

PLASTIC FREE OVERTON SURFERS AGAINST SEWAGE

LOVE your Community, HATE single-use plastic

In this edition, we have some very exciting news to share, as well as tips and community updates focused on helping you reduce your consumption of single-use plastics.

The Overton Cup



Launched this week!

Over the last few months, we have been working tirelessly with local businesses to bring to you the **Overton Cup**.

Cafe Pueblo, Wilson and Sons Greengrocers, Preston's coffee shop and Honesty Overton are all part of the scheme.

Simply buy your hot or cold drink in one of these lovely brightly coloured takeaway cups, pay a deposit of £1, and bring it back next time or drop it into one of the participating shops and you will get your deposit back - you don't even have to wash it up!

Enjoy your drink knowing that you're not contributing to **7 million** cups thrown away every day. To find out more visit our website or drop into one of the shops mentioned above.

[Find out more](#)

Refill

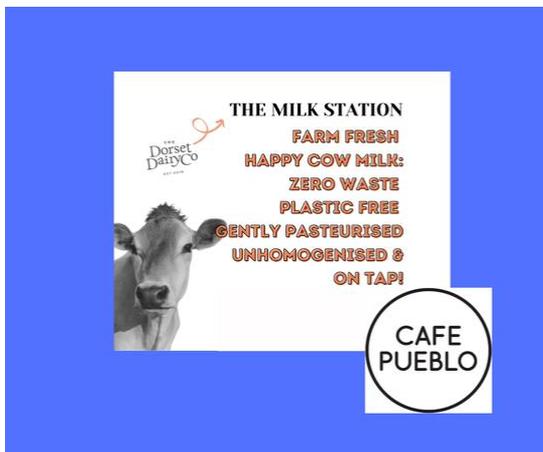
Did you know it's been estimated that **refill** has prevented more than 2.1 million single-use plastic bottles from going into landfill in just 3 years?*

We have two great solutions right here in the village.



Fill them up

Fill them up zero-waste has moved to Cafe Pueblo **permanently**. Just pop in with your containers, they have a huge selection of products available.



The Milk Station

Cafe Pueblo has also started a milk refill station, in conjunction with Dorset Dairy Co.

All you have to do is take in your empty container and they will refill it. To find out more about this brilliant idea just visit Cafe Pueblo or look on their website.

Any new habits to refuse, reduce and reuse single-use plastic will make a difference to the growing problem we have today. We regularly post tips on our social media pages, don't forget to follow us (*links below*).



For a full list of items that can be recycled just visit our [website](#), we'll update new items that Bead can take on here too.

[Full details](#)

The Overton Nappy Library

Did you know an average baby can go through about 6,000 disposable nappies? That's about 750kg of waste per family every year?

Yes, we're serious. It's a thing.....



Overton Nappy Library is a non-profit service, entirely run by volunteers at Sustainable Overton, which aims to increase awareness and provide

information on reusable nappies. A grant from Hampshire County Council has enabled us to buy several different kits to hire out and supports us with running costs.

[Find out more](#)

Did you know?

- More than 35 million plastic bottles are used every day in the UK and of these 23 million **won't** be recycled?*
- Every plastic toothbrush you ever used still exists?***
- 50% of plastic produced annually is for single-use only?****
- Plastic drinks bottles can take over 450 years to even begin to breakdown?****
- In 2017, the Ellen MacArthur Foundation estimated that by 2050 there would be more plastic in the oceans than fish?*
- The Great Pacific Garbage Patch is estimated to cover 1,500,000 square kilometres.....that is over 60x the UK's landmass?*

no more plastic, **Tom Cox, *Plastic oceans, **** zerowasteguide*

There are lots of projects in the pipeline for 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 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 will help you refuse, reduce and reuse the single-use plastic you use every day.

Please follow us on Facebook or Instagram, join the discussion, share ideas on how you are reducing your use of single-use plastic.

Best wishes

Plastic Free Overton



How to join

[Click here to sign the individual 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 we will help you take the next steps.

Businesses and community organisations that have taken the Plastic Free Pledge are: [The Artizans](#), [Cafe Pueblo](#), [Cookery Doodle Doo](#), [Hampshire Relationship Counselling](#), [JAB Architecture](#), [Jo South Artworks](#), [Laverstoke and Freefolk Parish Council](#), [LifeSpring Community Church](#), [The Little Yoga Company](#), [Little Steps Montessori School](#), [Overton Biodiversity Society](#), [Overton Guides](#), [Overton Scouts](#), [St Luke's Hall](#), [St Mary's Hall](#), [Renasci Designs](#), [Sustainable Overton](#), [Suzanne Smith Childminders](#), [The Watership Down Nursery](#), [Turner's Butchers](#), and [Wilson and Sons Greengrocers](#).

