours.

The Mayor of London's Transport Strategy has proposed the installation of 25,000 charging points by 2015.



The Mayor of the Royal Borough of Kingston upon Thames, Councillor Ian R McDonald at the Rose Car Park Charging Point

Boiler scrappage to benefit climate, bills and jobs.



From January 2010, 125,000 households in England with working "G-rated" boilers can apply through the Energy Saving Trust for a voucher which will entitle them to £400 off the price of a new, modern "A-rated" boiler or a renewable heating system like a biomass boiler or a heat pump.

The Government's Boiler Scrappage Scheme has already triggered some companies to complement, and in some cases match, the offer and it is expected others will follow suit. People are advised to shop around to find the best deal which suits them before applying to the scheme.

The Boiler Scrappage Scheme will:

- Help sustain work for the 130,000 installers and over 25 UK-based boiler manufacturers throughout the economic recovery.
- Save money. A household's energy bill could be cut by between £200 to £235 a year.
- Save carbon. Replacing 125,000 G rated boilers should save in the region of 140,000tCO₂ per year - equivalent to taking 45,000 cars off the road

The Energy Saving Trust is impartial and can provide information to help people assess whether their boilers are eligible. If you have access to the internet you can go on line to check whether your boiler is G rated or if you prefer, the Energy Saving Trust has expert nationwide advice centre staff to advise you over the phone.

To find out more about the Government's Boiler Scrappage Scheme and to register, contact the Energy Saving Trust by visiting www.est.org.uk or calling the advice line on 0800 512 012.



Schools in Action

Cycling back in fashion thanks to BikeHood

Girls in Kingston no longer need to choose between fashion and practicality when cycling thanks to the RBK RoadSTARS who have designed a cycling 'hoodie'.

Kingston Council asked the RoadSTARS to develop an item of clothing which would encourage teenage girls to cycle more and keep them safe, as statistics show teenage girls in the UK are five times less likely to cycle than boys.

A group of girls from Tiffin and Holy Cross Schools decided to put a new spin on that essential teenage garment the 'hoodie' and set up a design project called BikeHood.

Starting from scratch they worked with local fashion designer, Anna Glowinski, to produce a stunning, ethically sourced, 100% organic cotton hooded garment, which shows off the iconic London skyline in hot pink, with a reflective River Thames flowing underneath.

Unique features include longer arms and body for comfort when cycling, a "secret" i-pod pouch and headphone hole (for use when not cycling), reflective River Thames across the back, and a highly reflective pattern in the lining of the baggy hood.

The hoodie is now being produced for sale at cost to students in Kingston and is available from the Kingston Visitor Information Centre, Market House, Market Place, Kingston upon Thames KT1 1JS. Tel 020 8547 5592 or Email: tourist.information@rbk.kingston.gov.uk



Smarter travel Mural for Chessington Train Station



A group of secondary school students have made a colourful statement about green and healthy transport at Chessington South Station.

Working with community artist Simon Honey and students from Chessington Community College, the RoadSTARS have transformed the inside of the station with a stunning wall mural showing the environmental, health and financial benefits of walking, cycling and using public transport.

The mural design was chosen following a secondary school competition, won by Rachel Tookey from Tiffin Girls School (pictured).

Schools in Action

From RoadSTARS to EcoSTARS

To mark the transformation of the Council's Road Safety and Travel Awareness department's evolution into the Climate Change and Sustainable Travel Group, the former RoadSTARS and Junior Road Safety Officers students have now become EcoSTARS and are championing the environmental agenda in schools across Kingston.



The older EcoSTARS are made up of year 10 and 12 students from secondary schools and work on a wide variety of award-winning community and media projects. You can see details of some of the projects at www.kingston.gov.uk/rbkecostars

The Junior EcoSTARS are made up of year 6 students from primary schools who are responsible for making sure that the whole school is taking actions to protect the environment by giving assemblies and workshops on a wide range of issues including energy saving, recycling and walking safely to school.

Feed the 5000

In an effort to highlight the ease of cutting the unimaginable levels of food waste in the UK and internationally. On the 16th December a free lunch made from delicious ingredients that would otherwise have been wasted were prepared for 5000 people.

Given the sleet rattling onto Trafalgar Square from a blackening sky, the queue for a plate of steaming curry was considerably longer than that for fruit smoothies or the vegetable stall, as Londoners struggled to get to grips with the concept of a free lunch.

