

# Castle Community Map



Wauw Wen Park Photo by Afsa



PDFA Charity Shop Photo by Serena



Trailblazers Trip to Plantasia Photo by Kelly



Photo by Serena

## 1 Projects at The Environment Centre

**Pier Street SA1 1RY; 01792 480200; www.environmentcentre.org.uk**  
An award winning centre that offers a unique opportunity to see a number of innovative and ecologically sound features at work, including the turf roof, Photo Voltaic panels providing free electricity from the sun, solar panels for hot water, under floor heating, local timber, and recycled furniture. The Environment Centre's Eco-Anneexe houses the visitor centre, which comprises information displays, notice boards, library, internet access, green shop and coffee bar with seating area.

**BTCV Cymru (01792 456224; www.btcvymru.org)** BTCV works with volunteers on environmental projects, offering a wide range of opportunities and training to help improve skills, build confidence, improve health and well-being, and have some seriously good fun!

**Sustainable Swansea (www.sustainableswansea.net)** Sustainable Swansea helps to make Swansea a more sustainable place to live, work visit and enjoy!

**Undercurrents (01792 455900; www.undercurrents.org)** An award winning production company specialising in producing and distributing films reflecting the UK & global counter-culture. They also provide training and organise community film screenings.

**BEN (01792 462990; www.ben-network.org.uk)** BEN works with ethnic communities to encourage participation in environmental activities.

**Bat Conservation Trust (01792 643152; www.bats.org.uk)** BCT now acts as the national voice for bat conservation and is the only national organisation solely devoted to the conservation of bats and their habitats in the UK.

**One People Productions** One People work with community groups and individuals provide training in multimedia production.

**Bikeability (www.bikeability.org.uk)** The project enables people with disabilities to enjoy the pleasures and health benefits of cycling.

**Swansea Environmental Forum (www.swanseaenvironmentforum.net)** SEF is a strategic partnership of public, voluntary and private sector members to promote environmental sustainability across Swansea.

**Swansea Environmental Education Forum** The SEEF network provides a wealth of knowledge, skills and experience to promote Environmental Education and Education for Sustainable Development to schools, youth and adult groups, businesses, the general public and other organisations.

**Swansea Community Recycling Alliance Partnership (www.scrap-partnership.org.uk)** The Partnership works across sectors, to bring together people in the field of waste and recycling, to benefit Swansea and engender working relationships.

**Swansea Fairtrade Forum** The forum is a network of local groups, businesses and individuals committed to the principles of Fair Trade who organise events and promote Fair Trade across Swansea.

**Swansea Waste Forum (www.swanseawasteforum.org)** SWF works toward promoting, supporting and implementing sustainable waste management practices and welcomes representatives from across the public, private and voluntary sectors to take an active involvement in a network that focuses on delivery and action.

## Environment & Health

### Eco Information

- The Environment Centre (Pier Street SA1 1RY; 01792 480200; www.environmentcentre.org.uk)** The Environment Centre is a focal point for environmental information and activity across the region (see panel for further details)
- Plantasia (Parc Tawe SA1 2AL; 01792 474555; www.swansea.gov.uk/plantasia)** Plantasia has a large enclosed green 'hot' house with 3 different climatic zones, a butterfly room, unusual reptiles and insects, as well as a gift and coffee shop.
- Butterfly Conservation (St. David's Chambers, 9-10 Calvert Terrace, SA1 6AR; 01792 642972; www.southwales-butterflies.org.uk)** A charity concerned with saving butterflies, moths and their habitats, and runs guided walks, workshops, lectures and moth-trapping night across South Wales.
- Sustrans (40 Walter Road SA1 5NW; 01792 454490; www.sustrans.org.uk)** Sustrans is the UK's leading sustainable transport charity working on practical, innovative ways of dealing with the transport challenges that affect us all.

