

On the Trail

of a greener brighter future



A guide to sustainable living in Swansea

Sustainable Swansea aims to make Swansea a more sustainable place to live, work and visit by:

- ✿ Raising awareness and understanding of sustainability
- ✿ Demonstrating and highlighting good practice
- ✿ Providing the tools, knowledge and enthusiasm to effect sustainability.

Current projects of the Sustainable Swansea initiative include:

- ✿ Swansea Sustainability Trail
- ✿ Swansea Green Map
- ✿ Sustainable Swansea Awards Scheme

For more information go to www.sustainableswansea.net

The initiative was developed by Swansea Environmental Forum (SEF) with support from the Better Swansea Partnership, the City and County of Swansea and the Environment Centre.

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Swansea Environmental Forum is an association of organisations and individuals working together to initiate, develop and coordinate environmental action in Swansea. Set up in 1985, it is a fully constituted voluntary group with membership open to those that support its aims. The Forum recognises that the protection and enhancement of the environment is best met by working within the context of sustainability.

Swansea Environmental Forum is grateful to the Big Lottery and the City and County of Swansea for funding the production of this guide, as well as the many people and organisations who provided ideas and information.

Whether you live in Swansea or are just visiting, this guide will introduce you to some inspiring places in and around the city and county that are helping to make Swansea a more sustainable place. Not content with just inspiring you, this guide also provides some practical information to help you make your own contribution towards a more sustainable Swansea.

Disclaimer: While Swansea Environmental Forum welcomes the contribution of the persons and organisations mentioned in this booklet, inclusion in the publication does not necessarily mean that Swansea Environmental Forum endorses their activities. Swansea Environmental Forum also recognises that many other relevant organisations could have been included in the publication and wishes to emphasise that omission from the booklet in no way implies that an organisation is not making a valuable and relevant contribution to sustainable development in Swansea. While every effort has been made to ensure that information in this booklet is correct, Swansea Environmental Forum cannot accept responsibility for any losses incurred by persons or organisations as a result of any inaccuracies herein.

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What do we mean by 'sustainable'?

"Meeting the needs of the present without compromising the ability of future generations to meet their own needs" (Brundtland Report, 1987).

In order to do this we need to look after our environment, our communities and our economy in equal measure whilst endeavouring to improve our standard of living.

Here's a simple example to illustrate this:

In Swansea we have some fantastic beaches. These draw a large number of visitors to the area from near and far.

By keeping our water quality and our beaches clean, people will continue to visit and spend money with local businesses which goes into the local economy to help us maintain our local communities and the social resources within them.

Living sustainably makes sense. If we don't look after our environment, communities and economy, our quality of life will suffer. Climate change is a constant reminder of the consequences of our actions on this planet so far.

Many people, community groups and businesses are already doing their bit to take positive steps towards a more sustainable Swansea.

On the Trail...

The activities of the organisations on the Sustainability Trail help to demonstrate what sustainability means in practice whether that's...



Lapwing

- ✿ Looking after our wildlife
- ✿ Saving energy and saving money
- ✿ Using renewable energy from sun, wind, water and wood
- ✿ Choosing our food wisely
- ✿ Connecting up with our communities
- ✿ Shopping with a conscience
- ✿ Divorcing ourselves more from our cars
- ✿ Reducing waste and recycling more
- ✿ Saving water.

Each project on the Sustainability Trail welcomes visitors, giving you the opportunity to see first hand how sustainability can be achieved. Please see the 'Visiting the Trail' section on pages 33-34.



What you can do...

As well as showing you what organisations in Swansea are doing to be more sustainable, this guide gives you tips and contacts to help you live in a more sustainable way too.

Some of the ideas in this guide will save you money such as the suggestions for saving electricity and fuel. Other things like reducing waste or switching to a green energy scheme need not cost you any extra. Some products like solar panels may require substantial initial outlay but the guide provides you with information about who to contact and where to get grants.

It is always worth remembering that what we do locally not only affects us here in Swansea but also people in the rest of the world. As an individual our impact may be small but together we can bring about positive change. Our collective power is evident in the increasing availability of green products and services. They are becoming more available because people demand them. You can make a difference!

Biodiversity

Biodiversity, short for biological diversity means the variety of life on earth. It includes all genes, species, ecosystems and the ecological processes of which they are a part. All species, including humans, require a range of basic resources to keep them alive. We need oxygen in the air we breathe, we need water to drink, food to eat and shelter from the weather. The living things on our planet provide much of this for us. Biodiversity could be called our 'life support system' and is essential to maintain life on earth as we know it.

