Welcome to the UEA Sustainable Ways newsletter, November 2017 edition: it’s a bumper edition!

- December is Focus on Energy Month, featuring the Big Holiday Switch Off (p2)
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### What’s on?

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| **Christmas Ceilidh & Vegan Christmas Dinner** | Green Britain Centre  
9 December, 18:00–23:00  
Tickets £17.50 | “Get your dancing shoes on and join us for our ceilidh and vegan Christmas dinner. We’ll have live music from local bands followed by a delicious meals. On the menu we’ve got a ‘carvery’, roast seiten, nut roast and tofu ‘turkey’ all served with tasty fresh veg, gravy and stuffing. And of course we’ll be serving Christmas pudding for dessert.”  
[Find more info on their Facebook event.](#) |
| **UEA Sustainability Network end of year celebration** | 15 December, 12.30–13.30 | If you’re interested in finding out more about sustainability at UEA, whether out of interest or to get involved, join our open event to celebrate this year’s actions!  
Spaces are limited, so please contact [c.darsley@uea.ac.uk](mailto:c.darsley@uea.ac.uk) to book your space. |

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**ANY QUESTIONS?**

[www.uea.ac.uk/about/sustainability](http://www.uea.ac.uk/about/sustainability)  
[sustainability@uea.ac.uk](mailto:sustainability@uea.ac.uk)  
[@SustainableUEA](https://twitter.com/SustainableUEA)  
[@SustainableUEA](https://www.instagram.com/SustainableUEA)  
[@SustainableUEA](https://www.youtube.com/SustainableUEA)

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**MAKE YOUR OWN RECYCLED DECORATIONS**

_Based at the Green Britain Centre, every Saturday in December, 10am – 4pm_  
Plus, help us make a Christmas tree out of plastic bottles...
DECEMBER IS FOCUS ON ENERGY MONTH — FEATURING THE BIG HOLIDAY SWITCH OFF

The Sustainability Team will be monitoring energy use across campus and in specific buildings, and will provide data on savings against a term-time winter baseline. The switch off period will be from 21 December to 1 January.

Last year we saved 26% of electricity compared to the term-time baseline — the equivalent of switching off the village of Horsford over the switch-off period!

Can we see bigger savings than last year? Join us, and switch off for the Holidays!

Member of staff?
* Shut down PCs and monitors
* Switch off shared equipment, remembering to check printer rooms and kitchens
* Switch off all non-essential equipment (if you work in a lab area, you may need to check with your lab manager / PI first)
* Turn off lights in your work area and shared areas — check meeting rooms and toilets.

PC energy-saving tips:
* Avoid screensavers: they use about as much energy as the screen staying on.
* Set your default settings to turn off the display, and put the computer to sleep when you’re away from the desk: Control Panel\Hardware and Sound\Power Options\Edit Plan Settings
* ‘Sleep’ your PC overnight if you don’t want to switch off every night. This saves almost as much energy, and means your files are available again the next day (still save documents before you go home, though!)

Is there anywhere in your area where the lights could be left on? Switch off before you leave.
Estates will be turning down campus heating to weekend temperatures in unoccupied buildings.

Last year this produced an energy saving of 18% and we are expecting a similar saving this year.

**UEA total energy savings**

3,500,000

3,000,000

2,500,000

2,000,000

1,500,000

1,000,000

500,000

- 3,065,385

2,486,838

3,065,385

2,486,838

18% saving

Term time period

Holiday switch-off period

**Energy saving for students:**

* Turn off or turn down your radiators
* Turn off electrical appliances at the wall (except fridges and freezers!)
* Make sure your windows are closed
* Turn off your lights, and check your kitchen.

**CarbonCrew society** will be in the Hive on 11 December to offer energy saving advice and hand out a Big Holiday Switch Off checklist to students, as well as upcycled freebies!

**Chocolate Drop**

Last year 615 chocolates were given out in the official Chocolate Drop event. Volunteers went around offices leaving a chocolate on the desk of those that had switched off their PCs.