### Public Space/Parks

- Parks Department CCS (01792 280210; www.swansea.gov.uk/parks)** For information on all parks, play areas and allotments, contact Swansea Parks Department
- Harford Park** A great open green space with a children's playground and Multi Use Games Area for sports, and a bowling green.
  - Bryn y don park** Panoramic views over Swansea.
  - Wauw Wen Park** The Park has newly installed play equipment.
  - Brynmelyn Park** A Park at the heart of the neighbourhood providing a perfect spot for a breath of fresh air, with children's facilities at the flat top end of the park.
  - Victoria Park** The park is one of the oldest in Swansea and a regular winner of the prestigious Green Flag Award. It includes a bowls green, play area, tennis courts, and skate facilities.
  - Castle Square** The Piazza-style square with its distinctive leafboat fountain, is a focal point for the town, providing an amphitheatre for events, seating areas, and a large information screen.
  - Swansea Bay Wildlife Corridor and Dunes** Swansea Bay has a huge, open stretch of sandy beach with the second largest tidal range in the world! The beach is well used for recreation, and is a haven for wildlife. There are sand dunes at Swansea Point.

### Sport/Health/Play Area

- Beach Front Adventure Play Area (01792 280210; www.swansea.gov.uk/parks)** An adventure play area with a nautical theme.
- Recorder street play area (01792 280210; www.swansea.gov.uk/parks)** Small childrens play area situated in the heart of the Sandfields.
- Senior citizens pavilion and Dyfatty Bowls Club (Mathew street; www.swansea.gov.uk/parks)**
- LC2 (Oystermouth Road SA1 35T; 01792 466500; www.thelcswansea.com)** The Centre hosts a fantastic water park, top-of-the-range fitness equipment, a climbing wall, and much more!

### Eco Schools

- Eco Schools is an environmental management system which schools can adopt, looking at issues such as energy use, waste, water use etc, and is led by the children. Awards range from Bronze to Green Flag (www.eco-schoolswales.org)
- St Helen's Primary School (Vincent St SA1 3TY) Green Flag**
  - Wauw Wen Primary (Lion Street SA1 2BZ) Green Flag**
  - Ysgol Crug Glas (Croft St SA1 1QA) Green Flag**
  - Terrace Road Primary (Terrace road, mount pleasant, Swansea)**
  - St Joseph's Infant & Junior School (Caepystyl Street, Greenhill, Swansea)**
  - Christchurch Primary School (Rodney St)**
  - Swansea Metropolitan University (Mount Pleasant SA1 6ED; 01792 481000; www.smu.ac.uk)** It has gained recognition and awards for its work on energy management, environmental campaigns, travel planning and sustainability curriculum development, and is a Fairtrade University.

### Local/Organic Food

- Swansea Market (67 Plymouth Street SA1 3QG; 01792 476370; www.swanseamarket.co.uk)** Teaming with colour, vibrancy and aroma, Swansea Market's shops and stalls are an excellent source for local produce from fresh seafood and flowers to jewellery, arts and Welsh souvenirs.
- Seaview Terrace Allotments City and County of Swansea (01792 635484; www.swansea.gov.uk/parks)** Allotments not only provide the opportunity to grow good food at a low cost but offer recreational opportunities, exercise and social interaction. This site is owned by Swansea Council.
- Holbrook Coffee House (28 Union Street SA1 3DW; 01792 477797; www.holbrookonline.co.uk)** This independent coffee shop sells Fair Trade tea and coffee and local foods.
- Monkey Cafe (13 Castle Street SA1 1JF; 01792 480822; www.monkeycafe.co.uk)** The Monkey Cafe by day is a cafe selling organic and local food where possible, and by night is a music / arts venue.
- Govinda's (8 Cradock street SA1 3EN; 01792 468469; www.govindasvegetarianrestaurant.co.uk)** Govinda's is a popular vegetarian restaurant, shop, and centre for the Hare Krishna Faith, Yoga and health.
- Holland & Barrett's (10 Union Street SA1 3EF; 01792 644011; www.hollandandbarrett.com)** The shop sells healthy food and supplements, with some organic and Fair Trade products.
- Health and Herbs (5 Picton Arcade SA1 3BH; 01792 654053; www.health-and-herbs.co.uk)** Health and Herbs promote healthy living by supplying healthy, organic and Fairtrade food products.