Over the last century, here in the UK, over 100 species of plants and animals have become extinct. In the last 25 years, 75% of our butterflies have decreased, 25% of bird species are in decline and species such as the common frog and the common lizard are no longer common. Even some of our mammals are threatened with extinction such as dormice, water voles and bats.

The State of the Environment Report in Wales 2003 identified biodiversity along with climate change as high priority issues to address if we are to ensure an environment, society and economy that is healthy, vibrant, productive and will support future generations.

In Swansea we need to do more to look after our wildlife but we do already have some very special places that we can learn from, where native wildlife and habitats are actively managed to make sure they are safeguarded for the future.

On the Trail...



Blackpill Wildlife Centre is situated by Blackpill Lido and is open in the winter months providing a base from which to learn about and see first hand the migrating winter birds that visit the shores of Swansea. More than 150 species have been noted in the area, 60 of which are rare. The Centre is owned by the City and County of Swansea but is managed by volunteers from the Royal Society for the Protection of Birds (RSPB) and Gower Ornithological Society (GOS) from October through to March.

Bishop's Wood offers a contrasting experience. Situated just behind Caswell Bay, this 46 acre site comprises a mixture of woodland and limestone grassland. It is designated a Local Nature Reserve (LNR), a Site of Special Scientific Interest (SSSI) and a Special Area of Conservation (SAC) in recognition of its local and national importance. Bishop's Wood is a classic example of limestone woodland, which is relatively rare in Britain. Part of the wood is classified as ancient woodland which means it has been wooded since at least the seventeenth century as indicated in the 1673 survey of Bishopston Manor.

The **Gower Commons Initiative** is helping to maintain the Commons for agriculture, wildlife and recreation. The Gower Commons are prime sites for rare species such as skylark, chough, black bog ant and southern damselfly. As well as being important for wildlife the Commons form a major part of the rural economy, being

used for grazing sheep, ponies and cattle by local commoners. Visitors are attracted to the area by the opportunities for walking, cycling and horse riding in the open landscape. The heathlands also give an historical context to the landscape, providing evidence of land use dating back as far as prehistoric time. This is a wonderful example of how economic, social and environmental considerations can be balanced.

Crymlyn Bog National Nature Reserve is a wetland area of international importance. It is the largest remaining lowland fen in Wales and is host to an array of specialised insects, plants and mammals adapted to these wet conditions. Fenlands have disappeared

from most of the country due to drainage for agriculture or building. This translates into a loss of the wildlife that needs these special conditions to survive. Crymlyn Bog is actively managed by the Countryside Council for Wales to conserve such wildlife.

The National Wetland Centre Wales, located on the Burry inlet near Llanelli, is managed by the Wildfowl and Wetlands Trust (WWT), which specialises in conserving wildfowl and waterbirds. WWT has, for a long time, highlighted the impact on biodiversity of wetland loss and degradation.

To learn more about the importance of wetlands, go to page 32.



Gower Commons Initiative, Cefn Bryn Gower



What you can do...

Garden for wildlife

Swansea & District
Organic Gardening Group,
c/o Environment Centre, Pier Street,
Swansea Tel: 01792 469817

Butterfly Conservation Wales
South Wales Branch
Tel: 01792 642972 or 0870 7706153
www.butterfly-conservation.org.uk
email: wales@butterfly-conservation.org.uk

Royal Society for Protection of Birds
(RSPB), www.rspb.org.uk/gardens

Space for Nature – garden biodiversity
forum, www.wildlife-gardening.org.uk

Buy peat-free compost – Monty Don, the TV gardener says “Every time a gardener buys a bag of peat, they are directly responsible for destroying some of our most precious wildlife habitats.” If your garden centre doesn’t stock any peat free compost, ask them why not!

Make your own compost from kitchen and garden waste – see Waste section for details on composting.

Become a member or volunteer with local groups to support them in their work to protect and enhance local and national wildlife.

South West Wales Wildlife Trust,
Tel: 01656 724100
www.welshwildlife.org

Plantlife Wales, Tel: 01248 385445
www.plantlife.org.uk

National Trust, Tel: 01792 391670
www.nationaltrust.org.uk

Marine Conservation Society,
Tel: 01989 566017 www.mcsuk.org.uk

Friends of the Earth Tel: 01792 813600
email: office@swanseafoe.freeserve.co.uk

Other useful contacts

Swansea Biodiversity Partnership,
c/o Nature Conservation Team,
Environment Department, The Guildhall,
Swansea SA1 4PH
Tel: 01792 635749
www.swansea.gov.uk

Countryside Council for Wales
Conservation Officer Tel: 01792 634960
www.ccw.gov.uk

Environment Agency
Biodiversity Officer Tel: 01792 325627
www.environment-agency.gov.uk

Wales Biodiversity Week is an annual 10 days of events from the second weekend in June to the third weekend in June. For details go to www.biodiversitywales.org.uk or www.swansea.gov.uk

Halting biodiversity loss by 2010.
Is it achievable? Visit
www.countdown2010.net for details.

