

Educational
Centres
Association



every **action** counts

every action counts

Every Action Counts has been developed by Defra and a range of Voluntary Sector Organisations including the Educational Centres Association to help your group, club or society make a difference – one small action at a time. These actions are mostly simple everyday things, but they will soon add up. This list has been produced to help you make your organisation more sustainable.

Save Energy

Cred – www.cred-uk.org

Helps individuals and organisations to set up a carbon reduction programme.
Low Carbon Innovation Centre, School of Environmental Sciences University of East Anglia
Norwich NR4 7TJ
Tel: 01603 592838 or e-mail: cred@uea.ac.uk

Carbon Connections – www.carbon-connections.org

Aims to tackle our reliance on fossil fuels with the aim of exploiting low carbon technologies and encouraging behavioural change for environmental, social and economic benefit. Can offer assistance with innovative ideas for new technology or behavioural change to reduce carbon output.

Tel: 01603 591568 or e-mail: info@carbon-connections.org

Low Carbon Buildings – www.lowcarbonbuildings.org.uk

The low carbon buildings programme provides grants for micro generation technologies to householders, community organisations, schools, the public and not for profit sector and private businesses.

e-mail: info@lowcarbonbuildings.org.uk

Energy Saving Trust - www.energysavingtrust.org.uk

Provides free impartial advice to help you save money and fight climate change by reducing carbon dioxide emissions from your home. Tel: 0800 512012

If you are a community organisation and would like support with community based sustainable energy projects please call the Energy Saving Trust's Community Action for Energy team on 08701 261 444.

Ecotricity – www.ecotricity.co.uk

Invests in and supplies green forms of electricity. Tel: 08000 302302

Green Energy UK – www.greenenergy.uk.com

All of the electricity supplied is obtained from British renewable sources, excluding nuclear power. Tel: 0845 456 9550 email help@greenenergy.uk.com or look at website for further information.

B&Q – www.diy.com

Sells reflective foil for radiators, insulating jackets for hot water tanks and energy efficient light bulbs. There are stores in Norwich, Great Yarmouth and Lowestoft.

Windtrap – www.windtrap.co.uk

Website that sells DIY wind turbine kits including a budget range and some energy saving devices.

Powergen – www.powergen.co.uk

Powergen is currently offering one free pack of energy efficient light bulbs per house to people who are on qualifying benefits. Look at website or call 0800 328 7126 for details. Look at other energy supplier's websites for similar offers.

Ecotech Centre – www.ecotech.org.uk

The Ecotech centre is in Swaffham. They are interested in a wide range of environmental issues and will provide an educational experience for all ages. There is an organic garden with a wildlife area and a chance to climb to the top of a wind turbine on the turbine tour. See their website for further details. Tel: Reception – 01760 726100 or for education enquiries – 01760 726735

E.ON Wind Farm Information Centre – <http://www.eon-uk.com/generation/scrobysands.aspx>

This is situated at Scroby Sands, Gt. Yarmouth. Features audio-visual displays and interactive machines showing you how wind turbines work and the effects that climate change may have.

Travel Wisely

National Express East Anglia - <http://www.nationalexpresseastanglia.com/>

Rail operator for the East of England. Website features leisure offers.

The Train Line – www.thetrainline.com

Find out train times, book tickets and reserve seats for any train operator in mainland UK.

Transport Direct -

<http://www.transportdirect.info/Web2/Home.aspx?cacheparam=22&repeatingloop=Y>

Free online door to door journey planner includes public transport option

Carshare Norfolk – www.carsharenorfolk.com

Provides a free matching service for people in Norfolk who wish to share a car for travelling.

Tel: 08700 111 199

Village Car Share – www.villagecarshare.com

Website giving advice on setting up car sharing schemes in villages.

Tel: 08700 780225 e-mail: support@liftshare.com

Sustrans – www.sustrans.org.uk

Sustainable transport charity helping create an environment that helps people walk and cycle more. You can download the National Cycle Network map including free cycling maps for Norfolk on the website.

Tel: 0845 113 00 65 email: info@sustrans.org.uk

Norwich Cycling Campaign – www.norwichcyclingcampaign.org

Group of cyclists, lobbying for better cycling facilities in Norwich. Based at 42-46 Bethal Street, Norwich, NR2 1NR Tel: 07812 904652 email: info@norwichcyclingcampaign.org

Environmental Transport Association – www.eta.co.uk

Car insurance, breakdown cover, cycle insurance and rescue cover. It aims to raise awareness of the impact of excessive car use and help individuals and organisations to make positive changes in their travel habits. It is the world's first climate-neutral motoring organisation, offsetting the carbon emissions of the organisation.

