



LOVE your Community, HATE single use plastic

As a community we have made great steps to reduce single use plastic this year, therefore we wanted reflect on some of the achievements we have made as a community since achieving SAS plastic free status.

We will also give you an overview of some of the great new businesses that have taken the pledge to continue to reduce single use plastic as well as brilliant projects that have been started.

Every little step counts, and we are all doing it together.



We have come a long way since the we achieved plastic free status in January this year.

- 13 community organisations and 21 businesses/education settings have taken the pledge to reduce single use plastic.
- We've launched the Overton Cup, with all the cafés in Overton participating. As Overton hit the news with this initiative, we've seen the scheme replicated across the country and abroad.
- We helped launch the nappy library, we have 10 kits to hire and have help 13 families, so far, make the switch from single use nappies to reusable ones, with several hires already booked for 2022.

- We now have 10 litter pickers available for the community, funded by the Coop Winchester Street, plus a great scheme where people adopt areas to keep litter free.
- The Overton bag, a simple concept which will help reduce the need for plastic bags. If you forget your bag while shopping in the village, you can now borrow one of ours, meaning there is no need for a single use bag of any description. [The Library](#), [Dry Cleaners](#), [Blueberri](#), [Wilson's Greengrocers](#), [Renasci](#), [Café Pueblo](#), [Prestons](#), [Honesty](#) and [The Party Booth](#) are the first to receive their bags...more to follow.
- We've helped other communities start their plastic free journey by showing them what we are doing in Overton.

These are just the plastic free initiatives, one part of all the sustainable projects being run in Overton. To find out more about all the sustainable projects we are running in Overton or to sign the plastic pledge yourself, simply click on the link below.

[Find out more](#)

Help spread the word

Sometimes we feel powerless as individuals to drive a change, but as consumers, we have quite a lot of power. We should be using this power, our voices/pens/keyboards, to tell businesses when they use unnecessary or excessive packaging but also to praise companies when we see they are making changes.

A couple of examples that are top of mind, we've praised Milestones for removing individual sauce sachets and disposable cutlery, such an improvement. We've also written

to Harold Hillier Gardens about their single use plastic cups, and they will be looking into this with their catering company.

We've created some template letters that you can just copy and paste and edit easily, we know just one letter won't make much of a difference, but if we all do this, they listen.

[Template letters](#)

Reduce first, but don't forget to recycle.

It's an impossible task to remove all single use plastic from your everyday life, but every change really matters - however small.

We are lucky to have a selection of businesses here in the village offering a wide range of single use plastic alternatives. Refill your own containers, from herbs and spices, milk to shampoos and body wash, a Greengrocers and a Butchers providing the product that you need in plastic free packaging or in your own containers, coffee shops offering the Overton Cup, businesses offering the Overton bag etc..

But we still get some plastic waste.... we're sad that we have had to stop the plastic recycling service at the church, but there are still options locally that you can use.

The Coop has recently started taking soft plastics, there is a new bin located opposite the main door, crisp packets can be dropped at the community centre (on days when the Library is open) and St Mary's Church plan to start collecting Terracycle products again in the new year.

Hard plastic tubs can still be recycled, but they will need to be taken to the larger supermarkets. Sainsburys in Basingstoke has a collection bin, easily accessible in the carpark.

There has been lots of discussion in the media about the success of recycling, whilst on its own it won't work, it is a **very important** part of wider plastic reduction solution. **Reducing** the use of single use plastic is key, but ensuring we recycle it at the end of its short life means it's not going in to the environment and we are providing materials for manufacturing so they are not just consuming new plastic.

Did you know?

