

Learn more about why protecting the environment matters at [www.CLEANERGREENERWANSTEAD.org](http://www.CLEANERGREENERWANSTEAD.org)

Find ideas for simple things to do

But it doesn't have to be like this -  
We are all in a position to make a difference.  
As a community we can have a big impact  
by making small changes together. So why  
not get involved by taking steps to help to  
address climate change, pollution and loss  
of biodiversity, and together we can create  
a CLEANER GREENER WANSTEAD.

Here in Wanstead, our children are growing  
up breathing dirty air. We're producing vast  
amounts of waste, which is shipped abroad  
to process, and we are slowly paving over  
the green leafy streets that make Wanstead  
special and improve our health and wellbeing.

In the last few decades, the UK has seen  
big declines in birds, insects and other  
creatures, while awareness of the enormous  
impact of air and plastics pollution is growing.  
Now a report from the United Nations warns  
we have around 10 years to reverse the  
growth in greenhouse gases or face runaway  
climate change.

We're supported by  
EST **THE STOW BROTHERS** 2014  
SALES/LETTINGS/NEW HOMES/MANAGEMENT



AWARD WINNERS

Supporting our local community since 2014  
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236 Hoe Street, Walthamstow, E17 3AY / Tel: 0203 397 9797  
[stowbrothers.com](http://stowbrothers.com)

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



A new environment charter  
for Wanstead

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@cleanergreenerwanstead  
#CLEANERGREENERWANSTEAD

# HELP MAKE WANSTEAD CLEANER & GREENER

It's easy to get involved. Just think about your everyday life and its effect on the environment, then pick some simple changes that will have a positive impact. Here are a few ideas to consider to get you started. Get tips from the community by joining our Facebook group or following #CLEANERGREENERWANSTEAD.

## FIVE PRIORITIES FOR A CLEANER GREENER WANSTEAD...


### Cleaner journeys to cut back on fossil fuels and improve air quality.



- Make walking, cycling or public transport your first choice
- Never leave your car engine idling
- Shop locally

### More plants and trees to give wildlife a helping hand & suck up carbon.



- Plant wildlife-friendly flowers, shrubs and trees in every bit of space you've got (visit [wildwanstead.org](http://wildwanstead.org) for ideas)
- Green up dead space on driveways and patios
- Don't use chemical weed or pest killers
- Try growing-your-own (herbs, tomatoes and green beans are easy)
-  Look out for new ways wildlife is being encouraged in parks and green spaces too

### Living lower impact lives through what we choose to buy and do.



- Eat less dairy and meat (especially beef and lamb)
- Avoid foods containing palm oil
- Fly less
- Buy clothes and other items to last
- Think about eco-friendly options for household and beauty products

### Reducing the mountain of plastic, waste and litter that's blighting Wanstead & overwhelming the planet.



- REDUCE, REUSE, RECYCLE
- Pick things with less plastic packaging like loose fruit and veg
- Carry a reusable water bottle and shopping bags
- Never buy coffee in a takeaway cup – billions are used each year but few are recycled. Switch to a reusable cup or drink in
- Avoid using wet wipes or other cleaning / beauty wipes (and never flush them away)
- Reduce food waste and try composting uncooked fruit and veg scraps

### Making homes and premises sustainable through energy efficiency and green features.



- Switch to renewable energy
- Don't leave electrical items on standby
- Turn down the thermostat
- Wash clothes at a lower temperature and hang them out to dry
- Switch to LED lights
- Pick smaller electrical appliances with a good energy rating
- Improve your insulation
- Put a green roof on your extension or garden room
- Use the least possible paving when installing a drive or patio

CLEANER GREENER WANSTEAD was established by a group of residents and is supported by our local Redbridge Councillors, The Stow Brothers, London Wildlife Trust, Wren Wildlife and Conservation Group, Wild Wanstead, Wanstead Community Gardeners and The Wanstead Society.