Tel: 0845 3891010 email:eta@eta.co.uk

City Car Club – www.citycarclub.co.uk

City car club has cars in Norwich in 3 areas but this is expected to increase. It aims to encourage a reduction in the number of people owning cars. You pay a membership fee then are able to book the cars out for a low cost.

The Norwich Club Manager can be contacted on 0845 258 2983 or james@citycarclub.co.uk

Living Streets – www.livingstreets.org.uk

National charity that campaigns to create better streets and public spaces for people on foot.

The Living Streets Norwich contact is John Peacock Tel: 01603 457585 or email

livingstreetsnch@aol.com

Eastern Storage Equipment Ltd – www.esedirect.co.uk

Sells storage racks for bikes, see website for range. Tel: 01603 629956

Shop Ethically

Barker Organics – organic veg box scheme within 10 mile radius of Wolterton Park, North Norfolk. Also hold organic open days and welcomes visits and discussions from educational establishments and interested parties. Tel: 01263 768966

Arthur's Organic Deliveries – organic veg box scheme based in Kenninghall, Norfolk Email arthursdeliveries@btinternet.com

The Green Grocers – www.thegreengrocers.co.uk

Sells local, organic and fairtrade produce and is involved in the Golden Triangle Farmers Market at Earlham House Shopping Centre. Visit the shop at Earlham House Shops, Earlham Road, Norwich or Tel: 01603 250000. Farmers Market dates can be found on the website.

Norwich Farmers Market - www.norwichfarmersmarket.co.uk/index.php4

Details of the local farmers markets held at the Norfolk Showground and at the Provisions Market in Norwich. Dates of markets can be found on the website.

Tel: Rita on 01953 681715 or email: rholland@norfolkevents.co.uk

Citywide Co-operative

Community-based food buying co-operative. Supply low cost organic veg and wholefoods.

The Health Shop, The Norman Centre, Bignold Road, Norwich NR3 2QZ Tel: 01603 487990

Big Barn – www.bigbarn.co.uk

Local food website showing local food producers in your area includes bakeries, farm shops, deli's, butchers and box schemes.

Rainbow Wholefoods – www.rainbowwholefoods.co.uk

Wholefood wholesalers in Norwich, they stock a large range of organic goods, traditional wholefoods and environmentally friendly non-foods. Tel: Shop 01603 625560 or Warehouse 01603 630484 or email richard@rainbowwholefoods.co.uk they also have a shop in Labour in Vain Yard in Norwich Tel: 01603 625560

Norfolk Organic Group – www.norfolkorganic.org.uk

Promotes the organic movement in Norfolk, by encouraging people to grow organically and to use resources sustainably. They hold monthly meetings with a speaker which non-members are welcome to attend. Details of these can be found on the website. Website has a list of organic food suppliers in the region including retailers, farm/farm shops and box schemes. Email: mail@norfolkorganic.org.uk

Taste of Anglia – www.tasteofanglia.com

Promotes food and drink produced in East Anglia. Website gives a list of the Farmers Markets throughout East Anglia with locations and dates and shops that sell local food. T: 01473 785883 email: enquiries@tastesofanglia.com

EDP Shop Local - <http://new.edp24.co.uk/content/features/shoplocal/>

Shop Local Campaign helping to support the local economy. A directory of businesses involved can be found on the website link above.

FARMA – www.farma.org.uk

National Farmers' Retail & Markets Association. You can use the website or telephone 0845 45 88 420 to locate your local farmers markets, farm shops, pick-your-own and local producers.

Living Ethically – www.livingethically.co.uk

An online shopping directory and information resource on goods and services that are organic, ecological and ethical. It is operated under a not for profit policy with profits going to charitable causes. Email: getintouch@livingethically.co.uk

Local Exchange Trading Systems (LETS) – www.letslinkuk.net

Lets schemes involve local trading without the use of money. Skills and goods are offered in exchange for credits, which can then be used to 'buy' skills or goods from another person within the scheme. Details of all the schemes can be found on the website, some of the Norfolk schemes are listed below: -

Aylsham & North Norfolk LETS Tel: 01263-733061

Kings Lynn & West Norfolk LETS Tel: 01553-672562

Norwich LETS www.norlets.org.uk

Caister FrogLETS www.caisterfroglets.co.uk Tel: 01493 377877 email: laura@caisterfroglets.co.uk

Eye & Diss LETS Tel: 01379-644005

Fair Trade in Norfolk – www.fairtradenorfolk.org.uk

Promoting fair trade in Norfolk. The website features a Fair Trade Guide to Norwich which includes shops and wholesalers. This can be found in venues around the city or ordered from them. Email Secretary Denise Betts at fairtradeinnorfolk@hotmail.com or use online form on website.

