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Welcome to our Newsletter.

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An update from Everyday Plastic

Chew plants not plastic!



Did you know that chewing gum is a single-use plastic? In fact, every single piece of chewing gum contains a drinking straw's worth of hidden plastic ingredients! These plastics are also used to make carrier bags, car tyres and glue.

Plastic chewing gum creates a huge environmental problem, ending up in landfill, waterways and sticking around to pollute our planet forever. Littered plastic gum is stuck to 87% of pavements, creating a *£60 million per year* problem to clean up.

That's why City to Sea and Nuud are calling on the Government to ban on plastic chewing gum for good - and encouraging people to choose plastic-free chewing gum alternatives!

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Report from WHICH

Insulation should be top of the to-do list for anyone hoping to improve their energy bills. But it needs to be installed correctly, in the right places, to be effective. Here's what to avoid.

Good insulation increases comfort levels and reduces energy bills by preventing heat from escaping your home. The UK's housing stock is notoriously draughty - almost all of us could benefit from a better insulated home.

However, a house is like a complex ecosystem where one change can have significant unintended consequences. Incorrectly installed insulation can pose problems for your property.

Which? home improvements expert Adam Snook has identified five key mistakes people make when insulating, to help you avoid them.

Read on to find out how to better insulate your house without creating a fire risk, causing damp issues, or running into other common pitfalls.

1. Don't insulate around electrical fixtures

Generally, it's good to insulate or draughtproof anywhere that cold air whistles into your home - you might find leaks around letterboxes, chimneys and loft hatches.

2. Don't squash loft insulation with storage

Lofts are useful storage spaces, so it might be tempting to pile boxes on top of your newly laid loft insulation and not think about the impact on its performance.

Squashing loft insulation down and compressing it makes it worse at trapping air and preventing heat from escaping. It also prevents airflow, which can cause moisture to build up, leading to dreaded damp problems.

If your loft has vents for air circulation, you should avoid blocking these with stored items too, as this can make these problems even worse.

If you need to walk over your loft insulation or store items above it, use raised loft boards with a sufficient air gap to keep insulation in the right condition.

3. Don't insulate walls without resolving damp first

The goal of installing insulation is to keep your home warm and comfortable by preventing heat from escaping.

However, to do this successfully for your walls, you need to make sure any damp issues are resolved first, as trapping moisture inside can create problems.

4. Don't insulate underground spaces with damp issues

Similarly to walls, insulating basements, cellars or crawl spaces makes sense for conserving heat, but can also create or exacerbate trapped moisture problems.

Before installing insulation in areas that are unventilated or have little airflow, make sure there aren't currently any damp issues and put in preventative measures such as damp-proof membrane and waterproof coatings.

5. Don't hire someone to fit insulation without a solid recommendation

As with any type of home improvements, it's essential to find a properly qualified, reliable tradesperson to complete the work.

The insulation installation market has faced particular difficulties when it comes to unhappy customers reporting bad advice, poor quality jobs and unreliable companies.

Money for insulation is often available from government grants, including the Great British Insulation Scheme (GBIS) and Energy Company Obligation 4 (ECO4).

While these help make insulation upgrades accessible for more homeowners, it also attracts disreputable installers looking to make a quick profit.

To avoid the stress, expense and potential damage of a bad installation, use a trader who comes recommended, with a history of good work.

Ask around any local friends and neighbours who have had work done on their homes, and use our Which? Trusted Trader tool to find a company that has passed our extensive vetting process.

Go to <https://www.which.co.uk/news/article/five-things-i-wouldnt-do-as-an-insulation-expert> for the full article.

DBC Freecycle

Don't forget if you have anything that you need to get rid of we can always advertise it here on DBC Freecycle.

Free to a good home

- 1) Card display stand, 34cm tall when opened up
- 2) Hostess cabinet with drop front and 1 hotplate
66cm long, 32cm deep, 15cm high

Contact Anne Turk 07443927790