- The Thames Water area alone has on average 85,000 blockages a year due to fat and wet wipes.¹
- It is estimated that by 2040 that the amount of plastic in the oceans will triple.²
- 90.5% of plastic waste ever made has never been recycled.²
- There are around 200 million tonnes of plastic in the Atlantic Ocean.³
- In the UK, there are about 5000 pieces of plastic waste per mile litter the beach.⁴
- 73% of the litter on beaches world wide is made from plastic.⁵
- 75% of all plastic produced has become waste.⁶
- On average, there are 325 microplastic particles present in one liter of bottle water.⁶
- 348 tonnes of plastic was collected in Bristol and 199.9 tonnes in Plymouth in August this year. Over 2.4 million tonnes was collected in the UK in 2020.⁷

1.Thames Water, 2.Royal Statistical Society, 3.World Economic Forum, 4.SAS, 5.Global Citizen, 6.Zero Waste Nest, 7.ITV news

Things to read or watch

There are some articles or videos to watch, here are a few that we think are great.

- David Attenborough delivers a powerful message at speaks at COP26 - [Click here](#)
 - [The recycling mistakes](#) that can be avoided.
 - The Ocean climate [report](#)
 - Wet wipes 'forming islands' across UK after being flushed - [Click here](#)
 - We need public pressure, not just summits - [Greta Thunberg](#)
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Want to support our Plastic Free Champions?

Every month more and more local businesses and community organisations are taking the plastic free pledge, keen to make their contribution to reducing single use plastic in our community.

We would like to welcome 6 new businesses to our continually growing list of plastic free champions.



Children's House

Overton Children's House is situated in the centre of Overton along Winchester street. It's an accredited Montessori Nursery School for children aged 2 to 6.

[Learn More](#)

HairbyKayleigh

Kayleigh is our first Plastic Free hairdressing champion in Overton.

[Learn More](#)





Honesty Cafe

In the centre of the village Honesty serves freshly baked bread, pastries, cakes and light lunch options.

[Learn More](#)

Soul and Heal Reflexology

A mobile therapy service in North Hampshire - . Reflexology for Feet, Hands and Face and Indian Head Massage.

[Learn More](#)





The Watership Down Inn

The Watership Down is a traditional family run country inn, dedicated to serving good quality food & drink. Providing a friendly & welcoming atmosphere.

[Learn More](#)

Verbose Design

Handmade, personalised and meaningful jewellery, telling stories in silver.

[Learn More](#)



Please find a full list of all the wonderful local business and community organisations that have taken the Plastic Free Pledge: [The Artizans](#), [Cafe Pueblo](#), [Cookery Doodle Doo](#), [Children's House](#), [HairbyKayleigh](#), [Hampshire Relationship Counselling](#), [Honesty Overton](#), [JAB Architecture](#), [Jo South Artworks](#), [Laverstoke and Freefolk Parish Council](#), [LifeSpring Community Church](#), [Little Steps Montessori School](#), [Little Yoga Company](#), [Overton Biodiversity Society](#), [Overton Guides](#), [Overton Scouts](#), [Renasci Designs](#), [St Luke's Hall](#), [St Mary's Hall](#), [Soul and Heal Reflexology](#), [Sustainable Overton](#), [Suzanne Smith Childminders](#), [The Watership Down Nursery](#), [The Watership Down](#)

Inn, Turner's Butchers, Verbose design, and Wilson and Sons Greengrocers.

We're always working on new ideas and projects to help cut down single use plastic in Overton, we will keep you updated on our social channels and in this newsletter. If we can all make changes and spread the word we can make a difference together, if you have any ideas or feedback let us know. **plasticfreeoverton@gmail.com**

If you have friends or neighbours who would be interested in this newsletter, simply forward it on and they can subscribe by clicking the button below.

[Subscribe now](#)

We hope this newsletter is of interest and helps you make some small changes that will all add up. If you'd like more tips and ideas, please follow us on Facebook or Instagram and join the discussion.

Best wishes

Plastic Free Overton



How to join

[Take the plastic free pledge](#)

If you run a business or community group in Overton or close surrounding villages and want to know more just contact us at plasticfreeoverton@gmail.com and we will help you take the next steps.
