



**Reduce**  
**Reuse**  
**Recycle**

The Friends of the Earth suggest that each year we produce enough waste to fill dustbins stretching from the UK to the moon

**On average every East Sussex household throws away over a tonne of rubbish each year. Landfill space is running out**

# REDUCE

The amount of domestic rubbish we produce has been growing, yet ways of disposing of it are becoming more difficult. Local landfill sites will soon be full. The answer is simple.

## REDUCE THE AMOUNT OF WASTE YOU CREATE

### Tips to REDUCE waste:

- Choose goods with minimal packaging.
- Some packaging can't be recycled – avoid it!
- Get drinks in returnable bottles from the milkman.
- Avoid disposable products; use durable reusable items.
- Use shredded waste-paper for packaging.
- Refuse packaging where possible. Buy loose fruit and vegetables.
- Get into the habit of refusing carrier bags. Reuse plastic carrier bags, buy a bag for life or use cloth bags.
- Avoid disposables such as razors, cameras, plastic cutlery, cups and plates etc.
- Buy in bulk and produce less packaging. Think about joining forces with friends and neighbours to buy together.
- Buy refills for household goods.
- Borrow and hire goods rather than purchasing.
- Stop unwanted junk mail: Contact the Mailing Preference Service, Freepost 22, London W1E 7EZ, e-mail [mps@dma.org.uk](mailto:mps@dma.org.uk), Tel: 02072 913310.
- Repair rather than buy new.
- Compost kitchen and garden waste.
- Look for solar-powered clocks, radios or calculators and use solar-powered rechargers. See [www.greenbatteries.com](http://www.greenbatteries.com).
- Use your local library for books, DVDs, videos etc.
- Use Real Nappies. See [www.nappies.org](http://www.nappies.org).
- Recycle unwanted goods through Freecycle in Hastings.
- Join Backscratchers Exchange Co-operative in St Leonards. This is a network of individuals and organisations that are willing to contribute time, money, tools, skills, transport, raw materials and equipment to ventures with sound social and environmental principles. See [www.backscratchers.org](http://www.backscratchers.org).
- Join a Local Exchange Trading Scheme where people will exchange all kinds of goods and services with one another, without the need for money. See [www.letslinkuk.net/](http://www.letslinkuk.net/).
- Make a shopping list and stick to it when you go to the supermarket.
- Only print if you really need to. Try not printing out e-mails but read on the computer instead.

# REUSE

## REUSE THINGS OR FIND SOMEONE ELSE WHO WILL

### Tips to RE-USE waste

- Sell and buy on eBay. You will have a worldwide market available to you.
- Donate items to Hastings Furniture Service 01424 441112.
- Help the Pestalozzi International Village in Sedlescombe by giving them your old mobile phone or computer ink cartridge for recycling.
- Recycle clothes at the Sedlescombe Brede Lane Car Park Salvation Army bank.
- Look for printer toner companies who offer a send-back your old printer cartridge free of charge.
- Look for products in refillable containers. The Body Shop operates a refill service for their bottles.
- Use rechargeable batteries where possible that can be recycled. Send to VARTA, Freepost 154, Staines, Mddx; EverReady Recycling, Freepost LOL 2311, Dunstable, Beds LU5 4YY, Panasonic UK Ltd., Panasonic House, Willoughby Road, Bracknell, Berks RG12 8FT
- Take old spectacles to the Doctors' Surgery for recycling.
- Donate your old computer to Computer Aid, Computers for Charity, Recycle It Ltd. or to Donate a pc.
- Get goods repaired.
- Donate items to charity and buy goods from charity shops.
- Start a book sharing club with friends.
- Use old jars to store food.
- Use plastic bottles to ward off pests as cloches in the garden.
- Use plastic supermarket meat boxes to start off seeds. The deep ones that joints come in are particularly good for starting runner beans.
- Use paper-clips instead of staples – it has been calculated that, if each of the UK's 10 million office workers used one fewer staple a day, that could save a staggering 120 tonnes of steel each year!.
- Re-use aluminium foil.
- Re-use plastic bags.
- Use a handkerchief instead of tissue.
- Make products like shampoo, shower gel and washing up liquid go further by adding a little water when you get near the end of the bottle.
- Buy address labels from a charity and re-use envelopes.
- Return hearing aids to GP surgery. NHS hearing batteries can be exchanged at the Battle Office of Age Concern.
- Take spent print cartridges to Sedlescombe Stores for recycling by Pestalozzi.

# RECYCLE

**Directions to Mountfield household waste recycling site - on London Road (A2100), between Battle and John's Cross opposite the entrance to British Gypsum.**

Opening hours

April to end September: Monday to Sunday 9am-6pm.

October to end March: Monday to Saturday 8am-4pm, Sunday 9am-4pm.

Bank Holidays: Open to usual hours.

Christmas/New Year arrangements: as announced.

## What you can recycle at Mountfield

Aluminum foil	Aerosols	Car batteries
Cans/Tins	Cardboard	Cooking oil
Electrical goods	Engine oil	Fluorescent tubes
Energy saving bulbs	Fridges/Freezers	Glass bottles/Jars
Green garden waste/Christmas trees	Hardcore/Rubble	Household batteries
Metal items	Mobile phones	Newspapers/Magazines/ Junk Mail/White Telephone Directories
Plastic bottles	Soil (only 6 bags of soil or hardcore will be accepted per month)	Textiles/Shoes
Timber/Wood	TVs/Computer monitors	<b>**YELLOW PAGES**</b>

A site visit to your home may be required if the site staff suspect you are taking commercial waste/recycling to the site.

