

Home deliveries

From Monday 21st September, Thornton's Budgens of Belsize Park will be offering home deliveries by bicycle to homes within a one mile radius of the store. You just come to the store and shop as usual, but when you get to the till you can leave your shopping behind for delivery at a time of your choosing.



In order to reduce their carbon footprint, Thornton's Budgens:

- Has over 1,500 local food lines (sourced within 100 miles of the store) out of 10,000
- Has its food waste turned into biogas and then electricity
- Only puts 6% of its total waste into landfill
- Offers excess packaging, mobile phone and cartridge recycling facilities
- Covers its fridges and freezers at night to save energy
- Is working towards a sustainable fish policy
- Uses 70% fewer plastic bags than a year ago; a charge of 2p for "single use" carrier bags will be introduced in Eco Week to reduce usage further

*Printed on recycled paper by
Thornton's Budgens of
Belsize Park – your
supermarket, your choice.*

Belsize Eco Week

22nd–26th September 2009

A series of events
designed to raise
awareness about climate
change and the inevitable
end of cheap fossil fuels

www.transitionbelsize.org.uk

what's on?

Films Showing

Tuesday 22nd Sep, 7pm – St Stephen's Church, Rosslyn Hill – free
"Garbage Warrior" plus launch of the new Belsize Bag

A portrait of renegade US architect Michael Reynolds, a visionary hero of the 21st century, who uses rubbish to create energy efficient housing in defiance of big business and state rules.

Wednesday 23rd Sep, 7pm – Hampstead Old Town Hall, Haverstock Hill – free
"A Farm for the Future" plus Q&A with Andrew Thornton of Budgens on the supermarket of the future

The BBC's hugely inspiring film set on a family farm in Devon which looks at how agriculture will have to change as oil becomes increasingly expensive.

Thursday 24th Sep, 5.30pm – Everyman Belsize Park, Haverstock Hill
"The End of the Line" plus Q&A with the film makers

This documentary about overfishing, based on the book of the same name by journalist Charles Clover, examines the profound implications of a future world with no fish.

Friday 25th Sep, 7pm – Hampstead Old Town Hall, Haverstock Hill – free
"The Age of Stupid" plus acoustic guitar from campaigning songster Ali James
Pete Postlethwaite stars as a man living alone in the devastated world of 2055, looking at old footage from 2008 and asking: "why didn't we stop climate change when we had the chance?"

Belsize Green Fair

Saturday 26 Sep

Belsize Green Fair, Haverstock Hill. A day of eco awareness raising – 10am to 4pm

Local food including pizza from a handmade cob oven. Learn to cook wild foods. Interactive Belsize fruit tree map. Farmyard animals. Bike repair workshop. Herbal and healing remedies. Storytelling and singing for children. Textiles and crafts making. Learning to compost effectively. Beekeeping demonstration. Permaculture display.

Bring your quirkiest home-grown fruit or vegetable and you could win a prize!

10am – Foraging on Hampstead Heath. Leaving from outside Budgens. Led by Miles Irving, author of "The Forager Handbook".

12 midday to 2pm – Give&Take. Hampstead Old Town Hall, Haverstock Hill. Bring what you don't want (between 11am and 1pm) and take what you do.

2pm – Belsize 5km Fun Run. Leaving from outside HSBC on Haverstock Hill. Sign up at SpringHealth Gym or Parkheath Estate Agents. Adults: £5; children £2.50.

3.30pm – Prize giving: Fun Run and Quirkiest Fruit/ Veg. Outside Hampstead Old Town Hall.

4pm – Transition Belsize: what's it all about? Hampstead Old Town Hall, Haverstock Hill

A Transition Town is a community addressing the twin problems of climate change and the end of cheap oil. We'll explore how far Belsize has got using the Twelve Steps of Transition.

5 things we could all do

Fly and drive less

Try to take your holidays by train (or bicycle!) rather than plane because jet engines cause more problems in terms of the greenhouse effect than anything else most of us do. If you do fly, then pay an environmental charity like Pure or Climate Care to offset the carbon for any flights you take. They will invest in renewable energy and energy efficiency projects. If you don't drive every day, then join a car club as that will almost certainly save you money.

Get closer to your food

Grow some food on your window sill, on your balcony or in your garden. Join the Barnet allotment waiting list which is only six months. If you live on a housing estate, then set up a gardening club and push for food growing. Camden Council will provide free fruit trees if you can find an appropriate place to plant them. Try to buy local, seasonal and, if possible, organic food. Sign up for a fruit and vegetable box scheme. Don't buy air-freighted fresh food. Ask restaurants, cafes and shops where your food is coming from.

Eat less meat especially beef

Eat less meat and dairy because producing it is such an energy-intensive business. The livestock industry is responsible for an incredible 18% of the world's carbon emissions. That's partly because cows – the biggest problem – burp and fart methane. But it's also because of the fossil fuels that are used to grow grain to feed to cattle, to make processed feed cake for cattle to eat, to pump water for cattle to drink, to

refrigerate meat, to transport refrigerated meat, and to sell meat in supermarkets in open fridges and freezers. Eating less meat is also better for your health.

Insulate your home and switch to a renewable energy contract

Install draught exclusion measures around doors and windows, lag your hot water tank if you have one, and put in cavity wall and loft insulation wherever possible. Best of all install internal wall insulation, under floor insulation and double glazing. The idea is to turn your home into a cocoon and waste as little energy as possible. Call Camden's Energy Efficiency hotline on 0800 801 738 for more information. Switch your electricity supply to a renewable energy provider which generates power from wind turbines, solar panels, hydro, and gas from organic waste or sewage.

Join a campaigning group

Last but definitely not least – join a group campaigning for action on climate change like Friends of the Earth, Greenpeace, WWF or the Soil Association. If you fancy direct action, then contact Climate Rush or Plane Stupid or Climate Camp. Write to your local councillor, MP and MEP, and demand action. And get involved with your local Transition group, Transition Belsize, which is working towards a greener vision for our area.

Belsize Eco Week has been organised by Transition Belsize
www.transitionbelsize.org.uk