The Greenhouse - www.greenhousetrust.co.uk

The shop sells organic, local and fairtrade goods including food, tea/coffee, wine/beer, cleaning materials, recycled stationery and books on green issues. There is a café and an environmental information service. The Greenhouse also offers meeting rooms for hire. 42-46 Bethel Street Norwich NR2 1NR Tel: 01603 631007 email: info@greenhousetrust.co.uk

Produced in Norfolk – www.producedinnorfolk.com

A producers co-operative promoting products made in Norfolk. Website contains a directory of Norfolk producers. Tel: 01603 424102 email: info@producedinnorfolk.com

Norfolk Coast Partnership – www.norfolkcoastaonb.org.uk

Website features a local producers directory

<http://www.norfolkcoastaonb.org.uk/pages/pspage.php?PageID=139> and also links to the Coasthopper and Broadshopper bus services. Email: office@norfolkcoastaonb.org.uk

Eco Business Supplies - www.ecobusinesssupplies.biz/index.php

Based in Norwich it offers a wide range of environmentally friendly products and services including both Print and Office Supplies.

Tel: 01603 251731 email: info@ecobusinesssupplies.biz

Credit Unions -

Credit unions are financial co-operatives owned and managed on a not for profit basis by its members. They encourage saving and use pooled funds to provide members with low cost loans. Find out more information from the Association of British Credit Unions at

<http://www.abcul.org/page/index.cfm>

Credit unions within this area include –

Norfolk credit Union - www.sncu.co.uk/ Tel: 01508 533842 email: info@norfolkcu.co.uk

West Norwich Credit Union – www.wncu.net Tel:01603 501301 email: info@wncu.net

Norwich Community Credit Union – Tel:01603 764904 email: office@norwichcreditunion.org.uk

The Co-Operative Bank – www.co-operativebank.co.uk

The Co-Operative bank has an ethical policy which includes not investing in businesses which do not uphold human rights, are involved in the arms trade, are involved in GMO, or whose core activities contribute to climate change through fossil fuels, or the unsustainable harvest of natural materials. They look to invest in companies that are involved in recycling and sustainable waste management, renewable energy and energy efficiency, sustainable natural products and services, including timber and organic produce and the pursuit of ecological sustainability amongst others.

Smile – www.smile.co.uk

Smile is an Internet bank, which is part of the Co-operative Bank, with an ethical policy.

Triodos Bank – www.triodos.co.uk

An ethical bank which enables money to work only for positive social, environmental and cultural change. For information on the kind of accounts offered visited the website. Tel: 01179739339 email: mail@triodos.co.uk

Freecycle - www.freecycle.org

The Freecycle Network is an online reuse organisation made up of many individual groups.

Freecycle helps you re-home unwanted but useful items rather than throw them away.

Membership is free and the items are free, you just go and collect them. Freecycle groups in operation in Norfolk are Breckland, Broadland District, Gt. Yarmouth, North Norfolk, Norwich, South Norfolk and North Norfolk. You can join and access these groups via the main website.

Save Our Resources

Cartridge World - www.cartridgeworld.org

Refills printer ink and toner cartridges. 119 Unthank Road, Norwich, Norfolk, NR2 2PE. Tel: 01603 667025.

Association of Charity Shops – www.charityshops.org.uk

Charity shops are a good way to re-use and recycle unwanted items and also raise money for good causes. This website contains a charity shop finder where you can enter your address or postcode and be given a list of charity shops within your area.

Free2collect - www.free2collect.co.uk

A non-profit site that is promoting a nationwide effort to recycle unwanted items.

Junkk. Com – www.junkk.com

Resource for reuse, recycling and repair news and information. Lots of ideas on reuse, also includes a forum.