Make sure you switch off your PC (base unit and monitor/s) for a chance to win yours...
NOVEMBER WAS FOCUS ON TRAVEL MONTH

Transport accounts for around a quarter of UK greenhouse gas emissions.

As well as emitting greenhouse gases, transport causes air pollution. In big cities across the world, governments are working to make the air cleaner and safer for people living and working in cities.

In October, the T-charge (toxicity charge) was introduced in London as a way of discouraging the use of older and more polluting cars in London. The charge is an add on to the congestion charge which is already in place. Drivers of old models of vehicles (most vehicles made before 2006) will be asked to pay a levy of £10.

The main drive behind the charge is the fact that 438 schools within London are exceeding legal air quality levels.

There has been some debate on how effective the scheme will be and if it will impact business and those that cannot afford this tax increase or a new model of car.

Although air pollution isn’t a significant issue for Norwich, UEA aim to reduce congestion around and on campus and improve the air quality at rush hour.

FREE PARK & RIDE TO UEA

What can you do to reduce congestion at UEA? From 18th September, the Costessey Park & Ride Konect Bus service 511 has been free to use.

By choosing to use the Park & Ride you will eliminate parking costs and will be able to avoid driving to work in busy traffic outside the University.

The service is free to anyone who uses it so also benefits any visitors to UEA.

Some staff members that have recently started using the service have commented that taking the bus in has reduced their stress before work. This is because they have been able to avoid driving in congested traffic and have also been able to chat to colleagues on the way to work.

Find out more information about Park & Ride to UEA.
BE SAFE, BE SEEN

A large number of students and staff walk and cycle to the University each day. It’s great that so many of you get to campus under your own steam but with the days now shorter and winter here, we want you to stay safe on your commutes.

Walking

One of the easiest ways to stay safe is to wear reflective clothing. If you are walking and crossing roads in areas that aren’t well lit it is advised that you wear a reflective item of clothing. Take extra care when walking on joint pedestrian and cycle paths or when walking on roads. You can find reflective arm strips, jackets and vests from many outdoor or sports shops.

Running

When looking for running gear, choose clothing items that are reflective or that have built in reflective strips. You can also buy reflective running accessories such as arm bands, waist packs and backpacks.

Take a look at some examples.

Cycling

Cycling on roads in the dark without the correct clothing and lights can be dangerous.

According to the Highway Code, light or florescent clothes should be worn during the day and in poor light conditions.

During the night reflective clothing and accessories should be won.

It’s a legal requirement for bikes to have a white front and a red rear light. Your bike must also have a red rear reflector and amber pedal reflectors.

Find out more information from cycling.org.

WEAR REFLECTIVE CLOTHING

PUT LIGHTS ON YOUR BIKE

... & REMEMBER YOUR HELMET
TRAVEL MATTERS WEEK

Sustainable Ways were out and about around campus in November, answering sustainable travel questions and giving out freebies!

We gave out a few hundred bike seat covers as well as waterproof cycle maps, second-hand hi-vis jackets and travel leaflets.

OFO bikes joined us on campus to introduce staff and students to their app. OFO are non-docking shared bikes. They are designed to help people travel sustainably and cheaply around cities. They’re used by scanning the QR code in their app.

Visit ofo.com to find out more information.
UEA AWARDED FIRST CLASS IN PEOPLE & PLANET

UEA achieved a First in the 2017 University League, coordinated by People & Planet student network.
After two years of a 2:1 placing, this is fantastic news and highlights the hard work going into sustainability at the University behind the scenes.
Criteria consider areas such as universities’ Environmental Policy, staff resource for sustainability, carbon reduction, education for sustainable development, utilities management, and levels of communication and engagement.
UEA scored 100% in staffing, auditing & our environmental management system, and education.

