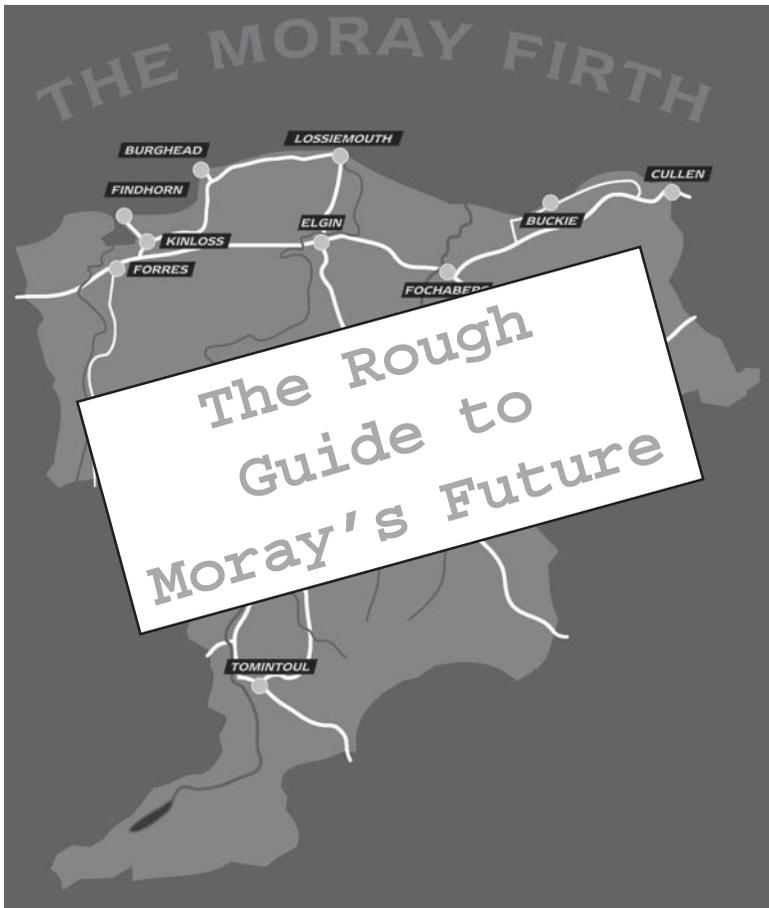


Moray Sustainability Handbook



Index

No	Chapter	Section	Page
	Introduction	Sustainable Development	5
		Jargon Buster	6
1	Energy		9
		Climate change	10
		Energy efficiency	12
		Renewable energy	15
		Fuel Poverty	17
		Building Sustainably	18
2	Environment		21
		Trees and Forestry	22
		The Great Outdoors	25
		Environmental Organisations	29
		Biodiversity	35
		Natural Heritage Designations	37
3	Transport		39
		Greener Driving	40
		Public Transport	44
		Cycling and Walking	46
4	Community		49
		Health and Welfare	50
		Volunteering	53
		Children and Families	55
		Politics	58
		Community participation	63
		Inclusion	66
		Community Development	70
5	Economy		73
		Business	74
		Social Economy	76
		Poverty	78
		Green Tourism	80
6	Products		83
		Resource Consumption	84
		Food	87
		Fairtrade	90
		Eco labelling	92
7	Waste		95
		Reduce	96
		Reuse	98
		Recycle	100
		Disposal	103
8	Pollution		105
		Water	106
		Land	108
		Air	110
		Noise	112
	Feedback		114
		Feedback Sheet	115

Acknowledgements

In 2003 members of the Moray Sustainability Forum started to research and write this booklet as we had identified the need for a simple guide to the complexities of sustainable development and a handy contact list for organisations in Moray. We received grant funding from *Awards for All* towards the estimated costs of researching, printing and distributing 4,000 copies. It is our intention for copies of this free booklet to be widely distributed throughout Moray to Libraries, Schools, Community Centres, Post Offices, The Moray Council Access Points and Tourist Information Offices.

We would like to thank the Lottery Funding through *Awards for All* for their patience and support for this booklet. Without their financial backing this project would never have made it past the planning stage. We would also like to thank all the individuals and organisations who helped to research information, gather leaflets, give advice, contribute sections and proof read parts or the entire booklet. There really are too many to name but thanks to you all. However, particular individuals whose contribution must be acknowledged include: The Moray Council and The Northern Scot for their help and permission to use some of their photographs; Gary Templeton, Roy Anderson, Claire Ross and Kevin McDermott for their input; and Posthouse Printing and Publishing Ltd of Findhorn for keeping us right.

We sincerely hope that you will find this booklet interesting, useful and thought provoking. Perhaps it could encourage you to implement your own sustainable strategies that will contribute to a better future here in Moray.

On behalf of the Moray Sustainable Forum,
Rod Lovie and Mike Bowker
February 2005



Photos in this booklet courtesy of: The Northern Scot: page 9, 15, 39, 83, 88, 95, 105 The Moray Council: page 1, 11, 21, 28, 47, 49, 54, 73, 81
--

Additional copies of this booklet may be available from:
MSF, C/o REAP, 177 Mid Street, Keith Banffshire AB55 5BL ☎ 01542 888070

Introduction

Sustainable Development

Making Moray's future better without making others worse

Development is needed to tackle poverty, unemployment, homelessness, ill health, poor access to education and low quality of life throughout the world including Moray. However, if the same development happened throughout the world that has already occurred in the Western Countries the environmental damage would be such that the human race could not survive.

Traditional economics, regardless of politics, identifies two types of resource in society: Capital and Labour. In contrast sustainable development encompasses three resources: economic capital (roads, rail, mines, factories), social or human capital (labour, skills, community spirit, local knowledge, culture), and environmental capital (landscapes, habitats, plants, animals). Economic growth has traditionally been made at the expense of social and/or environmental resources. Therefore we need a different kind of development which tackles poverty but does not damage the environment. This is sustainable development.

The accepted definition of sustainable development comes from the report of the *United Nations World Commission on*

Environment and Development, published in 1987 as *Our Common Future*. The report, often referred to as the Bruntland Report, explained that:

"Humanity has the ability to make development sustainable – to ensure that it meets the needs of the present without compromising the ability of future generations to meet their own needs."

It was the *UN Conference on Environment and Development*, commonly known as the 1992 Rio Earth Summit, which attempted to resolve the apparent conflict between short-term economic growth and both social and environmental justice by endorsing both development and environmental protection through sustainable development. Most attending countries, including the UK, signed up to *Agenda 21* - a practical, world-wide blueprint for taking sustainable development forward into the 21st Century. This requires governments to establish and implement national strategies for sustainable development, grounded in participation with the public, businesses and charities.

Useful Contacts and Websites

Scottish Executive

 www.sustainable.scotland.gov.uk

 0131 244 7311

Sustainable development issues and grant scheme.

Sustainable Scotland Network

 www.sustainablescotland.net

 01786 468235

Brings together Scottish Local Authorities to advance sustainable development action.

Sustainable Development Commission

 www.sd-commission.gov.uk

A UK wide body to review progress and build consensus to progress sustainable development.

Introduction

Jargon Buster

Concepts Behind Sustainable Development

"The problem with land is that they stopped making it some time ago."
Mark Twain

Natural Capital – our life support system

This is the natural assets on which current and future generations depend. We can only sustainably manage ecosystems by not taking out more than their regenerative capacity i.e. the amount that they can naturally restore. This ensures that the earth can continue to produce a similar bounty for future generations. However:

"At some point in the 1970's humanity as a whole passed the point at which it lived within the global regenerative capacity of

the earth, causing depletion of the earth's natural capital as a consequence."
WWF (2000)

The fact that industrialised countries are living beyond their means will have serious consequences. Future generations will have to survive on fewer resources and these resources will in turn have a reduced regenerative capacity to create resources for subsequent generations.

 www.panda.org/livingplanet

Ecological Footprinting – our demand on our natural resources

Sustainable development is not just the joining of existing social, economic and environmental policy fields. It should be viewed as a new way of providing for our needs while staying within the capacity of our ecosystems. To this end new ways of measuring sustainability have been developed. Ecological footprinting is one method of measuring the impact of human activity and development. The footprint of an individual, country or region is an indication of the amount of land each would need in order to produce the amount of resources they consume and to dispose of the waste they produce. This enables different societies to compare how much of the earth's

resources they are consuming. The organisation *Redefining Progress* calculated the global footprint of nations in 1999. There is only 1.9 hectares of biologically productive space available per person on the earth however the average citizen has a footprint of 2.3 hectares. This means that we are exceeding the earth's ecological capacity by over 20%. Northern countries like the USA have an ecological footprint of 9.6 hectares while Pakistan has one of 0.7 hectares. This shows the huge disparity of resource consumption in the world at present.

 www.bestfootforward.com

 www.redefiningprogress.org

Sustainable Development Indicators – measuring sustainability

Policy-makers are familiar with their own territory but feel adrift when faced with the immense breadth of ideas which sustainable development raises. In order to measure sustainable development it is important to agree on what is being measured. To take forward sustainable

development, the Scottish Executive has adopted three groups of priority issues: resource use, energy and travel. These are intended to drive forward sustainable development within the responsibilities of the Scottish Executive.

 www.scotland.gov.uk

Introduction

Environmental Space – *how much can we use?*

The concept of '*environmental space*' is another way of presenting this information. The amount of each natural resource that can be used each year without damaging the environment or the environmental capacity of the earth is calculated. For renewable resources this is the amount that can be replenished

each year and for non-renewable resources this is calculated by considering the most pressing limiting factor regarding its exploitation. *Friend's of the Earth Scotland* has calculated that Scotland would have to reduce its oil consumption by 80%.

 www.foe-scotland.org.uk

Ecodebt – *are we exploiting others?*

The responsibility of industrialized countries for the destruction caused by their production and consumption patterns is called the '*ecological debt*'. Natural wealth extracted by the North at the expense of southern people has contaminated their natural heritage and sources of sustenance. Indeed, the living standards enjoyed by the industrialized countries owe a great deal to the immense flows of natural and financial resources and labour (either slave or underpaid) from the Third World. These flows do not take into account the social and environmental damages caused

by resource extraction. In other words, the impoverished countries of the South are subsidizing the rich countries of the North! While during the colonial period the extraction of precious metals and other resources was an openly violent affair, today's looting uses methods that are more subtle. International organizations such as the IMF, the World Bank and the World Trade Organization seek to dictate world economic policy in order to maintain a system of dominance and control over the trade in financial and natural resources.

 www.foei.org

Environmental Justice – *taking sides*

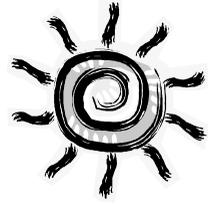
The lack of sustainability in our communities is not just a problem of poor management. Imbalances are caused because some groups benefit while other groups lose. This leads to injustices. Some appear to be obvious while others remain hidden and many communities benefit from some injustices while losing out on others. Most inequalities are maintained because people get used to enjoying privileges and do not make the connection between their lifestyle and the injustice it causes to others. Too

often the environment is dismissed as the concern of those who are not confronted with bread and butter issues. But the reality is the people who have the most urgent environmental concerns are those who daily cope with the consequences of a poor quality of life, conditioned by their environment. By being forced to live in circumstances, which would not be acceptable to better off groups in our society, they are being denied environmental justice.

 www.ejrc.cau.edu/

Chapter 1

Energy



Energy Efficiency
Renewable Energy
Fuel Poverty
Building Sustainably





Energy

Climate Change

The Biggest Global Problem?

Most scientists agree that our climate is changing rapidly and that this is not only due to natural fluctuations. The major cause is believed to be greenhouse gasses whose emissions have increased dramatically since the industrial revolution and the creation of the internal combustion engine.

The Intergovernmental Panel on Climate Change (IPCC) reported in 1990 that if we wish to save life as we know it on this planet we must cut our carbon dioxide levels by 60% - 80%. For years low lying pacific island states urged the industrialised nations to take action quickly before rising sea levels wiped out their countries.

"The wilful destruction, with foreknowledge, of entire countries and cultures represents an unspeakable crime against humanity."

The President of Nauru.

However it wasn't till 1997 at Kyoto that a hundred countries agreed to reduce their greenhouse gas emissions to 5.2% below their 1990 levels within fifteen years. This meant that the more damage a country had caused in the past, the

larger quota it would get to pollute in the future. But even this was too much for the U.S. Senate who voted 95 – 0 not to sign the treaty unless India also signed. Because India pollutes so little it would only get a tiny quota and so was seen to be exempt from the treaty.

"I oppose the Kyoto Protocol because it ... would cause serious harm to the U.S. economy."

George W Bush

It is difficult to predict what the result of climate change will be. However scientists have estimated that the result for Northern Scotland may be:

- *By the 2050's average temperatures will increase by up to 2°C with more hot summers and less cold winters. Winter rainfall to increase by 25% and summer rainfall to decrease by up to 30%.*
- *By the 2080's the sea level may rise by up to 60cm and flooding in inland areas may increase by 20%*.*

From Climate Change Scenarios for the UK, April 2002 (see www.ukcip.org.uk)
*From Scottish Executive Flooding Occurrence Review 2002

What Can We Do?

Many ideas are included in more detail throughout this booklet. We can all make an individual contribution by:

- Energy: Ensure you are using energy efficiently and use renewable energy
- Environment: Plant a few trees or join an organisation which does
- Transport: Walk or cycle rather than use the car and car share when possible
- Community: Put pressure on political representatives to reduce greenhouse emissions
- Economy: Support local businesses
- Products: Buy local organically grown vegetables
- Waste: Compost vegetable waste and recycle more
- Pollution: Inform the authorities of instances of pollution



Useful Contacts and websites

Do a Little, Change a Lot

 www.dochange.net

Scottish Executive advice on tackling climate change.

Rising Tide

 www.risingtide.org.uk

A network of small groups and individuals dedicated to taking local action and building a movement against climate change.

Climate Care

 www.climatecare.org

Offset your emissions by arranging projects to repair the climate damage.

The Carbon Trust

 0141 242 5582

 www.thecarbontrust.co.uk

A government funded body established to help businesses prepare for a low-carbon future and exploit the commercial opportunities that are on offer.

CREATE

 01942 322271

 www.create.org.uk

A leading energy education organisation dedicated to sustainable development and to reducing the effects of climate change.





Energy

Energy Efficiency

Save Energy in the Home

In global terms Scotland is a high energy consumer and demand is growing. In the ten years to 2002 the demand rose by 9%.

Energy used in the home was responsible for around a quarter of Scotland's carbon dioxide (CO₂) emissions. On average every household creates over six tonnes of CO₂ every year and the Scottish House Condition Survey (1996) shows that Scotland's housing exhibits poor levels of thermal efficiency and high levels of fuel consumption.

Therefore the home is one of the places where you can make the most immediate difference to climate change. According to the Energy Saving Trust (EST) nearly 50% of household energy used can be saved and the first 10% can be saved without spending any money but by small lifestyle changes.

The solution to the huge problem of global warming begins with implementing a number of simple energy efficiency measures. Treat the most mundane act as a heroic deed.

What Can We Do?

Lighting

- Always remember to turn off the light when you leave a room. In most homes, lighting accounts for at least 10-15% of the electricity bill.
- Switch to energy saving lightbulbs - Did you know that they use just a quarter of the energy of traditional lightbulbs.

Heating

- If you are too warm, turn the thermostat down by 1°C. It could cut 10% off your heating bill.
- If applicable install thermostatic radiator valves and a central heating programmer.

Kitchens

- Don't leave the fridge door open for longer than necessary, as cold air will escape. Defrost your fridge regularly as this will help it to keep running efficiently, and so reduce running costs.
- When using a kettle boil only the amount of water you are going to use. If everyone boiled only the water they needed to make a cup of tea instead of filling the kettle every time, we could save enough electricity to run practically all the street lighting in the country!
- Keep lids on pans or use a microwave to save electricity.
- When washing clothes use the economy setting if there's not enough for a full load. Hang washing out to dry on fine days.

Hot Water

- If you have a hot water tank make sure it is well insulated. Water should not be heated to a scalding temperature. For most people setting the thermostat at 60°C/140°F is usually quite adequate.
- Showers use much less hot water than having a bath. Why wash your money down the drain?



Draughts

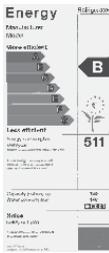
- Check for draughts around doors and windows. Draught-proofing gaps can save up to £20 each year.
- Check you have at least 250 mm of loft insulation. If you need any more insulation phone 0800 512 012 to find out if there are any grants.

Home Entertainment

- Switch TVs, computers and stereos off at the on/off button rather than leaving them on stand-by. It is safer and a simple way to save money. Appliances left on standby still use up to 70% of their normal energy consumption.

Check out www.saveenergy.co.uk for more ideas

Energy Logos – look out for these when buying new appliances



The European Energy Label

The European Energy Label is designed to show the energy efficiency of appliances such as fridges, freezers, fridge/freezers, washing machines and tumble dryers. It will tell you at a glance the energy efficiency of each appliance compared with similar models. Models labelled 'A' are the most efficient, and can use up to less than half the energy of a similar 'G' rated model. The label also shows the electricity consumption of the appliance in units (kWh) under standard test conditions.

The Energy Efficiency Recommended Logo

This logo can be found on everything from lightbulbs to gas boilers. It is your guarantee that the product will save energy, cost less to run and help the environment. If it doesn't have the logo, don't buy it!



Useful Contacts and Websites

Moray Energy Efficiency Advice Project SCARF (Save Cash and Reduce Fuel)

DLO Unit 6, Mosstodloch Industrial Estate, Fochabers IV32 7LH

☎ 01343 823059

✉ scarf@moray.gov.uk

🌐 www.scarf.org.uk

Free and impartial energy efficiency advice and information is made available to all citizens of Moray. Office hours Mon/ Tue 1.00pm – 4.30pm.

Aberdeen & North East Energy Efficiency Advice Centre

Freephone 0800 512012

Hosted by SCARF this offers free advice on making your home more energy efficient.

Scottish Energy Efficiency Office

2nd floor Meridian Court, 5 Cadogan Street, Glasgow G2 6AT

☎ 0141 242 5835

🌐 www.energy-efficiency.org

For free advice on making your business more energy efficient.



Energy

Association for the Conservation of Energy

☎ 020 7359 8000

🌐 www.ukace.org

Formed by major companies within the energy conservation industry to encourage a positive awareness of the need for and benefits of energy conservation.

Energy Action Scotland

Suite 40, Ingram house, 227 Ingram Street, Glasgow G1 1DA

☎ 0141 226 3064

🌐 www.eas.org.uk

A national charity which aims to eliminate fuel poverty, by raising awareness of fuel poverty issues and working towards affordable warmth for all.

Energy Saving Trust

☎ 020 7222 0101

🌐 www.est.org.uk

Established by the UK Government to address the issue of climate change in response to the 1992 Rio Earth Summit. Their goal is to achieve sustainable and efficient use of energy and cut carbon dioxide emissions.

Industry Associations

Ofgem

☎ 0141 331 2678

🌐 www.ofgem.gov.uk

Regulator for Scotland's gas and electricity industries. Its role is to promote choice and value for all customers.

Energywatch (Gas & Electricity Consumers Council)

☎ 08459 060708

🌐 www.energywatch.org.uk

Independent consumer org created by parliament to protect the interests of all domestic, commercial or industrial energy (gas and electricity) consumers.

Grant Schemes

The Scottish Executive Central Heating Programme

☎ 0800 316 1653

Provides free central heating for owner occupiers and private tenants who are over 60 years old and who do not already have a central heating system in their home.

The Warm Deal Programme

☎ 0800 072 0150

Provides grants for insulation and draught-proofing for householders in receipt of qualifying benefits or aged over 60 years old.

Energy Efficient Commitment Schemes

There is now an obligation on fuel suppliers to deliver energy efficiency schemes. One example is 'Fridgesavers', a scheme to replace inefficient fridges with new appliances for those on a qualifying benefit.

For up to date information on these schemes contact SCARF on freephone 0800 512012.



Renewable Energy

Energy That Doesn't Cost The Earth

Currently around 45% of Scotland's electricity is produced from fossil fuel, 45% from nuclear and 10% from renewables. As part of the Climate Change Programme, Scotland is committed to increasing the proportion of electricity generated by renewable energy to 18% by 2010 (Scottish Executive).

Renewable energy is the term to describe those energy flows that occur naturally and repeatedly in the environment. The main sources of renewable energy in the UK are wind (onshore and offshore windfarms), the sun (solar photovoltaics) and water (hydro and the emerging technologies of tidal and wave). Other green energy sources include biomass (the burning of

organic matter and forestry by-products), biogas (generated from landfill sites), ground source heat pumps and fuel cells (these produce electricity by combining hydrogen and oxygen in an electrochemical process). Although solar photovoltaics (creating electricity from solar panels) is not best suited to Moray's climate, the use of active solar heating (converting solar radiation into heat usually for hot water systems) and passive solar heating (orientating buildings and distributing glazing in a way that allows the interior to be heated by the sun) is well suited to Moray.

Since 1976 the UK nuclear industry has received £190 billion in government subsidies.

What Can We Do?

- Support renewable energy by switching to a renewable energy supplier. Friends of the Earth's Green Electricity League Table can be viewed through www.foe.co.uk or freephone 0808 800 1111. Alternatively keep the same supplier but switch to a renewable energy tariff. Most large suppliers offer this option and it can be done by simply phoning your supplier.
- Consider installing a solar water heater or other renewable energy systems in your house. Grants are available (see over the page for more details).
- Are there any community or public buildings which could benefit from installing a renewable energy system? Advice and grants are available from the SCHRI (see over the page for more details).
- Shout out! Voice your support for renewable energy to your political representatives.





Energy

Useful Contacts and Addresses

Scottish Community and Householder Renewables Initiative (SCHRI)

☎ 01463 713504

🌐 www.est.co.uk/scri

A one-stop-shop for communities and households interested in renewables. Grants of 30% up to £4,000 are available for homes and of 100% up to £100,000 are available for community projects.

Photovoltaic Demonstration Programme

🌐 www.est.org.uk/solar

50% grant on photovoltaic solar panels through the Department of Trade and Industry.

Going Solar

🌐 www.goingsolar.co.uk

Linking grants and energy providers to make solar technology more accessible.

Industry Associations

Renewable Power Association

☎ 020 7963 5852

🌐 www.r-p-a.org.uk

British Bioenergy

🌐 www.britishbiogen.co.uk

British Hydropower Association

🌐 www.british-hydro.org

British Wind Energy Association

🌐 www.bwea.com

UK Heat Pump Network

🌐 www.heatpumpnet.org.uk

Combined Heat & Power Association

☎ 020 7828 4077

🌐 www.chpa.co.uk

Wind Power

The introduction of windfarms to Moray has been controversial and exposed divides in communities. People have differing opinions of how we can utilise renewable energy and the acceptable scale of such developments. Should onshore wind generation be used to provide electricity or is it better to create our electricity elsewhere and retain our pristine environment?

