

Transition Malvern Hills

News and Events

March - June 2015



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Transition Network supports community-led responses to climate change and shrinking supplies of cheap energy, building resilience and happiness.

transitionmalvern hills.org.uk



MouThpIece

News and opinions from Malvern's Transition Initiatives

The Transition Movement has been running for over 10 years, with the Malvern based group establishing itself in 2008. Since then the movement has grown from being local towns to a global initiative that has encouraged people, at a grass roots level, to take action in working towards creating stronger self supporting villages, towns and cities. Malvern Transition has embraced this challenge and, as reported in the last newsletter, have many community low energy initiatives up and running.

These Transition communities are supported by the Transition Network which grew from the need to have central source of information and support for interested groups to start on their journey to help reduce our reliance on fossil fuels. The website describes itself as follows:

"Transition Network is a charitable organisation whose role is to inspire, encourage, connect, support and train communities as they self-organise around the Transition model, creating initiatives that rebuild resilience and reduce CO2 emissions.

Ultimately it's about creating a healthy human culture, one that meets our needs for community, livelihoods and fun. We're here to support you."

For more information on the Transition movement visit www.transitionnetwork.org

Examples of other local Transition towns are, Worcester, Newent, Hereford, Evesham, Droitwich, Bewdley and many more.

Ginny Lee
March 2015



One of our projects, here in Malvern, are the raised beds in front of Malvern Cube for growing vegetables for the community. Over the last few of years they have been looked after by a group of volunteers with emphasis on growing organically, with fantastic results. We always welcome new volunteers if you wish to give a hand or develop your skills. As you may or may not know our bee population is under threat, so last year, one of the beds was given over to growing bee friendly flowers. This is something we would like to encourage in all gardens, window boxes, public spaces, parks and allotments. This year, one of the 'Friends of the Earth' campaigns is to highlight the challenges which threaten our the bee population on a global scale, they say, "The outlook for bees right now is quite bleak - and their drop in numbers is a sign of the plight of the natural world as a whole" They have brought out a booklet called, '20 Things you need to know about bees' it explains the facts and ways of how we can all help, well worth a read. Their aim is get the Government to adopt and implement a National Bee Action Plan, which will save British bees and save the UK many millions of pounds each year.

For more information visit www.foe.co.uk/bees

Question Time

How can we keep our green and pleasant land?

If you've ever wondered how to compare parties on their environmental policies, here are some ideas.

Guiding principles

What importance does the party give to environmental issues?

Economics

Are any steps being taken to encourage the thrifty use of finite resources?

Is endless growth the only way run an economy?

Food

In what ways are you looking at land use to ensure support for local farming and a sustainable food supply?

Waste

How will your party significantly reduce the amount of waste produced through encouraging waste reduction at source?

Energy

How will your party reduce society's dependency on oil?

How can less energy be used?

How will the production of renewable energy be encouraged?
(NB oil and gas are cheap now, but the market is volatile)

How would you run the Green Deal to make it easier to understand?

Transport

What policies does your party have to improve transport infrastructure and to integrate public transport?

Tax

How do tax breaks/subsidies for renewable energy production compare with tax breaks/subsidies for fracking/conventional energy?

Housing

As a high percentage of the UK's current housing stock is ageing and poorly insulated, would your party introduce a nationwide affordable home insulation programme to help reduce fuel poverty?

Rural issues and rural poverty

To what extent does your party recognise rural poverty and how does it perceive that its policies may have different impacts in town and in the countryside?
(eg bus passes, fuel duty, cavity wall insulation)

Where to look

Party websites, publications, meetings, canvassers... Good luck!

The Time for LED is now



CFL

The original low energy light bulbs are compact fluorescent lamps (CFL). These are four times as efficient as the incandescent light bulbs they replaced. They have several problems:

- They can take time to switch on and minutes to get to full power.
- Over time they get less bright, especially when just turned on. This together with, I think, over optimistic labelling of the wattage of the incandescent they replaced has made us think they are not a good as incandescent light bulbs.
- They contain Mercury.

New low energy light bulbs are now available, LED bulbs. LED stands for light-emitting diode. These are now available as standard bayonet (B22) lamps for about £7 in local shops and on line. LED bulbs have the following advantages over CFL lamps.