Eastex – www.eastex.org.uk/norfolk

A free materials exchange service working on the principle that one organisations waste is another's raw material. Visit the website or email Norfolk@eastex.org.uk

Mini-Scrapbox

Mini-Scrapbox collects and stores a wide range of materials donated by companies, which can then be brought from them for affordable amounts by community groups. Tel: 01603 873128

Council Contacts for Recycling and Waste in Norfolk –

Breckland Council – www.breckland.gov.uk Tel: 01362 656878 email: recycling@breckland.gov.uk

Broadland District Council – www.broadland.gov.uk Tel: 01603 430534 email: environ.protection@broadland.gov.uk

Great Yarmouth Borough Council – www.great-yarmouth.gov.uk Tel:01493 846846 email: bins@great-yarmouth.gov.uk

Kings Lynn & West Norfolk Borough Council – www.west-norfolk.gov.uk Tel: 01553 616200-email: waste.management@west-norfolk.gov.uk

Norfolk County Council – www.norfolk.gov.uk Tel:0844 800 8004 email: recycling@norfolk.gov.uk

Norwich City Council – www.norwich.gov.uk Tel: 01603 212212 email: enquires@citycare.co.uk

South Norfolk Council – www.south-norfolk.gov.uk Tel:01603 819999 email: ketteringham@s-norfolk.gov.uk

North Norfolk District Council – www.north-norfolk.gov.uk Tel: 01263 516189 or 01263 516301 email: cleansing@north-norfolk.gov.uk

Anglian Water - www.anglianwater.co.uk

Anglian Water offers a free 'Freddie Frog' water displacement device for the toilet to use less water. Go to the Anglian Water website and look in the 'be waterwise' section under domestic customers to apply for one. Anglian water customers can also buy water butts and compost bins by visiting www.anglian2u.com

Hippo – www.hippo-the-watersaver.co.uk

Low cost, water saving device for the toilet. They can be brought in bulk packs to lower the cost further.

Care for your Area

Broads Authority -www.broads-authority.gov.uk

To become a volunteer for the Broads Authority, please contact the Volunteer Coordinator at 18 Colegate Norwich NR3 1BQ or Tel 01603 610734 (main office) Tel: 01493 367810 mobile 07786 512296

Norfolk Wildlife Trust – www.norfolkwildlifetrust.org.uk

If you would like to know more please see the website section on volunteering.

BTVC - www.btcv.org

To be a volunteer with the BTCV contact Tanya Fletcher at the Norfolk Field Office, Royal Oak Court Horn's Lane Ber Street Norwich NR1 3ER Tel: 01603 767300 or email at Norfolk@btcv.org.uk The range of volunteering work available from this office include weekday projects, green gym, community work and volunteer officers.

Wensum Valley Trust – www.wensumvalleyproject.org.uk

Aims to conserve wildlife, landscape & heritage, improve countryside access & promote community action and involvement in the Wensum Valley info@wensumvalleyproject.org.uk

Little Ouse Headwaters Project – www.lohp.org.uk

Promotes conservation and enjoyment of the fenland habitats and landscapes of the Upper Valley of the Little Ouse. Volunteer work parties are held on the second Sunday of most months. email: enquiries@lohp.org.uk

RiverCare - www.rivercare.org.uk

You can 'adopt' a stretch of river near you and help care for your local environment. Anglian Water has teamed up with the environmental charity ENCAMS, who run the Keep Britain Tidy Campaign and the Environment Agency.

Contact either Andrew Walters RiverCare Project Manager on 01603 667872 or Greg Hall RiverCare Project Officer on 01502 714145 RiverCare c/o Anglian Water Heigham Water Treatment Works, Waterworks Lane, Norwich NR2 4DA Email: info@rivercare.org.uk

National Trust – www.nationaltrust.org.uk

Volunteer with The National Trust to help conserve the environment and the UK's heritage. Contact the East of England's Community, Learning and Volunteering Team in Bury St Edmunds by telephoning 01284 747500 or email on ee.volunteering@nationaltrust.org.uk

Transition Norwich - www.transitionnorwich.org/

Transition Norwich aims to facilitate a community response to the twin problems of Peak Oil and Climate Change. See website for more information, theme groups and events.

Transition East Anglia - <http://groups.google.co.uk/group/transition-east-anglia?hl=en>

An email group for sharing news and announcements from Transition groups from around Eastern England

Council Contacts for Allotments –

Norwich City Council – www.norwich.gov.uk for allotment enquiries call 01603 212212 or email ResidentsServiceTeam@norwich.gov.uk

Broadland District Council – www.broadland.gov.uk Allotment enquiries should be made to the local parish council.

Great Yarmouth Borough Council – www.great-yarmouth.gov.uk

Contact Sandra Jarvis of the Gt Yarmouth & Gorleston Allotments Association on 01493 842085 or email her at sandk.jarvis@virgin.net

Kings Lynn & West Norfolk Borough Council – www.west-norfolk.gov.uk

You can apply for allotment online on the councils website, call 01553 616273 or email contact@west-norfolk.gov.uk

South Norfolk Council – www.south-norfolk.gov.uk Allotment enquiries should be made to the local parish council.