Energy Efficiency

As much as 25% of the UK's carbon dioxide emissions are a direct result of the energy we use to heat and light our homes. By being more energy efficient we can help the environment, reduce CO₂ emissions and save money! Of the total amount of energy used in a typical house 61% goes on space heating, 22% on water heating, 7% on cooking and 10% on lights and appliances. Loft insulation alone can reduce fuel bills by about 20%.

There are many places around Swansea that are helping us to understand how we can make a difference, showing practical solutions, giving advice and grants too.

On the Trail...

Swansea Community Farm has incorporated several energy efficiency features into their buildings. In the animal house and workshop, flax insulation has been used in the ceilings, walls and floors to reduce heat loss. This insulation is 100% natural, easy to install and economically and environmentally sustainable. Sun pipes allow natural light into the animal house, which has no windows, reducing the need to use artificial light. Double-glazing has been used to reduce heat loss. The window frames and all the wood in the building has been sourced from sustainably managed forests. The floors have been constructed using Margam slag (a local industrial by-product), thus reducing the energy used in transporting it and avoiding the need for newly quarried stone which would take more energy.



Swansea Community Farm

The office building has under-floor heating which uses less energy (the water circulates in the under-floor pipes at lower temperatures than in radiators) and is heated by a very efficient gas condensing boiler. Solar panels pre-heat the water going into the boiler, again saving energy.

St John's Church, Hafod has been developed for mixed-use and provides 12 flats for the elderly, a small church and a church hall for community use. The scheme received the Lord Mayor of Swansea's Award for most sustainable project in the city. 'Warmcell', a cellulose fibre insulation manufactured from recycled newspaper, has been used as insulation. North facing roof lights optimise use of natural light and low energy lighting is used throughout. New double-glazed windows were inserted behind the existing leaded-light windows to give a triple glazed window, which reduces heat-loss but retains the building's original character. Recycled Welsh slates were used on the roof thereby avoiding extra energy required to quarry new tiles. These features in combination with use of renewable energy and careful design mean that energy costs are kept very low. Total energy costs for a two- bedroom flat is typically under £5 per week, including heating, domestic hot water, cooking and all electricity.



What you can do...

Everyone can make a difference. There are lots of simple ways that you can save energy and money at the same time.

Did You Know?

- ✿ If every household **changed just two ordinary light bulbs for energy efficient ones**, enough electricity would be saved each year to power all the street lighting in the UK.
- ✿ If everyone in the UK **turned off household appliances instead of leaving them on standby**, the amount of electricity saved could equal the output of a traditional coal-fired power station.
- ✿ If everyone in the UK **replaced their old fridge freezer with an 'A' rated model** we would save over 3 million tonnes of carbon dioxide per year being released into the atmosphere.
- ✿ If all **UK households lowered their heating by just one degree**, enough energy would be saved each year to heat nearly 2.8 million homes.
- ✿ If everyone in the UK with gas central heating **installed a new condensing boiler**, this would save £1.3 billion on energy bills and save enough energy to meet the needs of 4 million homes.

❖ The amount of **heat lost from homes annually through roofs and walls** is enough to heat around 3 million homes for a year, or is equivalent to about £1 billion a year. Go to www.est.org.uk/myhome/insultaion for advice on improving insulation in your home.

❖ Look out for the **Energy Efficiency** logo when buying white goods like fridges and washing machines. Go to www.est.org.uk/myhome/efficientproducts/ for listings of energy efficient products.

Useful contacts:

Swansea Energy Efficiency Advice Centre offers local advice on grants and suppliers for energy efficiency measures including loft insulation and solar power. They also sell low energy bulbs. Address: 13 Craddock Street, Swansea SA1 3EW
Tel: 01792 655823 or 0800 1830292

The Sustainable Development Unit, City and County of Swansea have produced a useful Resident's Guide on **'How to Create a Better Home'**, with useful tips on energy saving, available online at www.swansea.gov.uk or Tel: 01792 635600

The Unit is also involved in an exciting new initiative called the **WISE Plans Project**, a European funded project aimed at developing a Sustainable Energy Action Plan for the City and County of Swansea. For more information on the project please visit www.swanseawiseplans.com

Awel Aman Tawe is a project in the Upper Swansea and Aman Valleys and provides advice on energy efficiency and renewable energy. It has a demonstration trailer called the 'EDUcan' that can be booked for educational purposes and events.

