



LOVE your Community, HATE single-use plastic

We're officially in Plastic Free July, what are you going to try to change?

Plastic Free July is a month to think about all the single use plastic in your life and try out ways to reduce it. It doesn't mean zero plastic or bin all plastic items in your house (*It's not very well named, but then Reduce Your Single Use Plastic July isn't very catchy!*)

We hope the below email will give you some useful and simple hints and tips to make small changes to your lifestyle, helping you to help our planet. We will be sharing many more on our social media channels too.

But first...we wanted to give you an update on the **Overton Cup**.



Only launched in May, we've seen loads of people swap to the new cups, a massive thank you to all the businesses and customers who are helping to make this a success.

We have had great coverage in the local press and national news which has driven a lot of calls and emails from all around the country from communities that want to start something similar. If just a few of these areas start a similar scheme, think of all the single use plastic cups we can jointly avoid.

You can find the cup in all of the cafés in the village, [Café Pueblo](#), [Honesty Overton](#), [Preston's coffee shop](#), [The Overton Gallery](#) and [Wilson and Sons Greengrocers](#). We've already had to replenish stocks of cups and lids!

This is a simple deposit scheme, buy your hot or cold drink in the Overton cup, pay a deposit of £1, and then bring it back next time or drop it into one of the participating shops and you will get your deposit back. *Don't forget you don't even have to wash it up!*

To find out more visit our website or drop into one of the shops mentioned above.

[Find out more](#)

Learn, Act, Shop and Tell

There's so much conflicting and confusing information around, it's hard to know where to start and what best to do. We've listed a few areas to think about that will help you make some changes.

Learn

The more you know, the more informed your decisions can be. Spending a bit of time finding out some facts or listening to inspiring people who have made positive changes can make a huge difference to your own plans. *It doesn't have to be hard.*

Here are just a few suggestions:

Netflix - Breaking boundaries: the science of our planet. David Attenborough and scientist Johan Rockstrom examine Earth's biodiversity collapse and how this crisis can still be averted.

Ted Talks - Kid's against plastic, Amy and Ella Meek. Inspiring talk by the children who founded Kids Against Plastic and Plastic Pollution: what we saw when we rowed the ocean. Find out what Kate saw when she rowed the Atlantic, and how it led to her to found Plastic Free Exeter.

BBC iPlayer - Greta Thunberg: A year to change the world. Greta takes a year off school to explore the science of global warming and challenge world leaders, calling for action on climate change.

Surfers Against Sewage - there is a wealth of information, great tips and initiatives being carried out all around the country. [Click Here](#).

Plastic Free July Blog - These articles take a deeper look at the plastic waste problem, explore current news and interview change-makers and people working on the issue from around the world. [Click Here](#)

No.More.Plastic. This is a quick read but very thought-provoking and provides some great information on the massive impact a simple change can make. [Click Here](#).

There are also many many social media groups and feeds that you can join or follow, but we think some of the best are: [Plastic Free Living](#), [Sustainable-ish](#), [Surfers Against Sewage](#) and of course our own, [Plastic Free Overton](#).

Act

Sometimes we all feel powerless, but as consumers, we have a lot of power. Use Plastic Free July as a time to contact the companies you shop with, the brands you buy to ask them to **reduce/replace/remove** the plastic packaging they currently use.

Write to your MP (*Kit Malthouse*) or your Hampshire County Councillor to ask them to act on your behalf. If you see a petition online, take 30 seconds to sign it and share it.

We've created some template letters that you can just copy and paste easily, we know just one letter won't make much of a difference, but if we all do this, they have to listen! Just click the link below for a copy of the example letters.

[Template letters](#)

Shop

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

Start with your weekly shop, just change just one item you regularly buy – either swap it or stop it. Switch your mayonnaise or tomato sauce to a glass

bottle, buy loose apples rather than grapes in a plastic punnet, swap your pasta to a box rather than a plastic bag.

Most online retailers now list the packaging on the item detail, or look for the alternative when you are visiting the supermarket. If there isn't a better option, maybe see if you can manage without it for a week, or perhaps only use half as much.

Changing just one item at a time won't add a significant amount to your food bill, but will gradually change the amount of waste you create.

We're really lucky that we have a great selection of shops here in the village, that can help you reduce your single use plastic. [Café Pueblo](#) now hosts both a refill shop and a milk station. Fill Them Up is stocked with lots of dry goods, great products for your kitchen and bathroom, as well as sweets for your kids. The Milk Station has super fresh milk ready for you, just fill up your bottles or containers. [Wilson and Sons Greengrocers](#) have a wide range of fruit and veg, all available loose and in the quantities you need and [Turner's Butchers](#) will put products in your containers, again in the amount you need.

Tell

Don't forget to tell people what you are doing and why.

The impact of any action you take will be amplified when others follow your lead, and you make the green choice the mainstream choice.

[Read more](#)

Did you know?

- When the 5p plastic bag tax was introduced, it cut the plastic bags used by 80%, the usage has crept back up steadily?*
- One of the easiest ways to reduce plastic and save money is to swap to using a safety razor?*
- Lots of dishcloths are made from plastic and don't degrade?*
- 8 out of 10 pieces of litter found in our oceans is made from plastic, and take away food and drink packaging make up 44% of it?***
- 50% of plastic produced annually is for single use only?***
- You can take your own containers into most supermarkets for refills at the fishmongers, deli, and meat counters?*
- The UK exported 688,000 tonnes of discarded plastic packaging in 2020, a daily average of 1.8m kilos. Only 486,000 tonnes were recycled in the UK?****

no more plastic, **BBC, *Plastic oceans, **** The guardian.*

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 Little steps, Hampshire Relationship Counselling, Renasci Designs and Jo South Artworks to our fast growing list of champions.



Little Steps Montessori Nursery School

An Ofsted outstanding rated Nursery, using the Montessori method of teaching they encourage children to develop at their own pace.

[Learn More](#)

Hampshire Relationship Counselling

After 15 months of moving her counselling practice online, local Relationship Therapist Elinor Harvey is back seeing some local clients face to face from her room at Kingsclere Counselling Service.

[Learn More](#)





Renasci Designs

Renasci is in the heart of the village and has a wonderful selection of hand painted furniture and crafted items from a selection of local and independent crafts people.

[Learn More](#)

Jo South Artworks.

Jo is an artist who loves to paint scenes with a sense of nostalgia about them - with pictures that tell a story, encapsulate happy times and memories. Many of her pictures are of Overton and around, though Jo also takes commissions.

[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](#), [Hampshire Relationship Counselling](#), [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](#), [Sustainable Overton](#), [Suzanne Smith Childminders](#), [The Watership Down Nursery](#), [Turner's Butchers](#), 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**](mailto:plasticfreeoverton@gmail.com) and we will help you take the next steps.