The Moray Council

🌐 www.moray.gov.uk/edp/windenergypolicyguidance.pdf

A detailed policy guidance on the search areas for windfarms.

Yes to wind

🌐 www.yes2wind.com

Campaign site to promote wind power and counter misinformation.

Views of Scotland

🌐 www.viewsofscotland.org

Campaign site to highlight the effects of turbines on the Scottish landscape.

Offshore windfarms

🌐 www.crownestate.co.uk

For locations of offshore windfarms around the UK.



Fuel Poverty

Ended by 2016?

A fuel poor household is one that cannot afford to keep adequately warm at reasonable cost. The most accepted definition of a fuel poor household is one which needs to spend more than 10% of its income to heat its home to an adequate standard of warmth. Fuel poverty damages the health of those living in cold homes. The old, children, and those who are disabled or have long-term illness are especially vulnerable.

The main cause of fuel poverty is a combination of poor energy efficiency, fuel costs and low incomes.

The Scottish Executive is committed to ending fuel poverty by 2016. By March 2006, 70,000 householders will have received free central heating and insulation and households continue to benefit from the £7.5 million warm deal programme which provided grants for household insulation.

The 1996 Scottish House Condition Survey showed that that 35% of the households in Scotland (738,000) were estimated to be in fuel poverty. Of these, 8% (178,000) could be described as suffering extreme fuel poverty, requiring to spend over 20% of their income on fuel use.

The 2002 Scottish House Condition Survey showed that the number of fuel poor households has decreased to 262,000 in 2002 in a direct comparison to the 1996 figures or to 369,000 under the newer, stricter definition used in the Fuel Poverty Statement published in August 2002. The decrease in the number of households in fuel poverty is largely attributed to lower fuel costs, higher incomes due to tax and benefit changes and the Winter Fuel Payment. Energy efficiency programmes such as Warm Deal, which was first introduced in 1999, are slowly improving the poor housing stock in Scotland.

Useful contacts and Addresses

Central Heating Programme & Warm Deal

These are Scottish Executive programmes to provide grants and assistance for householders on benefit or over 60. For contact details see the section on energy efficiency on page 12.

Moray Care and Repair

Room 46, Chandlers Court, Chandlers Rise, Elgin IV30 4GF

☎ 01343 548660

This provides free advice and technical assistance about household repairs and improvements. Owner-occupiers and tenants who are either over 60, disabled or suffering from long term illness are eligible.

Winter Fuel Payment

☎ 0845 915 1515

(0845 601 5613 for textphone users)

🌐 www.thepensionerservice.gov.uk/winterfuel/home.asp

The Winter Fuel Payment is an annual one-off payment to help those over 60 with their winter heating bills. This should be paid automatically for those aged 60 or over and getting a State Pension, and for those who got a payment the previous winter as long as their circumstances have not changed.



Energy

Building Sustainably

Sustainability Begins at Home

From in-built energy efficiency to community architecture – ecological building design is seen as the shape of the future. Although building design regulations have been tightened to enhance energy efficiency, many see these changes as inadequate compared with the problem and the capability to avoid it. Sustainable issues include low energy buildings, avoiding synthetic

materials, using local sustainable materials, utilising traditional building methods and involving the local community in the process of planning and designing buildings.

"True sustainable development infers pretty serious cultural shifts and this is probably the most difficult and the most significant."

Chris Morgan Vice Chair of SEDA

Further Reading

Simply Build Green: A Technical Guide to the Ecological Houses at the Findhorn Foundation

By John Talbott

Paperback 2nd revised edition (13 October, 1995) Findhorn Press; ISBN: 1899171908
The book provides a description of the theory, practice and products used in the Eco-Village Project at Findhorn. It combines standard building techniques and methods with the basic philosophy of ecological building and its application. Some of the major issues discussed are: the use of natural materials; responsible design for energy and resource conservation; radon; the use of non-toxic material and construction methods; and renewable energy systems, including wind power and solar energy. The book is presented in a ring binder in order to allow for regular updates as understanding of ecological building improves.

Findhorn Ecovillage

The Park, Findhorn, Forres IV36 3TZ

☎ 01309 690311

🌐 www.findhorn.org/ecovillage

The internationally acclaimed Findhorn Foundation and its affiliated organisations comprises over 30 distinct bodies. Established in 1962, it has become a leading example of sustainable living, attracting more than 14,000 visitors every year from over 70 countries. Today it is a major centre of spiritual education, conducting residential holistic courses and events. A number of organisations within the Findhorn Foundation work in partnership on an Ecovillage Project. This Project has developed a range of solutions to social, economic and environmental challenges including ecological housing, a community shop, a wind power generator, and a biological sewage treatment plant.

Global Ecovillage Network

🌐 www.ecovillage.org

The Findhorn Ecovillage is part of the Global Ecovillage Network (GEN). GEN is a grassroots non-profit organization that links together a highly diverse worldwide movement of autonomous ecovillages and related projects. Over the years GEN has developed many activities, as well as supported the creation of sub-regional ecovillage networks. The secretariat of GEN-Europe is based at Findhorn. Contact Jonathan Dawson at jonathan@gen-europe.org or May East, Director International Relations at mayeast@findhorn.org



Useful Contacts and Addresses

Association of Environment Conscious Building

PO Box 32, Llandysul SA44 5EJ

www.aecb.net

The Association aims to facilitate environmentally responsible practices within the building industry. They promote the use of sustainable materials, encourage projects and aim to increase the availability of information about products and methods.

BRECSU

01923 664258

www.energy-efficiency.gov.uk

The Government's Energy Efficiency Best Practice programme provides impartial authoritative information on energy efficiency techniques and technologies in industry and buildings.

Centre for Alternative Technology

Machynlleth, Powys, SY20 9AZ, Wales

01654 705950

www.cat.org.uk

CAT aims to 'inspire, inform, and enable' people to live more sustainably. They offer practical solutions to environmental problems including a mail-order service of 'green' books and products, residential courses and a free information service.

Community Self-Build Scotland

www.selfbuild-scotland.org.uk

Aims to provide advice, assistance and training for self-build groups and information on community self-build.

Green Building Store

01484 854898

www.greenbuildingstore.co.uk

Supplies sustainable building products.

Low Impact Living Initiative

www.lowimpact.org

A non-profit organisation dedicated to helping protect the global environment

by promoting sustainable alternatives to various aspects of everyday life.

Scottish Ecological Design Association (SEDA)

P.O. Box 14167, Tranent, East Lothian, EH33 2YG

01875 614 105

www.seda2.org

SEDA is a non-profit making organisation which promotes the ecologically sound design of buildings and products. It acts as a network for people interested in ecological design.

Sustainable Homes

020 8943 4433

www.sustainablehomes.co.uk

Funded by the Housing Corporation to improve the awareness of sustainability issues in social housing.

Earthships Moray

The Hub, 16 Tolbooth Street, Forres, Moray, IV36 1PH

(01309) 672244

earthshipsmoray@hotmail.com

www.moraygateway.com (click on Communities)

The ethos behind the Earthship concept is to provide low cost housing with minimal running costs, which takes care of people and the environment. The Earthship is a highly energy-efficient housing model with a low carbon footprint. Its design principles of thermal mass, passive solar design, rainwater harvesting with autonomous greywater and sewage systems, and renewable energy utilisation create a self-sustaining space that provides the opportunity to grow food all year round. Earthships Moray aim to build a demonstration Earthship and pilot a housing development in Moray.

Chapter 2

Environment



Trees and Forestry
Leisure and Recreation
Environmental Organisations
Biodiversity
Natural Heritage Designations





Trees and Forestry

Moray's Natural Resource

Throughout Scotland there are nearly two billion trees growing across more than 1.3 million hectares. Moray is rich in trees, woods and forests as the climate and soil conditions are suitable for growing a wide variety of trees. The total area of woodland in Moray is 67,483 hectares representing 27.4% of the total land area. 62% of woodland is in private ownership and 38% is owned or leased by the Forestry Commission Scotland. Conifer woodland is the dominant forest type representing 74% of all woodland and the forest industry provides approximately 900 direct jobs in Moray. Forests are a vital resource for local communities, the environment and the economy. Wood is a sustainable and renewable fuel resource as unlike coal, oil and gas it is CO² neutral because the resource can be regenerated through replanting. Products made from locally sourced wood also provide a vital market for timber and encourages regeneration of woodlands, which in turn sustains rural jobs in the local economy. Forests are also a vital community resource. About 26 million visits are made to Scotland's forests every year, with more than 40 per cent of all Scots visiting a wood or forest in the past 12 months.

Forestry Commission

 www.forestry.gov.uk

Forestry Commission Scotland serves as the forestry department of the Scottish Executive, advising on and implementing forestry policy and managing the national forests. They aim to protect and expand Scotland's forests and woodlands and increase their value to society and the environment. Local area Conservancies carry out regulatory and grant support functions and Forest Enterprise manages Scotland's national forests on behalf of the Forestry Commission.

Grampian Conservancy

Ordiquhill, Portsoy Road, Huntly AB54 4SJ

 01466 794542

 grampian.cons@forestry.gsi.gov.uk

The Forestry Commission protects Scotland's forest and woodlands through the regulation and control of tree felling. Anyone wishing to fell trees should initially contact their local Forestry Commission Conservancy Office. The Forestry Commission also operate the Scottish Forestry Grants Scheme (SFGS) to encourage the creation and management of woods and forests. Many owners of private woodlands are also willing to provide recreational facilities on their land. Forestry Commission Scotland helps to pay for facilities and support the provision of information about these woods.

Forest Enterprise - Moray Forest District

Balnacoul, Fochabers IV32 7LL

 01343 820223

National forests are managed by Forest Enterprise Scotland and are open to the public for recreation. Major forests have many of the following facilities - car parks, visitor centres, maps and guides, waymarked trails, horseriding and off-road cycling routes. Forest Enterprise also undertakes forestry education through their Ranger Service who organise guided walks and forest events.

The Moray Council

 01343 563470

 gary.templeton@moray.gov.uk

Prepares and monitors the Moray Forestry Strategy which identifies opportunities for new woodland planting, preferred species choices and a range of priorities which are being addressed through various actions and projects.



What can we do?

There are several ways you can help to protect and conserve our trees and woodland habitat, such as:

- Follow the forest code when out enjoying our forests.
- Get involved with your local Community Woodland Association or other woodland organisation.
- Ensure your important local trees are protected by a Tree Preservation Order from the council and make sure that it is enforced.

When in a forest follow the forest code

1. Guard against all risk of fire.
2. Protect trees, plants and wildlife.
3. Leave things as you find them, take nothing away.
4. Keep dogs under control.
5. Avoid damaging buildings, fences, hedges, walls and signs.
6. Leave no litter.

Community Woodlands

Community woodlands are an exciting new force for change in Scotland. Across the country, groups are uncovering new opportunities for local recreation, education and employment. From small beginnings in the late 1980's, the movement now numbers over 100 groups across the country, responsible for a significant wooded area. Community woodlands themselves are extremely diverse, ranging from less than a hectare to over a thousand hectares in size, and embracing all woodland types. Local groups' involvement with their woodland varies as well, and includes an impressive range of social, environmental and economic activities. Community woodlands are currently providing significant benefits, both to local communities and to beyond.

Community Woodlands Association

Lower Balnakilly, Kirkmichael, Perthshire
PH10 7NB

Tel: 01250 881336

 www.community-woods.org.uk/

Aims to help community woodlands achieve their potential, by supporting, representing and promoting them.

Cottage Woods Community Woodlands Association

c/o 12 Wellington Terrace, Keith

 gibmare@globalnet.co.uk

Manages the Cottage Wood, Keith with the Moray Council. Has established and maintains footpaths around the wood.

Quarrelwood Woodland Park Association

Forest Enterprise, Balnacoul, Fochabers
IV32 7LL

 01343 820223

Manages Quarrelwood, Elgin for recreation, conservation, education and timber production. It is a partnership between the local community and the owners of the wood: Forestry Enterprise and The Moray Council.

Forres Community Woodlands Trust

Clover, Alves, Forres, IV36 2RA

 www.forreswoods.org.uk

Aims to conserve, regenerate and promote native woodlands around Forres

Drummuir Community Woodland

Westerton House, Drummuir, Keith AB55 5JP

 01542 810236

Aims to enhance the wood behind Drummuir Village and create safe paths.



Environment

Tree Preservation Orders (TPOs)

TPOs are made by local planning authorities to protect trees for amenity, public enjoyment or their environmental benefit. They can apply to individual trees, groups or areas of trees, or whole woods and parklands. A TPO prohibits the cutting down, topping, lopping, uprooting, wilful damage or destruction of trees without first obtaining permission from the local planning authority, unless the tree is dead, dying or dangerous, or in the way of development which has planning permission. A TPO also protects a tree's roots. Breach of a TPO is an offence carrying a fine of up to £20,000, or an unlimited fine in very serious cases. Local authorities can also seek injunctions to stop work if there is a threat of contravention of a TPO. In the case of unauthorised felling, the courts can order replanting and the TPO applies to the replacement trees.

Moray Council Environmental Services

Planning and Development Section, High Street, Elgin

☎ 01343 563299

If you know of a tree or a group of trees of local importance and amenity value under threat of the chainsaw contact the council Planning Department immediately.

Woods Under Threat

🌐 www.woodsunderthreat.info

Woods and trees under threat is an initiative of the Woodland Trust and Ancient Tree Forum. The website contains information on how to campaign to protect trees and woods which are under threat.

Useful contacts and websites

Forvie Tree Nursery

South Mains of Auchleuchries, Hatton, Peterhead AB42 0TQ

☎ 01358 711292

Grows native trees and wildflowers from locally gathered seed.

Highland Birchwoods

Littleburn, Munlochy, Ross-shire IV8 8NN

☎ 01463 811 606

🌐 www.highlandbirchwoods.co.uk/

Promotes and stimulate the development of a local woodland economy and culture in the Scottish Highlands.

The Tree Council

☎ 020 782 89928

🌐 www.treecouncil.org.uk

Promotes the planting and conservation of trees and woods. Runs the Tree Warden Scheme. Tree Wardens are volunteers who gather information about their local trees, give advice on tree matters, protect threatened trees and encourage local practical tree projects.

Reforestation Scotland

62-66 Newhaven Road, Edinburgh EH6 5QB

🌐 www.reforestingscotland.org

A networking organisation of those active in the ecological and social regeneration of Scotland.

Trees for Life

The Park, Findhorn Bay, Forres IV36 0TZ

☎ 01309 691292

🌐 www.treesforlife.co.uk

Aims to regenerate the Caledonian Forest and restore an area of 1,500 square kilometres. Organises volunteer work weeks to carry out practical forest regeneration work.

The Woodland Trust Scotland

☎ 01764 662554

🌐 www.woodland-trust.org.uk

Acquires woodland sites which were previously under threat from development pressure or unsympathetic management. Woodland Trust woods are managed for wildlife and public enjoyment.



The Great Outdoors

There's a World Outside

Moray has a largely urbanised population in towns and villages with some of the country's most stunning landscapes on our doorstep. Visits to the countryside can inspire the young, stimulate the jaded, entertain the elderly and give confidence to the vulnerable.

Walking in the countryside can play a major part in combating stress and other health problems. It can lead to both physical and mental health benefits.

Remember to follow the countryside code when out walking. New access rights and responsibilities are being drawn up by the Scottish Executive which will be enacted alongside existing rights. Until these are finalised it is important that visitors to Scotland's countryside bear three basic principles in mind:

- Respect the interests of other people;
- Take care of the environment;
- Take responsibility for your own actions.

What can we do?

- Switch off the TV and go outside and do something less boring instead!
- Walk along local public footpaths or join in with an organised guided walk.
- Join a local walking group or a campaigning group to ensure access to our countryside is protected.

Organised Events

A number of organisations arrange events and guided walks in and around the Moray area. These are advertised in local papers and the Green Diary. Leaflets advertising the events are printed seasonally and available from most Council access points, tourist information points, libraries etc. For more details of the organisations and the events they arrange contact the following:

Moray Coast Ranger Service

☎ 01343 543451

🌐 www.aberdeen-grampian.com

Events and information about the Moray Coast Trail.

Forest Rangers

Moray – ☎ 01343 820223

Aberdeenshire – ☎ 01466 794161

🌐 www.forestry.gov.uk

Events and information in our forests.

Glenlivet Estate Ranger Service

Glenlivet Estate Office, Main Street,
Tomintoul AB37 9EX

☎ 01807 580285

🌐 www.crownestate.co.uk/glenlivet

Events and information on the activities in Glenlivet estate. Visitor centre.

Speyside Way Ranger Service

Boat o Fiddich, Craigellachie AB38 9RQ

☎ 01340 881266

🌐 www.speysideway.org

Events and information on the Speyside Way. Visitor centre.

Aberdeenshire Ranger Service

☎ 01467 628399

Events and information in Aberdeenshire.

Spirit of Speyside Walking Festival

☎ 01343 557146

🌐 www.walkingfestival.net

A programme of walks for young and old held in late August. Leaflets advertising the walks on offer are available during the run up to the festival. Information is available from the local ranger services or from The Moray Council.



Environment

Additional Places to go for Walks in Moray

Loch Park Adventure Centre

Drummuir Castle Estate, Drummuir, Keith AB55 3JX

☎ 01542 810334

Located between Keith and Dufftown on the B9014. Offers a range of outdoor activities to suit people of all ages and abilities including fishing, woodland walks, canoe hire etc. Phone for full details or to make arrangements.

Millbuies Country Park

Millbuies Country Park, Longmorn, By Elgin IV30 3JR

☎ 01343 860234

Situated 4 miles south of Elgin close to the A941. There is a trout fishery, woodland and loch side walks and a picnic and barbecue area. Some of the footpaths are in a terrain which is not sympathetic to wheelchair users.

The Wards Wildlife Site

☎ Gary Templeton on 01343 563470

Located in Elgin, south of the railway line which separates Elgin from New Elgin. The site is designated as a non-statutory wildlife site as it is an important habitat, notable for its size and for supporting a colony of Northern Marsh Orchid in an urban location. A management plan has been prepared and work installing a boardwalk path and producing interpretation material is currently underway.

Moray's Forests

The forests in Moray are very diverse, ranging from the coastal pinewoods such as Culbin, Roseisle and Lossie, through the splendid scenery of Speyside to the upland forests around Tomintoul. The Moray forests are managed by local Forestry Enterprise staff to complement this diversity with recreation, conservation, cultural and natural heritage issues all taking a lead role alongside timber production. For details contact the Moray Forest District on 01343 820223

Location	All-ability Trail	Cycle Route	Toilets
Ben Aigan Located between Mulben and Craigellachie			
Quarrelwood Woodland Park Located on the Western outskirts of Elgin			
Roseisle Located along Burghead Bay			
Ordiequish Slorach's Wood paths on the South of Fochabers			
Culbin - Stretches along the shore of the Moray Firth between Kingsteps, near Nairn and Findhorn Bay			
Monaghty Torrieston walks located 5km South West of Elgin			
Whiteash - Winding Walks paths located on the Eastern edges of Fochabers off the A96(T)			



Useful contacts and websites

The Moray Local Access Project

Environmental Services Dept, Springfield House, Edgar Road, Elgin IV30 6FF

☎ 01343 557049

Co-ordinates and progresses access activity and footpath creation in Moray. Supports local access groups and has the goal to allow everyone to enjoy access opportunities in the countryside

John Muir Trust

41 Commercial Street Edinburgh EH6 6JD

☎ 0131 554 0114

🌐 www.jmt.org

The John Muir Trust was formed in 1983 to protect and conserve wild places and to increase awareness and understanding of the value of such places.

North East Mountain Trust

PO Box 40, Aberdeen, AB11 6QQ

🌐 www.nemt.org.uk

To co-ordinate and promote public awareness of the mountains in the NE of Scotland and to ensure their protection for the enjoyment of those taking recreation in them, both now, and in the future

The Ramblers Association Scotland

Kingfisher House, Auld Mart Business Park, Milnathort, Kinross KY13 9DA

☎ 01577 861 222

🌐 www.ramblers.org.uk/scotland

Organise social events and guided walks for members. Campaigns to protect thousands of miles of paths and to secure access to land

Walk to Health

Health Promotions, 239 High Street, Elgin IV30 1DJ

🌐 www.health-promotions.com

Walk to Health is a project developed by NHS Grampian and health service professionals to promote physical activity. Walking was chosen as the activity to encourage because it is safe, effective and easily taken up across a range of ages and socio-economic groups. 'Walk to Health' leaflets have been produced which include maps of local walks and information on the health benefits of physical activity. Most of the walks are at an easy gradient along track or pavement so do not require special clothing or footwear. All walks state if they are suitable for pushchairs/wheelchairs. The leaflets are available from GP surgeries and Council information points





Environmental Organisations

A Green Who's Who

Because there are so many environmental groups we have limited this section to groups with specific areas of expertise, local groups or national groups with a local presence. Other groups details are included elsewhere in this booklet.

A

Aberdeen & North East Energy Efficiency Advice Centre

Freephone 0800 512012

Hosted by SCARF this offers free advice on making your home more energy efficient.

Aberdeen City Environmental Forum

Hazel Carnegie ☎ 01224 273589

✉ h.m.carnegie@abdn.ac.uk

The forum includes a range of community and environmental organisations that meet bi-monthly to discuss local environmental issues.

Aberdeen Countryside Project

Doig-Scott Building, Craibstone Estate, Bucksburn, Aberdeen AB21 9YA

☎ 01224 711129

🌐 www.aberdeencountrysideproject.org

Seeks to enhance the environment in and around Aberdeen.

Aberdeenshire Environmental Forum

Brian Martin, Heathervale, Tifty, Fyvie, Turriff AB53 8LY

🌐 www.gwco.fsnet.co.uk

Co-ordinating environmental activities in Aberdeenshire, hosts Green Butterfly awards.

B

Bat Conservation Trust – Aberdeen Group

Isobel Davidson, Chapel Howe, Ardlethen, Ellon, Aberdeenshire AB41 8PF

☎ 013587 22881

✉ iso@clara.co.uk

🌐 www.bats.org.uk

Carries out bat surveys, gives advice about bats etc.

British Trust for Conservation Volunteers

Foucaisie, Woodside, Aberdeen AB22 8AR

☎ 01224 724884

30 Millbank Road, Munloch, Inverness IV8 8ND

☎ 01463 811560

🌐 www.btcv.org

Environmental volunteering opportunities around the North East and Highlands.

Buchan Countryside Group

53 High Street, Strichen, Fraserburgh AB43 6QH

☎ 01771 637394

🌐 www.bcggroup.freeserve.co.uk/

Practical environmental activities in the Buchan area.