Catrin Darsley, UEA’s Sustainable Development Manager, said, “We’re so excited to be back up in the First category for People & Planet. We’ve already made huge steps towards improving next year’s scores in carbon management and ethical investment, and I’m excited to see whether we can challenge for an even higher position in 2018.”
View the league table: peopleandplanet.org/university-league

UEA SELLS FOSSIL FUEL INVESTMENTS

UEA no longer holds its £320,000 investment in two fossil fuel companies.
The Vice Chancellor released a statement regarding UEA’s investments in fossil fuels on November 10th:
“We do keep our investments under review and last month (October) we sold our holdings in two fossil fuel companies,” said Vice-Chancellor Prof David Richardson. “We are aware that many students have campaigned for this in recent years and we fully understand that they will welcome this investment decision.”

Over the past 50 years, UEA’s researchers have played a leading role globally in developing the science and understanding of climate change and its links with carbon emissions.
In addition, the Adapt Low Carbon Group encourages entrepreneurial activity with an environmental conscience by providing consultancy and investment funding for local, regional and international businesses from one of the world’s greenest buildings.
CARBONCREW CORNER – VOLUNTEERING DAY AT MARL PIT

COMMUNITY GARDENS

On 21st October, 19 students went to the Marl Pit Community Gardens for a day of volunteering and learning about growing organic and sustainable food.

The students were split into three different groups for tasks. One group built two raised beds and filled them with compost ready for planting, another group cleared the weeds in the herb garden and the others moved cut grass for mulching.

Mahesh, the co-ordinator for the Sustainable Living Initiative, gave the students a tour of the vegetable patches and the polytunnel. Students got to harvest and take home potatoes from the community plots. Mahesh said that the day was a great success and was that he was so happy to see how enthusiastic all the students were.

The day was finished off with a lovely wholefoods lunch in the community centre cooked by a member of the gardens. The dinner was cooked using pumpkins and potatoes grown on the gardens.

Find out more about the Sustainable Living Initiative and the community gardens.
GREEN IMPACT PROJECT ASSISTANT TRAINING

Around 48 students have been trained to be 2017 Green Impact Project Assistants.

These students, once allocated a team, will support teams across UEA to achieve their Green Impact award.

The training consisted of understanding sustainability and how to communicate sustainable campaigns and ideas. Students were also given tips on how to work as part of staff teams and were given exercises on how to engage different types of people with Green Impact actions.

It was great to see so much enthusiasm from the students who were from a variety of subject areas.

Interested? Contact e.lewis@uea.ac.uk

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GREEN IMPACT TEAM UPDATES

This year’s Green Impact teams have been busy engaging staff and students.

The Library Team created a display to spread awareness about the impacts that disposable coffee cups have on the planet. They provided information to students on Keep Cups, which are available to buy on campus.

The Estates Team held a photo competition encouraging staff to submit their upcycled creations.

Entries included a shelving unit and a repurposed entertainment unit.

The Environmental Sciences Team recently held a travel-themed Children in Need event, and currently have a switch off sticker design competition running for their students.

We’re excited to see what else comes up!
OCTOBER WAS FOCUS ON FOOD MONTH

Over the month of October we focused on the importance of sustainability of food. We explored what sustainable options UEA and Norwich have to offer when it comes to food.

Vegbox

The vegbox scheme at UEA create boxes of organic, seasonal veg to sell to members at affordable prices. The produce is free from plastic packaging and comes from Norfolk farms.

FarmShare

Norwich FarmShare is a cooperative that produces local, seasonal, ecological grown food with and for the community. They sell weekly veg and fruit bags, and customers can pick up their orders from the city centre.

They have just launched their crowdfunding page, check it out!

The money raised through crowdfunding will go towards buying equipment and infrastructure for their new growing site.

Visit their site to find out more on how to become a member and receive organic produce: www.norwichfarmshare.co.uk

The collection point is in the Hive and you can pick up your order on Wednesdays. You can get a small medium or large box depending on how much you need!

Find out more on their Facebook page or email ueavegbox@gmail.com.