



ECO-FRIENDLY EAST FINCHLEY

Even more items you can recycle

By Emma Frampton

For those of you new to Bin There Donate That, the initiative aims to find new places for old stuff, including re-using, upcycling or recycling any unwanted or unsellable household materials.

It is about sustainability and it isn't intended to take anything away from existing worthwhile causes so do keep donating to charity shops when you have quality items that will help raise money for them.

Some of our collection points were already established prior to Bin There's formation last year, so this is about information, not claiming success.

Crisp packet collections

We have finally managed to get a box along to the Cherry Tree Wood café for crisp packets. We hope to set up a Crisp Packet Project, see crisp-packetproject.com for further information.

Ink cartridges

New member Lyna has set up a collection point for ink cartridges in UOE where the Post Office is. The cartridges are sent to an organisation that raises money for a range of charities, called Recycle for Charity, see www.recycle4charity.co.uk. In our case, it will go towards funds for the ME Association. The box is behind the till, so just ask there.

Jam jars and flower pots

Already a large number of things, including stationery, foil, wood and carpet bits, can be dropped off at Amy's; now the incredible manager and staff



Drop-off point: Staff at Oakdale Pharmacy are ready to take your used tablet blister packs

want to accept more. Now, you can drop off any broken electrical bulbs as well as jars or plant pots which could be reused.

I'm hoping we will soon have arranged an exchange centre. In other words, if you have unwanted jars and pots, drop them at Amy's to be collected by /or distributed to groups and cooperatives who make jams/relishes etc and or grow plants.

Branching out

We are aware that donation points are currently mostly on the main section of the High Road. We would love to establish other places at the northern end, or indeed on the streets further afield in East Finchley. If you would like to be a donation spot please get in contact at bintheredonatethat@gmail.com.

Thank you

Thank you so much to all High Street shops who are keen to be involved in this, and to members of the public who are donating regularly. We are always looking for help, including with social media, so if you can offer a few hours a month (or more), do get in touch at bintheredonatethat@gmail.com.

What and where to donate

- Lightbulbs to Amy's or EF Electricals
- Electrical wires to Everything Electrical
- Ink cartridges to UOE
- Toothbrushes and heads to Nova Dental Clinic
- Broken electrical items to EF Electricals
- Blister packs to Oakdale Pharmacy
- Unwanted spectacles to Stewart Duncan
- Crisp packets to Cherry Tree Café
- Paper, cork, ribbon, foil, wood off-cuts, buttons, stationery, sequins, carpet samples to Amy's

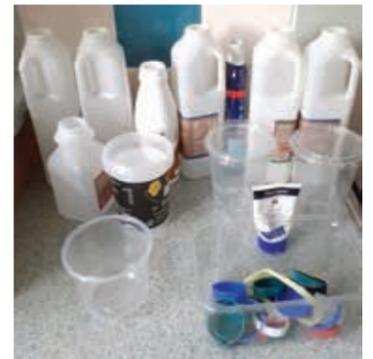
How much plastic we used in one week

By Maxine Klein

As a member of the local No2Plastics group I was motivated by the Great Big Plastic Count organised by Chris Packham, of *Springwatch* fame, to do something locally. He urged people to keep all the plastic that they used in one week and then send it to him so that he could show the government that big brands and supermarkets need to do more to tackle the plastic crisis.

On a mini local level I persuaded a neighbour and a friend from No2PlasticsN2 to collect all that they used in one week and send me a photo so that we could expose the waste we all generated.

This proved to be rather embarrassing, as the photos reveal. My excuse for having so much was that my brother-in-law came to stay and, not liking my vegetarian food or my cooking, went out to buy



Frugal: A neighbour's plastics

Likewise, many people don't have the time or energy to cook from scratch and resort to takeaways or ready-made food and these items are always plastic heavy. It is thus expensive and time consuming to be plastic-free in the modern world.

Role of government

It seems that there is a limit to what the individual can achieve. We can do our bit and persuade others but we need the backing of government to enforce more sustainable packaging for our food and other essentials. We need to make a loud noise and protest in all the ways that we can.



Week's worth: A friend's pile

ready-made food. The photo shows clearly how much plastic covering this produced.

My friend from No2PlasticsN2 had the same excuse for her large amount of plastics. My neighbour, however, showed what can be done if you are determined to cut down.

Taking account of cost and time

In normal circumstances, I take my own bag and buy fruit and vegetables locally and only need a plastic bag for a very few items that may get squashed. But I can afford to buy from a green grocer. When I go into a supermarket I can see that the same items in plastic punnets or in plastic bags are much cheaper.



More than expected: Maxine's haul

BE PART OF IT Volunteers wanted

A NEW REGULAR COLUMN COMPILED BY N2UNITED

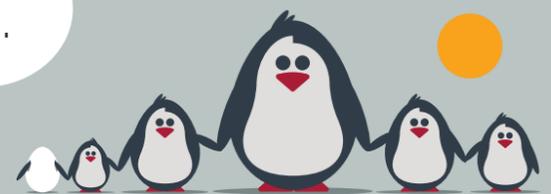
- **Bin There Donate That** is a successful local initiative, driven by Emma Frampton's passion to create a more sustainable neighbourhood. All types of help are needed for research, liaising with East Finchley shops to take in items for recycling/reusing, web and social media updates and project managing. Whether you have one spare hour a week or much more, email bintheredonatethat@gmail.com for more details.
- **Number Champions**, based in N2, helps transform the lives of young children in state primary schools who are struggling with numeracy or lack confidence in maths. They provide training for in-school volunteers to use games and other creative activities in one-to-one sessions with children. If you have good basic numeracy, plenty of enthusiasm, 1.5 hours/week during term time and you're interested in volunteering from September, then find more information at www.numberchampions.org.uk or contact volunteer@numberchampions.org.uk.
- **Age UK Barnet** is looking for befrienders to offer friendly chats, support and companionship. The charity also needs walking buddies to help older people to get out and about again after losing the confidence to leave their homes. Just a couple of hours a week of your time could make a big difference to an older person in East Finchley! Please contact volunteer manager Lisa on 020 8432 1422 or email lisa.robbs@ageukbarnet.org.uk
- **Finchley Foodbank** has many volunteering roles, ranging from receiving deliveries to sorting food donations to packing bags and staffing a Saturday session at the hall behind St Mary's Church, High Road, N2. Additionally, if you are looking for a short-term role they will need extra volunteers to cover the summer holiday period. Get in touch by emailing finchleyfoodbank@gmail.com or visit www.finchleyfoodbank.org.uk for more information.
- **Young Barnet Foundation** needs volunteers to help with giving away pairs of shoes to families in need at Tarling Road Community Hub, Fal-lows Close, N2, on Saturday 16 July from 9am. The organisation will be working with schools to identify families with the greatest needs and invite them to attend on a referral basis to collect one pair of shoes per child. Find out more and sign up at <https://barnetvolunteersc19.co.uk/volunteers/opportunity/10188753>



N2United is East Finchley's Community and Business Network. If you wish to be included in this column please send details to volunteer@n2united.co.uk. Max 60 words please.

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