Burghead Headland Trust

c/o 19 Forrest Road, Burghead, Elgin IV30 5XL

🌐 www.burghead.com

Burghead Headland is the site of the largest Pictish Fort in Scotland. The Trust purchased the Headland in 2000 and the former Coastguard Lookout Post in 2001. The Lookout Post is to be used as a small interpretation centre and a focal point for a Moray Pictish Trail.



Environment

Butterfly Conservation Trust

www.butterfly-conservation.org

Aims to help restore a balanced countryside with butterflies and other wildlife restored to the profusion that they once enjoyed.

C

Cairngorms National Park Authority

14 The Square, Granttown on Spey, PH26 3HG

01479 873535

www.cairngorms.co.uk

The Cairngorms National Park is home to a quarter of Scotland's native woodland with the biggest continuous stretches of near-natural vegetation in Britain. It is a refuge for a host of rare plants and creatures, including 25% of the UK's threatened species.

Conoco Natural History Centre

University of Aberdeen, Tillydrone Avenue, Aberdeen AB24 2TZ.

01224 493 288

www.abdn.ac.uk/cnhc

The centre provides natural history education to children of all ages.

D

Drummuir 21

c/o Kirkton House, Drummuir, Keith AB55 5JF

www.botriphnie.org.uk/drummuir_21.htm

Works to create sustainable development as a local partnership around Drummuir.

E

Earthships Moray

c/o Forres Community Office, 18 Tollbooth Street, Forres IV36 1PH

01309 672244

www.sci-scotland.org.uk

See section on page 19.

Eco-Congregations

www.ecocongregation.org/scotland

Assisting churches to green their life and mission.

Eco-schools

www.eco-schools.org.uk

A programme to assist schools to run in an eco-friendly way.

Environmental Improvements

01343 563470

gary.templeton@moray.gov.uk

The Moray Council undertake a programme of environmental improvements each year aimed at improving the appearance of civic focal points, tourist facilities, harbours, footpaths, beaches and other sites in need of improvement. The Council also provide grants to community groups to carry out their own environmental and economic projects.

European Union DG11

http://europa.eu.int/comm/dg11/index_en.htm

Here you will find continuously updated information on EU environmental policy.

F

Forestry Commission:

Grampian Conservancy

Ordiquhill, Portsoy Road, Huntly AB54 4SJ

01466 794542

Forest Enterprise - Moray Forest District

Balnacoul, Fochabers IV32 7LL

01343 820223

www.forestry.gov.uk

Local area Conservancies carry out regulatory and grant support functions and Forest Enterprise manages Scotland's national forests on behalf of the Forestry Commission.



Findhorn Ecovillage

The Park, Findhorn, Forres IV36 3TZ

☎ 01309 690311

🌐 www.findhorn.org/ecovillage

See section on page 18.

Forres Groups Action

c/o Forres Community Office, 18
Tollbooth Street, Forres IV36 1PH

☎ 01309 672244

🌐 www.nwmp.org

To coordinate local voluntary effort and to pool resources in and around Forres.

Friends of Ben Rinnes

Dr Adrian Cammack, Mansfield House,
Craigellachie, Banffshire, AB38 9RP

🌐 www.speyside.moray.org/Aberlour/FoBR.html

A group of volunteers dedicated to caring for that most special of Banffshire landmarks, the 2755ft granite outcrop known to locals simply as 'The Ben'.

Friends of the Moray Firth Dolphins

Peter McDonald, 4 Craigview, Findochty
AB56 4QF

☎ 01542 833867

🌐 www.loupers.com

Dolphin watching, recording movements and education about the Moray Firth dolphins.

G

Grampian Association of Storytellers

📧 gas-story@hotmail.com

Learn and practice the art of storytelling.

Grampian Fungus Group

Liz Holden

📧 holdens@clara.co.uk

🌐 www.fonix.org/public/home/palmerj/gfg.htm

Aims to promote peoples enjoyment and understanding of fungi.

The Green Diary

177 Mid Street, Keith AB55 5BL

🌐 www.reap-csv.net

Free monthly listing of environmental activities in the North East.

H

Highland Environmental Network

Education Centre, Castle Street, Dingwall
IV15 9HU

🌐 www.highlandenvironment.org.uk

A voluntary organisation which aims to promote environmental education and community environmental action.

J

JNCC – Joint Nature Conservancy Council

7 Thistle Place, Aberdeen

☎ 01224 655700

🌐 www.jncc.gov.uk

The UK Government's wildlife adviser, undertaking national and international conservation work on behalf of Scottish Natural Heritage.

K

Keep Scotland Beautiful

Islay House, Livilands Lane, Stirling FK8 2BG

🌐 www.encams.org

Campaigns to reduce litter and also supports ENCAMS – environmental campaigns in Scotland which include Eco-schools and Eco-congregations.

M

Marine Conservation Society

🌐 www.mcsuk.org

Organises seasonal beach litter surveys. Website includes their Good Beach Guide.



Environment

Master Composter Project

☎ 01343 557060

✉ mcnorth@tiscali.co.uk

🌐 www.scrap.org.uk

Set up to provide help and advice on home composting. They sell discounted compost units and Green Cone food digesters.

The Moray Council

Environmental Services Dept
Planning and Development Section, High Street, Elgin

☎ 01343 563299

🌐 www.moray.gov.uk

Deals with planning, environment, biodiversity, sustainability and natural heritage designations.

Moray Energy Efficiency Advice Project

SCARF (Save Cash and Reduce Fuel)

DLO Unit 6, Mosstodloch Industrial Estate, Fochabers IV32 7LH

☎ 01343 823059

✉ scarf@moray.gov.uk

🌐 www.scarf.org.uk

Free and impartial energy efficiency advice and information is made available to all citizens of Moray. Office hours Mon/Tue 1.00pm – 4.30pm.

Moray Firth Partnership

27 Ardconnel Terrace, Inverness IV2 3AE

🌐 www.morayfirth-partnership.org/

Encourages different interests to work together to safeguard the Moray Firth's natural, economic and social resources.

Moray Firth Wildlife Centre

Spey Bay, Moray IV32 7PJ

☎ 01343 820 339

🌐 www.mfwc.co.uk

Visitor centre with interpretation facilities of the wildlife of the area in particular the bottlenose dolphin population.

Moray Friends of the Earth

Mike Bowker, 1 Milton Lodge, Seafield Avenue, Keith AB55 5BS

☎ 01542 886611

🌐 www.morayfoe.org.uk

Local FoE group, campaigns on environmental justice issues.

Moray Reachout (Waste Watchers)

Unit 7-9 March Lane, Industrial Estate, Buckie AB56 4BB

☎ 01542 835533

✉ wastewatchers@fflife.co.uk

Local Cash for Cans Centre. Accepts aluminium cans, foil etc.

The Moray Society

Elgin Museum, 1 High Street, Elgin IV30 1EQ

☎ 01343 543675

🌐 www.elginmuseum.org.uk

Programme of Winter lectures and summer outings. Society includes - field walking group, civic committee and junior club amongst other activities. Provides pool of volunteers available for local archaeological digs. Provides funding and voluntary staffing for the Elgin Museum which is rich in local history and pre-history.

Moray Sustainability Forum

c/o REAP, 177 Mid Street, Keith AB55 5BL

☎ 01542 888070

Networking forum to encourage sustainability in Moray.

Moray Waste Busters

Waterford Recycling Centre, Waterford Road, Forres IV36 3TN

☎ 01309 676056

🌐 www.moraywastebusters.org

Promotes composting to reduce the amount of waste going to landfill. Their site includes a demonstration garden where they host educational events and school groups.



Moray Wood Recycling Workshop

9 Chanonry Spur, Elgin IV30 6NA

☎ 01343 546 100

✉ wood.recycling@care4free.net

Reuses wood. You can also buy wood chips for your garden, doors and other wood items.

N

National Trust for Scotland Conservation Volunteers

Rangers' Office, Crathes Castle, Banchory, Kincardineshire AB31 3QJ

☎ 01330 844651

🌐 www.nts.org.uk

Carry out practical environmental volunteering on NTS property.

NESBReC

Room E106, Hilton Campus, University of Aberdeen, Hilton Place, AB24 4FA

☎ 01224 273633

✉ nesbrec@aberdeenshire.gov.uk

🌐 www.nesbrec.org.uk

The North East Scotland Biological Records Centre collates, co-ordinates, disseminates and manages biological data.

North East Scotland Local Biodiversity Action Plan

Doig-Scott Building, Craibstone Estate, Bucksburn, Aberdeen AB21 9YA

☎ 01224 711120

✉ Maria.hardy@aberdeenshire.gov.uk

🌐 www.nesbiodiversity.org.uk

Oversees the implementation of the biodiversity plan in the North East.

R

REAP – Rural Environmental Action Project

177 Mid Street, Keith AB55 5BL

☎ 01542 888070

✉ reap@csv.org.uk

🌐 www.reap-csv.net

A CSV project to provide support and raise awareness of the concept of sustainable development. Provides support for community groups across a wide field of interest.

Reboot

9 Greshop Industrial Estate, Forres IV36 2GU

☎ 01309 671 681

🌐 www.reboot-forres.co.uk

Moray computer recycling project. Working computers donated to the project are refurbished for use by community groups and individuals.

RSPB

10 Albyn Terrace, Aberdeen AB10 1YP

☎ 01224 624824

🌐 www.rspb.org.uk

The RSPB is the UK charity working to secure a healthy environment for birds and wildlife.

S

Satrosphere

The Tramsheds, 179 Constitution Street, Aberdeen AB11 6LU

☎ 01224 640340

🌐 www.satrosphere.net

Scotland's first hand's on science centre. Find out about all aspects of science and have fun while you do it.

Scottish Conservation Bureau

Longmore House, Salisbury Place, Edinburgh EH91SH

☎ 0131 668 8668

🌐 www.historic-scotland.gov.uk

A central point of contact for information, advice and support for conservation of buildings and artefacts in Scotland.



Environment

Scottish Environmental Protection Agency

28 Perimeter Road, Pinefield, Elgin

☎ 01343 547663

🌐 www.sepa.org.uk

Contact to report pollution, damage or danger to the natural environment and wildlife. Freephone 0800 80 70 60

Scottish Natural Heritage

32 Reidhaven Street, Elgin

☎ 01343 541551

🌐 www.snh.org.uk

Government agency tasked with conserving and enhancing Scotland's unique and precious natural heritage - the wildlife, the habitats and the landscapes which have evolved in Scotland through the long partnership between people and nature.

Scottish Wildlife Trust

Cramond House, Cramond Glebe Road, Edinburgh EH4 6NS

☎ 0131 312 7765

🌐 www.swt.org.uk

A campaigning organisation raising public awareness of threatened habitats and species, representing the largest voluntary body working for all the wildlife of Scotland and manages over 125 wildlife reserves throughout Scotland.

Sustainable Development Research Centre

The Enterprise Park, Forres, Moray IV36 2AB

☎ 01309 696807

🌐 www.sustainableresearch.com

A not for profit research body that develops international and national academic and commercial partnerships to build models and identify performance indicators to assist in monitoring and measuring sustainable development.

T

Trees for Life

The Park, Findhorn Bay, Forress IV36 0TZ

☎ 01309 691292

🌐 www.treesforlife.co.uk

Aims to regenerate the Caledonian Forest and restore an area of 1,500 square kilometres.

W

Whale and Dolphin Conservation Society

Moray Firth Wildlife Centre, Spey Bay, IV32 7PJ

☎ 01343 820339

✉ wildlifecentre@wdcs.org

🌐 www.wdcs.org.uk

WDCS is the global voice for the protection of whales, dolphins and their environment.

Wildlife Liaison Officer: Northern Constabulary

☎ Inverness 01463 715555

Grampian Police

☎ Inverurie 01467 620222

Contacts for the local network of Police Wildlife Liaison Officers who combat wildlife crime and enforce wildlife conservation legislation.

WWF Scotland

8 The Square, Aberfeldy, Perthshire PH15 2DD

☎ 01887 820449

🌐 www.wwf-uk.org

The world's largest independent conservation organisation aims to build long-term solutions to environmental problems for the benefit of people and nature.



Biodiversity

The Variety of Life

'Biodiversity' is short for 'biological diversity'. Put simply, it means the variety of living things that surround and sustain us. It includes all living things and the environment of which they are part. From tiny ants to great pine trees, from open hillsides to small urban gardens, biodiversity is everywhere. We are all part of it and depend on it for our quality of life.

At the 1992 Rio Earth Summit over 150 countries signed a set of agreements including the Convention on Biological Diversity. The CBD was the first global agreement on the conservation and sustainable use of biological diversity. The CBD also called for the creation and enforcement of national strategies and action plans to conserve, protect and enhance biological diversity at the national level. In 1994, the UK government launched *Biodiversity: the UK Action Plan*. The report identified 59 broad activities for conservation work over the next 20 years and also established fundamental principles for future biodiversity conservation in the UK.

In Scotland, the Scottish Biodiversity Group was set up to take forward biodiversity in Scotland. The Group is a unique, broadly-based partnership of those who work in, depend on and care for Scotland's countryside. The Scottish Group is overseeing the production and implementation of action plans for plants and animals which are either predominantly or wholly found in Scotland (such as corncrakes, red squirrels and chequered skipper butterflies), and habitat action plans for Scotland's most special wild places, including native pine forests, blanket bogs and the machair of the Western Isles.

As well as National plans and priorities, plans are also made at the local level. Moray, Aberdeenshire and Aberdeen City Councils are involved in the North East Scotland Local Biodiversity Action Plan (LBAP). The plans are produced by a Local Partnership of organisations and co-ordinated by an LBAP Officer. The NE Local Biodiversity Partnership are charged with overseeing the implementation of the biodiversity plan in the North East.

What can we do?

There are several ways that you can help to protect and conserve Scotland's biodiversity, such as:

- getting involved with a local environment group,
- putting up bird and bat boxes, planting trees or cleaning up rivers,
- supporting the wildlife in your garden with wildlife friendly gardening practices. Use peat-free products and minimise the chemicals you use,
- help with local wildlife surveys, in your garden, in the local park - it is all valuable biodiversity work



Environment

Biodiversity Advice Notes for Businesses

North East Scotland Biodiversity Partnership have produced Biodiversity Advice Notes for Businesses to help businesses get started. The notes highlight several ways every business, large or small, can take action for local wildlife as part of the biodiversity process.

To find out more, contact North East LBAP.

Useful contacts and websites

North East Scotland LBAP

Doig-Scott Building, Craibstone Estate,
Bucksburn, Aberdeen AB21 9YA

☎ 01224 711120

✉ Maria.hardy@aberdeenshire.gov.uk

🌐 www.nesbiodiversity.org.uk

Charged with overseeing the implementation of the biodiversity plan in the North East.

Scottish Biodiversity Forum

🌐 www.scotland.gov.uk/biodiversity

UK Biodiversity Website

🌐 www.ukbap.org.uk

Business and Biodiversity Resource Centre

🌐 www.businessandbiodiversity.org



Natural Heritage Designations

Acronym Buster

There are a large range of different natural heritage designations in Moray which reflect the diversity of landscapes, habitats and species within the area. Designations can be subdivided into international, national and local which

reflect the relative importance of the designation. **For contact details of organisations with responsibility over the designations see section on Environmental Organisations starting on Page 29.**

International Designations

The UK Government has entered into a number of international natural heritage obligations. Consequently a number of international designations cover Moray;

Special Protection Areas (SPA)

Designated under the 1979 EC Birds Directive. SPA's are classified under the EC Directive on the Conservation of Wild Birds. The Directive requires the Member States of the European Community to identify and classify the most suitable territories, in size and number, for certain rare or vulnerable species and for regularly occurring migratory species. SPA's are intended to safeguard the habitats of the species for which they are selected and to protect the birds from significant disturbance. There are currently 5 SPA's in Moray.

Contact: *Scottish Natural Heritage*

Special Areas of Conservation (SAC)

Designated under the 1992 EC Habitats and Species Directive. SAC's are areas designated under the European Directive commonly known as the 'Habitats' Directive. Together with SPA's, which are designated under the Wild Birds Directive, SAC's form the Natura 2000 network of sites. There are currently 10 candidate SAC's in Moray.

Contact: *Scottish Natural Heritage*

Ramsar Sites

Designated as a result of the Conservation on Wetlands of International Importance signed at Ramsar in Iran in 1971. There are currently 3 Ramsar Sites in Moray.

Contact: *Scottish Natural Heritage*

 www.ramsar.org

World Heritage Sites

Designated under the 1984 World Heritage Convention, these are considered to be the "ultimate accolade". There are currently no World Heritage Sites designated in Moray.

National Designations

National Parks

Designated under the National Parks (Scotland) Act 2000 these represent areas of the finest landscapes and natural heritage interests within Scotland. The Cairngorms National Park was officially opened on the 1st September 2003 and is the UK's largest at 3,800 square kilometres (1,400 square miles).

Contact: *Cairngorms National Park*



Environment

National Scenic Areas (NSA)

NSA's are Scotland's only national landscape designation. They are those areas of land considered of national significance on the basis of their outstanding scenic interest which must be conserved as part of the country's natural heritage. There is currently 1 area designated as a NSA in Moray.

Contact: Scottish Natural Heritage

National Nature Reserves (NNR)

NNR's are designated through the SSSI procedures. These are areas where the principal land use is conservation. NNR's offer wonderful opportunities to discover and learn more about the diverse range of animals, plants and landscapes within Scotland. There is currently 1 area designated as a NNR in Moray.

Contact: Scottish Natural Heritage

 www.nnr-scotland.org.uk

Sites of Special Scientific Interest (SSSI)

These are the main land and fresh water based nature conservation designation. These sites are special for their plants or animals or habitats, their rocks or landforms or a combination of these. There are currently 43 SSSI's in Moray.

Contact: Scottish Natural Heritage

Local Designations

Areas of Great Landscape Value (AGLV)

These are designated by local authorities through the Development Plan and seek to safeguard the areas best landscapes from inappropriate development. There are currently 7 AGLV's in Moray.

Contact: The Moray Council - Environmental Services Dept

Sites of Interest to Natural Science (SINS)

These were identified by Grampian Regional Council and seek to safeguard a range of sites of geological, botanical, biological and ornithological value. There are currently 42 SINS in Moray.

Contact: The Moray Council - Environmental Services Dept

Local Nature Reserves (LNR)

Designated by local authorities, these are places with special local natural interest, set up to protect local nature and for people to enjoy and appreciate. There is currently 1 LNR in Moray.

Contact: The Moray Council - Environmental Services Dept

Wildlife Sites

Identified by Scottish Wildlife Trust (SWT) and the Council this designation seeks to safeguard sites for their wildlife value. There are currently 7 Wildlife Sites in Moray.

Contact: SWT / The Moray Council - Environmental Services Dept

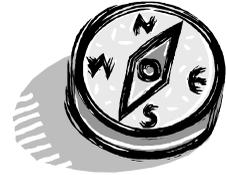
Tree Preservation Orders (TPO)

Designated by local authorities to safeguard trees of amenity value to the community. There are currently 28 TPO's in Moray. See section on Trees and Forestry page 24.

Contact: The Moray Council - Environmental Services Dept

Chapter 3

Transport



Greener Driving
Public Transport
Cycling and Walking





Transport

Greener Driving

More Miles Per Gallon

The pollutants emitted by road transport contribute greatly to poor air quality that damages human and ecosystem health. Transport emissions also contain carbon dioxide and other greenhouse gasses which contribute to climate change (Scottish Executive – Key Scottish Environment Statistics, 2002).

After domestic energy use, individuals contribute most to climate change from their choice of transport. Despite improvements to engine design and stricter controls over exhaust emissions, transport contributes 20% of our total carbon dioxide emissions.

While more sustainable forms of transport than the private car has to be encouraged, the peripheral location and rural nature of Moray means that for many journeys there is no practical choice but to use the car.

Cars account for roughly 80% of road traffic (Scottish Executive – Key Scottish Environment Statistics, 2002) and an ever greater volume of traffic is now clogging our roads, creating added congestion and pollution. This is not going to change in the foreseeable future, but responsible car use can minimise some of the worst effects.

What can we do?

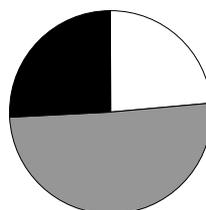
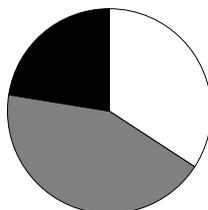
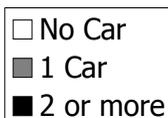
Our transportation choices will substantially affect the impact we have on the environment.

- When using a car make your fuel go further by driving sensibly.
- When replacing your car consider choosing a low impact vehicle or one which is more fuel efficient.
- Walk, cycle, use public transport or car share whenever possible.
- Air travel uses up large amounts of fossil fuels, where possible use the train or ferry instead.

Car Availability per Household

Scotland

Moray



Moray has higher levels of car ownership than the national average.

	Total Cars	No Car	1 Car	2 or more	Average
Moray	38,960	8,460	18,060	9,283	1.09
Scotland	2,044,018	750,422	950,275	491,549	0.93

Source 2001 Census



General Tips on Greener Driving

There are several steps you can take to make the fuel you buy go further:

- **Service your car regularly** as this maintains engine efficiency and cuts fuel consumption. Old plugs, worn leads and clogged filters are the main culprits for lost gallons with modern fuel injected systems.
- **Check tyre pressures** regularly and set according to the car's handbook. If a tyre is under-inflated, fuel consumption can rise appreciably.
- **Pack roof racks** carefully and remove them when not in use.
- **Use air-conditioning sparingly.** Try air vents before opening a window or using air-conditioning. Remember open windows and empty roof racks increase wind resistance and therefore reduce efficiency.
- **Drive gently,** avoid unnecessarily hard acceleration, and use the highest gear you can without labouring the engine.
- **Stick to speed limits.** Fuel costs can go up by as much as 4p a mile for small cars if you drive at speeds of over 60 mph.
- **Recycle your used motor oil** at council recycling points.
- **Turn off the engine** if you are going to be stationary for more than two minutes. As well as wasting fuel idling prevents the catalytic converter working efficiently and removing pollution in the exhaust.
- **Plan journeys** with Route Planner and check the latest traffic news.

Car-sharing Pool

Every day over 10 million empty seats in cars clog the roads. If just half of all UK motorists received a lift one day a week, congestion and pollution would be reduced by 10% and traffic jams by 20%. Lift sharing also contributes to social inclusion, helping many socially excluded people access facilities.

Moray Transport Initiative

Public Transport Unit, The Moray Council, Academy Street, Elgin IV30 1LL

☎ 01343 562569

*The Initiative has produced a **Moray Community Transport Guide** which is a directory of transport provision in Moray and includes information about car sharing schemes etc. The guide is free and can be obtained from Council offices, libraries, tourist information centres and post offices.*



Transport

Choose a low-impact vehicle

Every 6,000 miles, the average car produces its own weight in CO² emissions. You can save money and help the environment by buying a car which is the most fuel-efficient. www.vcarfueldaa.org.uk to find out your own car's pollution emission and help you choose a less polluting car in the future.