RESPONSIBLE AUTHORITY: EAST SUSSEX COUNTY COUNCIL

## USE OF TRAILER OR OTHER COMMERCIAL-TYPE VEHICLE TO TRANSPORT WASTE TO RECYCLING SITES

If you want to take **household** waste to a site such as Mountfield Household Waste Recycling Site using a trailer or commercial-type vehicle, you will need to apply for a free permit.

**Trade or commercial waste** will not be accepted at any time but must be taken to a licensed waste facility or removed by a registered waste carrier. See East Sussex County Council's website or phone 01273 482153 for further details.

## Directions to Sedlescombe household waste recycling site – at Brede Lane Car Park, Sedlescombe (next to School)

Open: all hours but please remember that the people live quite close to the centre and can be disturbed by the noise especially dropping bottles into the recycling bins. Do not use bins between 9pm and 7am.

### What you can recycle in Sedlescombe

Paper	Cans	Plastics
Textiles	Glass	Books

RESPONSIBLE AUTHORITY: ROTHER DISTRICT COUNCIL

Any surplus goods and packaging left beside the bins at the recycling centre could result in fly-tipping penalties being imposed

REMEMBER: Recycling rubbish does not always make environmental sense. Recycling is a complex process that involves transporting, sorting and making rubbish into new products – this pollutes the environment. So recycling only makes environmental sense when this pollution is less than getting rid of rubbish in other ways such as burying it in landfill sites. The easiest way to reduce our rubbish is not to buy it in the first place. Ask yourself: “Do I really need that new sofa or mobile phone?”

## Household Waste Collection from Sedlescombe Homes

Waste should be placed in bins as follows:

- Black wheelie bin – everything that cannot be recycled.
- Green wheelie bin – grass cuttings, twigs, small branches, prunings, hedge clippings, flowers, plants. (NO food waste or peelings, cardboard, soil, rubble, plastic plant pots or trays, or pet poo)
- Black box – plastic bottles only (plastic types 1,2, 3) tops removed, steel and aluminium cans, empty aerosols (NO plastic film or bags, yoghurt/cream pots, margarine/ice cream tubs, food trays, tinfoil or food trays)
- Green box – newspapers, magazines, **\*\*Yellow Pages\*\***, all white fibre paper, small amounts of shredded paper (NO card or greetings cards, glitter, coloured paper, gift wrapping, plastics or plastic covered paper)

## **COMPOSTING**

### **What is composting?**

Composting is a biological process where organic material decomposes (or gets recycled) into a nutritious soil-like material. Compost can be used as a soil improver, fertiliser, mulch or top dressing in the garden or agricultural purposes and can avoid the need to use artificial fertilisers.

### **What materials are accepted for composting at the Household Waste Recycling Site at Mountfield?**

- Garden greenery
- Grass cuttings
- Hedge clippings
- Tree prunings
- Christmas trees
- Woody green waste (up to 6" in diameter)

The following are not accepted:

- Plastic bags
- Cardboard
- General rubbish
- Flower pots
- Garden furniture
- Food

Please place green garden waste in specially designated skips/containers/bays provided.

### **Where does the green garden waste go for composting?**

The green garden waste which is separated at the HWRS is transferred to a commercial compost maker at Isfield.

## **COMPOSTING AT HOME**

Composting your green waste and kitchen leftovers in your garden is an even more environmentally-friendly method of dealing with organic waste. It avoids the need to travel by car to the HWRS and for Lorries to transport the material to the composting facilities.

East Sussex County Council is offering subsidised compost bins, kitchen waste kits and wormeries. Telephone 0845 130 60 90, Mon to Fri, 0800 to 1700. They can be picked up from Blackbrooks Garden Centre in Sedlescombe.

The following can be put in the bins:

- Vegetable peelings
- Fruit skins and cores
- Cooked food waste, including meat and fish scraps in a bin, if you have a base.
- Loo roll and kitchen roll inners
- Kitchen paper and tissues
- Packaging from food products, torn or crumpled up.
- Dust from your vacuum cleaner bag
- Hair – human or animal
- Cotton and linen cloths, torn up
- Cardboard, torn or crumpled up
- Dead leaves and grass cuttings – sometimes it is best to compost these separately
- Sawdust and small animal bedding
- Non-invasive garden weeds
- Old or dead plants and pot plants
- Animal manure apart from cat or dog
- Urine – this is a great compost activator!

### **Compost heaps**

You can also compost in an open heap if you have room in your garden. There are advantages as follows:

- Reptiles and amphibians seek out the warmth generated by rotting vegetation so compost heaps are an attractive hibernating place for lizards and slow worms. Grass snakes may lay their eggs there.
- Hedgehogs sometimes shelter in compost heaps where they'll help to control the numbers of slugs and snails.
- If you turn your compost during the summer, especially during hot, dry weather when the ground is hard, thrushes and blackbirds will be provided with worm or slug meals.

For more information of recycling, please contact  
the Rethink Rubbish Team on  
01273 482323

e-mail [rethinkrubbish@eastsussex.gov.uk](mailto:rethinkrubbish@eastsussex.gov.uk)

Websites:

[www.eastsussex.gov.uk/rubbishandrecycling](http://www.eastsussex.gov.uk/rubbishandrecycling)

The Recycling Guide

[www.recycling-guide.org.uk/index.html](http://www.recycling-guide.org.uk/index.html)

Recycle for Rother

[www.rother.gov.uk/index.cfm?articleid=4954](http://www.rother.gov.uk/index.cfm?articleid=4954)