### Green/Fairtrade/Local Products

- Body Shop (7 St. Mary's Arcade, the Quadrant SA1 3QU; 01792 456318; www.thebodyshop.co.uk)** Body Shop sells Community Trade beauty products.
- The Sheep Shop (38-39 Castle Street SA1 1HZ; 01792 645718; www.thesheepswales.co.uk)** The shop stocks many locally produced and traditional crafts, as well as some Fairtrade items.
- Gringo (3 Plymouth Street SA1 30Q; 01792 456969; www.gringo.co.uk)** Gringo sells fairly traded clothes, crafts, accessories and jewellery from India, Bali Indonesia and Nepal.

## Social Resources

### Community Resources

- 3Rip Gwalia Cyl (7-13 The Kingsway SA1 5JN; 01792 460609; www.gwalia.com)** Grip Gwalia Cyl is a leading provider of social housing in South and Mid Wales, with high environmental standards and a commitment to sustainability.
- Swansea Foyer (Alexandra Road SA1 5DZ; 01792 473377; www.gwalia.com)** Swansea Foyer provides access to affordable safe accommodation, education, training, employment and volunteering opportunities, with personal support for 16-25 year olds. This award winning building has many sustainability features including solar panels and low energy lighting.
- Castle Communities First (3rd Floor, 10 St. Helens Road, SA1 4AW; 01792 476812)** Castle Communities First aims to get local people involved in improving their area, bring in funding and other support from a range of sources, and involve everyone in working together to make their communities better places in which to live and work (see over leaf for more details)
- Friends of the Young Disabled (300 Carmarthen Rd SA5 8NJ; 01792 458520)** The centre offers a range of activities to all ages including a gym and a library with visual and audio materials and offers advice services to support disabled people generally.
- Mencap (Friendship House) (John Street SA1 1NT; 01792 642492; www.swansea.mencap.org)** Mencap supports people with a learning disability, their families and carers. Pottery, digital photography and Basic Skills classes are run for their members.
- Canoldre Centre (Jockey Street SA1 1NS; 01792 457305)** Swansea Youth Service runs a resocial centre at Canoldre Centre, that supports work with young people aged 11-25.
- Cyrenlans Resource Centre (124 Walter Rd SA1 5RG; 01792 470127; www.cyrenlans-community-centre.co.uk)** The Cyrenlans Community Centre is an award-winning project that offers health support, subsidised food, advice and training to disadvantaged people by day, and a venue for community groups in the evenings.
- NSPCC Ty Ffinday (Prince of Wales Road SA1 2EX; 01792 456545; www.nspcc.org.uk)** The office is the base for a number of services for children and young people, including Children's Advocacy and Representation service; Education Advisory Service; Therapeutic service and Young Witness Support service.
- Swansea Drugs Project Sandpitt (8 Calvert Terrace SA1 6AR; 01792 472002; www.swansea.drugsproject.org.uk)** Established by a group of local residents and professionals, the agency works to minimise the harm caused to individuals and society by both drugs and alcohol, in innovative ways.
- Swansea Young Single Homeless Project (SYSHIP) (6a Walter Road SA1 5NF 01792 537530; www.syshp.org.uk)** SYSHIP is a partnership of young people, staff and volunteers to help young people with housing issues and barriers to independent living.
- Carers Centre (104 Mansel Street SA1 5UE; 01792 653344 www.carers.org/swansea)** Supporting carers of the sick and disabled by providing respite care, advocacy and counselling, benefits advice, funding information, training and a drop in service. They also organise regular coffee mornings and social occasions.
- Minority Ethnic Women's Network (MEWN) (24 Mansel Street SA1 5SQ; 01792 467722; www.mewnswansea.org.uk)** MEWN provides support and training for BME women to overcome barriers to participation in the Welsh community.
- MIND (66 St. Helens Rd SA1 4BE; 01792 642999; www.swanseamind.org.uk)** A mental health organisation that works for the better mental health of people in Swansea by providing a range of services including drop-in sessions and support groups.
- Age Concern (69 St Helens Road SA1 4BE; 01792 641164; www.ageconcernswansea.org.uk)** Age Concern Swansea is a local independent charity, providing services and support to help older people well and in their own homes for as long as possible.
- Swansea Citizens Advice Bureau (Llys Glas, pleasant street SA1 5DS; 08444 77 30 30; www.swansea.cab.org.uk)** A free, confidential and impartial service that offers advice on all aspects of the law and rights.

