

# Act!on

Spring  
2005

[www.manchesterfoe.org.uk](http://www.manchesterfoe.org.uk)

## Read The Signs

## Climate Change Four Wheels at a Time



Disposable nappies take up to five times more energy to produce than cotton nappies, including the washing process... modern reusable nappies are very similar to disposables and are easy to use...  
Colette page 4

Running this event has highlighted that people in Manchester are really passionate about their food and where it comes from... Dave page5



**Friends of  
the Earth  
Manchester**



Manchester Friends of the Earth is a prominent pressure group working on campaigns relating to the environment and to social justice. We campaign on issues with a local connection and also lobby for policy changes at local, regional, national and international levels. We work on a diverse range of issues including sustainable transport, real food, climate change, waste and recycling, air quality, social exclusion and trade.

## Member Interview: Paul D'Ambra



**How long have you been involved?** A couple of months as a member  
**What was the first thing you did?** When I played at 'Party

for the Planet' a fundraising evening at Big Hands. Take a look at [www.manchesterfoe.org.uk/pftp.htm](http://www.manchesterfoe.org.uk/pftp.htm).  
**What are you concerned about?** I'm most passionate about food sources. It's such an easy way to affect the environment while improving your quality of life. I have been trying to stick to eating seasonally.

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## JOIN IN!

Manchester FoE's campaign centre is located in the basement of the Friends Meeting House, The Quaker's Building, 6 Mount Street, behind Central Library.

To find the campaigns centre, take Bootle Street which is down the side of the Friends Meeting House on the left as you face the main entrance. Ring the MFoE bell if the door is locked. Go down the corridor, turn left then immediate right and we're on the left. The Campaigns Centre is run entirely by volunteers, so it is not always open. Please phone in advance on 0161 8348221 if you wish to see someone.

**Meetings:** 7pm on the second Tuesday and the fourth Wednesday of the month in the Friends' Meeting House, generally in room 5.

**Manchester FoE, 6 Mount Street, Manchester, M2 5NS**

**Telephone** 0161 8348221 **Email** [office@manchesterfoe.org.uk](mailto:office@manchesterfoe.org.uk) **Website** [www.manchesterfoe.org.uk](http://www.manchesterfoe.org.uk)

As a member you get not only the newsletter but also:

- 50% off a meal at Earth Cafe
- 10% off selected purchases at Harry Hall Cycles
- 10% off food and drink at Misty's Cafe
- 10% off purchases at the Manchester branches of Field & Trek and The Outdoor Shop
- 15% off food and drink at the Nectar Cafe in Hale

**Just fill in the membership form on the back cover and get involved!**

### contributors to this issue:

Dave Coleman, Colette Humphrey, Kerstin Moritz, Graeme Sherriff (editor), Original Artwork E. Sroka,  
photo page 6: BananaStock

**In the year that Nissan reveals that they don't know the difference between an ice cream van and a 4x4\*, Dave Coleman on why he won't be giving his lolly to Nissan...**

Organising the event as part of the national Alliance Against Urban 4x4s on 18th December 2004, we took to the streets of Manchester in December to spread the message that 4x4 vehicles are "Not Clean, Not Safe and Not Cool".

After a 10am press call, we set out on an urban safari, issuing hundreds of 4x4s across the city centre with tickets, which initially look like parking fines, but on closer inspection humorously branded the vehicle as 'a dirty and dangerous car'.

Four Wheel Drives guzzle fuel at a rate that puts our climate at risk, whilst also posing a danger to pedestrians (especially children), cyclists and drivers of smaller cars.



**Nissan on why the 4x4 is "ideal for the school run":** *A seven seater SUV like Pathfinder is an ideal vehicle for the school run, if used responsibly. To carry six children to school in a family hatchback would require two vehicles...*

Manchester FoE would like to point out that walking buses can escort more than 6 children safely to school and is offering the lucky reader who spots a 4x4 containing 6 children on the road between 7am and 9am on a weekday a bottle of organic wine (or non-alcohol equivalent). Please send photos to our office email or postal address. Competition is not open to employees of Nissan or their relatives. Manchester FoE reserves the right to ask for proof that the photo is genuine.

## poor vehicle choice



**[www.stopurban4x4s.org.uk](http://www.stopurban4x4s.org.uk)**

The day of action generated substantial media interest with TV news coverage from Granada and Channel M, radio from Smooth FM and press pieces in Metro News and the whole of page 3 in The Manchester Evening News. In addition the MEN ran the issue as their daily Readers Poll and reported that an astonishing 75% of online voters and 85% of text and phone voters viewed that 4x4s were unsuitable to be driven in urban areas!