Alternative fuels

Electric

The key component of the electric car is the battery. There are several types of batteries that can be used for electric cars, but the greatest advances to date have been made with lead-acid and the nickel-cadmium batteries. Electric vehicles produce low noise and zero emissions in use, and their widespread use would certainly benefit the urban environment. Hybrid cars that run on petrol and electricity produce 75% less pollution than standard ultra-low emission vehicles and they can be recharged at home. There are drawbacks however: the lead-acid batteries available now are serious pollutants and are large and heavy, the range is limited, and recharging can be a lengthy process. In addition, if the electricity is generated from a non-renewable source the pollution is simply passed down the line from the road to the power-station. There are no emissions from solar, tidal, wind, or hydro-electric sources and new technology in these fields may well offer serious alternatives for the future. Electric Vehicles UK campaigns for electric cars in the UK and is a good place to start looking for information www.evuk.co.uk.

Biodiesel

Biodiesel is a fuel made from vegetable oil that runs in any unmodified diesel engine. Biodiesel can be made from any vegetable oil including oils pressed straight from the seed (virgin oils) such as soy, sunflower, canola, coconut and hemp. Biodiesel can also be made from recycled cooking oils from fast food restaurants. Even animal fats like beef tallow and fish oil can be used to make Biodiesel fuel. Dr. Rudolf Diesel actually invented the diesel engine to run on a myriad of fuels including coal dust suspended in water, heavy mineral oil, and, you guessed it, vegetable oil. By the time he showed his engine at the World Exhibition in Paris in 1900, his engine was running on 100% peanut oil. In 1911 he stated "*The diesel engine can be fed with vegetable oils and would help considerably in the development of agriculture of the countries which use it.*" In 1912, Diesel said, "*The use of vegetable oils for engine fuels may seem insignificant today. But such oils may become in course of time as important as petroleum and the coal tar products of the present time.*" Since Dr. Diesel's untimely death in 1913, his engine has been modified to run on the polluting petroleum fuel we now know as diesel.

www.veggievan.org is a great web site to get information on Biodiesel.

www.lowimpact.org get info on producing bio-diesel from your home.

Bio-diesel can be purchased from www.ebony-solutions.co.uk where it is taxed at source.

Liquefied Petroleum Gas (LPG)

In Britain there are approximately 2,000 cars running on LPG, mainly taxis. LPG consists of 90% propane and is produced during petroleum refining - a non-renewable source. Most cars running on LPG in this country today are hybrids; they can operate on petrol or LPG. Emissions are generally lower than diesel and petrol engines and LPG also causes less wear and tear to engine and exhaust systems. LPG vehicles are less



powerful than their petrol driven counterparts and it is generally considered that LPG will never be a major long-term fuel because its production is limited to such a small proportion of oil and gas production. LPG is not yet widely available in Moray and there is a long way to go before it is as popular as in the Netherlands where approximately one in ten cars run on LPG.

Hydrogen Gas

Hydrogen as a fuel can either be produced by electrolysis of water, or derived from coal. It is used in conventional internal combustion engines with only minor modifications, and the main product of combustion is water. In Berlin, hydrogen fuelled cars were tested for approximately 187,000 miles and recorded low emissions of pollutants and negligible carbon dioxide. Drawbacks include the technical difficulties of on board storage and safety. Liquid hydrogen requires around four times the storage volume as its petrol equivalent, necessitating substantially larger fuel tanks. The safety requirements of hydrogen mean that adequate ventilation systems must be developed, particularly when the fuel is confined for long periods of time such as in a garage. Availability is limited in Britain. If produced from coal, we are of course back using fossil fuels - which we are trying to get away from! Production by electrolysis consumes large amounts of electricity, so this technology will only be an environmental improvement if combined with sustainable electric power sources. **www.siggen.co.uk**
www.4hydrogen.com

Useful contacts and websites

Energy Saving Trust - TransportEnergy

☎ 0845 602 1425

🌐 www.transportenergy.org.uk

A division of the Energy Saving Trust which give grants and advice.

Spey Bay Salvage Ltd

Nether Dallachy, Spey Bay, Fochabers, Moray IV32 7PL

☎ 01343 821348

🌐 www.murray-1.co.uk

Shreds and reuses commercial tyres. Collects over 20,000 tyres a week and shreds them to be used as material for horse arenas etc. Currently the only company in Scotland doing this vital recycling work. 40 million scrap tyres are discarded in the UK each year and can sit in landfill for around 400 years before beginning to decompose.

www.tyredisposal.co.uk

Future Forests

🌐 www.futureforests.com

Offset your carbon generated from transportation.

Winter driving

Winter weather can be very variable and it is easy to be caught out by sudden changes. Black ice can be a particular danger; it is not readily visible and can persist or recur even after the road has been treated with salt. Salting and gritting will not prevent roads from icing up in extreme conditions. Every driver should take account of prevailing weather and road conditions.

The Moray Council:

☎ Working hours: 01343 562500

☎ Out of hours: 08457 565656

BEAR (Scotland) Ltd: manage the A95 and A96 Trunk Roads

☎ 0800 5871107

AA Roadwatch / Weather Watch:

☎ 09003 401100



Transport

Public Transport

On the Buses

Public transport is a much more efficient form of transport than a private car. One litre of fuel can carry a person 4 miles in a large car, 5.5 miles in a small car, 31 miles in a bus with 40 passengers and 34 miles in a train with 300 passengers. (Go MAD 2, 2003 Think Publishing).

Using public transport can save you money because cars cost on average £2,400 a year to run. It will also make better use of your time and mean you avoid hunting down a parking place.

However the Scottish Household Survey results in 2001/2002 showed that while

public transport was described as *Very Convenient* by 54% of adults in large urban areas it was only described as *Very Convenient* by 13% in remote rural areas where 31% said that it was *Very Inconvenient*.

The rural nature of Moray means that public transport alternatives to the car are infrequent for many journeys. Public bus services throughout Moray are provided by private operators either commercially or under contract to The Moray Council for subsidised routes.

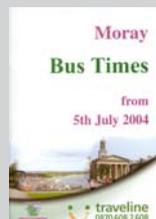
Moray Council Public Transport Unit

Academy Street, Elgin IV30 1LL

☎ 01343 562569

💻 www.moray.gov.uk/transport/

The Moray Council Public Transport Unit operate a telephone information service and their web pages have detailed information on local transport and links to major travel means in and around the Moray area. The Moray Council produce a **Local Public Transport Guide** detailing timetable information for local bus and rail services in Moray. The guide is free and can be obtained from Council offices, libraries, tourist information centres, post offices and local bus operators.

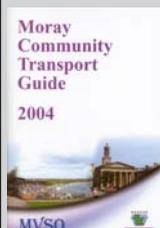


Details of nationwide public transport timetables can also be obtained from Traveline at www.traveline.org.uk or Tel: 0870 608 2 608

Moray Transport Initiative

Public Transport Unit, The Moray Council, Academy Street, Elgin IV30 1LL

The Moray Transport Initiative comprises people and organisations who have an interest for transport for the community. The Initiative aims to promote and support transport for the community in Moray and has produced a **Moray Community Transport Guide** which is a directory of transport provision in Moray and includes information about travel concessions and advice. The guide also lists all community bus services and community transport schemes including car sharing schemes etc. The guide is free and can be obtained from Council offices, libraries, tourist information centres and post offices.



Details of nationwide community transport initiatives can also be obtained at www.CommunityTransport.com



Free Bus Travel

A ConcessionCard entitles eligible Moray residents to free travel on all participating bus services operating within and between Aberdeenshire, Moray and Aberdeen City. You are eligible if you are resident in Moray for at least 32 weeks every year and are aged 60 or over or are registered blind or partially sighted; are profoundly deaf; or have a disability which causes you difficulty in travelling. A ConcessionCard information leaflet and application form is available from public libraries, Council Access Points and Forres Collection Office. For further information:

The Public Transport Unit

Aberdeenshire Council, Woodhill House, Westburn Road, Aberdeen AB16 5GB

☎ 01224 664589

Registered blind and partially sighted residents are entitled to free bus and rail travel. Details and an application form are available from Grampian Society for the Blind.

☎ 01224 625622

Useful contacts and websites

Moray Assisted Transport Scheme

☎ 01343 551339

The MAT scheme has been set up by The Moray Council in consultation with voluntary organisations to provide transportation help for residents with mobility problems. MATS is funded by The Moray Council and delivered by private taxis registered with the scheme

Keith & Dufftown Railway Association

Dufftown Station, Dufftown, Banffshire AB55 4BA

☎ 01340 821181

✉ info@keith-dufftown.org.uk

🌐 www.keith-dufftown.org.uk

Enjoy a round trip of 22 miles on a heritage railway through Scotland's whisky country. Open every weekend from Easter till the end of September and special Christmas timetable.

Traveline

☎ 0870 608 2 608

Minicom: 0870241 2216

🌐 www.traveline.org.uk

Traveline operates a national transport information service which covers all aspects of public transport across Scotland and includes a journey planner to help with planning journeys with public transport.

ScotRail

☎ 08457 48 49 50

🌐 www.scotrail.co.uk

For detailed ScotRail times, information and online ticket purchase.

Stagecoach

St Giles Bus Station, Alexandra Road, Elgin IV30 1PW

☎ 01343 544222

🌐 www.stagecoachbus.com/bluebird

Commercial/Council supported bus services and coach hire.

National Rail

☎ 08457 48 49 50

Minicom 0845 60 50 600

🌐 www.nationalrail.co.uk

For detailed National Rail information.

Choose Another Way

🌐 www.chooseanotherway.com/

An awareness campaign by the Scottish Executive to see if the car is the best way for you to make every journey.

Chooseclimate

🌐 www.chooseclimate.org

Calculate the greenhouse warming effect of any flight you are undertaking.



Transport

Cycling and Walking

Get on Your Bike

Bikes outnumber cars in the UK, yet most of them are unused because of the sheer danger and unpleasantness of cycling in traffic.

Cycling is the most environmentally friendly form of transport after walking. So save your money, time and the environment and get on your bike today. Current studies show that 71% of road trips by motor cars are less than five miles and 46% are less than two miles. On short journeys the catalytic converter does not become effective until you have driven 2 miles. In addition to this it is estimated that a 10% increase in the number of people walking or cycling regularly would lead to a 4% reduction

in the numbers of people with heart disease, thereby saving the NHS £200 million a year (Go MAD 2, 2003 Think Publishing). So, the best thing you can do is to leave the car at home when undertaking a short journey.

"Thousands of people have realised that using their bicycles to make journeys can help them to lose weight without dieting, save money, and enjoy a longer, healthier life. In addition, you could help to make Scotland a better place to live."

Cycling Scotland

What can we do?

- Set cycling goals – start with small achievable journeys and gradually increase the distance.
- If commuting to work by bike is impractical why not go on a family bike ride at the weekend.
- Make cycling easier by campaigning for cyclists' rights – join a campaigning organisation like Sustrans.
- Lobby your local council to build more cycling routes in your locality, especially to schools and work places.

Useful contacts and websites

Cycling Scotland

The Pentagon Centre, Washington Street, Glasgow G3 8AZ

 www.cyclingscotland.org/

Aims to establish cycling as an acceptable, attractive and practical lifestyle option for people in Scotland, thereby making cycling a positive, rewarding and easily accessible experience.

Sustrans Scotland

16a Randolph Crescent, Edinburgh EH3 7TT

 0131 539 8122

 www.sustrans.org.uk

Sustrans, the sustainable transport charity, works on practical projects to encourage people to walk, cycle and use public transport for health, safety and environmental reasons.



Safe Routes to Schools

 www.saferoutestoschools.org.uk/
Aims to create a Safe Route to School for every child in the UK. SRS projects are all about working together as a community to make the school journey safer and healthier for everyone. Whatever your interest or need, the website is a one stop shop for everyone involved in school travel plans and Safe Routes to Schools projects.

Moray Forest District – Cycle Trails

Balnacoul, Fochabers IV32 7LL

 01343 820223

Forest Enterprise and volunteers are currently building a number of new cycle trails in Moray's forests. Please contact them if you want to get involved or would like any information.

Moray Mountain Bike Club

 www.moraymbc.freeserve.co.uk

National Bike Week

 www.bikeweek.org.uk



Chapter 4

Community



Health and Well-being
Volunteering
Children and Families
Politics
Community Participation
Inclusion
Community Development





Community

Health and Well-Being

An Apple a Day

"A wise man should consider that health is the greatest of human blessings!"

Hippocrates

Sustainability means a lot more than simply safeguarding the environment and natural resources for our future generations. It also aims to support us today in having healthy and fulfilling lifestyles. For some, success and fulfilment is measured in monetary terms. However, success needs to be measured in ways that reflect all the things that are important to our quality of life such as the health of our children, the vibrancy of our communities, the quality of our environment and the strength of our economy. Indeed how can we be healthy if our environment isn't?

The Council will aim to work in partnership with the relevant organisations to promote healthy living, eating and exercise, ensure equal access to facilities and services for everyone, pursue policies to reduce poverty and crime rates and bring the community together. Enabling more people to have access to sports, recreation and cultural activities and to include all groups in an inclusive society.

The Moray Council, LA21 Strategy 2002

Poor diet costs the NHS over £2 billion each year – it contributes to about a quarter of deaths from cancer, and obesity is a major factor for conditions such as hypertension, heart disease and type II diabetes. Sustainable Development Commission, April 2004

What can we do?

We all know we should eat healthy foods, do more exercise and cut down on the things that are bad for us – but that is only half the story where the environment is concerned. For the individual, healthy living is mostly down to common sense and attitude. So think health and think global. It's the health of our soils, rivers, forests and the very air we breathe that matters as well.

- Try walking and cycling to work or school – it improves your health and also reduces harmful emissions into the air.
- Buy locally produced food – it will be fresher. It reduces the need to transport goods long distances. After all, do we really need meat and vegetables from the other side of the world?
- Due to climate change and the thinning of the ozone layer the effects of the sun's rays are getting stronger. So when out in the sun remember to avoid sunburn by using sun creams and covering up.
- We all hate litter and dog fouling; it can cause accidents and disease. So be responsible – use bins or take it home.



Health Issues

G-MED (the out-of hours GP Medical Service)

☎ 08454 24 24 24

*If you need to contact a GP or nurse for advice or help out-of-hours. The telephone health advice line, NHS 24, will handle all calls from patients and refer them to GPs or nurses as appropriate. You will speak to a call handler who will pass you to an NHS 24 nurse. He or she will either offer advice over the phone or may arrange for a doctor to call back. If you require an ambulance in an emergency call **999**.*

Health Promotions - healthpoint

239 High Street, Elgin IV30 1DJ

☎ 01343 545246

🌐 www.health-promotions.com

*The healthpoint is your one-stop health information centre. You can visit in person or call the free healthline on **0500 20 20 30**. Whatever your interest or profession, out health information and expertise can help health happen for you, your family, friends, colleagues, patients and clients. We've got services for the general public and services for professionals.*

Moray Leisure Centre

Borough Briggs Road, Elgin IV30 1SP

☎ 01343 550033

🌐 www.moray-leisure-centre.co.uk

Swimming pools, ice rink, gym and much, much more. Also home to the Moray Healthy Living Project which aims to promote partnership working in the areas of health, leisure, education, caring and the community. Although the Project is based at Moray Leisure Centre, Elgin it has a Moray wide remit and is overseen by a voluntary Management Group. The Management Group consists of representatives from the Moray Carers Project, Crossroads Scotland (Moray), Community Care Project, NHS Primary and Acute Care, Moray Disability Forum, the Moray Council, Moray Leisure Centre and users.

Moray Food and Health project

C/o REAP, 177 Mid Street, Keith, Banffshire AB55 5BL

☎ 01542 888070

A partnership of NHS Grampian, REAP and The Moray Council which was established to look at ways to develop local food initiatives and improve access to healthier food.



Community

Community Safety

Grampian Police – Non-emergency Number

☎ 0845 600 5 700

The Grampian Police Service Centre is a single, accessible point of contact for the public's non-emergency enquiries. This will reduce demands on front-line police officers and release time for the 999 control room to deal effectively with emergency calls.

🌐 www.grampian.police.uk

Moray Community Safety Partnership

🌐 www.moray.gov.uk/CommunitySafetyWeb/

The Council and partners within the Moray Community Safety Partnership are committed to making Moray a safer place to live, work and visit. The partnership aims to tackle not only crime and the fear of crime, but also to reduce the number of incidents that are a nuisance and detrimentally affect the quality of life of the citizens of Moray.

Neighbourhood Watch Schemes

🌐 www.neighbourhoodwatch.net

Moray has 139 established Neighbourhood Watch Schemes. The Moray Neighbourhood Watch Association is developing an initiative called 'sheducate'. This will involve liaising with some of the large DIY stores to educate the public on shed and garden security. The Association has also sponsored Community Notice Boards for Buckie, Keith and Fochabers

Moray Youth Justice

☎ 01343 543451

Restorative Justice is a process whereby offenders take responsibility for what they have done and agree to make amends. It is also an opportunity for victims of crime to tell their story and have a say in how an offender can repair the harm done. The process is voluntary for both victim and offender.

Crimestoppers

☎ 0800 555111

Call to anonymously report any crime.

Useful contacts and websites

Healthliving

🌐 www.healthyliving.gov.uk

This website is a joint collaboration between NHS Health Scotland and the Scottish Executive to promote Scotland's healthyliving programme. It is designed to help you attain a healthier diet and a more active lifestyle by providing resources, advice and support on healthy eating and physical activity.

Scottish National Blood Transfusion Service

☎ 0845 90 90 999

🌐 www.scotblood.co.uk

Giving blood saves lives. Contact the SNBTS to find out when the next collection session is in your area.

Moray Drug & Alcohol Team

252 High Street, Elgin IV30 1BE

☎ 01343 552211

Support to drug and alcohol abusers in Moray.



Volunteering

Make a Difference

Volunteering is the commitment by individuals of time and energy for the benefit of the community without concern for financial gain and is an activity in which they have chosen to participate. For most people, regardless of age or background, it is the easiest way to become involved in their community and society. However, volunteering also has many benefits for individuals providing

an invaluable tool for personal development. Volunteering is recognised as a valuable resource which contributes thousands of labour hours per week to Moray's economy.

“A strong Voluntary Sector is the outward sign of an active and thriving community.”

The Moray Council, Voluntary Sector Policy 2002

What can we do?

- Lend a hand. Volunteering can be for a much or as little time as you like. Indeed many people help out with village events, help other people or groups without even considering the fact that they are volunteering.
- Join up. There are hundreds of voluntary groups in Moray. They are always looking for more helpers. Contact the volunteer centre for details.
- Put your hand in your pocket. If you don't have the time to help - don't worry. You can help in other ways.

Moray Voluntary Service Organisation

30-32 High Street, Elgin IV30 1BU

☎ 01343 541713

✉ mvso@moray.org

Aims to provide independent advice, support and information for voluntary groups in order to encourage active participation in community life through voluntary and community action in Moray.

Volunteer Centre - Moray

15 High Street, Elgin IV30 1EQ

☎ 01343 544104

✉ vol.centre@moray.gov.uk

🌐 www.volunteermoray.org.uk

Aims to promote and develop volunteering opportunities across Moray as a way for people to become actively involved in their own communities. The Volunteer Centre can put you in touch with a voluntary group which can make use of your skills. Affiliated to Volunteer Development Scotland and is part of the Volunteer Centre Network

🌐 www.volunteerscotland.info

Contains a database of thousands of volunteering opportunities which can be accessed through their website which services 42 volunteer centres throughout Scotland.

MORINFO

A web listing of Council services and community groups in Moray. It can be found by going through the community website of the Moray Council: www.moray.org



Community

Useful contacts and websites

Scottish Council for Voluntary Organisations

 www.scvo.org.uk

The Scottish Council for Voluntary Organisations (SCVO) is the umbrella body for voluntary organisations in Scotland, with offices in Edinburgh, Glasgow and Inverness. It seeks to advance the values and interests shared by voluntary organisations by fostering co-operation, promoting best practice and delivering sustainable common services.

Volunteer Development Scotland

 www.vds.org.uk

Volunteer Development Scotland works strategically and in partnership to promote, support and develop volunteering in Scotland.

Investing in Volunteers

 www.investinginvolunteers.org.uk

Launched in 2004, the website contains information about an award which is the UK quality standard for all organisations that involve volunteers in their work. The Standard enables organisations to comprehensively review their volunteer management, and also publicly demonstrates their commitment to volunteering.

Community Service Volunteers

Wellgate House, 200 Cowgate,
Edinburgh EH1 1NQ

 0131 6227766

 www.csv.org.uk

Aims to give everyone in Scotland the opportunity to make a difference in their community through volunteering. Organises Make a Difference Day - one of the largest volunteering events in the year.





Children and Families

Services for our Future

Sustainability is a commitment not just to our generation but also to future generations.

If families are the cornerstone of our society then children have to be included in all decisions which affect them or will affect them in the future. Youth Cafes and clubs are opportunities for young people to be involved in collective

decision making and gain experience in managing projects.

There are also a number of organisations committed to assisting vulnerable children and families. These organisations, and the individuals they help, need your support if our community is to develop in a positive and inclusive manner.

What can we do?

- I'm bored. There are heaps of things to do in Moray. See section on Leisure and Recreation page 25 for some ideas. Local community centres or libraries should have details of local sports clubs etc.
- Support youth facilities. Many youth clubs etc need parents and adult volunteers or they cannot operate. Why not give up some of your time to help ensure these facilities continue.
- If appropriate, why not consider fostering. There is a need for more supportive families to offer loving homes for children who need to spend time away from their families.

Youth Cafes

Elgin Youth Cafe

Francis Place, Elgin IV30 8TN

☎ 01343 548300

🌐 www.elginyouthcafe.org.uk

The Elgin Youth Development Group, is the organisation behind the setting up of Elgin Youth Café. Their vision for the project is that it will be a place where young people could socialise in safety, away from the pressures often associated with the culture of the street. It is run in part by the young people of Elgin, for the young people of Elgin.

Forres Youth Cafe

Contact: Emma Witkowski, Youth Support Officer

Forres Groups Action Ltd, 16 - 20 Tolbooth Street, Forres IV36 1PH

☎ (01309) 672244

✉ office@forresweb.net

Forres Youth Cafe has been up and running in its own premises in Tolbooth Street since April 2004. The facility is supervised by a mixture of paid and voluntary staff and caters for young people in the age range 11 to 18 years.

The Loft Youth Project

Seafield Arms Lane, Mid Street, Keith AB55 5AF

☎ 01542 886630

The Loft Youth Project offers a facility for young people in the Keith area where they can safely socialise or run events. The facility is supervised by staff and young people.