North Norfolk Council – www.northnorfolk.org allotment enquiries should be made to the local parish council.

Breckland Council – www.breckland.gov.uk allotment enquiries should be made to the local parish council.

Norfolk Association of Parish Councils – www.ncaptc.gov.uk

Find contact details for your democratically elected local parish council on this website.

Norfolk County Council - www.norfolk.gov.uk

Home Composting bins are available to Norfolk residents to buy at discounted prices. To buy a bin contact the order line on 08450 770 757 or visit www.recyclenow.com/compost

Master Composter – www.norfolk.gov.uk

Master composters encourage and support people in how to compost. If you would like a master composter to come and talk to your group, or attend your event please contact the council or email: mastercomposters@norfolk.gov.uk

South Norfolk Council – www.south-norfolk.gov.uk

The council offers a guide for people who would like to start a community or on-farm composting scheme. The guide can be downloaded from their website.

Community Composting Network – www.communitycompost.org

Offer a free community composting guide which can be downloaded off of their website.

Postcode plant finder – www.nhm.ac.uk/nature-online/life/plants-fungi/postcode-plants/

Part of the Natural History Museums website you can also access this by going to www.nhm.ac.uk then to the nature online section where it will be under British natural history. Type in your postcode, for a list of the plants that have been native to your area (some may be historical).

British Wildflower Plants – www.wildflowers.co.uk

Situated in North Burlingham. Sells a wide range of British wildflowers. These can be brought on site or online. Tel:01603 716615 email office@wildflowers.co.uk

Britain in Bloom – www.rhs.org.uk/

Encourages communities to make positive and lasting improvements to local areas. It incorporates floral features, permanent planting, wild flower meadows, planting for nature and vegetable gardening amongst other things. The contact for the Anglia region is Sue Hacon Tel:01493 650924 email: sue_hacon@hotmail.co.uk or visit www.angliainbloom.co.uk

Norfolk Biodiversity – www.norfolkbiodiversity.org

Their website allows you to find out about Norfolk biodiversity, its importance and what is being done to help conserve species and habitats in the county. It has lots of information on wildlife gardening and links to websites with further information.

Action With Communities in Rural England (ACRE) - www.acre.org.uk

Website contains a toolkit for Parish and Community planning

Norfolk Rural Community Council – www.norfolkrc.org.uk

Charity promoting, supporting and working with rural communities through active partnerships to sustain and improve quality of life for people in Norfolk. They have a Local Network Fund and a grants officer who can advise you on all aspects of grant funding. NRCC also administer and advise on grant schemes on behalf of other organisations i.e. Rural Projects Fund.

Funding

Awards For All – www.awardsforall.org.uk

Grants of £300 - £10,000 given to fund a specific project. Applications are accepted from not for profit groups, parish and town councils, schools and health bodies. To apply the group must have a bank account that requires at least 2 people's signatures for cheques or withdrawals. The grant must be used within a year. You can download the application form from the website or telephone 0845 600 2040 for an application pack. Applications are accepted at any time.

Norfolk Community Foundation – www.norfolkfoundation.com/home.htm

Awards grants to local groups and projects that are in need of funding and will make a difference to the community and its people. Check website for details of funding available and how to apply. Tel: 01603 623958 email: info@norfolkfoundation.com

It's your Community Fund – www.conservationfoundation.co.uk

The Conservation Foundation with O² are offering grants of up to £1000 to local groups for environmental projects which can demonstrate their benefit to the community. Request an application from The Conservation Foundations website or pick one up from an O² shop.

North Norfolk 4 Community – www.open4community.info/northnorfolk1/

Website with information on schemes, funds and grants available both nationally and in the local area.

Grantfinder - www.grantfinder.co.uk/

a user-friendly funding database carrying details in excess of 4,000 UK and EU grants, loans, venture capital and advisory programmes

Community Website Builder – www.communitykit.co.uk

Website that allows UK registered charities, non-profit making organisations and volunteer led groups or organisations to build and maintain their own website for free.

It is worth checking your local councils website for local funding opportunities

For more information on or to register with Every Action Counts please contact
Educational Centres Association, 21 Ebbisham Drive, Norwich, NR4 6HQ.
Tel: 0870 161 0302

email: info@e-c-a.ac.uk or visit our website at www.e-c-a.ac.uk

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