

Newsletter

March 2023

THE GREAT BIG GREEN WEEK

Great Big Green Week: 10-18th June

This is an opportunity for all groups in the community to engage with sustainability issues and, where possible, put these on show. ChalCAN will be running some events, but we'd love local groups and schools to join in.

So if you're part of a community group, please let us know what you might do, or if you need ideas, get in touch and we can maybe suggest something. [Find out more here.](#)

ChalCAN Food and Waste meeting

Recently a group of people got together to pool ideas. We talked about many possible projects such as a food share scheme, community composting, recycling schemes, repairing, clothes swaps and promoting plant-based meals. About ten people have registered and interest so do contact us if you'd like to help out. See below for one such project is being launched.

Would you like to grow veg to help people struggling to get enough food?

John Seex is planning a way for Chalford residents to contribute to the local food hubs from your garden or allotment. The food hubs (strouttown.gov.uk/stroud-food-hubs) are similar to food banks, distributing prepared meals and food to people in need. They are happy to accept any vegetables and fruit. When you harvest he would take the veg to the food hubs where people can pick up food for free or for a donation. So either you could donate surplus and/or you could "Grow an extra row" with the intention of donating to the food hub.

John was inspired to do this to help people struggling in these difficult times and because he thinks it will be an incentive for him to dedicate more time and care to my allotment and grow more. It's also a good use of land, keeping things local and building connections between people and communities. If you would like to get involved please contact John at plot 37X on Middle Hill – he has a medium size black and white dog (cocker/collie cross) so please stop by and chat and/or email him at johnseex43@gmail.com.



Early Bird (not quite dawn chorus!) Community Walk on Saturday April 29th at 7.30 am

Chalford Sports and Social Club, with bird enthusiasts Barbara Wood and Jim Bocock helping to identify the amazing range of birds likely to be in song. Our walk of about a mile and a half will take us through woods and fields and includes some steepish slopes. We will return to the club for coffee and cake. Everyone welcome, including children, but please leave your dog at home. To register your intention to come along, please send a message to info@chalcan.



ChalCAN Biodiversity Action has had a busy start to the year. Many thanks to all our volunteers for their hard work! Amongst other things, we've lent a hand to the Friends of Frith Wood putting up lots of bird and bat boxes, and we've helped the children of Chalford Hill School on their recent mass tree-planting day. We've also filled in any waymark gaps on the Biodiversity Trail over the Winter so that it is now easier than ever to navigate; and have given our young trees in the Middle Hill Spinney some attention so they can grow on and flourish again this year. Lots more is planned in the coming months so do come and join us if you have a little time to spare. Here is one way...

Can you help?

Do you have any tree seedlings or tiny trees that you could donate to us? They will be planted somewhere in our villages. If so, please drop them off at the Parish Council office or contact us if we need to pick them up from you (email or phone). Native species most welcome and useful. Garden trees will be used in Big Green Week at the Open Garden Trail (10/11June).



ChalCAN Transport

We talked recently to parents outside Chalford Hill School about getting children to school safely. We recognize that getting children to school on time can be stressful, but congestion from parked cars around the school at drop-off time can make it less safe for children arriving on foot or by bike and cause non-school traffic to speed up to pass parked cars.

Parents can help by:

- Walking to school with your children
- Parking further away and walking
- Ensuring that where you park there is room for passing vehicles
- Avoiding the 8.50/3.15 dash!

We're also starting to see the installation of some of the bike racks funded by the GCC Build Back Better Grant. First up is Bussage School –hopefully this will encourage more children to come to school by bike.



Go to chalcan.org.uk or follow us on Facebook  for lots of useful ideas

Have you refilled yet?

We can't recycle our way out of climate change, but reusing and refilling bags, tubs and bottles makes a difference. It takes a bit of planning, you need space to store empties and you have to remember to take them with you. Maybe making a special journey to a shop for a couple of things isn't always right, and the refill products tend to be good quality eco/organic, making them too expensive for anyone impacted by the cost-of-living crisis.

In response, some supermarkets are running trials of refill stations using a dispensing machine, making it mainstream and affordable. Many supermarkets have started to install them, although sadly none local to us. In due course the own brand sales at such points will be available, making them cheaper. Many now offer plenty of loose veg.

If you can afford organic food and eco cleaning products, Chalford is well served with the community shop offering laundry liquid, cleaning products etc and there are great stores at Bisley Greenshop, Shiny Goodness Nailsworth, Stroud Valleys Project and Loose in Stroud centre. Also there's a new online ordering option just off Toadsmoor offering free delivery to GL6 of cleaning products in reused bottles or drop your own off to be filled (check it out at bigfillystylerefills.co.uk). UK-made, they smell delicious! Alternatively, you can sign up with companies such as Smol, and Earth Breeze for regular deliveries of plastic-free laundry sheets or capsules, whilst you can also buy a highly effective laundry washing egg (e.g. Eco-Vibe).

With a bit of time and effort, we can all buy less, use longer, share, repair & refill. The challenge is to find lasting solutions that fit into our busy lives.



Loft Insulation

ChalCAN, in liaison with insulation expert Dave Judd, have been conducting brief surveys of properties in Chalford Parish, focussing on draught proofing and insulation. Some 20 surveys have been completed, and most could have improved loft insulation. Typical issues include:

- *insufficient depth of insulation – the recommended minimum depth is 270mm*
- *gaps caused by poor laying of insulation or disturbance when further work has taken place*
- *boards squashing insulation causing it to become ineffective*
- *insulation blocking ventilation, resulting in damp conditions in the loft space*
- *gaps in the ceiling, causing cold air to drop from the loft into the floor below*

The benefits of improved insulation are: significant savings on your energy bills, keeping the heat in your home and reducing your carbon emissions. Insulation should pay for itself many times over in its 40-year lifetime.

If your loft is easy to access and has no damp or condensation problems, it should be easy to install – and it's often possible to do it yourself. If your loft joists are regular, you can use rolls of mineral wool insulation. The first layer is laid between the joists, then another is laid at right angles to cover the joists and make the insulation up to the required depth.

If you plan to use the loft or attic for storage, you will want to lay boards over the joists. To get enough insulation you can raise the level of the floor to fit enough mineral wool beneath the new floor level. You can buy purpose-built plastic legs that fit on the joists and support the new floor. Take care not to squash the mineral wool when you fit the boards, as this will reduce its insulation value. Take care not to cover any vents, grilles or airbricks. Get professional advice before installing insulation if you have any damp problems.

If you would like to get involved with ChalCAN or be put in touch with one of the action groups (Biodiversity, Food & Waste, Energy or Transport) please contact info@chalcan.org.uk
Do browse our website chalcan.org.uk, follow us on Facebook and/or Instagram @chalford.can

PLEASE PASS THIS ON TO FRIENDS, NEIGHBOURS AND FAMILY