

Welcome to the UEA Sustainable Ways newsletter, January 2017 edition!

We hope everyone is feeling well rested after the holiday period and we are looking forward to an exciting year ahead.

This month's edition features:

- Big Holiday Switch Off results (pages 2-3)
- January was Focus On Wellbeing Month (page 4)
- February is Focus on Global Challenges Month (page 5)
- Events for Global Challenges Month (page 6)
  - *Go Green Week*
  - *Fairtrade Fortnight*

## BIODIVERSITY VOLUNTEERING

The East Hills Woods Project is advertising two volunteering opportunities in February:  
 Wednesday 22 (9.30-4pm) and  
 Sunday 26 (11-3pm).



Both days will be focusing on clearance work, cutting back brambles and sycamore seedlings to allow bluebells to re-grow in the glades of East Hills Wood, situated just outside of Costessey.

The project is coordinated by the voluntary Tree Warden for Costessey. For more information contact [p\\_m\\_williamson@hotmail.com](mailto:p_m_williamson@hotmail.com)

## Stay connected

Like us on Facebook:  
[/SustainableUEA](https://www.facebook.com/SustainableUEA)

Receive the Sustainable Ways newsletter directly – don't miss out!  
[sustainability@uea.ac.uk](mailto:sustainability@uea.ac.uk)

Check out the Sustainable Ways website:  
[www.uea.ac.uk/about/sustainability](http://www.uea.ac.uk/about/sustainability)



What's on?	Event details
Valentine's Day film screening for Go Green Week: <i>Avatar</i> - Free, open to all! - Tuesday, 14 February - 18.30-20.00 - Arts 01.01	<i>Avatar</i> : the classic romance film of our times, an eco-game changer of cinema, or "a big, dumb movie built to make money but hardly worthy of serious examination"? You decide!  Join us for a Go Green Week film screening this Valentine's!

## SustainableUEA monthly tip

### Buy your fruit and veg from VegBox Society

VegBox make fruit and vegetable shopping easy! Choose from their menu, (large, medium or small bag of fruits and/ or vegetables, with optional extras) and put in your order to them over Facebook by Sunday each week. Collect your local, seasonal and organic food from The Hive on the following Wednesday lunchtime. [@UEA VegBox Society](https://www.facebook.com/UEAVegBoxSociety)

ANY QUESTIONS?



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 E [sustainability@uea.ac.uk](mailto:sustainability@uea.ac.uk)

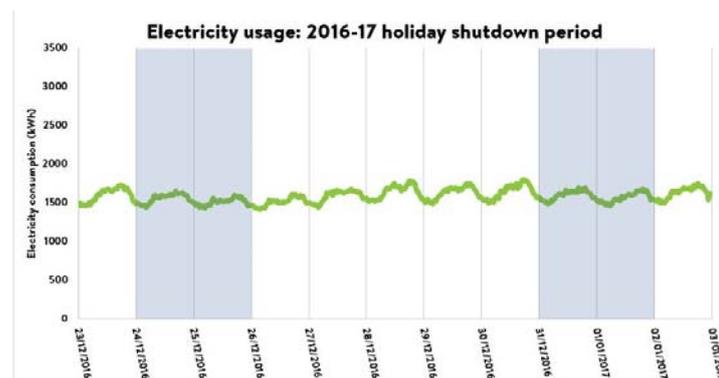
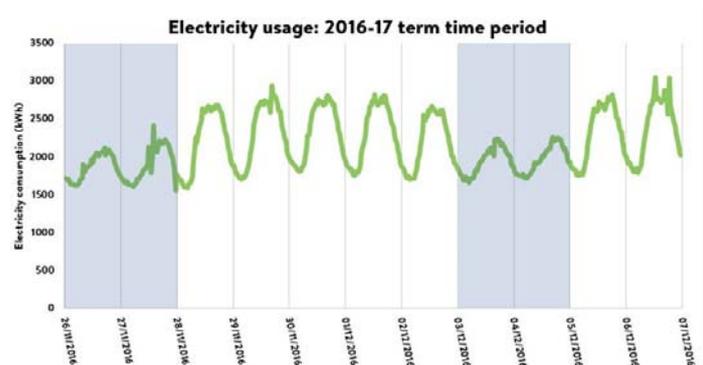
# THE BIG HOLIDAY SWITCH OFF

The Big Holiday Switch Off was a new UEA initiative to cut wasted energy over the 2016-17 festive period.

## UEA's performance

We are delighted to announce UEA saved 26% of its total electricity usage during the Big Holiday Switch Off, compared to during term time.

The total amount of electricity saved was nearly 300,000 kWh, or the amount of energy that 2,504 average UK households would have consumed over the same number of days.



Campus heating was altered to turn down to weekend temperatures in several unoccupied buildings, while the University was closed. This helped us achieve an even greater energy saving. Our total heat energy saving was nearly 15% – equivalent to the heat energy that 827 average UK households would have consumed over the same amount of time.



The total energy saving from electricity and heat, over the 11 days of the Switch Off period against 11 baseline days in November/December 2016, was 578,547 kWh – that's about the same energy saving as switching off all electricity to a small town!



