

Newsletter March 2023



DID YOU KNOW? Here are a few environmental ideas and figures which may interest you....



Could you do something for the Planet for an hour between 1830 and 1930 on Saturday evening 25th March?

Earth Hour is a people's movement, begun in Sydney Australia in 2007 but now current in at least 190 countries, aiming to involve as many of us as possible in showing symbolic support for our planet and raising awareness of the environmental crisis facing it.

Earth Hour asks us all **to switch off non-essential lights** and devices for that one hour and to do something, anything, for our planet. It could, for instance, be to:

- learn more about our natural world by listening to a podcast from BBC Earth
- watch a relevant TV programme
- spot in your kitchen or bathroom 3 products which are not environmentally friendly and decide to replace them with something better for the planet, e.g. with less plastic packaging, or no microbeads
- think more about the waste your household produces – remember and apply the mantra **Reduce** (your buying of new things) **Re-use** (what you already have) and **Recycle** (what you cannot use again)

Water Shortages here in East Anglia?

We need this month's rain – and lots more! Have you looked at the Wilbraham River where it passes under the bridge on the road between Great and Little Wilbraham? The dried up river bed at last has water again – but for how long? The latest figures show that, like many recent months, February 2023 brought only a fraction of average rainfall and most parts of our region are facing Drought status.

All the Environment Agency monitoring stations in the region show river levels below normal levels – and many of the measured levels of reservoirs and of soil moisture and of ground water are lower than average, some exceptionally low. Sections of our own Wilbraham River (which is a nationally scarce Chalk Stream) ceased to flow at all for many months – probably because the water table dropped and the Environment Agency stopped pumping water into the river. We all need to be careful with our use of water at home – we cannot live without it.

Source: The Environment Agency

Some Good News (kind of) re Greenhouse Gas emissions

We all used less gas and coal in 2022 and, despite an increase in emissions from oil because transport use went up, the UK's emissions actually fell by 3.2% in 2022. Increased use of renewable energy helped a lot but the 3.2% figure was influenced by the high cost of electricity and gas, and high temperatures, all of which reduced our demand for energy. We need at least similar reductions every year from now to 2050 if we are to reach Net Zero!

Source : Carbon Brief

Walking may save your life!

Researchers have found that just eleven minutes per day (75 mins per week) of moderate/intense physical activity is enough to lower your risk of heart disease, stroke and a number of cancers. So a brisk daily walk may be just the thing for you. The NHS recommends 150 minutes per week but the researchers say that just half of that target reduces the risk of early death by 23%!

Source : British Journal of Sports Medicine

Using social media to support community environmental initiatives.

Using Facebook may not be everyone's cup of tea - but you don't need to use it to post selfies or holiday snaps. It can be a very powerful tool to connect people and ideas together. The Wilbrahams have 3 Facebook Groups:

The Wilbraham Community Group UK (which posts community news & events);

Wilbrahams Recycle / Free to a Good Home Group (for swapping, sharing tools and passing on home items);

Great Wilbraham- Car Share & Green Rides (to share journeys and cut carbon).

WEG is also setting up a Facebook page: **Wilbrahams Environment Group**, where we will post newsletters, tips and events, and you can also share your ideas with the community.

Why not join Facebook and become members of these private groups? You can set your phone to notify you when new posts or items are added, so you can get up to speed with what is going on in the villages/ can get involved in recycling or car shares and help save the planet!

If you would like more of this sort of information, let us know!

Wilbrahams' Environment Group is active on a number of projects which affect our villages.

We would love you to join us (no membership fee) **WHAT CAN YOU DO?** We need your support and help, please – by turning up at events; by volunteering for a project; by suggesting a project; by joining our Committee. Get in touch: email us at wilbrahamseg@gmail.com or telephone 882371

THANKYOU