## Community Centres

- Dyfatty Community Centre (Chapel Street SA1 35N; 01792 641336)** The centre is home to a number of groups and resources available to the local community. Dyfatty, Brynmelin and Greenhill Residents Association meet here on the 2nd Tuesday of every month at 10:30am
- Brynmelyn & Wauw Wen Community Centre (Park terrace SA1 2BY; 01792 635417)** Based in Brynmelin Park, the Centre holds regular Bingo, slimming, gardening and over 50's clubs
- St Jude's Church and Community Hall (Terrace Rd, Mount Pleasant SA1 6HP; 01792 473154; www.stjudes-swanaea.org.uk)** Hosts Mount Pleasant Senior Citizens weekly get together; Residents' meetings and Rosehill Quarry Conservation Group
- St Mary's Church (St Mary's Square SA1 3LP; 01792 298616; www.swansea.stmarysfn.net.co.uk)** The Cafe is run by volunteers open Monday to Saturday

## Volunteer Sites

- SCVS Swansea Council for Voluntary Service (7 Walter Road SA1 5NF; 01792 544000 www.scvs.org.uk SCVS)** If you want to get involved in volunteering, then contact SCVS. They are the umbrella organisation for voluntary activity throughout the City & County of Swansea, supporting, developing and representing voluntary organisations, volunteers and communities. SCVS offers a huge range of opportunities.