Community

Support for vulnerable children and families

Moray Youthstart Social Inclusion Partnership

Highfield House Annexe, Northfield Terrace, Elgin IV30 1NE

☎ 01343 569440

✉ youthstart@comm.moray.gov.uk

🌐 www.youthstart.org

The aim of the Partnership is to ensure that all young people in Moray have genuine opportunities to become full and active citizens, to contribute to, and benefit from living in a healthy community. The target age group is 15-24. As well as funding and supporting a number of projects that seek to support vulnerable and marginalised young people we work with local groups in Moray who can provide new opportunities for all young people. We hope to ensure young people's voices are heard in the planning of future services within Moray and beyond.

The Moray Council Social Work Department

Social Work Office, 6 Moss Street, Elgin IV30 1LU

☎ 01343 563568

The Children and Families unit provide advice and support, on a voluntary and a statutory basis, to families with children and young people.

Fostering

Social Work Office, 6 Moss Street, Elgin IV30 1LU

☎ 01343 563568

Every year about 100 children in Moray need to spend time away from their families. They need people to offer them a home and look after them. The Moray Council is recruiting new foster carers who will receive: training, support and an allowance. Contact the Social Work Office for an information pack.

Supported Lodgings Project

Social Work Office, 6 Moss Street, Elgin IV301LU

☎ 01343 563568

Aims to provide young people with the opportunity to move out of care into a supportive environment, in preparation for moving on to independent living. Both provider and young person will be supported by workers from the Moray Aftercare Service. Please contact the project if you are interested in becoming a supported lodging provider.

Moray Children's Panel

11 North Guildry Street, Elgin IV30 1JR

☎ 01343 548312

🌐 www.childrens-hearings.co.uk

Children's Hearings deal with children (normally up to the age of 16 years) who have been offended against or who have committed minor offences. There is a panel for each local area made up from a group of unpaid volunteers. If you are interested in applying to join the panel an application can be made at this time.



NCH – Action for Children

Winchester House, 1 King Street, Elgin IV30 1EU

☎ 01343 549557

NCH has entered into partnerships with The Moray Council and the Aberlour Child Care Trust to develop a wide ranging child care strategy. NCH has been given responsibility for running a range of child care services across Moray. These Include:

- **Residential Care** For young people (aged 12-18) unable to live at home NCH provide 3 homes in Moray
- **Moray Alternative Placement Scheme (MAPS)** A foster care scheme which aims to provide care for young people (aged 12-16) who would otherwise be in secure accommodation or other forms of residential care
- **Intensive Family Support Service** Seeks to prevent family breakdown by offering a high level of support to families in the community
- **Housing Support Project** Provide support for vulnerable young people (aged 16-24) to help develop the skills young people need to live in the community
- **Family Resource Project** To support children under 12 and their parents if they are experiencing difficulties either within the family or community

Useful contacts and websites

ChildLine

☎ 0800 1111

Helpline for young people and children. You can ring with any kind of problem that is affecting you.

ParentLine Scotland

☎ 0808 800 2222

Free, confidential, anonymous service for parents who need information, to be pointed in the right direction, or simply to be listened to. The service is provided by Children 1st, one of Scotland's longest established charities.

Kids-Scotland

💻 www.kids-scotland.co.uk

Scotland's what, when and where for kids and their parents.

NSPCC Child Protection Helpline

☎ 0800 800 500

Helpline for young people as well as adults. You can ring if you think you are being abused yourself or are worried about a friend or other young person.



Community

Politics

The Democratic Process

Every day important decisions are being taken on our behalf. Our elected representatives, from the Council Chambers in Elgin to the European Parliament in Brussels, make decisions which affect us, our lives and our futures. We are all part of this process. If you do not vote you are still affected by the decisions which are taken on your behalf.

By voting and getting involved in politics you can make your representatives know how you are feeling. You can also inform your representatives on matters which are important to you and seek their help. Of course, you always have the opportunity to vote at the next election to express how you feel they have been doing their job.

What can we do?

- Get a vote. To register to vote at elections call the electoral registration helpline on 01343 541203
- Use your vote. Remember votes are power.
- Contact your representatives. Don't just moan to your friends about decisions you think are wrong. Contact your Councillor, MSP, MP or MEP and find out their views or how they can represent you.
- Get involved in the political process. If you think democracy is flawed – remember that it's better than the alternatives!

The Moray Council

Council Offices, High Street, Elgin IV30 1BX

 01343 543451

 www.moray.gov.uk

Elections for The Moray Council take place every four years and normally occur on the same day as the elections to the Scottish Parliament. Change to the way councillors are elected are currently being proposed. The Moray Council area is made up of 26 Wards, each Ward is represented by an Elected Member. Details of your local Councillor are available through the Moray Council website. The Moray Council are responsible for the delivery of local services like education, social and community work, planning, waste collection, leisure facilities etc.

Your local councillor can be contacted through the Members Support Section of The Moray Council.

 01343 563114

 anne.ogg@moray.gov.uk



Scottish Parliament

Edinburgh EH99 1SP

 www.scottish.parliament.uk.

 Firstname.surname.msp@scottish.parliament.uk

The Scottish Parliament was reconvened in 1999 and has control over devolved issues. Elections for the Scottish Parliament take place every four years when you can vote for an individual Member of the Scottish Parliament (MSP) to represent your constituency and for a party in a regional list vote. Currently the Moray area is covered by the two Parliamentary constituencies of Moray and Gordon which are in the Highlands and Islands Electoral Region and North East Electoral Region respectively.

There are a number of other opportunities to be involved with the Scottish Parliament. The Parliament issues consultations on a variety of topics and are always looking for contributions. In addition to this anyone can submit a petition on any devolved topic if you feel the issue is not being addressed. From the website you can submit an e-petition, learn more about your Parliament and your elected representatives - each MSP has recorded a short video about themselves. You can also watch live broadcasts from the chamber or the committee rooms at www.holyrood.tv

Devolved issues which the Scottish Parliament has control over include:

- Health, education and training
- Local government, social work, housing and planning
- Tourism, economic development and financial assistance to industry
- Some aspects of transport, including the road network, bus policy and ports
- Law and home affairs
- Police and fire services
- Environment, sport and the arts
- Natural and built heritage
- Agriculture, forestry and fishing

Westminster Parliament

 www.parliament.uk

Elections to the Westminster Parliament take place when the Government calls them. This is usually every four years when you can vote for one Member of Parliament (MP) to represent you. From the next election all of Moray will be contained in one parliamentary constituency.

Reserved issues which the Westminster Parliament has control over include:

- Constitutional matters
- UK foreign policy, defence and national security
- Fiscal, economic and monetary system
- Immigration and equal opportunities
- Energy: electricity, coal, gas and nuclear energy
- Trade and industry, including competition and customer protection
- Some aspects of transport, including railways, transport safety and regulation
- Employment, social security and data protection
- Gambling and the national lottery
- Abortion, human fertilisation, genetics, xenotransplantation and vivisection



Community

European Union

Back in 1957, the EU was founded with just six member countries pledged to reconstruct continental Europe after the devastation of the Second World War. New countries have steadily joined the EU which has grown to 25 member countries by 2004. Nowadays the European Union has a growing influence over many policy areas.

The European Union is made up of three institutions: The European Commission, the European Parliament and The Council of Ministers.

- The European Commission proposes legislation. It is made up of Commissioners nominated by National Governments and appointed by the European Parliament.
- The European Parliament scrutinises legislation and suggests amendments. It is made up of Members of the European Parliament (MEPs) who are elected by voters in the EU.
- The Council of Ministers is the final body which passes legislation. It is made up of representatives of National Governments, usually the relevant Minister from the National Government.

 www.europe.org.uk

 www.scotlandeuropa.com

For details of EU policy – www.europe.gov.uk or www.cec.org.uk or call freephone EuropeDirect on 00800 6789 1011

To contact your MEP log on to www.europarl.org.uk or call 020 7227 4300

Political Parties

Scottish Conservative and Unionist Party (Con)

Conservative Office, Brumley Brae, Elgin IV30 5PP

 01343 547436

 www.scottishtories.org.uk

HQ: 83 Princes Street, Edinburgh EH2 2ER

 0131 247 6890

Scottish Green Party (Green)

 www.scottishgreens.org.uk

HQ: 3 Lyne Street, Edinburgh, EH7 5DN

 08700 772 207

 info@scottishgreens.org.uk

Scottish Labour Party (Lab)

 www.scottishlabour.org.uk

HQ: John Smith House, 145 West Regent Street, Glasgow G2 4RE

 0141 572 6900



Scottish Liberal Democrats (Lib)

Highlands & Islands Regional Office, 1A Montague Row, Inverness, IV3 5DX

www.scotlibdems.org.uk

HQ: 4 Clifton Terrace Edinburgh EH12 5DR

0131-337 2314

Scottish National Party (SNP)

9 Wards Road Elgin IV30 1NL

01343 551111

snpoffice@moraysnp.org

www.snp.org

HQ: 107 McDonald Road Edinburgh EH7 4NW

0131 525 8900

Scottish Socialist Party (SSP)

Elgin branch Tel: 01343 556260

www.scottishsocialistparty.org

HQ: 70 Stanley Street, Glasgow G41 1JB

0141 4298200

Political representatives

Constituency	Name	Party	Contact No.
Scottish Parliament			
Moray	Margaret Ewing MSP	SNP	01343 551111
Gordon	Nora Radcliffe MSP	Lib	01467 672220
Highlands and Islands Region	Rob Gibson MSP	SNP	0131 348 5725
	Jamie McGrigor MSP	Con	0131 348 5648
	Maureen Macmillan MSP	Lab	0131 348 5766
	Jim Mather MSP	SNP	0131 348 5700
	Peter Peacock MSP	Lab	0131 348 5766
	Mary Scanlon MSP	Con	0131 348 5612
	Eleanor Scott MSP	Green	0131 348 6367
Westminster Parliament			
Moray	Angus Robertson MP	SNP	01343 551111
Gordon	Malcolm Bruce MP	Lib	01467 623 413
European Parliament			
Scotland	Elsbeth Attwooll MEP	Lib	0141 243 2421
	Ian Hudghton MEP	SNP	01382 903 206
	David Martin MEP	Lab	0131 654 1606
	John Purvis MEP	Con	01334 475 830
	Alyn Smith MEP	SNP	0131 525 8900
	Struan Stevenson MEP	Con	0131 247 6890
	Catherine Stihler MEP	Lab	01383 731 890

The above list was correct at the time of going to press.



Community

Useful contacts and websites

Scottish Civic Forum

The Tun, 16 Jackson's Entry, Holyrood Road, Edinburgh EH8 8PJ

 www.civicforum.org.uk

The Forum is a membership organisation committed to building a new culture of active citizenship, in which the people of Scotland have a genuine opportunity to be involved in influencing the Government policies that affect their lives. We are building links between the people of Scotland, the Scottish Executive, the Scottish Parliament and between different parts of civic society.

The website contains a virtual participation centre section designed as a resource for anyone who wants to know more about making their voice heard with the Scottish Parliament or the Scottish Executive. It covers things like how to submit a petition to the Scottish Parliament or how to contact an MSP.

Scottish Parliament Partner Library Network

Elgin Library, Cooper Park, Elgin IV30 1HS

 01343 562610

One of a network of eighty libraries which act as focal points for information about the Parliament. Each partner library holds a collection of Scottish Parliament publications and Parliament FactFiles which can be consulted free of charge.



Community Participation

Get Involved

It is often thought that the significant challenges we face are the responsibility of national governments. Issues are too big or too complex for us to tackle personally. Not True. Sustainable development is based on the principle that all change must develop out of personal change.

We – individually and collectively – create the problem; we are the key to solving the problem.

This can appear daunting but is always easier when we act as a community. But this cannot happen if you do not participate in the decision making process which impacts on your community. If you do not get involved how are agencies and other volunteers to know that the decisions they are helping to take are really the correct ones?

What Can We Do?

There are lots of ways we can have a real say in what goes on in our community.

- Become a member of the Moray Citizens' Panel (see below)
- Join your Local Neighbourhood Forum and feed into your Local Community Plan (see below)
- Go along to a meeting of your local Community Council – better still put your name forward for election
- Speak to your local Councillor
- Email the new interactive Community Planning website – www.moraycomweb.org (see below)
- Join your School Board or Parent Teacher Association
- Get involved in a local voluntary or community group or local project
- Join in the activities in your local village hall

Community Planning

Community Planning is all about involving communities in decisions that affect their lives. The challenge is to find new and innovative ways to improve services and to get people involved in shaping services that fit their needs. The Moray Community Plan is intended to provide the focus for the key priorities and actions and also to provide the overarching plan for each of the partners Service Plans and further local Community Plans based upon a particular area or theme. Community Planning brings together all public service organisations and community groups in Moray to work in partnership to tackle common problems. It gives local people a real say in the quality and range of services delivered in their communities, cutting down duplication of effort and ensuring the best use of resources.

The Moray Community Planning Partnership is currently developing three new initiatives to give communities more involvement in decision-making about local services.

- **8 Local Neighbourhood Forums** are being set up across Moray based around secondary school catchments. The Forums will provide the main link between local people and the Community Planning partners. The Forums' key task will be to draw up and seek to action a Local Community Action Plan setting out the priority needs to be addressed across each area. The Plans will be based around the 7 themes of the Community Plan. Anyone resident in each area can become a member of their Forum. Once up and running Forums are likely to meet no more than four times a year.



Community

- A **Moray Citizens Panel** is being established early in 2005 to run initially for three years. The Panel will comprise a sample of 800 local residents, recruited from all walks of life to be representative of the wider population of Moray. Panel members will be asked to take part in three surveys per year, focussing on improving the efficiency and effectiveness of local services.
- A comprehensive and fully interactive website is currently being developed to promote and provide information on community planning in Moray. Watch out for the launch of **www.moraycomweb.org** in 2005.

For further information contact:

Roy Anderson, Community Planning Officer, The Moray Council, Council Office, High Street, Elgin IV30 1BX

☎ 01343 563343

Community Councils

Community Councils are one of the principal mechanisms of public participation in Scottish Local Government. They exist to give local people a voice in the decisions taken by local authorities and other bodies. Community Councils should aim to represent all people in the area without prejudice: they are non-party political and non-sectarian. They must call for nominations publicly and hold contested elections. Any person over 16 years of age and resident in the Community Council area, can be nominated to join their local Community Council. Community Councils are regularly consulted by the local authority and public bodies on a wide range of issues which affect their area, such as planning, environment and health. All Community Council meetings are open to the public.

A contact list for Community Councils in the Moray area can be found on The Moray Council Website - **www.moray.org/corpserv/Communtc.PDF** The list is periodically updated.

Community Associations

Community Associations act as organisations which can represent the views of local residents and take forward projects on their behalf. A contact list for Community Associations in the Moray area can be found on The Moray Council Website - **www.moray.org/corpserv/CommunityAssociations.PDF** The list is updated periodically.



Useful contacts and websites

Moray Action for Communities

Room 245/247, Council Offices, High Street, Elgin IV30 1BZ

☎ 01343 563353

🌐 www.moraygateway.com

MAC offers support for community groups and projects in Moray. MAC offers training in management skills for community group members. It also runs a grant fund for equipment purchases, to enable groups to undertake training and general project development.

The Moray Council – Corporate Complaints Officer

Council Office, High Street, Elgin IV30 1BX

☎ 01343 563050

✉ hotline@moray.gov.uk

If you have a complaint about a particular council service talk to the staff running the service. Most problems are resolved at this point. If your complaint has not been resolved, or you wish it to be brought to the attention of management, then you can make a formal complaint to the Corporate Complaints Officer.

Joint Community Councils

Mr Sandy Horne, 23 Westmorland Street, Fochabers

☎ 01343 820206

The Joint Community Councils of Moray is a forum of all the Community Council Secretaries in the Moray area. This Committee discusses matters of local interest and updates each other on what is happening in their own areas.

Lhanbryde Community Challenge

40 Glenesk Road, Lhanbryde IV30 8PW

☎ 01343 843104

Aims to encourage involvement and participation by the community so as to foster a sense of responsibility and ownership of their community.

Forres Groups Action

18 Tolbooth Street, Forres IV36 1PH

☎ 01309 672244

Promotes sustainable development and community capacity building, and encourages active citizenship through increasing participation by local people in community activities.

Federation of Village Halls and Associations

Mrs Ness Smith, 21 Beils Brae, Urquhart, Elgin IV30 8XQ

☎ 01343 842517

Aims to further the interests of Hall Committees in Moray by informing, supporting and representing them.

Scottish Executive Consultations

🌐 www.scotland.gov.uk/consultations

New consultation pages give improved listings of Scottish Executive consultations current and closed. The idea is that the system will help bring new voices into the policy arena.

Scottish Neighbourhood Statistics

🌐 www.sns.gov.uk

This website presents data for smaller areas throughout Scotland and aims to help community planning partnerships and public sector agencies develop services. But it will also help local people and community groups bring together information to support funding and grant applications.

Audit Scotland

110 George Street, Edinburgh EH2 4LH

🌐 www.audit-scotland.gov.uk/performance

Every year the Accounts Commission requires councils and other public bodies to publish a range of information to show people how well they are providing their services. On behalf of the commission, Audit Scotland publishes this information in easy to access pamphlets.



Community

Inclusion

Equality and Excluded Groups

There are a number of organisations and services to help everyone be included in our community. Moray has a number of

public, private and voluntary groups which carry out this vital work in creating opportunities for all. These include:

The Access Project

Units 1, 2 & 3 Chanonry Industrial Estate, 2 Chanonry Road North, Elgin IV30 1NB

☎ 01343 545158

✉ lindsay.robertson@moray.gov.uk

The Access Project is a consortium of voluntary/community groups who work in partnership with The Moray Council and Banff & Buchan College to provide a co-ordinated information service to people with disabilities/mental health problems, their families/carers, organisations and other groups or organisations with an interest in issues around disability. The Access Project is involved in a number of initiatives. These include:

- **Access Guide** *The Access Guide gives information on accessible premises, from shops to hotels to public buildings, throughout Moray. The Access Guide is free of charge and comes in a variety of formats. The Guide is available at - www.counterclockwise.co.uk/moray/access*
- **Disability Guide, Guide to Mental Health Services, Update** *The Moray Disability Guide holds information on services for people with physical, learning and/or sensory disability.*
- **Options Day** *Options Days gave parents, carers, representatives from organisations and most importantly people who use services an opportunity to meet and discuss key issues with personnel from the local authority as well as see what is happening in Moray.*
- **Access Employment Support Service** *The Employment Support Service has over 115 clients currently accessing the service. Clients are people with physical/sensory disabilities, learning disabilities and/or people who have, or are recovering from, mental health problems.*
- **Independent Living Skills** *The Independent Living Skills group offers training to adults with learning disabilities through the Day Services Co-ordinator.*
- **Other Roles** *The Access Project assists the production of newsletters, organises training events, publicity seminars etc.*

Shopmobility Moray

55 High Street, Elgin IV30 1EE

☎ 01343 552528

🌐 www.shopmobilitymoray.co.uk

Opening Hours: Mon - Fri 10am - 4pm, Sat 12noon - 4pm throughout the summer and in the run up to Christmas.

Shopmobility Moray Ltd is a local charity based in Elgin who provide a free service of loans of wheelchairs and mobility scooters. Their aim is to help those with mobility problems (registered disabled or not) enjoy an easier shopping experience in Elgin.



Parking – Blue Badge Scheme

 www.moray.org/atoz/docs/disbpark.PDF

The Blue Badge scheme (replacing the Orange Badge Scheme) provides a national arrangement of parking concessions for people with severe walking difficulties who travel either as drivers or passengers. The scheme also applies to registered blind people and people with severe upper limb disabilities who regularly drive a vehicle. You automatically qualify for a badge if:

- *You receive the higher rate of the mobility component of the Disability Living Allowance*
- *You receive a War Pensioners' Mobility Supplement*
- *You use a motor vehicle supplied for disabled people by a Government Health Department*
- *You are registered blind*
- *You have a severe disability in both upper limbs, regularly drive a motor vehicle but cannot turn the steering wheel of a motor vehicle by hand even if that wheel is fitted with a turning knob*
- *You have a permanent or substantial difficulty which means you are unable to walk or have very considerable difficulty in walking. In this case you may be asked a series of questions to help the Local Authority determine whether or not you are eligible for a badge*

Application forms available from:

Moray Resource Centre, Maisondieu Road, Elgin IV30 1RX

 01343 551339

Also: Buckie Access Point; Keith Resource Centre; Forres Access Point; Elgin Area Office, 1 Gordon Street, Elgin IV30 1JN

Grampian CareData

 Freephone 0800 136 225

 www.grampiancaredata.gov.uk

Feeling confused about the maze on community and health services out there? Whether you are looking for information for yourself or someone else CareData can provide the accurate, local and up-to-date information you need. CareData is particularly useful for older people, people with a disability or medical condition or their carers.

Moray Access Panel

 david@dard.demon.co.uk

Based at the Moray Resource Centre, the Access Panel are involved in an annual award scheme for accessible buildings in Moray

Moray Resource Centre

Maisondieu Road, Elgin IV30 1RX

 01343 551339

Minicom: 01343 551376

The centre offers information on all aspects of disability, together with a specialised service for those with a physical and/or sensory disability, who wish to have the opportunity to develop their chosen skills and aspirations. The centre can offer access to training, day services, outreach services, community resource room with loop system etc. The centre is a base for a range of groups and runs its own projects like a coffee shop and a garden project.



Community

Moray Disability Forum

Moray Resource Centre, Maisondieu Road, Elgin IV30 1RX

MDF is an independent campaigning pressure group run by people with disabilities on behalf of and for everyone with disabilities.

Moray Carers Project

☎ 01343 540990

💻 www.carersonline.org.uk

*Help is available for carers who look after a relative, partner or friend. The Moray Council Social Work Department, your GP practice or the NHS helpline can give you information about help and support that is available. **Freephone 0800 22 44 88***

Community First

115 South Street, Elgin IV30 1JD

☎ 01343 543490

✉ ccare.project@moray.gov.uk

To promote and support community involvement and perception. We encourage vulnerable groups and individuals to find their voice and independence, thereby actively and positively influencing policy making on a local and national level.

Handy Person Service - Moray

115 South Street, Elgin IV30 1JD

☎ 01343 543490

A free service to carry out small DIY tasks for elderly, disabled and disadvantaged individuals who have no-one to assist them. Volunteers welcome.

Moray Options

6 Alba Place, Elgin IV30 5YE

☎ 01343 542301

✉ albaplace@aberlour.org.uk

Run by Aberlour Child Care Trust, Moray Options offers residential and respite care for children and young people with disabilities. Also required are individuals and families who can offer support to disabled children and their families.