As Dave commented on the day; *"Most 4x4 drivers don't want to be selfish, but don't realise the impact these vehicles have or how widely they are resented and ridiculed. We hope that using humour will help to educate drivers that these huge vehicles pollute, threaten and endanger lives and our environment, and will continue to do so, long after the fashion fad is over."*



\* In a press release dated 9th February 2005, Nissan attempted to refute the argument that 4x4s are too big for UK roads with: *"In fact you could say that an SUV, with its separate bonnet, produces only a partial eclipse compared to a monospace-style MPV ... or an ice-cream van, for that matter."*

# Keeping it real

Don't know what to put on your baby and still be able to look your green friends in the face? Colette gets to the bottom of the problem...

Disposable nappies can take up to 500 years to decompose.

Disposable nappies use up to five times more energy to produce than cotton nappies, including the washing process.

Disposing of nappies costs tax payers £40 million each year.

## What's the Alternative?

Modern reusable nappies are very similar to disposables and are as easy to use. A biodegradable liner is used inside the nappy which can be removed to flush the contents down the toilet. They come in various styles:

### Flat

Includes traditional terries and prefolds. Cheap and versatile, they need some folding and a waterproof cover, but they are economical and quick drying. From around £2 per nappy.

### Shaped

Requiring a waterproof cover. Shaped and fitted, with elasticated legs and waist, they generally have a neater, less bulky fit than flat nappies and are even easier to put on. They have Velcro fixings or poppers and wash and dry easily. From around £4 each.

### All-in-one

Supremely easy to use, as the shaped, fitted nappy with Velcro or popper fastenings has a built-in waterproof cover. They take longer to dry but are the easiest cloth nappies to use. From around £8 each.

### Covers

Most covers are soft, durable, breathable and machine washable. Fabrics and styles vary, all of them allowing for quick and easy nappy changes.

## How to use them?

Real nappies can either be washed at home or you can participate in a nappy laundering service. Laundry services deliver fresh nappies to your door each week and at the same time collect your soiled ones for washing.

## Where to buy them?

Contact your local council to see if you are eligible for a free trial.  
Contact Cottontails; Manchester's local supplier on 01244 374521 or [www.cottontails.co.uk](http://www.cottontails.co.uk)

## How do I find out more information?

The Real Nappy Association – PO Box 3704, London, SE26 4RX Tel: 020 8299 4519 [www.changeanappy.co.uk](http://www.changeanappy.co.uk)  
The Women's Environmental Network (WEN) - PO Box 30626, London, E1 1TZ Tel: 0207 481 9004 [www.wen.org.uk](http://www.wen.org.uk)

Colette Humphrey  
[colette@manchesterfoe.org.uk](mailto:colette@manchesterfoe.org.uk)



# Appetite for Change

It's time for Real Food. It's time to rethink artificial fertilizers and pesticides, and the wasteful transportation of produce across the world. Real Foods are locally produced, organic, fairly traded and GM Free.

On Monday January 24th over 80 people gathered at Organic bar-restaurant Nectar in Hale to attend Manchester Friends of the Earth's "Food for the Future" event. The event was so popular it was sold out well in advance and many applicants had to be turned away.

In an evening of fundraising and education, the audience heard speakers such as Michele Barlow from the Slow Food movement, Brigid Benson talking about Altrincham's bid to become a Fairtrade town and Dave Coleman highlighting the links between "Thinking Global" when looking at our environmental impact and "Acting Local" in how we live. The audience then enthusiastically tucked into an organic and fairly traded gourmet buffet provided by Nectar and many took time out to sign up

to food, corporate and other related environmental actions at the campaign stalls. Organic goodies donated by local ethical investment advisors The Gaeia Partnership, Duchy Originals, Green And Blacks and Doves Farm were raffled.

***"Running this event has highlighted not just that people in Manchester are really passionate about their food and where it comes from, but just how many people are passionate about the organic movement and keeping our food free of GM contamination" Dave***

We were so pleased with the event that we are planning another later this year...