# THE BIG HOLIDAY SWITCH OFF

## Individual building performance

The Sustainability Team has also been monitoring electricity use of fourteen buildings across campus. The building that saved the most electricity over the Switch Off period was the Library, which achieved a massive 69% (51,653kWhs) energy saving, compared to term time.

That's the equivalent of watching a plasma TV for 17 years, 11 months and 5 days! Union House and The Enterprise Centre also managed to save over half of their usual electricity consumption each.

Building	Percentage of energy saved
The Library	69
Union House	55
The Enterprise Centre	52
The Registry	43
ITCS	35
Elizabeth Fry Building	29
INTO	29
Thomas Paine Study Centre	27
ZICER	24
Medical School	16
UEA Catering block	13
The Sainsbury Centre	12
Arts	7



There are approximately 5,500 Windows PCs around campus. Although we realise that not everyone can switch off their PCs overnight or over the weekend, there could be an energy saving of 79% if we did. This would equate to 51,403 kWhs over the whole year if everyone got involved.



We look forward to running the Big Holiday Switch Off again at the end of 2017.

**Any ideas or issues?**

Do you have an energy-saving idea?

→ Email [sustainability@uea.ac.uk](mailto:sustainability@uea.ac.uk)



The Sustainability Team would also like to say well done to the Thomas Paine Study Centre in particular, and to all other buildings for their efforts in raising the awareness of the BHSO campaign and helping us prove that small actions can make a big difference!

One example was in ARTS, where posters were shared on doors as well as notice boards to help get the message out.

We would also like to say thank you to the Green Impact Teams across campus, who gave out a total of 581 chocolates to PC users for shutting down their computers overnight in the run-up to the festive closure.



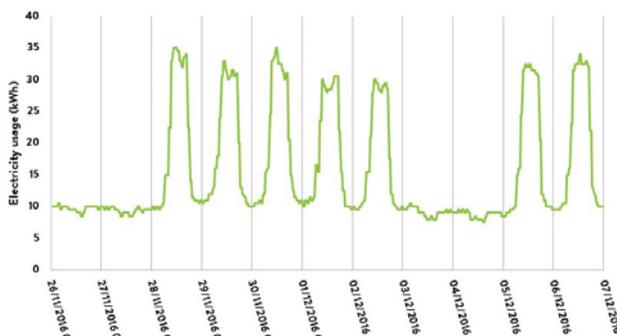
Do you have consistent temperature issues in your area?

→ Email [jobdone@uea.ac.uk](mailto:jobdone@uea.ac.uk)



The Registry

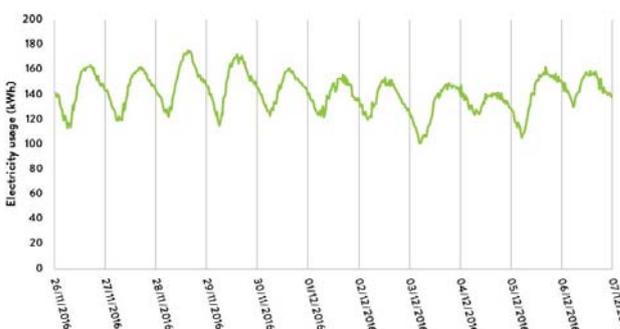
Term Time



Holiday Switch Off Period



The Library



# JANUARY WAS FOCUS ON WELLBEING MONTH

By making small, conscious changes to your lifestyle, you could improve both your physical and mental wellbeing.

There are a number of ways to support physical and mental health. Although it's often a challenge to 'find time', we have pulled together some quick suggestions. These five steps to wellbeing (right) are a simple guide to help begin making changes in your day-to-day life.

Meditation is proven to lower stress levels, relieve the symptoms of anxiety, help improve sleep quality and improve memory. Could you try meditation for 10 minutes every day for a week, or longer?

If you feel like you need help, there is an App called Headspace. This is designed for beginners and provides a series of ten 10-minute guided meditation sessions for free.



Remember to take advantage of the woodland, fen or the Broad nature walks that are right here on our doorstep. Could you do something different one day a week and take a walking lunch?

There are four trail routes available at UEA (see map below):

## 5 steps to wellbeing

**Connect...**  
Connect with people around you, with family, friends, colleagues and neighbours.

**Be active...**  
Discover a physical activity that you enjoy and that suits your level of mobility.

**Keep learning...**  
Try something new, or rediscover an old interest.

**Give to others...**  
Do something nice for a friend or stranger, try volunteering, or join a local community group.

**Take notice...**  
Be aware of the world around you and how you feel; can you savour the moment more?



## Mental Health

If you feel that you could do with some help with your own wellbeing, or know someone who does, the Student Support Service (previously the Dean of Students) provides a full wellbeing service. They can provide counselling for both students and staff.

If you work in a position where you come into contact with students who need support or advice with their mental health, CSED provide a two-day Mental Health First Aid course. The course is an internationally recognised programme and you will receive a certificate of attendance once your training is complete. It is also being advised by UEA SU that all academic advisers undertake this training.