Moray Anchor Projects

Unit 100b, Pinefield Business Centre, Pinefield Ind. Est., Elgin, IV30 6AN

☎ 01343 550707

💻 www.mamh.co.uk

The Moray Association for Mental Health Co. Ltd has been in existence as a Scottish charity since 1991. The members formed the Association to provide a social and supportive function to people in Moray with mental health problems. Many of the members have personal experience of mental illness, either as sufferers or as family members or friends of someone with an illness. MAMH was renamed Moray Anchor Projects in 2004. They currently operate two services providing support to those suffering from or recovering from mental illness:-

Horizons is a drop-in centre for adults experiencing or recovering from mental health problems or distress. It is located at Duffus Road in Elgin and offers social and



emotional support and opportunities for recreational activities both at Horizons and in the local community area where possible.

The Work Shop provides training, work experience and therapy in a work-based environment. Clients make furniture and other wooden products. Approximately 20 people attend on a full or part-time basis and are supported in woodworking and associated practical skills, they can also receive an attendance allowance. Work Shop products include custom made furniture, garden furniture and play equipment. These are sold to the public and organisations throughout Moray and beyond.

Moray Assisted Transport Scheme (MATS)

Set up by The Moray Council to provide help with getting about in Moray. To join the scheme you must live in Moray and either be in receipt of the Disability Living Allowance – Higher Mobility component or have a long term disability and you cannot use conventional bus services. If the latter applies, there will be an assessment by a medical advisor. You are also eligible for the scheme if you are registered blind or you receive a War Pension Mobility Supplement. You will not be eligible to join the scheme if you hold a Concession Card or if you have a Motobility car. If you qualify for membership you will receive a book of travel vouchers for use with agreed taxi companies. The MAT Scheme offers a 50% reduction up to a maximum of £5 per single journey and you may be accompanied by a carer at no cost. All journeys must be within the Moray Council boundary. Application forms are available from:-
Moray Resource Centre, Maisondieu Road, Elgin IV30 1RX

Moray Desktop Publishing Training Project

☎ 01542 832166

🌐 www.moraydtp.co.uk

This project provides IT training for 16 students in the Buckie and Keith areas.

Useful contacts and websites

One Scotland

🌐 www.onescotland.com

This website is part of a campaign organised by the Scottish Executive to tackle and eliminate racism in our country. The website describes the history of migration to Scotland, the experiences of the many groups of people who now live here. It explores the origins of racism and the impact it has on people's lives.

Age Concern Scotland

113 Rose Street, Edinburgh EH2 3DT

☎ 0131 220 3345

Age Concern Scotland produce a Quick Guide for benefit Rates for the Over 60s. This small leaflet lists all the different benefits available and the different rates of allowance.

Capability Scotland

🌐 www.capability-scotland.org.uk

Capability Scotland is Scotland's leading disability organisation. We provide a range of flexible services which support disabled people of all ages in their everyday lives.

Scottish Association for Mental Health

☎ 01343 542781

Provides community based services in Moray for people with mental health problems.

Enable (Elgin & District)

Mrs Anne Speake, 13 Dean Of Guild Way,
New Elgin IV30 6JN

Help, advise and support people with Learning Disabilities and carers.



Community

Community Development

Culture, Arts, Sport, Education

There are a number of organisations that have a remit to encourage people to get more out of their community. By encouraging people to participate in community events and develop their own skills and knowledge it is not only the individual who benefits. The community

as a whole is better off when it is populated by individuals who are involved, educated and enthused. Our local culture, arts and sports organisations play an important part in developing community spirit and a society which is fun to be part of.

Community Development Services

The Moray Council helping communities help themselves in partnership with other services and agencies. The service is involved in:

- **Working with Young People** offers activities for young people to participate as active citizen, taking a greater role in identifying their own needs and problems, and developing and managing the solutions to them eg detached youth work, Drop in Centres etc.
- **Community Based Adult Learning** covers essential skills such as numeracy, literacy, helps develop local interest groups and the provision of evening classes.
- **Community Development** by ensuring local people are involved in making a difference in their community.
- **Sports Development** by encouraging participation in active physical recreation regardless of age or ability.
- **Arts Development** by promoting access to a range of arts events, activities, projects and performances throughout Moray. Aims to offer opportunities for participation and enable individuals and organisations to realise their potential.

Contact:

Central Team, 23 High Street, Elgin IV30 1EE

☎ 01343 550642

East Team, Milnes Primary School Annexe, High Street, Fochabers IV32 7EP

☎ 01343 829026

West Team, Auchernack, High Street, Forres IV36 1DX

☎ 01309 694055

Sports Development Associations

SportMoray

Mrs J Benson, 8 Springfield Crescent, Forres

☎ 01309 671525

A voluntary body made up of individuals from local sports clubs and groups. They provide a co-ordinating role in the development and promotion of sport in Moray.

The Moray Council Sports Development

☎ 01343 557147

✉ dunna@moray.gov.uk



Arts / Culture

Arts Council For Moray

Assistant Leisure Officer, The Moray Council, High Street, Elgin IV30 1BX

☎ 01343 563399

Open to clubs who have a constitution and aims to promote and develop interest and participation in arts

The Moray Council Arts Development

☎ 01343 557148

✉ nick.fearne@moray.gov.uk

Made in Moray Craft Co-operative

92d High Street, Elgin IV30 1BX

☎ 01343 545874

🌐 www.madeinmoray.co.uk

Cooperative of artisans creating local crafts. Aims to encourage and promote the development of traditional and contemporary local arts and crafts, using their shop as a showcase for work. Shop open Tuesday-Saturday, 10am-4pm.

Moray Gaelic Group

Ms Christine Clerk, 12 Baillies Drive, Elgin IV30 6JJ

☎ 01343 545035

✉ c.clerk@talk21.com

To provide a support group for learners of Scottish Gaelic. To hear Gaelic, read Gaelic and speak Gaelic.

Scots Language Group

Mrs Catherine Wood, Amberley, Dunbar Street, Lossiemouth IV31 6AL

☎ 01343 813334

✉ Lossiemouth.library@moray.gov.uk

Aims to encourage an interest in and recording of both written and oral culture in the Lossiemouth area. To promote specialist materials held in Lossiemouth and Elgin Libraries.

Out of the Darkness Theatre Co Ltd

The Flat, Elgin Town Hall, 1 Trinity Place, Elgin

☎ 01343 543500

🌐 www.odtheatre.org.uk

Provides opportunities for all in the performing arts. Runs a training programme of performance skills for adults with learning disabilities.



Community

Education

Banff and Buchan College

Henderson Road, Fraserburgh, Aberdeenshire, AB43 9GA.

☎ 01346 586100

🌐 www.banff-buchan.ac.uk

Banff & Buchan College have courses to suit every level of student and have articulation agreements in place to offer you direct access to degree programmes at RGU and the University of Aberdeen. Courses are flexible and dedicated to meeting your specific needs. They offer full-time, part-time, e-learning and evening programmes. Many of these courses are offered in their learning centres situated all over Aberdeenshire.

Moray College

Moray Street, Elgin, IV30 1JJ

☎ 01343 576000

🌐 www.moray.ac.uk

The Moray College is part of the UHI Millennium Institute (UHI) recognised for funding by the Scottish Higher Education Funding Council (SHEFC). They offer a number of different levels of course in both Further Education (National Qualifications or Scottish Vocational Qualifications) and Higher Education courses (Higher National Certificate courses, Higher National Diploma courses, and degrees). They also offer a range of flexible study courses delivered part-time, or through distance-learning. They normally publish a full list of evening classes three times a year, in newspaper advertisements locally. For an up-to-date list phone the Flexible Learning Unit on 01343 576431.

Eco Schools

Islay House, Livilands Lane, Stirling FK8 2BG

☎ 01786 468232

🌐 www.eco-schools.org.uk

An international programme to assist schools run in an eco-friendly way. The result is for schools to improve their environmental performance in areas like- waste, litter, health, transport, water, energy and school grounds. The Eco Schools programme is overseen in Scotland by Keep Scotland Beautiful and involves over 40% of all schools.

Useful contacts and websites

Learndirect Scotland

☎ Freephone 0808 100 9000

🌐 www.learndirectscotland.com

Learndirect will help you choose from thousands of courses throughout Scotland – at learning centres, colleges, universities and training companies.

Skillseekers / Apprenticeships

☎ 01309 696019

🌐 www.hie.co.uk/mbse

Contact for more information about Skillseekers and about Modern Apprenticeships.

Scottish Language Dictionaries

🌐 www.scuilwab.org.uk

A new Scots educational website for schools. The website is aimed at children from early years up to Advanced Higher and it contains additional teaching materials in Scots on a variety of subjects in order to encourage wider use of Scots in classrooms.

Chapter 5

Economy



Business
Social Economy
Poverty
Green Tourism





Economy

Business

Making the Economy Sustainable

Securing economic development, social equity and justice, and environmental protection is the goal of sustainable development. Although these three factors can work in harmony, they are often found to conflict with one another. During the latter half of the 20th century economic development for a better standard of living has been instrumental in damaging the environment. We are now in a position whereby we are consuming more resources than ever, and polluting the Earth with waste products. More recently, society has grown to realise that we cannot live in a healthy society or economy with so much

poverty and environmental degradation. Economic growth is seen as a vital ingredient to future prosperity, but it must change and become less environmentally destructive. The challenge of sustainable development is to put this understanding into practice, changing our unsustainable ways into more sustainable ones.

Some see Sustainable Development as a burden on business, however it actually presents many opportunities for businesses to become cleaner, more efficient and consequently more competitive.

What can we do?

Businesses interact with people and the environment in many different ways. Sustainable Development is trying to reduce the negative impacts which business has.

- Businesses can reduce the impact they have on the environment. For free waste and energy audits contact the Business Environment Partnership on 0130 561 6262
- Involve your staff in a discussion to identify opportunities to improve links with your local community. For more advice contact Scottish Business in the Community on 0131 442 2020
- Look at how you interact with other businesses in your community and reduce the distance that products and materials travel.

Sustainable Procurement

Sustainable procurement is the application of sustainable development principles to procurement and is a key activity where businesses can help to ensure that the world remains habitable and that people have a decent quality of life. In both private and public sectors, there is increasing pressure from customers, clients, government and the public to put sustainable procurement into practice.

The 2002 World Summit on Sustainable Development stated that relevant authorities at all levels should: "*promote public procurement policies that encourage development and diffusion of environmentally sound goods and services*". In response to this, the UK government has announced the development of a UK strategy for Sustainable Consumption and Production. For more details on sustainable procurement:

 www.cannybuyer.com

 www.forunforthefuture.org.uk/publications

 www.environment-agency.gov.uk



Useful contacts and websites

Moray Badenoch and Strathspey Enterprise

The Horizon Scotland Complex, The Enterprise Park, Forres IV36 2AB.

☎ 01309 696000

🌐 www.hie.co.uk/mbse

As one of the 10 Local Enterprise Companies (LECs) in the Highlands and Islands Enterprise (HIE) network, their aim is to unlock the potential of businesses, individuals and communities to help build a varied and sustainable economy. They can provide a wide range of advice and information to help everyone; from encouraging entrepreneurs with business start-up to business development; from empowering communities to individual training and nurturing innovation through to global networking via e-business.

Horizon Scotland

The Enterprise Park, Forres

☎ 01309 696010

🌐 www.horizon-scotland.com

An incubation centre for innovative and dynamic businesses.

Sustainable Development Research Centre

The Enterprise Park, Forres, IV36 2AB

☎ 01309 696807

🌐 www.sustainableresearch.com

An exciting initiative is being developed near Forres to act as a school for environmental entrepreneurs and provide resources for fledgling sustainable businesses. The SDRC provides the necessary mechanisms to develop research activity to aid further understanding of the current environmental and sustainability issues.

Business Environment Partnership

25 Eskbank Road, Eskbank, Dalkeith, Midlothian EH22 1HJ

☎ 0131 654 1234

🌐 www.thebep.org.uk

Established in 1998 to provide free assistance with environmental management to small to medium sized businesses throughout Scotland. Offers free support and advice, waste minimisation site audits, ISO 14001, environmental placements and sustainability advice.

Business Council for Sustainable Development

🌐 www.bcsd-nsr.co.uk

For sustainable business publications.

Netregs

🌐 www.netregs.co.uk

Offers advice on environmental legislation.

Scottish Business in the Community

☎ 0131 442 2020

🌐 www.sbcscot.com

Networking and community involvement.



Economy

Social Economy

Entrepreneurs with a Heart

When people think about the economy they often think about it in terms of business, with the dominant economic model being based on companies trading to meet a market need in order to generate a profit for shareholders. However, people in the social economy look at things differently with their main focus being on meeting a social need. Some organisations do this at a very localised level with volunteers and very little cash turnover; other organisations receive grant funding from a range of sources to support their work. Some of them will supplement their grant income with earned income through trading activity, whilst a minority will actually

generate the bulk of their income through trading activity – these are often referred to as social enterprises.

There is a lot of interest at present in developing social enterprises. Basically, a social enterprise operates as businesses to meet social objectives. The focus is on meeting social needs and working for the common good, therefore the over-riding motivation is not about making money per se, although many social enterprises do make a financial profit as well. However within social enterprises any profits generated are reinvested to meet the wider social objectives, not to financially reward shareholders or owners.

What Can we Do?

- You can become a member (and also a volunteer) of your local credit union. Within Moray there is Forres Area Credit Union, North East Scotland Credit Union and for local government employees Grampian Credit Union.
- Make a conscious decision to support social enterprises. e.g. if you are planning an event consider holding it in a place like the Loft Youth Project in Keith (01542 886630). It is a good venues for your events and the money you pay goes into helping them meet their wider objectives.
- Set up your own social enterprise. If you see a need out there which is not being met why not get some people together and try and do something about it. If you have an idea and want some support to develop then contact REAP (01542 888070) who will be able to help you look at your idea and identify where support might be available.

Credit Unions

A credit union is a financial co-operative owned and run by its members. Members are encouraged to save and can draw down low cost loans from the Credit Union. The interest rate charged on a credit union loan is fixed by law at a maximum of 1% per month on the reducing balance. All members' savings are guaranteed by a government Financial Compensation Scheme. Credit Unions are an ethical vehicle for your savings with research showing that credit unions help to keep money in local communities

North East Scotland Credit Union

C/o Lossiemouth Co-op, Boyd Anderson Drive, Lossiemouth IV31 6RS

☎ 01343 815500

Anyone living or working in Moray, Aberdeenshire or Aberdeen is eligible to join. There is a weekly collection in the MAP office, South Street, Elgin - opposite Junners toy store.



Forres Credit Union

☎ 01309 676 735

🌐 www.forresweb.net

People living in Forres and surrounding areas are eligible to join. Collection points in Forres House Community Centre on a Monday from 11.30-12.30 and on a Thursday from 4.00 - 6.00.

Grampian Credit Union

☎ 01224 626280

✉ credit.union@btclick.com

Employees of the local council and health board in Grampian are eligible to join.

Useful contacts and websites

Senscot

☎ 0131 220 4104

🌐 www.senscot.net

A networking organisation which produces an entertaining and informative weekly e-mail bulletin about the social economy.

Scotland unLtd

☎ 0131 226 7333

🌐 www.scotlandunltd.com

An organisation which give out grants to individuals who have ideas to develop social enterprises. There are two levels of grants and mentoring and project support is also available.

Communities Scotland

☎ 01224 624960

🌐 www.communitiesscotland.gov.uk

This government agency has responsibility for the delivery of the Scottish Executive 'Future Builders' programme which aims to develop the social enterprise sector. A range of grants are available, including a Seedcorn Fund for new and emerging social enterprises and a learning fund to help people source training which will help their organisation become more entrepreneurial.

Via3.net

🌐 www.via3.net

Via3 is a social enterprise offering new opportunities for ethical businesses and non-profit organisations working for social justice and environmental sustainability to grow in strength and influence. Via3 offers to pool the purchasing power of the social enterprise, ethical business and charitable sector in order to bulk-buy ethical products. This enables the entire sector to benefit from cost savings, whilst buying ethically and supporting social enterprises. Furthermore, by coming together in this way, we multiply the power of our purchasing decisions to effect positive change in traditional business. So don't just purchase ethically - Co-purchase ethically! - Together we make a difference.

New Economics Foundation

3 Jonathan Street, London SE11 5NH

☎ 0207 820 6300

🌐 www.neweconomics.org

An independent think-and-do tank that inspires and demonstrates real economic well-being. NEF aims to improve quality of life by promoting innovative solutions that challenge mainstream thinking on economic, environment and social issues.



Economy

Poverty

Barriers to Taking Part

"The poor do not exist as an act of destiny, their existence is not politically neutral or ethically innocent. The poor are a by-product of the system in which we live and for which we are responsible..." Gustavo Gutierrez

Poverty awareness in rural areas such as Moray, which has one of the lowest wage rates in Scotland and where traditional industries are in decline, often takes second place on the political and social agenda to the more obvious urban deprivation of the central belt and the large cities. Poverty and its affects, which stop people taking part in the normal activities of life, are sometimes far more difficult to observe and evaluate in rural areas.

Many of the jobs on offer in Moray are part time, seasonal or short term contracts and of a disappointing quality resulting in a low wage economy. For those living in rural areas transport and spiralling fuel costs create additional expenses for over stretched budgets.

Additionally, inadequate and costly public transport links together with a lack of accessible, affordable childcare present major barriers which stop people from entering the work force.

"Low pay is rife amongst the workforce employed in agriculture and related industries and in tourism, both employment sectors important to the rural economy. Given that the cost of living is, on the whole, high in rural areas, low pay is a particular problem for rural communities."

Philip and Shucksmith, 2000

Poverty, especially if experienced over long periods of time, often creates a cycle of lack of confidence, self-value and motivation. People feel labelled with the stigma that attaches itself to being poor. The lack of self worth stops people from reaching out and participating in their communities which in turn creates further levels of isolation and exclusion.

Area	1999	2000	2001	2002
Moray	£329	£335	£328	£346
Scotland	£370	£383	£405	£427
Great Britain	£402	£420	£444	£465
Moray as a % of Scotland	88.9%	87.5%	81.0%	81.0%
Moray as a % of GB	81.8%	79.8%	73.9%	74.4%
Scotland as a % of GB	92.0%	91.2%	91.2%	91.8%

Average weekly earning for Moray, Scotland and GB. *New Earnings Survey*

"People should understand why we don't have enough money, in some cases through no fault of our own. Some people think we are lazy- the minority of people are. The majority of people aren't. I miss my social life."

Moray Against Poverty Network, Voices from the Edge 2004



Moray Against Poverty Network

50 South Street, Elgin IV30 1JX

☎ 01343 545415

MAP is a local organisation that provides support and a voice for those experiencing poverty in Moray. It aims to present an opportunity for individuals, groups and agencies to develop a shared responsibility in addressing poverty issues. The mission is to ensure all people enjoy a decent quality of life. Past activities have included opportunities for personal and group development, raising public awareness through workshops and conferences, as well as producing a guide for young adults living on less *Skint in Moray*. In September 2004 the network produced an extensive research document *Voices from the Edge* evidencing the impacts of poverty on vulnerable groups living in Moray. Anyone who has experienced poverty or has an interest in addressing poverty issues is welcome to volunteer for MAP. Volunteers can be involved in the every day running of the organisation, participating in anti-poverty workshops, as well as accessing training opportunities ranging from confidence building, restoring old furniture, to using video as a campaigning tool and dealing with the media.

Global Poverty

The living standards enjoyed by the industrialised countries owe a great deal to the immense flows of natural and financial resources and labour (either slave or underpaid) from the Third World. These flows do not take into account the social and environmental damages caused by resource extraction. In other words, the impoverished countries of the South are subsidizing the rich countries of the North! While during the colonial period the extraction of precious metals and other resources was an openly violent affair, today's looting uses methods that are more subtle. International organisations such as the IMF, the World Bank and the World Trade Organization seek to dictate world economic policy in order to maintain a system of control over the trade in financial and natural resources. For more details:

🌐 www.foei.org

🌐 www.corporateurope.org

Useful contacts and websites

The Poverty Alliance

162, Buchanan Street, Glasgow G1 2LL

☎ 0141-353 0440

e-mail: admin@povertyalliance.org

World Development Movement

7a Haddington Place, Edinburgh EH7 4AE

☎ 0131 557 0444

🌐 www.wdm.org.uk

WDM lobby decision makers to change the policies that keep people poor. They promote positive alternatives as well as working with people in the developing world who are standing up to injustice.

Child Poverty Action Group

94 Duke Street, Glasgow G4 0UW

☎ 0141-552 3303

🌐 jdickie@cpagscotland.org.uk

Campaigns against poverty among young people and for the improvement of the lives of low-income families.

Oxfam in Scotland

207 Bath Street, Glasgow G2 4HZ

☎ 0141-285 8865

🌐 ukpp@oxfam.org.uk

Working in Scotland with partners to change how poverty is understood and challenged.



Economy

Green Tourism

The Cost of Holidaying

“Over 80% of our visitors say that the environment is what they like the most about Scotland and it is undoubtedly one of the most important resources to the Scottish tourism industry.”

Tourism and the Environment Forum

Green tourism is a term used to describe the best environmental

practice within the tourism sector. It covers issues such as business efficiency, environmental management, waste, transport, as well as topics like social responsibility and biodiversity.

In the long run, tourism companies which do not look after the environment will hurt their own business.

What can we do?

- Consider holidaying at home this year. Save money and environmental costs.
- Offer your business to participants in the Green Tourism Business Scheme to reward good practice
- If travelling abroad contact Tourism Concern for up to date information on social and environmental issues. www.tourismconcern.org.uk

Tourism & Environment Forum,

Thistle House, Beechwood Park North, Inverness IV2 3ED,

☎ 01463 723 059

💻 www.greentourism.org.uk

The Tourism & Environment Forum is a partnership of public and private organisations set up to promote sustainable tourism in Scotland. We recognise that the environment is the Scottish tourism industry’s main asset and we are working to ensure that both tourism and the environment are well managed.

Green Tourism Business Scheme

4 Atholl Place, Perth PH1 5ND

☎ 01738 632 162

💻 www.green-business.co.uk

The largest and most successful environmental accreditation body of tourism related businesses in Europe. It has over 500 members in the UK, including amongst others, accommodation providers, visitor attractions, tour operators and conference facilities. Keep an eye out for award winners. They also offer tourism businesses a Green health check which means benchmarking and evaluation to check performance against other similar businesses and also to check year on year performance. In environmental terms this means looking at the main use of the businesses resources in terms of money and units.





Useful contacts and websites

Gemini Explorer

☎ 07785 331806

🌐 www.geminiexplorer.co.uk

Berthed in Buckie Harbour, the Gemini Explorer offers dolphin and wildlife watching charters. A member of the Dolphin Space Programme.

Youth Hostel

Main Street, Tomintoul, Ballindalloch
AB37 9HA

☎ 08701 553255

🌐 www.syha.org.uk

The new hostel in Tomintoul is a great hillwalking and touring base.

Moray Firth Wildlife Centre

Spey Bay, Moray IV32 7PJ

☎ 01343 820 339

🌐 www.mfwc.co.uk

Visitor centre with interpretation facilities of the wildlife of the area in particular the bottlenose dolphin population.

elginscotland.org

🌐 www.elginscotland.org

A community portal and directory developed as a private/public partnership project between Elgin Business Action and MMS Counterclockwise to promote Elgin around the world.