## History/Culture/Art

- Glynn Vivian Art Gallery (Alexandra Rd SA1 5DZ; 01792 516900; www.swanseaheritage.net)** The Gallery is named after its founder Richard Glynn Vivian (1835 - 1910) and contains traditional and modern art, including sculpture and installations.
- National Waterfront Museum (Oystermouth Road SA1 3RD; 01792 638950; www.waterfrontmuseum.co.uk)** The National Waterfront Museum charts the passage of Wales' history of industrial revolution and innovation.
- Dylan Thomas Centre (Somerset Place, Swansea Maritime Quarter SA1 1RR; 01792 463980; www.swansea.gov.uk/dtc)** The Centre is a stunning building, named after Swansea's most famous poet, and has a permanent exhibition on Dylan Thomas and his life, a bookshop, Cafe and function rooms are available.
- The Marina Towers Observatory (Slipway Road, Swansea Marina SA1 1YB; 01792 873334; www.classroomspace.org.uk)** Home to the Swansea Astronomical Society, the Observatory contains the largest telescope in Wales, and the public can access it on special open nights.
- Women in Jazz (8 Salubrious Passage SA1 3RT; 01792 456666; www.womeninjazzswansea.org.uk)** Women in Jazz is a Voice for Wales and the World, celebrating the rich cultural heritage of women in music.
- Swansea Grand Theatre (Singleton Street; 01792 475 715; www.swansea-grand.co.uk)** A wide variety of shows and exhibitions for everyone to enjoy.
- Swansea Museum (Victoria Road, The Maritime Quarter SA1 15N; 01792 653763; www.swansea.gov.uk/museum)** Opened in 1841, Swansea Museum is the oldest in Wales. It has many curious artefacts and temporary exhibitions that change regularly.
- Dylan Thomas Theatre (Somerset Place SA1 1RR; 01792 463980; www.swansea.gov.uk/dtc)** Named after Dylan Thomas, who was a former member, the theatre is home to Swansea Little Theatre Company which is run by volunteers. The building has unique murals on its external walls.
- Glamorgan & Gwent Archaeological Trust (Heathfield House, Heathfield SA1 6EL; 01792 655208; www.ggat.org.uk)** Southeast Wales is rich in archaeology and the main aim of the Trust is to help people of all ages understand and appreciate this rich heritage.
- Swansea Print Workshop (19a Clarence Street SA1 3QR; 01792 464418; www.swanseaprintworkshop.org.uk)** Swansea Print Workshop is a not for profit' organisation that provides a professional print making service, and runs outreach projects with schools, colleges and community groups.
- Patti Pavilion (Gorse Lane SA1 4PQ; 01792 897 039; www.pattipavilion.co.uk)** The Grade II listed building was originally built in 1881 for the winter gardens at Craig y Nos Castle, the home of the Victorian opera star Dame Adelina Patti. The building has recently been sensitively refurbished.
- Ty Tawe (9 Christina Street SA1 4EW; 01792 456856; www.sloptytawe.co.uk)** Ty Tawe helps to promote Welsh language and culture through their shop selling books and local crafts, and offering a translation service for the community.
- Tourist information Plymouth Street SA1 3QG; 01792 468321; www.visitswansea.org.uk)** The Centre can help with ideas for places to visit, activities, places to eat, local events, routes, maps, guidesbooks, local souvenirs, gifts and more.
- Elysiun Art Space (41, High St SA1 1JY; 01792 641313; www.elysiunartgallery.com)** A volunteer run space that is committed to exhibiting and promoting the work of emerging Wales based and Wales educated artists.
- Mission Gallery Gloucester Place, (Maritime Quarter SA1 1TY; 01792 652016; www.missiongallery.co.uk)** Formerly St Nicholas Church, the Mission Gallery is managed and run by artists and volunteers.
- Attic Gallery (14 Cambrian Place, Old Maritime Quarter SA1 1RG; 01792 653387; www.atticgallery.co.uk)** The gallery shows the work of some of the principality's most important artists, and promotes new emerging artists.

## Reuse Recycling & Transport

### Re-use

- More Green Community Shop (81 Western Street, Sandfields SA1 3J5; 01792 466102; www.moregreen.org.uk)** The More Green Community Shop provides re-used furniture and other locally designed re-used and re-cycled products, as well as volunteering opportunities and workshops for jewellery making, sewing and other skills.
- Oxfam Book Shop (34 Castle Street SA1 1HZ; 01792 654710; www.oxfam.org.uk)** The Oxfam charity shops have been established to raise funding for the work of the organisation, and this shop specialises in Books.
- Cartridge World (2 Walter Road SA1 5NE; 01792 472727; www.cartridgeworld.co.uk)** Cartridge World is the place to take your empty ink cartridges to get them refilled!
- Oxfam Charity Shop (14 Union Street SA1 3EF; 01792 654287; www.oxfam.org.uk)** This shop sells donated items and has a great range of Fairtrade products and gifts.
- British Red Cross (29 Union Street SA1 3DW; 01792 301244; www.redcross.org.uk)** The British Red Cross is a humanitarian charity, striving to help people in crisis across the globe. Their shop sells donated clothes and goods.
- Ty Olwen Hospice Shop (40 High Street SA1 1JY; 01792 460966)** The shop sells donated goods and clothes to raise money for its hospice and palliative care service, which cares for patients with life threatening disease, their families & carers.
- PDFA Shop (41/43 Princess Way SA1 5HE; 01792 457886)** Donate clothes and goods to help raise money for the PDFA Pay Aid services, which provide free veterinary care to the sick and injured pets.
- Central Library (Civic Centre, Oystermouth Road SA1 35N; 01792 636464; www.swansea.gov.uk)** The new Central Library is located within Swansea's Civic Centre. You'll find thousands of books, music scores, DVDs and CDs to borrow, as well as an amazing children's area.
- Cancer Research Shop (19 Union St SA1 3HE; 01792 456400; www.cancerresearch.org.uk)** The shop sells good quality donated clothes to help raise money for research into cancer.
- Animal Rescue (51 St Helen's Road SA1 4BD)** The shop sells a fantastic variety of clothes and goods to help raise funds for animal rescue.
- First Choice Furniture** Selling second hand furniture at affordable prices.
- RSPCA Charity Shop (54 The Kingsway SA1 5HQ; 07501 469004; www.rspca.org.uk)** Raises money for the Royal Society for Prevention of Cruelty to Animals.
- British Heart Foundation (234 Oxford Street SA1 3BL; 01792 648956; www.bhf.org.uk)** The shop raises money for the charity which works to fight against heart disease.
- British Heart Foundation Furniture Shop (The Kingsway; 08442 489120)** Offers good quality recycled furniture and electrical equipment at affordable prices.
- Hobos (214 Oxford Street SA1 3BG; 01792 654586; www.hobosvintageclothing.co.uk)** Funky shop selling a mixture of vintage clothing from the 60's and 70's, and new clothing made with vintage materials.

