



a tonic for the ills of the time

WELCOME TO THE WINTER EDITION OF PICK-ME-UP NEWSLETTER ISSUE 44

We have been experiencing an unusually milder winter this year. Spring flowers are already blooming and some birds singing in our gardens. What other surprises will this mild weather bring us socially, economically or environmentally? Higher prices on certain foods, higher cases of allergies and may be a welcoming drop in fuel bills? Whatever the case, it has definitely offered me a break from high heating bills, saving my already stretched budget! *Photo right: Daffodils at East Lancashire Road Carr Mill. Sent in by Kathryn Barker.*



How far will you go for Fairtrade in 2012?



Kicking off the Fairtrade Fortnight (27 February – 11 March 2012), the Fairtrade Foundation is challenging the public to take a step in the right direction by thinking about what they can do every day, every week or every month throughout 2012 to make a difference to the lives of farmers in the developing world who produce the products they buy.

Whether that be choosing to buy a Fairtrade coffee on the way to work, or making sure their weekly shopping baskets contain one or two more Fairtrade products such as Fairtrade tea or bananas, or encouraging their friends and family to switch to Fairtrade. The aim is to achieve 1.5 million steps for Fairtrade in 2012 – Visit www.fairtrade.org.uk/step to have your step counted.

Join us for a Fairtrade cuppa at one of the following libraries:

- | | | |
|--|---------------|--|
| Mon 27 th Feb, | 10 – 12 | - Haydock, coffee morning |
| Mon 27 th Feb, | 2 – 4 | - Eccleston, coffee afternoon |
| Tue 28 th Feb, | 10 – 12 | - Chester Lane, coffee morning |
| Tue 28 th Feb, | 10 – 12 | - Thatto Heath, coffee morning |
| Thu 1 st Mar, | 11 – 1 | - Parr, coffee morning |
| Fri 2 nd Mar, | 10 – 12 | - Moss Bank, coffee morning |
| Sat 3 rd Mar, | 10:30 – 11:30 | - Peter St, coffee morning |
| (With "Fair Trade Treasure Hunt" for children aged 5+ and their parents) | | |
| Sat 3 rd Mar, | 10:30 – 12:00 | - Rainhill, coffee morning |
| Mon 5 th Mar | 2:15 – 3:30 | - Newton-Le-Willows, afternoon tea + speaker |
| Tue 6 th Mar | 3 – 4 | - Rainford, coffee afternoon |
| Wed 7 th Mar | 10:15 – 11:45 | - Billinge, coffee morning |
| Wed 7 th Mar | 2 – 3 | - Garswood, coffee afternoon |
| Fri 10 th Mar | 10 – 12 | - Central, coffee morning |



Are you aged 50 or over?

Are you aged 50 or over? Are you concerned about climate change or just want to know more? Do you want to help future generations? If you answered yes to any of the previous questions then you might want to join the St. Helens over 50's climate change group.

No meetings have taken place as yet so you will get the chance to influence from the very beginning. If you do not wish to attend meetings but wish to be kept informed of progress, then that's fine too.

There is no cost to join or to attend meetings and you will be given ample notice of all events that take place.

If you would like to become a member or would like more information then please contact Jim Nixon on 01744 676659 or e-mail jimnixon@sthelens.gov.uk



www.planetsthelens.net
Action for a better Borough
and a better world



Core Strategy progresses to Examination

The Local Development Framework Core Strategy will be subject to an independent examination following the completion of a public consultation regarding a number of possible amendments.

The Core Strategy will guide all new developments in the Borough until 2027. A pre-hearings meeting will be held at St. Helens Town Hall on 7th February 2012, which will signal the commencement of the examination. A series of hearings will be held in March and April to examine aspects of the Core Strategy. The hearings will be open for public observation.

For further details of the Core Strategy Examination please visit our website at <http://localdevelopment.sthelens.gov.uk/site.do?id=800>.

Public consultation on the Joint Merseyside Waste Plan was completed on 25th January 2012. All representations will now be considered before submission of the document for examination, which is expected to take place late February. For further details please visit the web site at <http://www.wasteplanningmerseyside.gov.uk>

'Greening' your Valentine?



Valentine's Day is a wonderful opportunity to express your love and affection for others – but what about our love for the planet? With Valentine's Day coming up soon, why don't you start thinking of gift ideas with the planet in mind? How about: -

- Start your Valentine's Day with a gift of a rose plant, Fairtrade chocolates, a homemade card from recycled paper or buy natural fragrances
- Book a retreat in a wildlife reserve, park or natural area. You could also simply arrange a romantic walk in the local woodlands!
- Wine and dine at a restaurant that serves seasonal and locally sourced food in your neighborhood, or better still prepare a romantic homemade meal for two using locally sourced fresh, organic food.
- Wrap your gifts in style! See this link, <http://www.youtube.com/watch?v=Bn6zdyCAwJs> for cool reusable gift-wrapping ideas!

Sow your seeds

Now is the time to start planning what vegetables and herbs you want to grow this year in your garden, window box or kitchen windowsill. Search around for organic seeds if possible, or heritage seeds, to help safeguard rare varieties. Alternatively, if you have green-fingered friends, swap seeds or plants with them.

Council Staff getting 'waste wise'

The Council is encouraging staff to be 'waste wise' by introducing a new recycling scheme in its Town Centre offices. Two types of communal bins, clearly labeled 'Landfill Waste' and 'Recycling Bins', have been installed in office and kitchen areas. The environment is high on the Council's agenda, and the new scheme will help to reduce costs as well as setting a good example to residents in reducing the amount of waste going to landfill.

GILLMOSS RECYCLING DISCOVERY CENTRE

This is a new facility based in Fazakerley, Liverpool. The centre is a partnership between the Merseyside Recycling & Waste Authority and Veolia Environmental Services, which aims to provide a range of exciting opportunities to learn more about the world of recycling and managing waste.

The facility offers free educational programmes and visits for schools, colleges, families and community groups. The centre is open all year round from 10:00am onwards and can accommodate groups of up to 30 people.

To book your visit: Tel. 0151 651 3200 or email alistair.baker@veolia.co.uk or kris.watkinson@veolia.co.uk

The arrangements have been set up in partnership with Biffa Waste Services Ltd. They remove the dry mixed recycling waste to their local depot at Pocket Nook where it is then transported in bulk to their new Materials Recovery Facility in Trafford where the waste is sorted into various streams. This is then shipped to various reprocessing plants across the country where the raw materials are re-used or recycled. The scheme has cut the amount of waste going to landfill from the office sites by approximately 50%. It will also save the Council in the region of £20k per annum.