But the same questions echoed from all three queues: "Is this really free? What's wrong with the stuff?" The answers, from the environmental charities behind the food giveaway, were "yes", and "absolutely nothing".

Slightly knobbly and gnarled apples, pears, pineapples, straight bananas and grapes went into the smoothies. Oddly sized potatoes, split carrots, celery millimetres off plumb straightness, tomatoes with the odd greenish

splotch, went into the curry – which came with a slice of fresh bread, from a baker who supplies a sandwich chain, and has to throw away the irregularly sized slices at the ends of every loaf.



Volunteer students from Richard Challoner in Kingston together with other local schools and the support of the charity School Food Matters, joint the campaign to feed 5000 people last 16 December in Trafalgar Square. Seeing great mountains of fresh fruit and vegetables that would have been dumped had it not been scooped up by the organisers of Feeding the 5000, was a potent image and one that these students won't forget in a hurry.

Community in Action

South West London Green Champion

Martin Birley has been a committed environmentalist since 1971 and over the past few years he has spread a green revolution in Kingston. He has been actively involved with the Council's energy strategy as well as the Council Local Area Agreement (LAA) on Ecological Footprint.

In April 2008 he helped to inaugurate Kingston's Transition Town movement which now has an active steering group committee which meets every Monday night and has three working groups representing food growing, energy and art. See www.TTKingston.org.



Martin has a doctorate in ecology and is an expert in safeguarding human communities from the health impacts of development, both in the UK and abroad. He does his shopping using a bike with a trailer attached and takes public transport whenever possible. He has even allowed car club Streetcar to use his driveway to provide a shared car for the community. Largely vegetarian, he sources food locally, and buys Fairtrade if it has to be imported.

He spends some of his leisure time helping develop the Kingston Permaculture Reserve and belongs to the Kingston Upon Thames Local Exchange Trading Scheme (KUTLETS) where people can swap their goods and services. In 2009 he became a co-chair of the newly created Kingston Environment Group, which is part of the Kingston Strategic Partnership, where members of the community are supporting the council in the delivery of its environmental vision for 2020.

Martin said everyone can make a difference. "It's about thinking globally but acting locally and small changes really can have an impact", he said. "I have just found a new shower head which uses half as much water and I am always looking at what else we can do around the home to make it more energy-efficient".

Martin was awarded Kingston Green Champion and then awarded South West London Green Champion for 2008. We asked Martin what the value of the green championship award had been during the last 12 months. "I greatly appreciated the award of an electric bike and I use it regularly to go to my dance class in Kew", he said. "Normally I would pedal, but after three hours of dancing I prefer to use the motor".

"I believe that there is a great deal more use that we can make of all the green award holders in Kingston", he said. "At present, I think the value is intangible. I mean that it probably adds to the reputation of the green movement, ensures that the comments that we make about issues are taken more seriously, and encourages us to take a more active role. I'm sure there are some more creative things that we could be doing with the award and we would welcome suggestions from your readers", he said.

Community in Action

Eco-renovation project. Interview with Chris Hine

Chris Hine is a local general practice surveyor who moved into his 1934 property in December 2008. With the idea of doing a conventional extension to his new home, Chris embarked in on a renovation project that led to positive changes to the whole house.

What motivated you to do your eco-renovation project?

I knew about alternative sources of energy systems, specifically ground source heat pumps, which I had previously researched with a friend who wanted to promote the concept. Then I discovered that the land required was considerable to lay the pipes or panels, the alternative of bore holes was too expensive. So I settled on the air to water heat pump which, whilst quite sizeable, was conveniently located away from the garden but close to all the other equipment.

This led to under floor heating, which incorporates heat recovery. The installation of energy efficient lighting was simple.

Most of the external brickwork was cavity wall construction so it was possible right from the beginning to insulate to modern day standards.

Rainwater harvesting made complete sense as it only required channelling the rain from the roof areas into the tank in the plant room (garage) and then pumping this back into the house on a dedicated pipe to feed the toilets and washing machine.



Was information easily available?

Almost everything came from the internet and various contractors who were invited to quote for elements of the project. Surprisingly most of the contractors had quite different views and it was necessary to research all of the options very thoroughly before committing to one course of action.

What have been the benefits so far?