### Recycle

- Swansea Recycling (01792 635600; www.swansea.gov.uk/recycling)**
- Recycling Site - Sainsbury's (Sainsbury's Car Park, Quay Road SA1 8JA)** Glass, paper, cans, textiles, shoes, books.
  - Recycling Site - Dyfatty (Croft Street Flats, Dyfatty SA1 1QE)** Glass, paper and cans.
  - Recycling Site - City Centre (Paxton Street SA1 35Q)** Glass, paper, cans, textiles and shoes.

### Public Transport

- Bus Station (www.traveline-cymru.info)** From June 2009 the bus station is being completely redeveloped, and will be closed for over a year and temporary bus stops will operate around the centre. Maps are available and up to date information from Traveline Cymru.
- Train Station (High Street SA1 1NU; 0845 606 1660; www.nationalrail.co.uk)** Swansea train station high-speed rail direct links to Cardiff and London. A train uses up to 70% less energy and causes up to 85% less air pollution than a jet aircraft for short flights, so leave the car at home and sit back and enjoy the scenery.



The new web based Open Green Map is a fantastic resource that allows you to access far more detailed information than can be shown on this leaflet. It is easy to use and interactive; you can suggest sites to go on the map yourself, you can make comments and ask questions, you can even upload your own photos of places onto the map for everyone to see. The Swansea OGM map is county wide and shows over 300 places that help Swansea to be a more sustainable place. Many of the photos on the map have been taken by residents taking part in Sustainable Swansea's Digital Photography Training. Check out [www.sustainableswansea.net](http://www.sustainableswansea.net) to access the Swansea OGM.

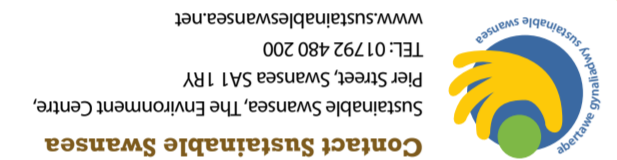
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This map uses the International Green Map System. Green Map System has been promoting sustainable community development around the world since 1995, by creating maps of local resources, using their Green Map icons which can be recognised in any language. Over 500 locally-led map projects in over 50 countries have successfully published Green Maps, used by millions of people to connect with green living, nature, social and cultural resources near home and while travelling. Swansea has had a Green Map since 2005 and is on its 5th leaflet publication, and 3rd version of the interactive Swansea Green Map.



