

## Mayors' clock up Car Free Miles

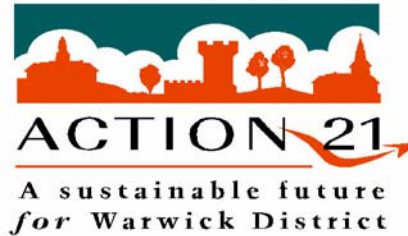
Cllr Mrs Agnes Leddy of Warwick took this year's Mayor Miles competition by storm at Car Free Day in September. In the name of green transport the Mayors of Kenilworth, Warwick, Leamington and Whitnash competed in good spirit using pedometers to see how far they walked during the course of a week. Cllr Mrs Leddy came in first with an unprecedented 74 miles.



Prizes for the competition were presented at Car Free Day in Kenilworth which took place in September organised by Action 21 and Warwickshire County Council. There was themed street theatre-comedy, unicyclists, vintage bikes, wandering minstrels, Frettons' mopeds, face-painting, and a multitude of competitions and information stands.

Road transport causes almost one fifth of the UK's emissions of carbon dioxide, the major greenhouse gas. Also 60 per cent of men and 70 per cent of women are so physically inactive that they risk coronary heart disease, diabetes, stroke or obesity. Mrs Leddy Says *"Leaving the car at home is better for us and better for the planet. Doing the competition made me realise that exercise is good for you."*

☐ Open here with care ☐



For more information about Action21's projects visit  
**[www.action21.co.uk](http://www.action21.co.uk)**

If you don't have internet access we'll post you information.  
Contact Sustainability Officer, Jenny Sansom  
on 01926 456 067 E-mail: [jenny@action21.co.uk](mailto:jenny@action21.co.uk)

Recipient address

## Volunteer Opportunities

**Fresh Food In Winter** – At this family event planned for February 12<sup>th</sup> we need volunteers to help man stalls, run children's activities and physically help with setting up the venue etc. Also can you contribute a seasonal recipe for the day? Please call Judy on (01926) 887119

Action 21 has vacancies for new **company directors**. This voluntary commitment involves planning and steering the work of Action 21. Become involved in rewarding community activity and be part of the process of environmental and social change which action 21 is striving for. [contactjenny@action21.co.uk](mailto:contactjenny@action21.co.uk) for info.

A big thank you to everyone who helped out at Car Free Day in Kenilworth in September. The day was a great success and received good coverage in the local press.

## DIARYdatesDIARYdatesDIARY dates

### DECEMBER 2004

4<sup>th</sup> Tree planting at Grandborough nr Rugby. Volunteers needed to plant 8000 trees on 16 acres to create woodland. Please call Gill on 01788 813640

Bruce Kent will speak on issues and dilemmas facing the UN at St Paul's Church, Leamington at 1:00pm.  
Info from Gian Clare 01926 338430

EL EQUIPO – London's favourite Salsa band at Leamington Town Hall. Tickets £7.00/£10.00 from Portland Books, Gaia or at the door. Proceeds go to development projects in Masaya, Nicaragua.

13<sup>th</sup> Energy Group – Leamington Spa Baptist Church, Chandos Street. 7.30pm. with an interest in energy issues are welcome. Contact 456067

17<sup>th</sup> Christmas Social for Action 21 will be at 7.30 on Friday 17<sup>th</sup> at the Simple Simon pub on Emscote Road Warwick. We will start at 7.30 Please call 01926 456067 to book your food – All welcome.

### JANUARY 2004

10<sup>th</sup> Energy Group – Leamington Spa Baptist Church, Chandos Street. 7.30pm. with an interest in energy issues are welcome. Contact 456067

27<sup>th</sup> Action 21 Transport Group - Leamington Spa Baptist Church, Chandos Street. 7.30pm

### FEBRUARY 2005

12<sup>th</sup> 'Fresh Food in Winter' – 12-4pm at the Lillington Community Hall. Family 'foody' event with delicious samples to taste, and cookery demonstrations. Featuring the 'Blender Vendor' with his pedal powered smoothie maker.

## Public awareness has gone up

The Citizen's panel is a selection of local people who are representative of the population of Warwick District. 59% of people said that they had become more aware of local and global environmental issues, and three quarters stated that they had increased their actions to help environment over the last 2 years. In addition, we are pleased to report that peoples' awareness of Action 21 has gone up from two years ago.

