

## Waste Reduction

Since the best way to deal with waste is to prevent it, here are some things that YOU can do to minimise its production.

### Reducing Packaging Waste

Buy loose items including fruit & vegetables, nails and screws, rather than plastic wrapped or bubble packs.

Refuse a bag at the cash desk.

Use a cloth shopping bag or 'Bag for Life', or a shopping trolley.

Refill your eco-friendly domestic cleaning liquid containers. This can be done at Just Trading of Wallingford.

### Reducing Food Waste

Buy just what you need rather than packs of a fixed size. This can be done at the weekly markets and Just Trading where you can buy loose goods by weight.

### Reducing General Waste

THINK first, before you buy. Make the DURABILITY of an item more important than its price; it is usually cheaper overall.

Use rechargeable batteries where possible. When a need arises try Freecycle or the charity shops FIRST, only buying new if really necessary.

Borrow from a friend or hire. Use the LETS scheme- contact Val Woodings 01491 834519 or visit [www.wallingford-lets.co.uk](http://www.wallingford-lets.co.uk)

## What do I do with?

- **Batteries**- in bag on top of green bin, or take to shops that sell them
- **Bicycles** - Freecycle, or Emmaus Oxford (01865 492073)
- **BRITA Water Filters** - Collection point in Pettits kitchen department, Wallingford
- **Bubblewrap** - most charity shops
- **Clothes** – Charity shops or clothes banks.
- **CDs & DVDs**: to charity shops, or recycle at Oakley Wood recycling centre
- **Computers** - Working systems Freecycle. Non working to Oakley Wood
- **Cooking Oil** - Goldenfuels 07772 004474
- **Electrical Items** -Freecycle, Style Acre charity shop, Emmaus, recycling bank behind Regal Centre
- **Engine Oil** - Oakley Wood
- **Fridges & Freezers** - Oakley Wood or if still working Freecycle, Emmaus
- **Furniture** - Sue Ryder charity shop, Freecycle ,Emmaus
- **Garden Waste** – compost at home, SODC garden waste bin, Oakley Wood
- **Glass** – green bin, recycling bottle bank.
- **InkJet and toner cartridges** - Higgs stationers, Castle Street, Wallingford
- **Paint** - Orinoco 01865 761113
- **Scrap metal** - Oakley Wood
- **Shoes** - shoe banks, charity shop
- **Spectacles** - Robert Stanley opticians
- **Stamps** -post to WWF, Regional Support Unit, Freepost SCE 729,Godalming, GU7 1BR
- **Videos & tapes** - audio-visual bank in Goldsmiths Lane car park, Freecycle, charity shops

For more information see SODC or County Council websites



# A Guide to SwapShops and Waste Reduction

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

# SwapShops

## What are they?

Swap Shops were started in 2003 and are held about four times per year on a Saturday morning from 10.00 to 12.00 in the Regal Centre. They were set up to encourage the passing on of unwanted items to a good home and /or picking up something useful. Most things that are non - hazardous, clean and genuinely reusable are welcome. No money changes hands.

A variety of workshops and displays on the theme of Reduction, Reuse and Recycling are also around the hall and people are on hand to advise.

## What can you bring?

- New and used tools
- Household articles and gadgets
- Small portable mains electric items, in working order with a CE mark and all necessary cables
- Children's toys
- Garden equipment
- Bicycles and pushchairs
- Books, tapes and CDs
- Recycling items. Fluorescent tubes and energy-saving light bulbs (but not ordinary bulbs), Mobile Phones but NOT landline or cordless telephones

For large items bring a photograph or a description to display with your contact details. We also collect some items that cannot be recycled via your green bins.

# Freecycle Network

There is an alternative way to pass on useable items, which is the Freecycle network run as a Yahoo group. The idea, like the SwapShop, is that useable items to pass on are posted on the site as 'Offers' and people contact you if they want what you are offering. Similarly, if you are looking for something in particular, you can post a 'Wanted' notice. All items must be free and the etiquette of the system is that you offer items before asking for anything in return.

Membership is free but you have to enrol as a Yahoo group member. Go to any of the Freecycle websites and follow the instructions to "Join this group".

There are currently groups in Wallingford, Henley, Oxford, Reading, Wheatley and Thame, as well as further afield. The address of the Wallingford group is:-

[www.groups.yahoo.com/group/wallingford-uk-freecycle](http://www.groups.yahoo.com/group/wallingford-uk-freecycle)

## Kerbside recycling

SODC offer a kerbside recycling service for food, recycling and non recycling items. They also collect garden waste for which they charge a small annual fee. All necessary bins are provided. For all information go to:

[www.southoxon.gov.uk](http://www.southoxon.gov.uk) or sign up to regular email updates by emailing: [recycling@southoxon.gov.uk](mailto:recycling@southoxon.gov.uk) .

# Repair and Reuse

Places where you can hire or repair items:

Clean Machine 2 St. Peter's Place  
Wallingford Tel 01491 825600

Vacuum Cleaner spares, repairs and hire.

Chiltern Domestic Appliances 10 Wayside  
Green Woodcote 01491 681526

Washing machine, tumble dryer, dishwasher, and cooker repairs and servicing.

Croft Restorations Tel. 01491 839131  
Furniture repairs and restoration.

Keg and Cooler 01491 202023  
Catering equipment hire.

Have you visited the **Love Food Hate Waste website?**  
If not it is a must.

It offers:

- a two week meal planner
- menus for using up leftovers
- a portion planner
- fridge and freezer tips
- store cupboard essentials
- lots of great recipes
- tips for saving money on your food bill

[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)