- They are even more efficient than the CFL, using at least 30% less power for the same brightness.
- They are instant on. They do not need time to warm up.
- They do not contain Mercury.
- They should last 3 times longer than CFL lamps and 25 times that of a standard incandescent bulb. Like CFL LED may get less bright over time but at least 3 times slower than CFL.



LED

How is the brightness of a lamp measured? In the old days when we only had incandescent light bulbs they were measured by the power (electricity) they consumed in Watts (W). This was OK when there were only one type of bulb, and for incandescent it was a good enough measure. When CFL came along they were described by the wattage of the incandescent equivalent. In my view some what optimistically.

Now LEDs and other bulbs have come along and we are stopping using incandescent equivalent as this has got ridiculous, so now bulbs are described by how bright they are, this is measured in Lumens. They still also state the power in Watts they use. So the efficiency of a bulb can be measured by lumens/watts.

The standard B22 LED bulbs that are common now come in two brightnesses 450+ and 800+ lumens. These are the equivalent of the old incandescent 40w and 60w, I think now pessimistically rated. I tried an 810 lumen LED light in my landing and it was too bright.

Conclusion: I am not sure there is an argument for replacing existing CFL with LEDs ahead of when you would replace the CFL. But due to the longer life and less electricity consumed by LED bulbs, for both economic and environmental reasons we should stop buying any more CFL bulbs and buy LED bulbs. And LEDs are better bulbs.

Ian Caldwell
March 2015

iccaldwell.weebly.com

Halogen bulbs



GU10

Left I was talking about standard bayonet bulbs, but the most inefficient in our houses these days are normally halogen bulbs. These are another form of incandescent light bulbs they are found in GU10 spot lights, normally in kitchens and bath rooms.

LED GU10 have been available for a few years and given that LED are more directional than halogen they only need about 1/8 the electricity to produce the same effective light. Some of the early LED GU10 were a bit dim. But any current LED GU10 over 400 lumen (5W) should be a good replacement for 50W incandescent. Given that LEDs last at last 10 times longer than halogen the conclusion is again only buy LED bulbs, but with halogen there may be an economic and environmental argument to replace exiting bulbs with LED.

Another reason to replace all halogen with LEDs is that a lot of them are on when the electricity demand is at it's highest, 6pm on a winters evening, and the reduction in peak grid demand would save building at least one new power station.

Halogen bulbs are also found in outside flood lights and these can be replaced by LEDs.

Notes on LED bulbs:

Not all LED can be used with dimmers but ones that can are available sometimes at a slight extra cost.

LED bulbs can come in different colours warm white or bright white. And if you pay more any colour you like and some even changeable by remote control.



Gardenshare

Gardenshare brings together anyone who is willing to share an area of their garden with someone in their locality, who would dearly love to grow their own food but has no access to suitable land. The garden owner receives an agreed share of the produce. There are no financial transactions.

At present we have about five shares, all of which are working well. We are keen to hear from both garden owners and potential gardeners.

Please telephone 01684 439972 or email gardenshare@transitionmalvern hills.org.uk

Returning to Hanley Swan Repair Café

Our team of friendly and experienced repairers will be at the monthly market to give advice and help fix your furniture, electrical and electronic appliances, toys, tools, garden equipment, garments and many other personal and household possessions. Tool and knife sharpening also available.

28 March 10.00am-1.30pm
Hanley Swan Village Hall
www.repaircafe.org

Intergovernmental Panel on Climate Change (IPCC)

In the most recent Intergovernmental Panel on Climate Change (IPCC) 2014 report it concludes that, "It is extremely likely that human influence has been the dominant cause of the observed global warming since the mid 20th Century". IPCC-WG2.gov/AR5. It continues to say that this human activity is changing the climate through emissions and land-use. www.ipcc-WG2.gov

The National Aeronautics and Space Administration (NASA) and National Oceanic & Atmospheric Administration (NOAA) have reported that globally 2014 was the warmest year since global temperatures were first recorded in 1880. This year was also the 38th consecutive year that global temperatures were above average. source www.accuweather.com and www.cdc.noaa.gov

The IPCC report highlights the two factors in which human activity has made the fundamental and cataclysmic effects of climate change happen, these are through our emissions and land-use. As we know emissions are from the fossil fuels we use on a daily basis, such as oil, coal and gas, land-use is about the oceans, deforestation, pollution, displaced populations, farming and the use of agrochemicals. Therefore, as agitators of this global problem we, in our everyday lives, can make a difference. We can do this by reducing our use of fossil fuels and buying food from sustainable/healthy sources or even growing our own vegetables, we can also reduce our wastage of both food and energy.