**Contact Sustainable Swansea**  
Sustainable Swansea, The Environment Centre,  
Pier Street, Swansea SA1 1RY  
TEL: 01792 480 200  
[www.sustainableswansea.net](http://www.sustainableswansea.net)



# Hello!

Welcome to the community map of central Swansea, which shows loads of places that help to make Swansea a happy, healthy and sustainable place. Local residents and volunteers have helped to create this map; investigating what's out there, writing explanations, taking photos, and getting involved!

This map highlights the fantastic array of things going on in the area. You can use your map to help you get more involved in your local community, become more active, help improve the environment, and become more sustainable. The map shows the location of places such as community projects, recycling points, parks and public spaces, charity shops, places to eat and buy local or organic food, places to buy ethical products, and much more!

Disclaimer: The map was created through community consultation, volunteer work and partnership collaboration. Inclusion on the map does not necessarily mean that Sustainable Swansea endorses their activities, and also omission from the map in no way implies that an organisation is not making a relevant contribution to Sustainable Development in Swansea. Sustainable Swansea cannot accept responsibility for any losses by any persons or organisations incurred by inaccuracies herein.

## What is Sustainability?

Concerns at the problems arising from the impact we have on the world have grown during recent decades. Over consumption, increasing transportation, growing waste, and depletion of natural resources affect the World around us. We are seeing the impacts of these global problems in our own lives with prices for energy and fuel rising, increasing pollution, loss of species, and growing personal and national debt. Sustainability is about living in a more considerate way, making informed choices to look after our environment and communities, whilst ensuring long-term economic stability.

**As individuals our actions may seem small, but together we can bring about a huge positive change!**



**Castle Community Map**  
Highlighting Community and Environmental Resources in Central Swansea  
Part of the Swansea Green Map Series from Sustainable Swansea

The photos and information contained in this leaflet were mainly created by Sustainable Swansea volunteers, the Digital Project participants, the Camera Club, and through consultation activities. A massive thank you to all who have taken part!

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**Swansea Castle** Photo by Jennifer

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**Swansea Foyer** Photo by Dorothy

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**Dylan Thomas Theatre** Photo by Roy Raven

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**Shopping Bicycle** Photo by Jennie

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**Plantasia** Photo by Rachel

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**YMCA** Photo by Roy Raven

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**Welsh Blankets** Photo by Kath Jones

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**8.Camera Club In Action** Photo by Afsa

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**Flower** Photo by Cherrie

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**Oxfam Bookshop Volunteer** Photo by Alan

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**Rose from Ty Olwyn Hospice Shop** Photo by Serena

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**MOre Green Community Shop** Photo by Serena

## Sustainable Swansea

We help to make Swansea a more sustainable place to live, work, visit, and enjoy, by working with communities, organisations, and individuals to inspire action! Sustainable Swansea runs projects and initiatives including:

**On the Trail:** a collection of locations such as Swansea Community Farm, The Environment Centre, Swansea Foyer, and Swansea Botanical Gardens, which show sustainability in action.

**Traiblazers;** fun environmental activities for children aged 8 - 14 at various locations on the trail during the school holidays.

**Traiblazers II;** supporting volunteering and training opportunities for young people aged 14-25 at Trail sites.

**Sustainable Swansea Awards Scheme;** rewarding sustainable action by Schools, Businesses, Community Projects, Public Agencies, and individuals.

**Green Map Series:** A growing collection including a Swansea-wide map, Planet Penlan Map, Swansea Bay Alternative Travel Map, and online interactive maps. This is the latest member of the series.

**Find out more**  
For more information or to get involved, contact Sustainable Swansea on **01792 480200** or visit [www.sustainableswansea.net](http://www.sustainableswansea.net)

## Castle Communities First

Communities First is a Welsh Assembly Government initiative aimed at regenerating selected communities in Wales. We are community-led so the Castle Communities First team works closely with local groups, organisations and individuals living and working within the Castle Ward, to help them bring about positive change and improve everyday lives. This includes helping local people to secure employment, gain access to training, educational and volunteering opportunities, help with organising events and activities, and much more.

