



Resilient Linlithgow

NEWSLETTER JAN 2010

Community Consultation on 'Local Food'

Fresh, local, seasonal produce, cooked and eaten with family and friends – what could be better?

Linlithgow is surrounded by fertile farmland – but at the moment it is pretty difficult to buy local food. Despite the current financial recession, local food has been a growth area and we know from our town-wide survey a year ago that there is genuine interest and support within Linlithgow residents. As a result, we have decided to run a Community Consultation to establish where the greatest demand lies, and aim to support producers and retailers to help to supply it.

At this event, we aim to:

- ★ Identify and record, with your help, as many local producers and outlets as possible and publicise them after the event. Tell us where you shop for local food.
- ★ Gather views on why existing local outlets are not more heavily supported so that we can help to remove any barriers.
- ★ Discuss different approaches to expanding our local food network e.g. Community Supported Agriculture(CSA) schemes.
- ★ Listen to and record your ideas on what you would most like to see change in Linlithgow – be it an annual food festival, a local food shop, a weekly market or apple trees on the High Street.



Saturday Feb 20th - 2pm, Low Port Centre (FREE)

- ★ Demonstrate the level of demand for local food to landowners/ farmers to encourage them to support this demand.
- ★ And of course, to have fun!

Entry is FREE, there will be family-friendly activities, as well as music and tastings, so please join us on Feb 20th and help grow the market for local food.

Our aim in the next 5 years is for our town to be able to provide much

more of our food requirements locally, please join us in committing to eat more of what we can produce, and produce more of what we eat.

We can all take a few simple steps straight away:

- Eat more local, seasonal produce, organic where possible.
- Choose local, high quality meats and dairy products, but try to eat less.
- Waste less food. Currently a third of what we buy is not consumed.



Over 85 people have participated in Kitchen Canny, most of whom have completed their 4 weeks and discovered all about the food (and money) that is thrown away. The initial 'prize' element is now closed and a winner will be selected and announced in February.

FREE 'Kitchen Canny' kits are still available and a small gift will be sent to all who complete the 4 week programme.

Looking Back - Oct to Dec

Film Nights



Three films were shown at the Academy - 'Home', 'In Transition' and 'The Age of Stupid'. They illustrated the beauty of our planet; the delicate balance we have on resources; local communities taking action through the Transition Town movement; and one possible view of the future if we don't heed current warnings. All were well received by those who attended.

Tokyo TV

A film crew visited as part of a national Japanese coverage of Scotland's ambitious Climate Change targets. They wanted to see examples of our community



work, such as home energy audits and electricity monitors, as well as other visiting Scottish initiatives e.g. wave technology demonstrations at Orkney.

Trial Advice Centre

With support from West Lothian Council, we set up a temporary advice centre at 1 The Cross. (previously Astrantia's flower shop), Within a couple of days we had set up window displays and had information leaflets available on Energy Saving, Renewable Energy, Waste, Food and Transport. It wasn't long before people were walking in and asking about loft and

cavity insulation or signing up for the Kitchen Canny food waste research project.

Trees

Fruit trees were offered at the October Farmer's Market stall. Quite a few took up our offer with the extra bonus of a little advice on how to prune and look after them.

We also helped with many others to plant 14,400 trees in just 20 minutes at Beecraigs.



Home Energy Audits

The 5 trained members of our Energy Saving sub-group are now over half way through their first 70 audits in town. They selected 4 areas to start the ball rolling, these being Avontoun Park, Barons Hill Avenue, Deanburn and Clarendon, although homes outwith these areas are visited by individual request. The energy rating of some of the houses could be improved quite easily by fitting cavity wall insulation and/or loft insulation, but other more challenging properties require advice on tailored measures.

Everyone who owns or privately rents a home is eligible for grants of 50-60% for the installation of loft or cavity wall insulation. The cavity fill can be as low as £90-150 and the loft surface lined for £125-200; payback for this outlay in saved fuel should be 1-2 years. Those over 70 or on certain benefits could get these measures free of charge.

These details, along with efficient heating systems and other physical measures such as well insulating curtains, contribute to the overall energy efficiency of the home. But equally important is the behavioural advice given by the team; being

economical in heating and not wasting hot water; switching off electrical items no longer in use, seeking out energy efficient equipment if you need to replace an item. The Energy Saving Trust send out a report after the audit is completed.

Would you like a FREE home energy audit? Please contact us to arrange. Contact details are on the last page of this newsletter.

Green Christmas

In November we ran a simple greener Christmas focus with ideas on how to wrap presents, choosing a living tree, Secret Santa etc.



Recycling Options

In December, we toured the town with Councillor Tom Conn and Steve Gilfillan from WLC's Waste Department, to assess potential locations for glass bottle banks. The idea of underground containers is still being considered for visually sensitive areas, and the main drive will be to propose small bins being situated in suitable housing areas and public thoroughfares so that residents do not have to travel too far to recycle.