For more information:

<https://portal.uea.ac.uk/student-support-service/wellbeing/>

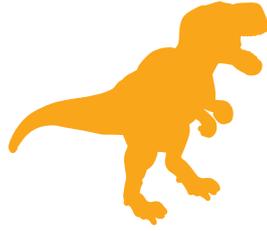


# FEBRUARY IS FOCUS ON GLOBAL CHALLENGES MONTH

## Did you know?



Water demand is set to rise by 20% by 2050. Only 0.5% of global water is available, fresh (drinking) water.



We are experiencing the worst period of mass extinctions since the loss of the dinosaurs 65 million years ago.



If greenhouse gas emission rates continue as they are now, temperatures will rise between 3.2°C and 5.4°C by 2100.



## Challenge: Water Security

What can you do?

- Buy a 'Hippo' water saving device for your toilet cistern: 70% of water is used in the bathroom.
- Each Briton uses about 150 litres of tap water a day, but if you include the amount of water **embedded** within products our water consumption is around 3,400 litres every day! Consuming less rice, cotton and paper could make a big difference.



## VEGAN WORKSHOP

Animal products have huge carbon and water footprints, as well as the ethical issues around animal exploitation. A plant-based diet can also be healthier than the Western average – but how can you make sure it is? The Missing Kind (shop, cafe, and social enterprise hub on Castle Meadow) is hosting a free workshop 22 February (6-8pm) to help people make healthy food while also living a vegan lifestyle. Contact [sally@kindakafe.co.uk](mailto:sally@kindakafe.co.uk) for more information.

## Challenge: Biodiversity Loss

What can you do?

- Build an insect hotel, and plant bee-friendly plants at home.
- Only buy sustainable seafood (*Greenpeace have a great list with more details*).
- Join the Norfolk Wildlife Trust: [norfolkwildlifetrust.org.uk](http://norfolkwildlifetrust.org.uk)
- Buy second-hand furniture to reduce the impact of deforestation.





### How to be a Healthy Vegan



**Wednesday 22nd February**  
6pm - 8pm  
The Missing Kind (Upstairs space)

A weekly open space for anyone to spread ideas new, old, radical, timeless, thought-provoking, inspiring, world-changing! Every week a new film screening, discussion or workshop. Let's inspire social change, let's leave our mark on the world, let's wake up!

**Free Workshop**  
Hosted by Ana Calistru

Are you considering being vegan but don't really trust that your health will benefit from it? Are you already a vegan but struggle with choosing the best diet?

Join us for a fun and interesting talk on what it means to be a healthy vegan.



**WAKE UP WEDNESDAYS**

# GLOBAL CHALLENGES MONTH... UPCOMING EVENTS

## GO GREEN WEEK

Go Green Week is being held between 13-17 February and is the largest week of student climate action in the UK.

SustainableUEA is supporting the Student Union to provide a programme of events to highlight issues and solutions around global sustainability.

'Go Green Week' is a campaign run by student activist group People and Planet, and throughout the week there will be events running at universities nationwide.

UEA Go Green Week will include events such as film screenings, speaker events, practical workshops and activist training.



### Highlights include:

- Monday:** Vegan & vegetarian fair, The Hive (11-4)
- Tuesday:** 'Show your love for eco issues': open consultation on your sustainable UEA, The Hive (11-3).  
Free screening of *Avatar*, The Enterprise Centre Lecture Theatre (6.30-8pm)
- Wednesday:** Climate justice panel (details TBC)
- Thursday:** Green Action Day in The Hive, including zero-waste workshops with CarbonCrew Students. (11-3)  
Guided biodiversity walks: destress and learn more about our green campus with the Landscape Manager and our biodiversity expert, Dr Iain Barr.
- Friday:** Visit for green Society members to Swaffham's Green Britain Centre – the only wind turbine in the world open to the public!

Full details and booking information for Go Green Week will be up on the Student Union website and social media soon, and on the SustainableUEA Events and Facebook pages.

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## FAIRTRADE FORTNIGHT

Fairtrade Fortnight is a national awareness campaign, running 27 February – 12 March 2017.

It is a call to action to show our support for workers in developing countries. This year is the 23rd Fairtrade Fortnight in the UK!

The University and UUEAS will be working in collaboration over the two weeks to promote Fairtrade products and the positive impact that buying Fairtrade has on workers' lives.

Keep an eye out for events in the Hive and Library, and follow Fairtrade Soc on Facebook for their events (@UEA FairtradeSoc).

You can start making a difference now by buying green labelled food in The SU Shop, which uses an ethical labelling traffic light system on all of its products.



### Get involved...

Could you promote Fairtrade products, maybe by hosting a Fairtrade bake sale or a Fairtrade coffee break?

Find more information about Fairtrade Fortnight and request your free action guide:

[www.fairtrade.org.uk/en/get-involved/current-campaigns/fairtrade-fortnight](http://www.fairtrade.org.uk/en/get-involved/current-campaigns/fairtrade-fortnight)