I have only lived in the house for 5 months but initially before the import-export meter was installed on the supply coming from the photovoltaic panels I could watch my old meter going backwards, effectively showing what I was generating, when the sun shone and I was running few appliances in the house!



What will be your key advice to residents in the borough interested in doing an eco-renovation?

- Without proper insulation most of the measures really don't kick off. Some elements require major surgery and would not be practical unless you are dealing with a complete renovation.
- Don't take the first piece of advice given because, in many cases (I am thinking particularly here of solar hot water generation), the people who come are merely salesmen and have no idea of the technical features of the system which can be important.
- Plan it very carefully, it's all expensive stuff even after the government grant which, in my case, was £2,500.00.

Businesses in Action

enterprise

Better travel choices

Clear benefits in sustainable travel

Clear Insurance Management Ltd is an insurance and wealth management business based in Kingston upon Thames. When Clear's strategic direction became more sustainability focused, they enlisted the help of the Enterprise 'A New Way to Work' scheme – a free sustainable transport initiative for small to medium sized businesses – to help them put their strategy into action.

"When we first went down the 'green' route we were going into new territory;" explains Clear Insurance Director Denis Norgan. Enterprise, with its offering of a tailored workplace travel package delivered by an expert travel advisor, was able to provide much needed advice and support.

Clear's own travel advisor conducted a thorough site audit and survey of its staff. The travel advisor recommended that Clear implement the 'cycling' package to help reduce its carbon footprint. To help them implement the plan, Enterprise provided match funding for the installation of showers and merchandise for its staff.

As well as encouraging more staff to take up cycling, other sustainable measures were recommended to help Clear "green" its business; "The travel plan indicated that we should encourage staff to look at Hybrid cars



when replacing their vehicles and we now have 3 staff members who have acquired these;" says Norgan.

Norgan is impressed with the financial and business benefits and would recommend Enterprise to others; "The financial support provided enabled us to start down the green route but clearly has had additional benefits as well."



save
£
£
£

To find out how Enterprise can transform your business contact Royal Borough of Kingston's Travel Plan Team:

Call: **020 8547 5760**

Email: travel.plans@rbk.kingston.gov.uk

Click: anewwaytowork.org



Businesses in Action

Cafédirect going beyond Fairtrade

Fairtrade producers live in some of the poorest countries in the world, where the effects of climate change are hitting harder and growers are having to cope with unpredictable rainy seasons, increasing temperatures and more pests and diseases.

Fairtrade companies such as Cafédirect are helping producers adapt to climate change. Cafédirect works with a quarter of a million growers in 39 co-operatives in 13 countries. The project, Adaptation for Smallholders to Climate Change (AdapCC), is helping small producers manage climate change risks and improve their growing practices to protect local resources such as soil and water.

These projects are community-led and meet the needs of each of the individual growers. Having jointly identified producers' risks and vulnerabilities, AdapCC worked with local climate and agricultural experts on site-specific changes that can practically be put in place for growers.

For more information

www.cafedirect.co.uk/our_business/environment/
www.adapcc.org

Fairtrade in Kingston

www.kingstonfairtrade.org.uk
 Jeannette & Doug James: 020 8399 6222



GoGreen PLUS - adding value and advice for Businesses

The Go Green PLUS service is brought to you through a partnership of 6 local authorities and southlondon.biz. It has a team of Greening Business Advisers who work with businesses to review their energy and waste management, draw up an action plan to take businesses forward and support them in implementing changes agreed.

Go Green PLUS is part funded by the European Regional Development Fund and is therefore available totally free of charge. Our service includes:

- A review of business premises, including your energy and waste management
- Information and advice on local suppliers and recycling resources
- An action plan designed to help businesses Go Green and save money on water, transport, your utilities and some consumables
- On-going support from a Greening Business Adviser such as establishing green champions in your business, eco travel plans, diverting waste from landfill
- Help with developing an Environmental Management System environmental including policy design – a must for winning tenders
- Referrals to other organisations – helping you connect with green suppliers and other sources of publicly funded support
- Providing advice on UK and international green marks including ISO 14001, Carbon Trust and the new energy efficiency standard (BS EN 16001)

If you would like help greening your business emails gogreen@southlondon.biz or visit www.southlondon.biz



Council in Action

Kingston pilots home energy saving project

Kingston Council has secured funding for 800 homes to take part in the Homes Energy Efficiency Programme.