Rural Community Gateway

🌐 www.ruralgateway.org.uk

The Rural Community Gateway is a Scottish Executive initiative to provide an online community discussion portal for rural issues. Content and editorial services provided by the Scottish Council for Voluntary Organisations.

Visit Scotland

🌐 www.visitscotland.com

The official site of Scotland's national tourism board.



Chapter 6

Products



Resource Consumption
Food
Fairtrade
Eco labelling





Products

Resource Consumption

Make Consumerism Work for the World

Consumers across the world spend an estimated £65 billion a year on bottled water, yet in 2000, one in five people in the developing world did not have 'reasonable safe access' to safe drinking water.

The aim of sustainable development is to balance our economic, environmental and social needs, allowing prosperity for now and future generations. Sustainable development consists of a long-term, integrated approach to developing and achieving a healthy community by jointly addressing economic, environmental, and social issues, whilst avoiding the over consumption of key natural resources. Consumption in itself is not a bad thing. The almost three billion people worldwide who barely survive on less than £4 per

day will need to increase their consumption in order to satisfy basic needs. Rising consumption has helped meet basic needs and create jobs. However, consumption among the worlds wealthy, and increasingly among the middle class, has in recent decades gone beyond satisfying needs or fulfilling dreams to become an end in itself. The consequences of this unprecedented consumer appetite is undermining the natural systems we all depend on, and making it harder for the worlds poor to meet their basic needs.

From State of the World 2004 – the Worldwatch Institute

UK debt owed on credit cards trebled between 1996 and 2003.

The Guardian 5/09/03

What can we do?

Too often the results of blissful consumption makes for a sad story – industrial pollutants, slave wages, toxic rubbish heaps situated next to poor neighbourhoods. But there's no need to swap pleasure for guilt. With thoughtfulness and commitment, consumption can be a force for good. We have the purchasing power; we can require companies to comply with our vision of environmental stewardship – or we can close the door behind them on their way out.

- Reduce, Reuse, Recycle – avoid buying what you don't need and dispose of your waste carefully.
- Stay close to home – shop locally and avoid unnecessary journeys.
- Eat organic – whenever possible avoid food grown with pesticides.
- Prioritise – think hardest when purchasing large items and don't fret over the small ones.
- Vote – political engagement enables the spread of environmentally conscious policies.
- Don't feel guilty – it only makes you sad.
- Enjoy what you have – the things that are yours alone and the things that belong to none of us. Both are nice, but the latter are precious – water, air, birds, trees.

Taken from a Consumption Manifesto by Umbra Fisk



Jargon Buster

Green Consumerism

This is where people purchase or participate in goods or services which attempt to replace existing ones with something designed to be 'friendlier' and less damaging to ecosystems and natural planetary defences.

Ethical Consumerism

A development of green consumerism which considers a variety of wider issues than just a product's green credentials, such as whether or not the manufacturer invests in the arms trade or has supported oppressive regimes. Through a comprehensive monitoring of the behaviour of modern business, ethical consumerism aims to encourage trade to be as responsible as is possible within the current economic system.

Anticonsumerism

Challenges many of the assumptions about what is needed in contemporary society. Taking the view that the rich nations of the world are fundamentally damaging the planet and themselves in the pursuit of material acquisition, it raises the question, "How much is enough?" Rather than just buying green or ethically-produced goods, different ways of living, trading and working are advocated in order to 'live more lightly' on the Earth and be less dependent on buying things to feel good about ourselves.

Consumer Rights

Consumer Direct Scotland

 08454 04 05 06

 www.consumerdirect.gov.uk

Clear, practical consumer advice to help you seek a fair and satisfactory result. They can also give details of your consumer rights or how to find a reputable trader.

Moray Council Trading Standards

232 High Street, Elgin IV30 1DJ

 01343 554617

 www.moray.org/tradingstandards

Trading Standards enforces legislation which governs the quality, safety, price and description of goods and services. It is also responsible for the safe storage of petrol, explosives and poisons and the accuracy of commercial weighing and measuring equipment. It provides free advice to business on all aspects of Trading Standards law.

 www.tradingstandards.gov.uk

Moray Citizens Advice Bureau

30-32 Batchen Street, Elgin IV30 1BH

 01343 550088

 www.cas.org.uk

 moraycab@moraycab.cabnet.org.uk
An independent local charity, it provides advice and information to ensure that individuals do not suffer through lack of knowledge or through an inability to express themselves.

Moray Consumer Support Network

 www.csnconnect.org.uk

*Aims to improve consumer access to expert, accurate and timely advice. Has produced a **Consumer Action Pack** which contains leaflets on consumer rights issues, useful addresses and sample letters to help you make written complaints effectively. Available from libraries and information points.*



Products

Useful contacts and websites

New Consumer Magazine

51 Timberbush, Edinburgh EH6 6QH

 www.newconsumer.org

The UK's only Fairtrade magazine. Printed bi-monthly in Scotland this contains many relevant and interesting articles.

The Good Shopping Guide

The Ethical Company Organisation, 240 Portobello Road, London W11 1LL

 www.thegoodshoppingguide.co.uk

The world's leading ethical shopping reference book. The book is supported by ethical consumers and NGOs like Christian Aid, Friends of the Earth and the World Development Movement. It reports and ranks the ethical behaviour of the ultimate holding companies, behind hundreds of the UK's biggest brands, with regard to the Environment, Animal Welfare and Human Rights.

Gooshing

 www.gooshing.co.uk

An on-line ethical shopping tool shows which consumer brands to avoid and support by revealing which are involved in areas like armaments, genetic modification, nuclear power etc. Displays ethical comparisons on over 250,000 different products and then searches over 350 online shops to find you the cheapest deal on your chosen product.

Ethical Consumer Magazine

Unit 21, 41 Old Birley Street, Manchester M15 5RF

 0161 226 2929

 www.ethicalconsumer.org

The UK's leading alternative consumer magazine. Each issue contains practical guides to a range of products, from baked beans to banks. It will tell you everything you need to know, from the social and environmental impacts of a product to the ethical records of the companies that

make it. Complex issues are simplified with easy-to-use tables that show important facts at-a-glance.

Ethical Junction

 www.ethical-junction.org

An on-line gateway to the ethical sector giving a focal point for a broad range of ethical issues and trading.

Get Ethical

 www.getethical.com

Red Pepper and The Big Issue magazines created getethical.com to promote and advance ethical consumerism. By utilising the power of consumers, together, we can create a more sustainable economy and a better world. getethical also provides links and information on environmental and social justice issues and much more.

Buy Nothing Day

 www.buynothingday.co.uk

The intent is to provide a period of respite and a pause for reflection from the rigours of the consumption economy.

Adbusters

 www.adbusters.org

The fantastic Canadian subvertismnt site.

Enough

 www.enough.org.uk

An anti-consumerism campaign.



Food

From Plough to Plate

Farming is not only important because it feeds us. It is also important because it employs a great number of people, contributes to the economy and is essential in conserving natural resources, biodiversity and landscapes. But modern agricultural production can have a negative impact; it can contribute to the pollution of soil, water and air and often has a detrimental effect on biodiversity, wildlife and birds. Government policy often favours large intensive production at the expense of smaller scale sustainable farming which can deliver high quality local food and a healthy environment.

The production of meat requires huge areas of farmland to grow fodder crops to feed the animals. Producing 10kg of pork requires the same land as producing 240kg of vegetables. Every person on the planet could have enough to eat if we in the richer Northern hemisphere ate less meat.

Organic foods are produced without pesticides, artificial fertilisers and genetic engineering. Animals live under conditions which respect their natural needs and they eat organic feed. Organic farming is more healthy for the animals, the environment and for you. However the organic label does not require low energy consumption during production and transportation. For consumers not all choices are clear and you have to weigh up alternatives. Is it better to buy a locally produced tomato grown with pesticides and perhaps in a heated greenhouse, than to buy an organic tomato, produced thousands of miles away and transported by aeroplane, ship or truck to the local retailer?

Friends of the Earth – how to eat sustainably

Protein meal produced from fish from the North Sea is transported to Thailand where it is used as fodder to breed king prawns. The prawns are then transported to Europe and sold.

What can we do?

- Choose organic products – less chemicals
- Choose fruits and vegetables of the season – less energy to produce or transport
- Choose products produced as locally as possible – less transport
- Eat more vegetables, fruits and cereals – for health, nutrition and high energy
- Eat less meat – for sustainable use of land and for your health
- Support your local farmers market or vegetable box scheme

The food system accounts for over 30% of UK road freight and since 1991 this has increased by about 25%. Sustainable Development Commission



Products

GM Food

Genetic Modification (GM) is the artificial insertion of a foreign gene into the genetic material of an organism. There are currently two main types of genetically modified crops – those engineered to be resistant to herbicides and those engineered to produce toxins to kill pests. Those who support GM claim it yields higher crops; uses fewer herbicides and pesticides and can provide the solution to world hunger. Those opposed to GM says that the evidence shows the opposite and that weeds inherit the herbicide tolerance which leads to more chemicals being used. The US government now admits that GM crops do not increase yields.

Food Standards Agency

 www.food.gov.uk

The Food Standards Agency is an independent food safety watchdog set up by an Act of Parliament in 2000 to protect the public's health and consumer interests in relation to food.

Gene Watch

 www.genewatch.org

A not-for-profit group that monitors developments in genetic technologies from a public interest, environmental protection and animal welfare perspective.





Useful contacts and websites

LEAF (Linking Environment And Farming)

 www.leafuk.org

Promoting a sustainable system of agriculture which meets the economic needs of farmers and consumers concerns.

Farming and Wildlife Advisory Group

Thainstone Business Centre, Inverurie
AB51 5TB

 01467 629338

 www.fwag.org.uk

Provides an advisory service to farmers and landowners who wish to improve the wildlife potential of their land.

Choose Food – Choose Farming

 www.choosefoodchoosefarming.org

A Friends of the Earth campaign for sustainable agriculture and real food.

Scottish Organic Producers Association

10th Avenue, Royal Highland Centre,
Ingliston, Edinburgh EH28 8NF

 0131 333 0940

 www.sopa.org.uk

Supports and certifies organic products.

Soil Association Scotland

Tower Mains, 18 Liberton Brae, Edinburgh
EH16 6AE

 0131 666 2474

 www.soilassociationscotland.org

Supports and certifies organic products.

Scottish Association of Farmers Markets

 www.scottishfarmersmarkets.co.uk

Find out where Scottish farmers' markets happen, who takes part and what's sold.

Elgin Farmers Market

Contact James Clarke-

 01309 641259

 james@hardmuir.com

Contact for more details and times.

Community Supported Agriculture (CSA)

Soil Association, Bristol House, 40-56
Victoria Street, Bristol BS1 6BY

 www.cuco.org.uk

CSA is a way for consumers and farmers to share the risks and benefits of sustainable agriculture. It is an agreement between one or more farms and a group of consumer members. Members pay up front to support the farm and receive an agreed upon share of the farms output.

EarthShare Ltd

65 Society Street, Nairn IV12 4NL

 01667 452879

 www.earthshare.co.uk

 earthshare@macunlimited.net

A small local farming CSA that supplies fresh fruit and veg to subscribers in the form of a weekly box. Operates in the west of Moray.

*"When I give food to the poor, they call me a saint.
When I ask why the poor have no food, they call me a communist."
Dom Helder Camara*



Products

Fairtrade

A Better Deal for Producers

Women in El Salvador are paid just 29 cents for every \$140 Nike NBA jersey they sew. NewConsumer

World trade could be a powerful force for poverty reduction. Many poor people could work themselves out of poverty by selling their products to rich countries at a decent price. So what's stopping them? The world trade system.

International trade may seem a remote issue, but when commodity prices fall dramatically it has a catastrophic impact on the lives of millions of small scale producers, forcing many into crippling debt and countless others to lose their land and their homes. Too many farmers in the developing world have to contend with fluctuating prices that may not even cover what it costs to produce their crop. Development agencies recognised the important role that consumers could play to improve the situation for producers.

By buying direct from farmers at better prices, helping to strengthen their organisations and marketing their produce directly through their own one world shops and catalogues, the charities offer consumers the opportunity to buy products which are bought on the basis of a fair trade

Sales across the 18 countries that license the Fairtrade Mark are growing at around 20% every year.

In the majority of these countries, Fairtrade products are now mainstream products available in major supermarkets and independent shops and are beginning to gain market shares. For example (in Switzerland) Fairtrade bananas account for one in every 5 bananas sold.
www.fairtrade.org.uk



What can we do?

- When buying chocolate, bananas, tea or coffee it is important to consider the impact on the people who produced it. Fairtrade is an international movement that ensures that farmers in developing countries receive a fair price for their produce and workers a fair wage for their labour. Often the environmental standards are higher in Fairtrade plantations.
- Join or support organisations campaigning to make trade work for the poor rather than exploiting them.



Useful contacts and websites

Fairtrade Foundation

Room 204, 16 Baldwin's Gardens, London
EC1N 7RJ

☎ 020 7405 5942

🌐 www.fairtrade.org.uk

*Licences and promotes the Fairtrade logo
in the UK.*

Make Trade Fair

🌐 www.maketradefair.com

*Oxfam's ongoing international Fair Trade
campaign.*

Labour Behind the Label

🌐 www.labourbehindthelabel.org

*Bringing together pressure groups, trade
unions and individuals in support of
garment workers.*

Cafédirect

🌐 www.cafedirect.co.uk/

*The UK's largest fair-trade hot drinks
company.*

Traidcraft

🌐 www.traidcraft.co.uk

*Aims to fight poverty through helping
poor communities trade their way out of
poverty.*

People Tree

🌐 www.peopletree.org.uk

Fairly traded garments.



Products

Eco Labelling

Know Before You Buy

Green labels and claims can help consumers spot products which are less harmful to the environment.

However, it's not always obvious what these labels mean. Many manufacturers make their own green claims or labels. While some give useful information on the product, some are vague or meaningless. Beware of phrases like "environmentally friendly" – this could mean anything.

The Government has published the Green Claims Code to improve the standard of environmental claims.

Green Claims Code

Defra publications, Admail 6000,
London SW1A 2XX

☎ 08459 556000

✉ defra@iforcegroup.com

Here is an explanation of the meaning of some of the green labels and logos commonly found on products. It also gives website addresses where you can find further information. Some labels cover a wide range of environmental impacts while others cover a specific issue.

Food Labels

LEAF Marque

🌐 www.leafmarque.com

Identifies food produced by farmers committed to improving the environment from Linking Environment And Farming



Marine Stewardship Council

🌐 www.msc.org

An internationally recognised standard to measure and reward well-managed fisheries



Soil Association

🌐 www.soilassociation.org

Organic certification label



Scottish Organic Producers Association

🌐 www.sopa.org.uk

Organic certification label





Green Labels

European Ecolabel

 www.eco-label.com

An official Europe-wide award for non-food products that minimise impacts on the environment. They must meet strict criteria for all the main environmental impacts across their whole life-cycle. The scheme is run in the UK by DEFRA



Blue Angel

 www.blauer-engel.de

Shows that a product has met environmental standards set by the German Government



Nordic Swan

 www.svanen.nu

The official Nordic ecolabel and is awarded to products that reduce the burden on the environment



Green Dot

 www.green-dot.com

This means that a financial contribution has been paid to an authorised packaging recovery scheme. The UK is not a participating Green Dot system country



Mobius Loop

 www.incpn.org

An internationally recognised recycling symbol. The symbol is supposed to be used on goods that can be recycled or if the symbol has a percentage value inside the arrows it shows the recycled content of the product



VOC Labels

 www.bcf.co.uk

These indicate the relative content of VOCs (Volatile Organic Compounds) in paints. VOCs cause air pollution and can be harmful to human health. There is no standard logo, but many retailers but many have adopted this logo which was developed by B&Q



Forest Stewardship Council

 www.fsc-uk.info

Indicates that the wood used to make the product comes from a forest which is well-managed according to strict environmental, social and economic standards



Chapter 7

Waste



Reduce
Reuse
Recycle
Disposal





Waste

Reduce

Less is More

In 2003 Moray created more than 67,000 tonnes of combined domestic and commercial waste with each household in Moray producing on average 1.1 tonnes of waste per year. This is growing year on year. There is widespread acceptance that this cannot continue and there are several reasons why we need to reduce the amount of waste we produce:

- Waste dumped in landfill represents a reduction in the world's natural resources, damaging the economy as well as the environment.
- As the waste breaks down it releases carbon dioxide and methane (greenhouse gasses) into the atmosphere, both of which contribute to global climate change.
- As well as gasses, a liquid called leachate is produced as the waste decomposes. This can seep into the soil and rivers and pollute the natural environment.
- Dallachy landfill has less than 12 years capacity left.

Despite all this, current waste growth rates will result in a doubling of household waste within 37 years.

When people set about doing something to tackle the problem of waste, recycling is usually the first thing that is thought of. Recycling, while important, is not the only way to minimise the amount of waste we produce. A concept that has been used to describe the ideal means of dealing with waste is the waste hierarchy. At the top of the waste hierarchy is reduce, then reuse, and in third place recycle, with disposal at the bottom as the least desirable option.



Reduction is seen as the most important because if we don't produce as much waste in the first place, then we have less to deal with in the end.

What can we do?

- Stop junk mail being delivered by contacting the Mailing Preference Service (see overleaf). Remember to always tick the box on forms to say you don't want your details passed on.
- Choose goods with less packaging.
- Buy milk, orange juice and soft drinks in returnable bottles.
- Store food in resealable containers rather than using cling film or foil.
- Use paper bags for fruit and veg instead of plastic ones. It is better for veg storage as it reduces the 'sweating' caused by plastic.
- SNUB – Say No to Unwanted Bags. Invest in strong reusable bags rather than plastic carrier bags
- Choose durable goods rather than disposable ones.



Useful contacts and websites

Mailing Preference Service

DMA House, 70 Margaret Street, London W1W 8SS

☎ 0845 7034599

🌐 www.mpsonline.org.uk

Free service to have your name removed from mailing lists. You can also stop unwanted sales phone calls and faxes.

The Moray Council Recycling Team

Springfield House, Edgar Road, Elgin IV30 6FF

☎ 01343 557045

For information on waste issues, recycling etc. In conjunction with Waste Aware Grampian, they have produced a household guide to waste issues and details of your nearest recycling point. It is in the form of a binder that will be updated with mailed inserts and was delivered to all households in Moray. If you have not received a copy of your waste aware guide call them on 01343 557045 and get your free copy.

Waste Aware Scotland

☎ 0845 600 5 333

🌐 www.wascot.org.uk

For more ideas on how to reduce your waste.

Strathspey Waste Action Network (SWAN)

Penny Lawson, Easter Culreach, Grantown-on-Spey, PH26 3NH

☎ 01479 821114

Promotes and encourages action to reduce waste.

Ecological Footprints Quiz

🌐 www.earthday.net/footprint/index_reset.asp?pid=9684106712149662
If you have a couple of minutes then why not take a short quiz to see how much of the earth's resources you are using up? Warning the results can shock!

Ecological Footprint Calculator

🌐 www.rprogress.org/programs/sustainability/ef/
A more detailed household ecological footprint calculator.



Waste

Reuse

Too Good to Waste

If you can't prevent waste, then you may as well try and get your money's worth out of it by reusing it or using it for something else.

What can we do?

- Donate unwanted goods such as clothes, books, toys and furniture to charity shops and jumble sales.
- Consider second hand purchases.
- Look for products in refillable containers such as fabric conditioner. They are cheaper, save resources and avoid packaging waste.
- Reuse packaging for other purposes, e.g. jars, boxes and bottles for storage purposes.
- Use rechargeable batteries.
- Repair electrical equipment, furniture etc.
- Take unwanted magazines to your doctor's surgery

Composting

You can reduce the amount of waste going to your bin by composting your kitchen and garden waste and turning it into a valuable resource for your garden. There are a number of organisations that can help you get started and The Moray Council have teamed up with the North East Master Composter Project to offer discounted compost units and Green Cone food digesters.

- Green Cones – take food waste including cooked food, meat and bone. It is a digestion unit that converts the waste into a liquid form that seeps into the soil surrounding the unit.
- Compost Bins – take garden waste and kitchen waste. It allows your waste to rot down to a compost that can be removed and used to nourish your plants and garden.

Master Composter Project

☎ 01343 557060

💻 www.scraps.org.uk

To provide help and advice on home composting. They sell discounted compost units and Green Cone food digesters and can offer training on all aspects of composting.

Biobags Scotland

☎ 01467 651 247

💻 www.biobags.co.uk

Supply biodegradable bags to help collect food waste easily (for composter or green cone) .

Moray Waste Busters

C/o Waterford Recycling Centre,
Waterford Road, Forres IV36 3TN

☎ 01309 676056

💻 www.moraywastebusters.org

A community resource located at the Civic Amenity site at Forres. Here they provide practical activities and educational facilities promoting waste reduction and advice on composting, wormeries etc. Along with a drop off and collection point for all kinds of items which can be reused.

Composting Association

💻 www.compost.org.uk



Washable Nappies

Using washable nappies for one baby can cost hundreds of pounds less than disposables. Using them for a second baby and you save even more. Disposable nappies use far more of the earth's precious resources than cotton nappies and can make up to 50% of a family's rubbish in a wheelie bin. Every year over 5 million disposable nappies end up in landfill sites in Moray. They could take up 200-500 years to fully decompose!

Moray Nappy Network

C/o 177 Mid Street, Keith, Banffshire
AB55 5BL

☎ 01542 888070

✉ reap@csv.org.uk

Formed by a group of parents who have practical experience of choosing and using cotton nappies, and agencies interested in promoting real nappies. They aim to give impartial advice and information about cotton nappies and offer practical demonstrations to interested groups and individuals.

Cotton Bottoms Laundry Service

Burghmuir Circle, Inverurie AB51 4FS

☎ 01467 624634

Cotton Bottoms, based in Inverurie operate a nappy laundry service where they will pick up and wash cotton nappies and return them to you.

Scottish Nappy Network

☎ 01324 878609

🌐 www.scottishnappynetwork.org.uk

Woman's Environmental Network

🌐 www.wen.org.uk

Useful contacts and websites

The Moray Council Recycling Team

Springfield House, Edgar Road, Elgin
IV30 6FF

☎ 01343 557045

See details on page 97.

Waste Aware Scotland

☎ 0845 600 5 333

🌐 www.wascot.org.uk

See details on page 97.



Waste

Recycle

Turn Waste into Profit

Recycling Waste means using waste materials to manufacture other products of an identical or similar nature. During 2003 around 18% of Moray's waste was recycled. The target set by the Scottish Executive is to achieve 25% recycling by 2006. In order to achieve this The Moray Council are striving to increase the number of recycling points throughout Moray and will be phasing in a system of kerbside collection of recycled materials to all settlements of 500 houses or more by summer 2006.

