

Pedal Powered Smoothies at Winter Food Feast

Winter might seem like a dull time for food, but the Food Group's latest event in February surprised everyone by offering a feast of free seasonal flavours and food experiences. The Blenda Venda bicycle powered smoothie-maker provided free smoothies using pressed pear juice, yoghurt, locally grown apples and even parsnips! The aim of the event was to highlight local and British food which is healthy as well, by organising fun family activities at Lillington Youth Centre.

As well as cookery demonstrations such as a seasonal stir-fry, youngsters also took part in potato printing, growing windowsill crops and the veg taste challenge. The opportunity to grind English grown wheat using a hand-powered grain mill and watch an extraordinary Thai food carving demonstration made for a very enjoyable afternoon.

Judy Steele, Action 21 Allotments Link Worker said *"The event was lots of fun but the message is serious – eating fresh vegetables is one of the best, easiest and cheapest ways to improve your diet. Also by choosing food grown in this country and buying British we are cutting down on the pollution caused by transporting food from the other side of the planet"*

To get involved with events like fresh food in winter, join the food group – call Judy on 887119



Youngsters taking part in the **Veg Taste Challenge**

Newsletter Spring 2005

New Beginnings . . .

Action 21 is pleased to announce a new funding agreement with Warwick District Council which will take us through to March 2006. Last month, Action 21 became an employer for the first time rather than using a worker seconded from the District Council. Company directors are delighted as we see this as an opportunity to grow and develop. As a fully fledged independent organisation, we can broaden the range of activities we become involved in and work with a wider range of partners and funding bodies. We look forward to working on many new and exciting areas of work over the coming year including continuing our successful allotments project, a large event for bike week in Rugby, a waste exchange website, and a series of promotions on 'walking for health'. As always, enabling positive action for sustainability by providing information, advice and practical help to local people will be intrinsic to the work we do. Please come to Action 21's AGM on May 17th to listen to entertaining speakers on sustainability issues, have some food, and find out more about our work. **Gareth Davies, Chair-Action 21**

DIARY dates DIARY dates DIARY dates

- May**
10th **Waste and recycling group meeting** 7.30pm. Come and help organise community initiatives to save waste. For info call Kate on 07816 528807
- 17th **Action 21 AGM** 7.00pm Healthy Living Centre, Shrubland Street, Leamington Spa
- June**
11th **'Peddling for Rugby'** fun public event around cycling call 456067 for info or to get involved.
- 12th **Black Lane Allotments Open Day**, Lillington.
- 18th **Sponsored cycle ride** for the British Heart Foundation from Kenilworth to Leamington. Meet 11am, Kenilworth Clock. For more information phone Kim Slater 07855 846579
- 18th-19th **Leamington Peace Festival**, Pump Room Gardens, Leamington Spa

Switch to Green Energy and Reduce Climate Change



Switching to green electricity is a very simple and easy way of making a significant reduction in the CO₂ emissions of your home or business. A house will typically be responsible for emissions of two tonnes of CO₂ per year due to basic electricity use, and more if also used for cooking, water heating or general heating. Electricity has the highest impact of all the energy sources - about three times that of natural gas, yet it is the easiest form of energy to substitute. Some energy companies guarantee that they will generate renewable power to equal every unit of electricity you buy from them. Simply by signing up for green electricity you eliminate, at a stroke, the emissions of greenhouse gases due to electricity use.

Action 21 has an affinity agreement with Good Energy and Ecotricity. This means that Action 21 receives a small payment from the company when you join at no cost to you. Both the environment and Action 21 benefit if you choose one of these suppliers. You may like to use one of the forms in this newsletter to send away or do so on-line. Be sure to say that you have heard about the company through Action 21 and, in the case of Good Energy, quote reference UE60. The Good Energy and Ecotricity Old Tariff are on the shortlist of the greenest electricity tariffs available in this country - more details available from <http://www.foe.co.uk>

Steven Coulsting, Action 21 Energy Group

Ecotricity

To switch to Ecotricity phone 08000 326 100 saying that you heard of them through Action 21, or switch online at www.ecotricity.com

Alternatively send your details to Ecotricity on this slip and you will receive an information pack and a sign up form.

Title

First Name

Surname

Address

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Postcode Telephone.....

I heard about Ecotricity through Action 21

Please return to: Ecotricity, Freepost SWC3376, Stroud, GL5 3ZZ

.....cut along this line.....

Good Energy

To switch to Good Energy phone 0845 456 1640 – Please quote Action 21 and reference UE60 Or go to www.good-energy.co.uk

Alternatively send your details to Good Energy on this slip and you will receive an information pack and a form.

Title

First Name

Surname

Address

.....

Postcode Telephone.....

I heard about Good Energy through Action 21 ref: UE60

Please return this slip to: Good Energy, Freepost NAT4921, Chippenham, SN15 1BR

Constructive thinking for the Potterton factory site in Warwick

There has been a large amount of community interest in the development planned for the old Potterton Factory site on Emscote Road. In response to this Action 21 held two seminars in Leamington during March and April about how to make this development sustainable. Around 50 people attended including experts in sustainable construction, technology companies, housing associations, local authorities, architects, developers and local people.

Speakers from a range of organisations spoke on subjects as diverse as car clubs, green roofs, sustainable housing estates in Sweden and London, solar water heating, and the positive effect sustainable design has on property values.

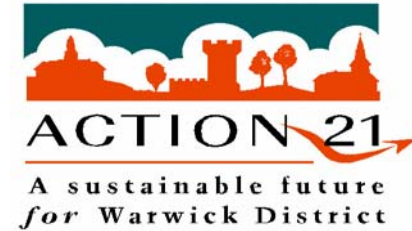
We were using the Potterton development as a case study for considering all these options. Our main achievement has been to inform housing associations, the council and local people about the huge range of ways to make housing better for the environment and society. Informing the right people is an important step towards better, more sustainable developments in future. Also as the developer for Potterton has been involved in this process, we will hopefully be able to influence this development to be environmentally sound as well.

Matthew Rhodes Action 21 Energy Group



Jo Taylor, BioRegional, presenting the BedZED Experience

☐ Open here with care ☐



Action 21 involves local people in positive action for a sustainable future. We provide advice, information and practical help to local communities who want to improve the environment, health and quality of life for themselves and future generations.

For more information about Action21's projects visit 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

Peace Festival Eco-Team

Could you spare two hours of your time to help the Action 21 Recycling Team at the Leamington Peace Festival this year? If so you will receive a free hot meal in return for your efforts. The Peace Festival is a longstanding community event in Leamington, organised by local volunteers, and renowned for its great live music, calm atmosphere, delicious food and friendly punters. It's amazing what we can achieve with a bit of collective organisation and effort. Last year Action 21 volunteers stopped half a tonne of waste generated by the festival from going to landfill. Let's see if we can beat that this year. To help out phone jenny on 01926 456067 or e-mail jenny@action21.co.uk