## Our guests...



Karen Connell, Heide Connell & Joyce Geddes found out about the event through a friend who is a member of National FoE. Their favourite part was the cheese making presentation. Joyce: ***'I think the things we talked about are very important.'***

Jane and Paul Butler Members of the Slow Food movement. They try to support local businesses and avoid supermarkets. ***'We're very suburban but it's not so very far away from food production.'***



Real Food campaign co-ordinator:  
**Kirsty Ogle**  
kirsty@manchesterfoe.org.uk

## Nectar

14 Victoria Road, Hale, Cheshire,  
WA15 9AD  
0161 928 3000

- Organic Produce
- Local Produce
- Natural Produce
- GM Free
- Fair Trade Foodstuffs

*For Everything Good in Life*



## Climate

We continue to pursue an unsustainable energy supply based mainly on fossil fuels, despite many feasible alternatives. Fossil fuels produce carbon dioxide which is instrumental in causing climate change. We need to switch to greener fuels and use energy more efficiently.

# Nuclear ain't gonna save the day

As more and more people recognise the imminent catastrophe that climate change represents, there have been suggestions from some quarters (notably from the nuclear industry) that nuclear power represents a possible solution.

Friends of the Earth continues to oppose the resurrection of the UK's morbid nuclear industry, not from a position of prejudice but simply because it isn't a solution.

Domestic energy production accounts for less than one-third of the UK's greenhouse gas emissions and nuclear power currently supplies only 25 per cent of our electricity. As a result, even if we could duplicate every existing nuclear power station in the UK and double the capacity of the nuclear industry at a stroke, this would reduce our greenhouse gas emissions by less than eight per cent per annum. In reality we are years away from commissioning even a single nuclear power station. We can't afford to wait that long for such a poor contribution: the challenge from climate change is one that we need to address right now.

The numbers behind nuclear simply don't add up. Nuclear is so expensive that even taking the same amount of money and investing it in clean technology in existing coal fired power stations would reduce carbon dioxide emissions by a greater amount than nuclear could contribute.

Clearly the largest savings of greenhouse gas emissions are from making this investment in the growing renewable energy industry. A study by French research institute DETENTE shows that over time, the same investment in wind-power as compared with nuclear generates twice as much energy and twice as many jobs per project. All of this without any terrorist threat to fuel supply or power stations, and without adding to the still unsolved problem of what to do with the almost indefinitely lethal waste that the nuclear industry generates.

We continue to oppose nuclear power because the reality is that renewable energy provides the only long-term answer to the climate change crisis, and time wasted making a case for nuclear power is simply a dangerous distraction from this.

### Scorchio! Spain makes solar panels mandatory in new buildings

SPAIN wants to take advantage of its sunshine by making solar panels compulsory in new and renovated buildings — to save fuel costs and to improve the environment.

Jose Montilla, the Industry Minister, has announced that from next year, anyone who intends to build a home will be obliged to include solar panels in their plans, with the aim of turning Spain from a straggler to a European leader in the use of renewable energy.

The new construction regulation will affect more than half a million new houses a year, if the current pace of construction is maintained.

A single two-metre solar panel on the roof of a home can cut its water-heating bills by up to 70 per cent a year, according to government estimates. Three years ago Seville, the Andalusian capital, introduced the same measure which the Government now intends to adopt nationwide. (Times Online)



**savecash  
saveplanet  
.org.uk**

**New website from  
Friends of the Earth.  
It does what it says on  
the tin....**

**Climate campaign co-ordinator:  
Dave Coleman  
dave@manchesterfoe.org.uk**

# Transport

Looks like transport campaigner Graeme has been cleaning out his attic again. Here, arranged in an unashamedly random order are the what, where, whys and how of getting around whilst improving your health, saving dosh and having a smug green glow about it.



Cycling 20 miles per week halves the risk of a heart attack. (British Medical Association)

Cyclists often have a fitness level of someone 10 years their junior. (Energy Efficiency Best Practice Programme)

Carbon dioxide emissions from road transport in Britain in 2001 were 31 million tonnes. Road transport contributes around 21 per cent of total man-made carbon dioxide emissions in the UK. (RAC)

In heavy traffic-jams the air quality can be poorer inside a car than outside. Car users are exposed up to three times as much pollution as pedestrians. (Environmental Transport Association)

Road traffic and aviation are the fastest growing sources of the main greenhouse gas, carbon dioxide. (DETR)

Two-thirds of people now understand that transport emissions are a major factor contributing to climate change. (Department for Transport, Transport Trends)

The average carbon dioxide emissions for different modes of transport are as follows (in grams of carbon dioxide per passenger kilometre): passenger rail 73, buses 77, cars 114, short haul air 330. (Strategic Rail Authority)

Manchester Friends of the Earth ACTION Spring 2005

Manchester Friends of the Earth campaigns for cycling, walking, alternative fuels and quality public transport to be at the heart of the way we get around.

where to go to find out how to go:

**public transport info for the UK**

[www.traveline.org.uk](http://www.traveline.org.uk) or 0870 6082608

**train information for the UK**

[www.thetrainline.com](http://www.thetrainline.com) or 08457 484960

**rail journeys into Europe**

[www.raileurope.co.uk](http://www.raileurope.co.uk)

**for journeys in Manchester**

[www.gmpte.com](http://www.gmpte.com)

**online cycle training**

[kingcommute.live.poptech.coop](http://kingcommute.live.poptech.coop)

**Transport campaign co-ordinator:**

**Graeme Sherriff**

**[graeme@manchesterfoe.org.uk](mailto:graeme@manchesterfoe.org.uk)**

thanks to Karen and Ben for additional research

photo: Critical Mass September 2003

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# Take action

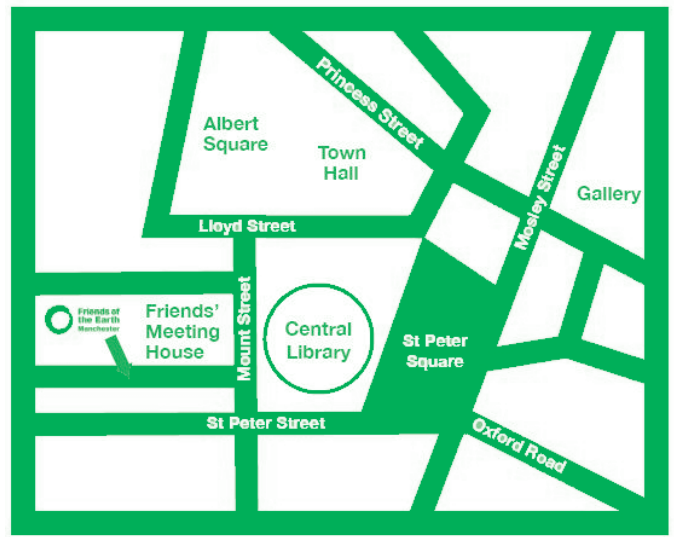
## Campaigns Meetings:

Tuesday 8th March, 7pm-9pm, Friends Meeting House  
Wednesday 23rd March, 7pm-9pm, Friends Meeting House  
(and on second Tuesday and fourth Wednesday of each month).

## Events:

1st March - 13th March, Fair Trade Fortnight  
Saturday 19th March, 2-6pm Good Food Day, Trinity Church, Cheetham Hill  
Saturday 26th March, 10am-5pm, VIVA!'s Incredible Veggie Roadshow, Cross Street Chapel  
Saturday 16th April, 10am-4pm, Friends of the Earth, Big Northern Day, details to be confirmed

More info about these and other events at:  
[www.manchesterfoe.org.uk/calendar.htm](http://www.manchesterfoe.org.uk/calendar.htm)



# Time for Transport...



## If you have...

**5 minutes ...** go to [www.gmpte.com](http://www.gmpte.com) and click on journey planner to see how you could change your journey to work.

## If you have...

**15 minutes...** think about whether you could share a car to get to work or the kids to school and approach your friends or colleagues.

## If you have...

**1 hour...** you could walk to do your shopping. You can walk up to 4 or 5 miles in an hour and your health will improve as a result.

### Manchester Friends of the Earth Membership Form

To join Manchester FoE, please complete the details on the form below and post to Manchester Friends of the Earth, 6 Mount Street, Manchester, M2 5NS. Financially, it helps if you can take out a standing order – this means you pay a fixed amount on a regular basis, either monthly or annually. Standing orders mean that we can predict how much money is coming in and plan better. To take out a standing order, only complete the details below on the right, sign it and return to us at the above address. Thank you for your support.

Name:

Email:

Address:

Postcode:

Telephone Number:

Please tick an appropriate rate:

£3 unwaged \_\_\_ £6 low waged \_\_\_ £12 waged \_\_\_ £20 household \_\_\_ I enclose an additional donation of £\_\_\_

For standing orders:

Your bank account number:

The name on the account:

Your branch name and address:

Branch sort code:

**Instructions to the bank** Please pay the sum of £\_\_\_ on the \_\_\_ day/date of each month/year (delete as appropriate) until further notice to 'Manchester Friends of the Earth' account number 27187308, sort code 72-00-02, bank address: Alliance and Leicester Plc, Commercial Transactions, Merseyside, GIR 0AA

Signed

Dated

**Gift Membership** If you would like to make this membership a gift to someone please fill the recipients details here:

Name:

Address:

Postcode:

Telephone:

Message (up to 30 words):