The Castle team also work in partnership with statutory, voluntary and charitable agencies and organisations in order to bring services into the community that help address community issues and improve the environment.

**Get involved**  
If you'd like to get involved or would like more information please contact Helen, Hannah, Afsa or Claire on **(01792) 476812** – we look forward to hearing from you.

## Ways to save you money and save the environment!

### Energy

**The average home can save £340 a year by being more energy efficient! Here are a few ideas;**

- Turning down your heating by 1°C can save you **£65** per year on your bill.
- When old light bulbs die, replace them with energy efficient ones, which last up to nine times longer, and save an average of **£9** per year per bulb.
- Turn off electrical items at the wall, turning electrical items off standby saves approximately **£40** per year.
- Un-plug phone chargers when not in use; they are still using electricity even without a phone attached!

### Reduce heat loss in the home:

- Check for drafts around doors, floors and windows, and seal, or block using draft excluders, which can save **£10-20** a year.
- Insulating your water pipes will save you about **£10** per year.
- Put reflectors behind your radiators so that less heat is absorbed by the wall, and more heat is reflected into the room; you can make your own using cooking foil!

### Food

Each month, the average family throws away **£50** of food that was bought but not eaten, which also has serious environmental implications. Before you go shopping, make a list and stick to it!

Grow your own veg! This can help reduce your weekly shopping bill. Not got much space or just starting out? Try some tubs or even a hanging basket of strawberries / cherry tomatoes. For the more adventurous, contact the council to find your local allotment, and get stuck in!

### Re-use

**Do you need new furniture at low cost? Got old furniture and household items you want to get rid of?**

There are several local charities in Swansea that sell low cost and reconditioned good quality furniture, and will also take away unwanted items.

- Enfys Foundation** 0845 009 4646
- Res a Rec Cyrenians Furniture Scheme** 01792 653553
- British Heart Foundation Furniture Shop & More Green Project** (see Directory for details)

**Freecycle** matches people who have things they want to get rid of, with people who want it. Everything advertised must be free to the collector, and there is a local Swansea group with over 7000 local members. You will be amazed at what you can find on Freecycle! Check out [www.freecycle.org](http://www.freecycle.org)

For more information on getting rid of old furniture call **Swansea Council Recycling** Team on 01792 635600

**Swishing!** Why not hold a clothes swapping party with your friends? A Great way to get a new look without costing you a penny! [www.swishing.org](http://www.swishing.org)

### Transport

**On Yer Bike! Riding a bike when you can - saves you load of money, helps keep you fit, and no nasty emissions!**

Do you want a bike, but can't afford a new one? Do you have a bike sitting in the garage that you never use?

**The Re-Cycle project** takes in donations of unwanted bikes, reconditions them to a high safety checked standard, and sells them for low cost to those in need. Call 07847 474880, or drop into the workshop on Catherine Street, Brynmill, on a Monday or Tuesday.

Use Public Transport when possible; Plan your journey using [www.traveline-cymru.org.uk](http://www.traveline-cymru.org.uk), it works out your route from door to door accessing information on all modes of public transport, and supplies maps and directions. Not got the internet? Give them a call on **0871 200 22 33**

**SWITCH2share** is the regional car-share scheme for South West Wales and is used by over 1000 people in and around Swansea. Car-sharers can benefit from reduced motoring costs leaving more pennies in their pockets to enjoy the things they like! Register at [www.swwitch2share.com](http://www.swwitch2share.com) or call: **01792 637644**

If you do have to drive, make sure your car is not costing you extra money!

- Check that your tyre pressure is correct as this can account for **10%** of petrol costs.
- Air conditioners can increase fuel consumption by between **5 and 10%**.
- Remove unnecessary weight from the boot, and remove roof racks when not in use.