Details of new recycling points and changes to the kerbside collection of waste will be advertised in local newspapers. Notification will also be given in the form of inserts to the Waste Aware Guide which was delivered to all households in Moray.

Every year in the UK we use 13 billion steel cans which, placed end to end, would stretch to the moon – three times!
Steel Can Recycling Information Bureau

What can we do?

- Recycle as much material as possible.
- Use your Waste Aware Guide – it contains details of your nearest recycling centre, what you can recycle and its opening hours.
- Buy recycled goods whenever possible. If there is no market for recycled goods there is no point in recycling the materials in the first place.
- Get political. Improvements to the recycling service will only come about if there is public pressure. Express your concerns to politicians and businesses to encourage goods to be made of materials which can be recycled.

Useful contacts and websites

The Moray Council Recycling Team
Springfield House, Edgar Road, Elgin
IV30 6FF

☎ 01343 557045

See details on page 97.

Waste Aware Scotland

☎ 0845 600 5 333

🌐 www.wascot.org.uk

See details on page 97.

Moray Reachout (Waste Watchers)

Unit 7-9 March Lane, Industrial Estate,
Buckie AB56 4BB

☎ 01542 835533

✉ wastewatchers@fflife.co.uk

Local Cash for Cans Centre. Accepts aluminium cans, foil etc.

D & S Metals

Greshop Industrial Estate, 17 West
Road, Forres IV36 2GW

☎ 01309 672 465

Local Cash for Cans Centre. Accepts aluminium cans, foil etc.



Reboot

9 Greshop Industrial Estate, Forres IV36 2GU

☎ 01309 671 681

🌐 www.reboot-forres.co.uk

Moray computer recycling project. Working computers donated to the project are refurbished for use by community groups and individuals. They welcome donations of keyboards, monitors, PCs, printers and unwanted licensed software. They also collect unwanted mobile phones.

Moray Wood Recycling Workshop

9 Chanonry Spur, Elgin IV30 6NA

☎ 01343 546 100

✉ wood.recycling@care4free.net

Reuses wood. You can also buy wood chips for your garden, doors and other wood items.

Re>Paint

C/o Moray Waste Busters (see composting page 98)

Recycles paint for use by community projects.

Spey Bay Salvage Ltd

Nether Dallachy, Spey Bay, Fochabers, Moray IV32 7PL

☎ 01343 821348

🌐 www.murray-1.co.uk

Shreds and reuses commercial tyres. Collects over 20,000 tyres a week and shreds them to be used as material for horse arenas etc. Currently the only company in Scotland doing this vital recycling work.

Recycling Advisory Group Scotland (RAGS)

☎ 0131 557 8717

🌐 www.rags.org.uk

A network for information and advice on recycling and waste minimisation in Scotland.

RECOUP

☎ 01733 390021

🌐 www.recoup.org

A national charity developing plastics recycling in the UK.

Waste Watch

☎ 020 7089 2100

🌐 www.wastewatch.org.uk

An environmental charity dedicated to the reduction reuse and recycling of household waste.



Waste

Purchasing recycled materials

Recycled materials are available from all kinds of local shops. In addition to this there are a number of mail order companies who can supply a variety of recycled goods. The following list of suppliers is not exhaustive and is intended merely as indicative. We do not endorse any supplier and are not liable for any complaints which may arise from the use of these companies.

The Green Stationery Company

☎ 01225 480556

🌐 www.greenstat.co.uk

Supplies recycled paper and stationary products.

Green Choices

🌐 www.greenchoices.org

A website giving independent shopping advice on a whole range of green topics.

The Green Shop

Cheltenham Road, Bisley Stroud,
Gloucestershire, GL6 7BX.

☎ 01452 770629

✉ enquiries@greenshop.co.uk

🌐 www.greenshop.co.uk

Sells hundreds of products for a sustainable future.

Natural Collection

Eco House, Monmouth Place, Bath,
BA2DQ.

☎ 0870 331 3333

✉ info@naturalcollection.com

🌐 www.naturalcollection.com

Environmentally friendly goods for the home.

Centre for Alternative Technology (CAT)

Machynlleth, Powys, SY20 9AZ.

☎ 01654 702400

✉ mailorder@cat.org.uk

🌐 www.cat.org.ok

One of Europes foremost eco-centres.

EcoZone

Eco-co Products Ltd, Birchwood House,
Briar Lane, Croydon, CR0 5AD

☎ 0208 662 7200

🌐 www.ecozone.co.uk

Eco friendly cleaners, natural cosmetics, vitamins, herbs and minerals etc.

WWF Earthly Goods

WWF-UK Panda House, Weyside Park,
Godalming, Surrey, GU7 1XR

☎ 01483 426444

🌐 www.wwf.org.uk

Over 200 environmentally friendly products and environmental information.

Re-viv

16 Alma Road, Retford, Nottinghamshire,
DN22 6LW

☎ 01777 705557

Produce clothing made from reclaimed textiles.

used2bee Recycling

66 Burrigge Road, Torquay, Devon, TQ2 6LY

☎ 01803 607009

🌐 www.used2bee.co.uk

Produce clothing made from reclaimed textiles.



Disposal

Dianna Mak a Midden

If waste cannot be reduced, reused or recycled it has to be disposed of. Currently most of Moray's waste is disposed of through landfill but this is running out. Alternatives are being considered through the production of a National Waste Strategy published by SEPA and a local waste strategy published by The Moray Council.

Domestic Refuse Collection is carried out on a weekly or fortnightly basis to a specific route plan. One 240 litre wheeled bin is supplied to each property free of charge. If a further bin is requested it can be purchased.

- Please telephone 01343 557074 if you would like to purchase an extra bin.
- For information about a missed collection telephone 01343 548739.

What can we do?

- Don't litter. Dispose of your waste in as clean and safe way as possible.
- Report fly tipping to the Scottish Environmental Protection Agency (SEPA) by phoning 0800 80 70 60. Fly tipping is the responsibility of the Land Owner and the Scottish Environment Protection Agency is the regulator
- Arrange for bulky items to be collected from your house by The Moray Council by phoning 01343 569106

Bulky Collection Service

The Moray Council also offer a Special Collection service. This service is provided free of charge to uplift items which are in excess or too large for your Wheeled Bin. If you would like to book a special collection please telephone 01343 569106 between 8.30am and 3.30pm Monday to Friday.

- They can collect on request: fridges, freezers, all items of free standing furniture, electrical and other household goods, carpets, rugs, bedding, reasonable quantities of garden refuse either tied in sacks or bundles (max. 30 bags or 30 bundles)
- They won't collect: any liquid in containers, asbestos, building material i.e. cement blocks, plasterboard etc. broken slabs, bathroom suites, cans with paint, car parts or other vehicle parts, earth or turf, fitted kitchens, fuel tanks, gas cylinders, garden sheds, greenhouses, glass, heating boilers, large quantities of hedging, large planks of wood, materials from house renovations, pianos, storage heaters with bricks, trees, tyres, window frames

Material for a special collection should be sited at the normal point of collection. It should be available from 7.30am on the day of collection. The crew will not enter your premises for the goods.



Waste

Useful contacts and websites

The Moray Council – Refuse Collection

Springfield House, Edgar Road, Elgin
IV30 6FF

☎ 01343 557044

☎ 01343 548739 - Missed refuse
collection

☎ 01343 569106 - Bulky Uplift

Scottish Environmental Protection Agency (SEPA)

28 Perimeter Road, Pinefield, Elgin IV30 6AF

☎ 01343 547663

🌐 www.sepa.org.uk

*SEPA regulates the storage, transport and disposal of waste. The SEPA emergency hotline for reporting pollution incidents operates 24 hours, 365 days - **0800 80 70 60**. Any person found guilty of illegally depositing waste could be liable on summary conviction, to imprisonment and/or a fine not exceeding*

£20,000. SEPA also needs public help to crack down on illegal tippers. Anyone who sees anyone fly tipping should contact them immediately.

SEPA can also give support to businesses who wish to minimise their waste.

Keep Scotland Beautiful

Islay House, Livilands Lane, Stirling FK8 2BG

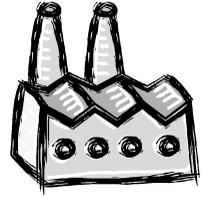
☎ 01786 471333

🌐 www.encams.org

Keep Scotland Beautiful (KSB) has been at the forefront of anti litter, waste and marine issues to encourage good practice and sustainable development. Funding from the Scottish Executive allows a wide range of issues and programmes to be tackled including litter and waste reduction, improvements to Scotland's coastline including award beaches, sustainable communities, education in schools through Eco-Schools and general awareness raising of sustainable development.

Chapter 8

Pollution



Water
Land
Air
Noise





Pollution

Water

A Precious Resource

Water is one of our most precious resources but contamination from human activity is putting our water resource under a great deal of pressure.

Our drinking water may contain compounds which affect our well-being, our rivers may be polluted and we may be wary of swimming at our local beach. However, Scotland has a reputation for clean rivers and beautiful beaches and

you can use your rights to ensure these are protected.

Over 800 water samples are taken every day by Scottish Water from a combination of customer taps, water treatment works and service reservoirs. In 2003 over 306,000 regulatory tests were carried out to ensure water quality is maintained to rigorous drinking water quality standards. Scottish Water

Drinking Water

The 1980 EC Drinking Water Directive set standards for over 60 criteria including taste, colour and levels of chemicals. This directive is implemented through the Water Supply (Water Quality) (Scotland) Regulations 1990. Scottish Water must supply water 'fit for human consumption'. They are not responsible for private water supplies or for any contamination caused by the plumbing in your home. You have a legal right to find out from Scottish Water what's in your drinking water. If concerned about your tap water complain to both Scottish Water and the Council. You have a right to results.

Freshwater

Checking up on water pollution is easier than you think. You can consult the Public Register of river quality held by SEPA, which includes records of all the water quality testing done in your area. The Register will also tell you what industries are allowed to release pollutants into local water and may help you identify illegal polluters. SEPA monitors the quality of Scotland's rivers, lochs and coastal waters. It is also responsible for implementing national and European water pollution legislation and controls the discharge of pollutants into our rivers through Discharge Consent Licences. If you suspect a pollution incident report it immediately to the SEPA office or their 24 hour pollution hotline - **0800 80 70 60**. Make a note of whom you have spoken to and follow up the progress of the SEPA enquiries to find out what happens.

The system of Discharge Consents can be a powerful tool. You can oppose new applications for Discharge Consents or try to force a polluter to cut back its discharges by examining their record to see if they are violating their consents. All new applications for Discharge Consents which have a 'significant effect on the receiving water' must be advertised in the local press. You have six weeks to object and the advert will include details of how to do this.

Bathing Waters

SEPA monitors the quality of Scotland's bathing beaches and enforces the EC Bathing Water Directive which sets standards for bathing water quality. Scottish Water are responsible for sewage treatment and disposal, one of the most significant causes of marine pollution. Councils are responsible for public health and SEPA informs council about bathing water quality. Councils are responsible for litter clean-ups on beaches. If you suspect a pollution incident report it immediately to SEPA.



Useful contacts and websites

Scottish Water

PO Box 8855, Edinburgh EH10 6YQ

☎ emergency info - 0845 600 8855

☎ customer service - 0845 601 8855

🌐 www.scottishwater.co.uk

Scottish Water is a publicly owned business, answerable to the Scottish Parliament and the people of Scotland. It provides water and waste water services to 2.2 million customers and 130,000 business customers.

There are four Regulators who regulate Scottish Water's performance on behalf of the public. They are:

- *SEPA monitors performance against standards set by UK and European laws*
- *The Water Customer Consultation Panels represent the interests of household and business customers*
- *The Water Industry Commissioner for Scotland regulates customer charges and levels of service*
- *The Drinking Water Quality Regulator monitors performance to meet the legal standards set for drinking water*

Scottish Environmental Protection Agency (SEPA)

28 Perimeter Road, Pinefield, Elgin IV30 6AF

☎ 01343 547663

🌐 www.sepa.org.uk

SEPA is a powerful body which is responsible for the protection of the environment in Scotland and is tasked with protecting the land, air and water - the core elements that form the fabric of our environment. SEPA was established by the Environment Act 1995. In broad terms, SEPA regulates:

- *activities that may pollute water*
- *activities that may pollute air*
- *storage, transport and disposal of waste*
- *keeping and disposal of radioactive materials.*

*The SEPA emergency hotline for reporting pollution is - **0800 80 70 60.***

Water Customer Consultation Panels (WCCP)

The Convener's Office, Ochil House, Stirling, FK7 7XE

☎ 0845 850 3344

🌐 www.watercustomer.org

Established by the Water Industry (Scotland) Act 2002, to represent the views and interests of customers of Scottish Water. The Panels are independent of Scottish Water, and other agencies.

The Water Industry Commissioner for Scotland

Ochil House, Stirling FK7 7XE

☎ 0845 741 3132

🌐 www.watercommissioner.co.uk

Regulates customer charges and levels of service

The Drinking Water Quality Regulator

🌐 www.dwqr.org.uk

Established to provide an independent check that Scottish Water is complying with the drinking water quality regulations. At the end of each calendar year the Regulator must submit an annual report to Scottish Ministers which summarises and comments on the drinking water quality for the preceding year. It also includes an account of any investigations or enforcement actions carried out during the period.

Floodline

☎ 0845 988 1188

🌐 www.sepa.org.uk/flooding

Operated by SEPA to provide information on the possible risks of flooding in your area and gives practical advice on how to reduce the impact of floods when they strike.

Marine Conservation Society

🌐 www.mcsuk.org

Organises seasonal beach litter surveys. Website includes their Good Beach Guide.



Pollution

Land

Clean and Green?

Air pollution can be an invisible killer. A river may look crystal clear and beautiful but is unable to sustain a diversity of species. Therefore when people think of pollution, it's no surprise that many immediately think of the land. Land is

used and abused for many purposes and controlling the use of the land for the benefit of the environment and the people is often at odds with plans for extracting monetary value.

Development Plans

The Scottish Executive passes legislation on planning and the Council interprets this legislation into a series of plans. They prepare a Structure Plan which provides a strategic framework for planning decisions in the area and also prepare Local Plans which show how they intend to develop the area. Together these documents are referred to as the Development Plan.

The Local Plan can be reviewed at any time and is widely consulted upon every 3 to 5 years. The Local Plan is quite detailed and includes maps indicating how particular areas could be developed. It is the primary document for deciding planning applications. Councils are legally required to allow for public participation in drawing up the Structure and Local Plan and will welcome ideas and input. When the Plans are being reviewed public meetings will be held and notices informing how you can put forward your views will be circulated. It is easier to highlight areas unsuitable for development at this stage than it is to wait until an unsuitable planning application has been lodged and then oppose it.

Planning Applications

Most applications for planning permission must be formally notified to 'neighbours' and advertised in the local press. The public Registers kept by the council will also contain details of applications. Once an application has been lodged you have 14 days to submit formal comments to the Director of Planning. Details will be included in the application. Note that you have 14 days from the date the application was lodged, not when it was advertised in the press. The council must make a decision within four months.

For more details contact:

Moray Council Environmental Services Dept

Planning and Development Section, High Street, Elgin

☎ 01343 563476



Useful contacts and websites

The Moray Council Environmental Health - Animal Services

Council Offices, High Street, Elgin IV30 1BX

☎ 01343 563357

Counters problems of pest control, stray dogs, dog fouling etc. They provide a Pest Control Service to deal with a variety of pests, including cockroaches, fleas, mites, mice, rats, wasps, bees and beetles

Stray dogs are picked up and taken to Brumley Brae. A charge is made for the return of dogs to their owners. If you have lost your dog contact Brumley Brae Kennels, Brumley Brae, Elgin.

☎ 01343 544411

Do you know it is an offence to allow your dog to foul? Free bags are available from Council Access Points.

The Moray Council Environmental Health - Contaminated Land Unit

Council Offices, High Street, Elgin IV30 1BX

☎ 01343 563345

🌐 www.moray.gov.uk/ContaminatedLand

Contact the Contaminated Land Unit for information on how contaminated land issues are dealt with during the following processes: Planning Applications, Building Warrant Applications, Council House Sales, Property Enquiries.

Land is classed as contaminated when substances in, on or under the ground are impacting upon or potentially impacting upon human health or the environment. Contamination can either be a natural phenomenon, e.g. naturally elevated levels of heavy metal or man-made, e.g. chemical spillages.

This is a concern because we can be exposed to contaminants via inhalation of dust or gases, contact with soil or through the food grown in the soil. While the source of contamination may not be on or adjacent to your property there is still a risk because contaminants can migrate through soil or groundwater from surrounding sites. The effects of

contamination will depend on the type and amount of contaminant involved and in order to assess these levels an intrusive site investigation would be required. If the ground is found to be contaminated then action will need to be taken to decontaminate the area. This is known as remediation.

SEPA

🌐 www.sepa.org.uk/data/eper/mainpage.htm

SEPA has published an online pollution inventory of industrial plants across Scotland. The inventory record the type of industrial process and activities being carried out at the site and reported emission levels.



Pollution

Air Breath Easy

Air pollution comes from many sources and has devastating effects. Our over consumption of energy produces most of the world's air pollution. In addition vehicle emissions and industrial pollution threaten public health and also contribute to climate change.

The European Commission sets urban air quality through a series of Directives covering lead, sulphur dioxide, nitrogen dioxide and smoke. The Scottish Executive is responsible for monitoring overall air quality and councils are required to assess air quality and determine whether national standards are likely to be achieved. If you are worried about air quality in your street

you can ask the council to investigate and suggest they include your area in any future monitoring.

You can find out about air pollution in your local area by contacting the air pollution public information service on **Freephone 0800 55 66 77** or **www.airquality.co.uk** The freephone service provides all the basic information while more detailed information can be found on the internet. The Council may also have information on air quality, contact:

The Moray Council Environmental Health Department.

Council Offices, High Street, Elgin IV30 1BX
☎ 01343 563347

What can we do?

Road vehicles are a major source of certain pollutants in urban areas. Before using your car, ask yourself:

- do I really need to make this journey?
- could I walk or cycle instead of taking the car?
- could I take a bus or a train?
- are air pollution levels already high today?

If you must drive:

- drive smoothly - you'll save fuel and your engine will also pollute less;
- don't rev your engine unnecessarily;
- maintain your car - keep your engine properly tuned and the tyres at the right pressure
- turn off the engine when the car is stationary.

At home:

- buy water-based or low solvent paints, varnishes, glues and wood preservatives
- avoid burning solid fuels if possible
- if you live in a smoke control area, burn only authorised smokeless fuels (your local authority can provide further advice)
- avoid lighting bonfires. If you must do so, don't light them when pollution levels are high or while the weather is still and cold. Only burn dry material and never burn household waste, especially plastic, rubber, foam or paint.



Industrial Air Pollution

Most polluting industries have to apply for a pollution permit (officially known as an 'authorisation') from SEPA. You can oppose new applications for authorisations or try to force a polluter to cut back its discharges by examining their record to see if they are violating their consents. All new applications for authorisations must be advertised in the local press. You have four weeks to object and the advert will include details of how to do this.

If you suspect a pollution incident report it immediately to the SEPA office or their 24 hour pollution hotline - **0800 80 70 60**. Make a note of whom you have spoken to and follow up the progress of the SEPA enquiries to find out what happens. You can also report it to the council.

Useful contacts and websites

Air Pollution Public Information Service

 Freephone 0800 55 66 77

 www.airquality.co.uk

For information on air pollution and your local air quality.



Pollution

Noise

Shhhhhhh

Noise seems to be inescapable in modern life – but it doesn't need to be. Environmental noise pollution has many sources – homes, transport, industry, entertainment etc. Hearing defects rarely occur in cases of noise pollution but secondary health effects can arise. Annoyance and sleep disturbance both cause stress and your ability to

communicate or carry out your job could be reduced.

Noise is legally recognised as an industrial pollutant and can be dealt with. Under the law local authorities have a duty to order noise abatement notices and if the noisemaker fails to comply with the terms of the notice they have committed an offence.

What can we do?

Remember that you can inadvertently be causing noise pollution yourself. Be aware how you could be affecting others and act accordingly.

- Put noisy household equipment away from walls
- Perform noisy DIY jobs during the day
- Keep the volume of your music and television as low as possible
- Use power tools with discretion
- Include suitable underlay when laying laminate flooring
- Register a key holder if you have a house alarm
- To minimise barking, don't leave your dog alone

The Moray Council Environmental Health Department

Council Offices, High Street, Elgin IV30 1BX

☎ 01343 563345

Environmental Health can deal with noise from: commercial and industrial premises; pubs, clubs and other places of entertainment; construction and demolition sites; ice cream vans.

If you are bothered by noise, first try approaching the person, household or business concerned and tell them about the problem. Be polite and discuss a possible compromise.

If that does not work keep a diary of dates, times and types of excessive noise. If you decide to make a formal complaint, contact Environmental Health on 01343 563345.

If the noise is from a council house please contact the Housing Section on 01343 563429.

Grampian Police should be contacted if the noise nuisance is being created by car horns or noisy vehicles, disturbances or rowdy behaviour, loud parties and music from domestic properties. A warning will usually be given if the police are called out to a noisy party, however they also have the power to confiscate noise making equipment such as a stereo, if the warnings are not heeded.

In cases where barking dogs are causing the noise nuisance, Environmental Health will contact the owner of the dog advising that a complaint has been made and providing information on practical steps that can be taken to prevent excessive barking.

From The Moray Council Website: www.moray.gov.uk/moray_standard/page_1794.html



Useful contacts and websites

National Society for Clean Air

44 Grand Parade Brighton England BN2 9QA

 01273 878770

 www.nasca.org.uk/

NSCA is the environmental protection charity that brings together organisations across the public, private and voluntary sectors to promote a balanced and innovative approach to understanding and solving environmental problems. NSCA is both active and influential in the fields of air quality, noise, land quality, local environment management, and industrial regulation. It is a registered charity with over 100 years experience of environmental campaigning, public information provision, producing educational resources and policy formulation.

Feedback

Feedback

We Want to Hear From You

In order for this booklet to continue to be useful we are looking for your help. As soon as it is printed it will start to be out of date and the information will not always be accurate. This is where you can help. If you know of any relevant new information or organisations which you think people would be interested to know about why not let us know. Similarly if any information is out of date or organisations have changed their address etc then we would be most interested in knowing about it. This will help us to update the booklet if there is the need for an updated edition to be printed.

We are also looking for any comments or suggestions about the booklet if you think it could be altered in any way to make it more user- friendly. This will help us make any future editions better than this one.

You can fill in and return the feedback sheet over the page or e-mail your comments to:

 reap@csv.org.uk

Please include sustainability handbook in the subject line of your e-mail.

Do you have any further comments about the booklet?

Please tear off and send to:
REAP, 177 Mid Street, Keith, Banffshire AB55 5BL