Residents in the Berrylands and St. Marks wards will be offered a free visit from an energy expert who can provide tailored advice on how to save money from energy bills and who can also fit some simple measures to help residents increase the energy and water efficiency in their homes. These include:

- Wireless energy monitors which monitor how much electricity is being used in the home and how much it is costing.
- Standby 'Powerdowns' that save electricity when you are not using your television and computer.
- Radiator panels that are fitted behind radiators and help to stop heat escaping through your walls.
- Simple water saving devices

The energy expert will also be able to see if residents are eligible for grants for loft and cavity wall insulation or a new heating system.

The pilot will run until March 2010 and is available to all households whether they own or rent their home. Residents will receive a letter shortly with details of how they can book a free energy expert visit.

Kingston Council is providing this service in partnership with Creative Environmental Networks, a local organisation that provides advice on energy efficiency. The trial is part of a larger programme being funded by the Mayor of London.



Cutting Carbon Matters

Kingston is one of 64 local authorities on the Carbon Trust's 7th Local Authority Carbon Management Programme, which will help us significantly cut our greenhouse gas emissions.

By signing up to the Carbon Trust Local Authority Carbon Management Programme, Kingston Council has committed to reducing emissions generated from our buildings and our daily activities such as business travel.

The Climate Change and Sustainable Travel Group will be working with colleagues across the council to develop a five-year Carbon Management Plan. This plan will set a CO₂ reduction target and identify the various actions needed to achieve this.

The five year Carbon Management Plan will set a CO₂ emissions reduction target and a programme of actions to achieve the target from all of the Council's operations and assets, including contractors. This will cover emissions generated by the



Council's energy and water use from buildings, schools, vehicles, fuel consumption and business travel.

The Carbon Trust has identified that up to 10 percent reduction in CO₂ can come from simple behaviour change. Therefore we have already begun to engage with staff at grass roots level about the programme and there is positive commitment to take action. One approach to ensuring behaviour change is to set up a Green Champions Programme. We hope that across the authority a core group of staff trained in good carbon behaviour will share their knowledge and encourage the same from their peers.

Council in Action



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

Find out more at
www.kingston.gov.uk/eco_footprint



ecofootprint
Toward a **ONE Planet** lifestyle



What's on?

Change4Life Programme

Kingston Council is working in partnership with NHS Kingston to improve the health and well being of residents by running a Change4life programme. Change4life consists of the well established Walk4life and a new Bike4life scheme.

The Walk4Life scheme has been running successfully for several years and allows people to build up and maintain their fitness levels in a fun, safer and social environment. Walkers are lead by walk leaders on a number of routes across the borough.

Currently we are looking to recruit more Walk Leaders in order to develop and expand the Walk4life scheme.

The Bike4life is a new project that aims to get people fitter by cycling. The aim is for health professionals to signpost individuals to the scheme. They will then attend a cycle course tailored to their needs. The course will encourage the participants to build cycling into their lifestyles (social rides, local shopping, commuting) as a means of improving and maintaining a healthier lifestyle.

Our two main target groups - people aged 40-60 and children aged 11 - 13 who need to increase activity to help reduce their weight.


Full cycle training and support by a National Standard Cycle Instructor is given over six one and a half hour sessions.

If you would like to find out more information about either of the schemes or become a volunteer please contact the Change4Life Officer, Nesan Macpherson, on 020 8547 5876 or email nesan.macpherson@rbk.kingston.gov.uk



walk 4 life

Walking is one of the easiest and most effective ways of keeping fit and healthy, and it is free too!



Why not join one of our walks around some of the most beautiful scenery that Kingston has to offer.


NHS Kingston **change 4 life** **Royal Kingston**

Are we consuming ethically?

A research study is being developed by a Masters student from Kingston University looking into the consumption of Fairtrade products in the Borough. The study is exploring people's attitudes towards Fairtrade and how they reflect in their shopping habits. Following this, focus groups will be used to help explain people's reasons for their views on Fairtrade food, and for their food choices.

If you want to contribute to this research, please visit www.surveymonkey.com/s/9LVH2HR

If you require more information about this research contact tori.haggins@googlemail.com



FAIRTRADE

Guarantees
a better deal
for Third World
Producers

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 you it to

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 or call the Environmental Services Customer Care Team on 020 8547 5929.



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