10:10 is a campaign to cut emissions by 10% in 2010. Anyone can participate: individuals, companies, schools, organisations.

More than 58,000 already have. JOIN WITH US and sign-up today
www.1010uk.org

Looking forward to the next few months

Further Funding

We have applied for further funding from the Climate Challenge Fund and if we are successful, several projects on local food, sustainable transport, and energy saving will quickly take off – so watch this space and fingers crossed.

Monthly Talks & Workshops

We are working on a programme of talks and events throughout 2010 and would welcome requests.

Details, when finalised will be listed on our website and posted in the Gazette.

Food Event, Feb 20

Please come along and join in. Focusing on local food has the potential to increase local jobs, to keep more money within our community, improve our health and also our environment.

Home Energy Audits

More FREE home energy audits, if you would like your home audited please contact us.

Stop The Drop

We plan to embark on a campaign to reduce unwanted mail. There's just 5 simple steps to make a big difference.

- ★ Mail Preference Service
- ★ Royal Mail Opt Out
- ★ Direct Marketing Association
- ★ Electoral Register 2nd List
- ★ Contacting individual companies

Energy Showcase, May 8

Ever wondered about solar water heating? or even a wood-fuelled boiler? We are running a showcase on Saturday 8th May and you will have a chance to find out about the different options, get information on grants, speak to installers, see the technology and much more.

Local News

sewingroom-linlithgow.co.uk

a new local high street business who can help to mend and adjust clothes and curtains, etc.

LUCS

congratulations to Linlithgow Union Canal Society for achieving a Silver Green Tourism Award. Well done and well deserved.

Craig's Construction

one local building business who has embraced the need to increase insulation standards and to offer renewable solutions.
craigsconstruction.co.uk

Composting News

Keen home composters will notice that the breakdown of material in the compost bin has almost ground to a halt in the very cold weather. The reason for this is that the beasties, bacteria and moulds all slow down at lower temperatures, leaving us frustrated that the bin is overflowing because the contents are not reducing fast enough. As soon as it gets above freezing and particularly when the sun gives a bit of heat, the heap will reactivate and start to reduce in volume. In the meantime, keep an equal balance of green and brown materials going into the bin to produce a crumbly, nutritious addition to your garden.

For more information on your compost, even a home visit, contact us by phone or online and our Master Composter, Rose will be delighted to respond.

News from West Lothian Council is that they can now give back the compost produced from our Brown bins as it meets the required standard. Residents of West Lothian will be able to collect 3 bags per household from Oakbank, Blackburn or Whitburn Community Recycling Centres. WLC have yet to find somewhere suitable in Linlithgow to offer compost, a few friendly requests might help this along.



On 5th December 8,000 people braved the cold weather and marched in Glasgow to demand urgent action on Climate Change.

Linlithgow Climate Challenge members were there to help put pressure on the politicians.

See: www.stopclimatechaos.org/scotland



February	March	April
<p>15 General Meeting Low Port Centre (7:30 pm)</p> <p>20 Local Food Consultation Low Port Centre (2:00 pm)</p>	<p>15 General Meeting Low Port Centre (7:30 pm)</p> <p>22-26 Scottish Environment Week</p> <p>27 Earth Hour 8:30pm</p>	<p>19 General Meeting Low Port Centre (7:30 pm)</p> <p>24 Linlithgow Spring Clean</p>

Linlithgow 2015

Here at Linlithgow Climate Challenge, we believe that our town needs to be environmentally sustainable and also resilient to the kinds of changes that are likely to happen over the next 5 years and beyond.

The future is in our hands. It's OUR TOWN and OUR FUTURE. We can shape it in many different ways, but perhaps most importantly, we need to think of future generations and what they will need.

We are working on a 5 year vision for the town, and would like to hear your views:

For example,

- Should Linlithgow have a Development Trust that can raise funds and support improvements to the town?
- Would you like a community shop with local produce?
- How do we solve the transport and parking problems?
- Should we have a local power source, e.g. windmills, hydropower?
- What jobs and businesses should we encourage?
- How should we improve our skills?

What are your ideas for the future ?
Should we sit back and wait ?
Are you willing to participate ?

Contact us with your ideas, either by email or phone or even in person.

Our 5-Year vision will be available in Feb/March and we welcome your opinion.

Want to recycle something but don't know where to take it ?

Try :

www.recycle-more.co.uk

OR better still - why not offer it to someone local who can make good use of it.

www.freecycle.org

The Linlithgow sub-group has over 350 members busy swapping items on a daily basis. Join us in this excellent service.

Warning

Please note that grain bags which can be microwaved to use for therapeutic purposes, must be treated very carefully. If kept insulated, they can burst into flames. They should not be used in the bed as replacements for hot water bottles.

Follow and Contact Us

www.linlithgowclimatechallenge.org.uk

www.linlithgow.org.uk

Follow us on twitter : [linlithgowcc](https://twitter.com/linlithgowcc)

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