## Fresh Food in Lillington

The topic of healthy food is on everybody's lips – but is it getting to the place it's needed. – the stomach?

Thanks to the Heart of England Community Foundation the Allotments Link Project has been given the chance to promote healthy eating in Lillington. We're hoping to involve the whole community, and the project is closely tied in with growing food on the allotments at Black Lane.

The committee has set aside a plot with its own greenhouse for training purposes, and allotment committee members are actively involved. The first event in Lillington will be 'Fresh Food in Winter' which will take place on February 12th. There will be local produce from the allotments available, stored or fresh.

It's not easy to grow all the vegetables you need in the winter, even on the best managed plot, but although supermarkets are notorious for importing strawberries at Christmas, they usually have plenty of locally grown veg on offer. There's a long list, including leeks, carrots, parsnips, swedes, four or five different types and textures of cabbage, onions, broccoli, Brussels sprouts and spinach beet. And we shouldn't forget the versatile potato.

There are plenty of opportunities for creative cooking, from warming soups and stews to energising crunchy raw salads, and there will be cookery demonstrations at the event on the 12th to boost your enthusiasm. You can even use cycle-power to make your own smoothie.

You can either pedal the bicycle-powered smoothie machine yourself or ask the operator to do it for you. Choose from the ingredients provided, and then get on your bike. Everyone is welcome, either to help or to take part, in this family event to be held at the Youth Centre at Lillington on February 12<sup>th</sup> from 1pm to 4pm. There will also be cookery demonstrations, information on taking an allotment, vegetable tasting and much more to show that there's plenty of UK vegetables available even in the depths of winter, and plenty of easy and creative meals you can cook.



## WELCOME

**Action 21 volunteers are continuing to do great work to promote greener living in the local community. Car Free Day promoted green transport in Kenilworth this year, and the Pumpkin Day in October attracted over 150 people. Families with children carved pumpkins and learned about healthy cooking & growing their own food. Did you know that food transport accounts for up to 40% of road freight? Buying local food makes a huge difference to the pollution we generate – look on the label, or ask at the shop and see how much locally produced food you can use in your Christmas Dinner.**



## Christmas is coming

And with it lots of opportunities to be a green consumer and reduce our waste. Christmas in the UK can generate 1 billion Christmas cards, 83 sq km of wrapping paper, 750 million bottles & glass containers and half a million Christmas Trees - most of which end up in landfill sites.

SO.....

Christmas Trees – if you get a real one ask Warwickshire County Council to chip it for free for reuse as compost etc (01926 738827) - or take it to your local tip, or put in your Green Bin.

Use a re-usable shopping bag for your Christmas shopping. Choose presents without too much packaging

Buy recycled wrapping paper or re-use it, and send electronic Christmas cards.

For fresh, locally grown, organic goods support your local Farmers' Market or buy local food at the supermarket.

## Membership and Funding

Action 21's role is to provide information, advice and practical help on sustainability in the Warwick District using a mixture of grant funding, contributions from statutory organisations and membership fees. To ensure a solid financial future, like many voluntary groups, from now on we will be asking people to consider making a donation for membership of Action 21. Donations are still optional as we don't wish to exclude those who can't afford it. If you are considering making a donation, the following guidelines may help. Donations suggested per year are:

Unwaged / retired £1    Waged £5    Household £10

Small Business / charity / voluntary organisation £30

Large business (10 employees or more) £150

All donations will fund work to promote sustainability which benefits the entire community. Please make cheques payable to Action 21 and send them to: Action 21 c/o Riverside House, Milverton Hill, Leamington Spa, CV32 5QQ.

If you would like to see Action 21's full accounts, which are readily available, please call 456067.

**Action 21 thanks those who have already contributed**

## Theme Group Contacts

Transport [richardhicks@wairtrose.com](mailto:richardhicks@wairtrose.com)

Waste and Recycling [cphilpott@onetel.net.uk](mailto:cphilpott@onetel.net.uk)

Allotments [judy@dmac.co.uk](mailto:judy@dmac.co.uk)

Food & Nutrition [bwarrell@hrda.org.uk](mailto:bwarrell@hrda.org.uk)

Energy [jenny@action21.co.uk](mailto:jenny@action21.co.uk)

If you don't have email, please phone us on 01926 456067 for the contact you need.