DID YOU KNOW... Almost 50% of the total amount of food thrown away in the UK comes from our homes. We throw away 7 million tonnes of food and drink from our homes every year in the UK, and more than half of this is food and drink we could have eaten www.England.lovefoodhatewaste.com

Our homes are a major source of carbon emissions and therefore of global warming www.transitionnetwork.org

We can improve the energy efficiency of our homes by using insulation (loft and walls where possible), keeping doors shut, good carpeting and curtains also wearing the all important extra jumper. These are simple solutions that not only cut down wastage but will result in cheaper fuel bills.

The building industry can up their game by building houses to a higher energy efficiency standard, which is something that has been happening in the rest of Europe for many years. We have a general election this year, have a look at what our political parties are doing to address climate change at a national level. The Government needs to be leading and acting on our behalf, while we are doing as much as we can, in our everyday lives, to help reduce our carbon footprint and become as sustainable as possible, legislation should be in place to support our actions. Fossil fuels are an outdated source of energy, investment in new technologies is the way forward.

TOP TIPS

Top Tips is about how we can make changes

on a daily basis that will directly reduce our detrimental impact on our planet at grassroots level. These are small positive steps that can make a difference.

Emissions. It all sounds like a huge issue to tackle but just look at your car usage, walk your children to school, use the walking bus if one is available, set one up if not. Not only is it good for you and your children's health and wellbeing, it is money saving, reduces congestion around the school making it a safer environment. Plan your car journeys so you incorporate as many car needed travels in one go. Have a look at the car share scheme, is this something that your household could use?

Land use. Again this seems an impossible challenge that you may feel you have no influence. Look at the foods you buy, is your milk and dairy products from English local farmers? Look for the red tractor and Union Jack logos. We need to support our local farmers and protect the land they use.



COLWALL ORCHARD GROUP
www.colwallorchardgroup.org

3 May 6.00am-8.30am Dawn Chorus walk.

26 April 11.00am-3.00pm COG Blossom picnic.
Venue tbc - see website.

MALVERN COMMUNITY FOREST
www.malverncommunityforest.org.uk

Mike Goodfellow-Smith 07966 283280

Woodland working day is held every third Sunday of the month at Townsend Way Woodland or Prospect Surgery. 10.00am start. Please check website for timings, activity and meeting location.

INNER TRANSITION

www.transitionmalvern.org.uk/wp/working/innertransition/
Mike Munro Turner 01684 893380

7.30pm for 7.45pm start, finish 9.30pm.

Malvern Cube, Albert Road North, Malvern WR14 2YF

30 March – Knock Your Block Off! - An investigation into what stops me realising my creative sustainable lifestyle.

27 April – Walking Your Talk - TRANSFORMATION THROUGH SERVICE - An Inside and Outside approach to 21st Century Love.

25 May – Walking Your Talk - DISINVESTING AND MOVING ON - Shedding the old and embracing the new.

29 June – Walking Your Talk - SHARING MY LOVE WITH MALVERN: COLLABORATION AND COMMUNITY - Bringing our love for the planet into our lives and those of our community.

OCTAGON

www.theoctagon.org.uk
Martin Lawrence friends@theoctagon.org.uk
Octagon, Brookfarm Drive, Malvern WR14 3SQ

Zest for Life

Every **Wednesday 12.00am-2.00pm**. (Doors open 11.00am to 2.30pm to fit in with buses). Anyone can drop in to eat, drink, have fun and simply belong. Money-free zone – so all free. Vegetable donations for the hot pot always welcome – Tinned, frozen or fresh. (Or if anyone has a glut this summer...)

Octagon Clothes Swap

Children and Teenager clothing and footwear bank every **Wednesday 12.00am-2.00pm**. It's a long-term clothes swap – clothes are available for free, you give when your kids have clothes they don't need.

WASTERS - THEATRE PERFORMANCE BY NICK WILKES

Monday 2 March-Saturday 7 March.

Coach House Theatre, Grange Rd, Malvern, WR14 3HB. An interesting performance piece - Described as a dark comedy of food waste, life decisions and toilet rolls. Peter, who lives in an alley at the back of a supermarket, knows that 6pm everyday food is thrown out. www.coachhousetheatre.co.uk

THE FUTURE OF HOUSING - HOW AIRTIGHTNESS CAN HELP - FILM

13 April 7.45pm-9.45pm.

Malvern Cube, Albert Road North, Malvern WR14 2YF.

FOR THE BEAUTY OF OUR EARTH - TALK BY MAC MACARTNEY

24 April 5.30pm-talk starts 6.30pm.

The Fold, New House Farm, Bransford, WR6 5JB Mac Macartney, founder of the Embercombe Centre and one of the world's leading speakers on ecology, sustainable living and spiritual living will be giving a talk. Starts at 5.30 with some food and follow on with the main talk at about 6.30.

ELECTRAA - PROMOTES AND ADVISES ON THE USE OF ELECTRIC VEHICLES

26 April 11.00am-4.00pm.

Malvern Theatres, Grange Rd, Malvern, WR14 3HB The event will showcase amongst other electric cars, the Tesla, Morgan, Nissan and Renault. There will be lectures from industry leaders with a Q & A session. www.electraa.org.uk

CONNECT WITH TRANSITION MALVERN HILLS

7 May 7.30pm-9.30pm.

Graham Room, Great Malvern Hotel, Graham Road, Malvern WR14 2HN. Informal chat about anything to do with improving the environment - recycling, energy, transport, housing – what would you like to see happen round here?
Everyone welcome.

REPAIR CAFÉ

themaalvernhillrepaircafe@gmail.com

Every third Saturday-21 March, 18 April, 16 May and 20 June. 10.00am-2.00pm.

Malvern Cube, Albert Road North, Malvern WR14 2YF Bring your broken items to be repaired for free.
Everyone welcome.

COMING UP NEXT EDITION

Come and see what we've been up to at the Annual Network Meeting, 7.45pm on 13 July at the Cube.

TRANSITION CONNECT

Leave a message on 01684 573948 or go to website
transitionmalvern hills.org.uk

TRANSPORT

Dinah Sage 01684 576410
transport@transitionmalvern hills.org.uk

MALVERN HILLS CAR CLUBS & ELECTRIC BIKE LOAN SCHEME

Robin Coates 01684 540284
malvern hills-carclubs.org.uk greenwheels.org.uk

GARDENSHARE

01684 439972
gardenshare@transitionmalvern hills.org.uk

INNER TRANSITION

Mike Munro Turner 01684 893380
innertransition@transitionmalvern hills.org.uk

MALVERN COMMUNITY ENERGY

01684 540284
info@malverncommunityenergy.org

TRANSITION GASKETEERS

transitiongasketeers@gmail.com

ENERGY TRACERS

energytracers@sightdesigns.co.uk

REPAIR CAFE

Jan Dyer 01684 438539 or 07565 909654
themaalvern hillsrepaircafe@gmail.com

MALVERN HILLS FOOD ALLIANCE

Chris Dyer 01684 438539 or 07751 818088
malvern hillsfoodalliance@gmail.com

COLWALL GREENER

Robin Coates 01684 540284
Email robin@robincoates.com www.greener.colwall.info

QUAKERS

Melanie Jameson 01684 572466
www.quaker.org.uk

TRANSITION WORCESTER

Telephone 01905 722056
Email transitionworcester@gmail.com
www.transitionworcester.org.uk

MALVERN COMMUNITY FOREST

Mike Goodfellow-Smith 07966 283280
info@malverncommunityforest.org.uk

MALVERN CUBE

Telephone 01684 575363
Email malvern cube@me.com
www.malvern cube.com