Address: Ysgol Gynradd Gwaun Cae Gurwen, Heol Newydd, Gwaun Cae Gurwen, Rhydaman SA18 1UN
Tel: 01269 822954
www.awelamantawe.org.uk

Energy Savings Trust (EST) encourages energy efficiency and integration of renewable energy sources into the economic fabric of our society. There is a huge amount of information on its website www.est.org.uk such as grants and offers, energy saving products, home insulation and much more!

Community Action for Energy (CAfE) is a programme from the EST that is designed to promote and facilitate local community-based energy projects. It offers free courses too.
www.est.org.uk/cafe/welcome

The Carbon Trust helps business and the public sector cut carbon emissions and supports the development of low carbon technologies.
www.carbontrust.co.uk/energy

Renewable Energy

Renewable energy comes from sources that are essentially inexhaustible such as the sun, wind, water, plants and the earth. We can harness energy from these sources using modern technology.

Today renewable energy accounts for less than 4% of the UK's energy sources. The majority of our energy comes from burning fossil fuels (for example coal, oil and gas) and nuclear energy. However, fossil fuels form so slowly in comparison with the rate of energy use, that they are considered finite or limited resources. Moreover, the burning of fossil fuels produces greenhouse gases linked to changes in the Earth's climate. Renewable energy, on the other hand, generally produces less or no greenhouse gases during energy production and reduces our dependence on non-replenishable resources.



The Gower Heritage Centre



Ventilation system at the Environment Centre

On the Trail...



Solar hot water systems – The Environment Centre, Swansea Foyer, Gower Heritage Centre, Swansea Community Farm and the Blackpill Wildlife Centre all have hot water heated by the sun. You can try the outdoor shower at the Blackpill Wildlife Centre, next to Blackpill Lido, in the summer months.

Photo-voltaics (PV) – The Environment Centre uses a PV panel to generate electricity to power the ventilation system for the whole eco-annexe building. You can see the panel by visiting the turf roof at the Centre.

Wind power – Take a walk around the Marina in Swansea and you will see the single wind turbine across the Tawe River on the SA1 development. The electricity generated will be used to raise funds to provide grants for renewable energy projects in Swansea. Research is currently being carried out into much smaller, house-mounted wind turbines for domestic use. Here, in one of the windiest countries in the world and one of the windiest counties in the UK, we have a great resource to utilise.

Biomass is organic matter of recent origin. It doesn't include fossil fuels, which have taken millions of years to evolve. The CO₂ released when energy is generated from biomass is balanced by that absorbed during its production. We call this a carbon neutral process.

Singleton Botanic Gardens burn wood chip to generate heat which keeps the greenhouses at the right temperature.



The Gower Heritage Centre

Hydro power is generated from the force of running water, which turns a turbine or wheel that generates electricity. **The Gower Heritage Centre** feeds water from the Pennard Pill which turns the water-wheel in the Mill House. In the past the power from this water wheel turned the mill-stones which crushed grain to make flour. Now it powers the lathes used by wood turners demonstrating traditional crafts at the Centre.

As the pressure to find alternatives to fossil fuels increases, more and more resources are being put into researching other alternatives such as tidal and wave power.

Useful contacts:

Solar Hot Water Project – for advice and information on solar hot water systems, installers, grants and other renewable energy technology for your home or business, contact Chris Day at the Environment Centre, Swansea SA1 1RY Tel: 01792 480200 email: chris@environmentcentre.org.uk This project has been created through the Solar City Initiative of EnergyTech, which aims to increase the use of solar-thermal energy in Swansea.

Awel Aman Tawe – for details see Energy Efficiency section, page 9

Energy Saving Trust (EST) – for details see Energy Efficiency section, page 9

Change your electricity to a green supply – use www.uswitch.com www.energyhelpline.com or go to www.ecotricity.co.uk

The Centre for Alternative Technology (C.A.T.) – located just north of Machynlleth, is concerned with the search for globally sustainable, whole and ecologically sound technologies and ways of life. There is a visitor centre and online shop at www.cat.org.uk

EnergyTech Ltd – a local business at the forefront of innovation and development in the field of renewable energy bringing new ideas and state of the art products to an increasingly environmentally aware audience. Address: 1 High Street, Clydach, Swansea Tel: 01792 846000 www.energytech.co.uk

Communities Working Together

Acting in a sustainable manner as an individual is relatively straight forward, but the challenge is to create a sustainable culture in a shared context. Working together as a community is so much more powerful in terms of achieving sustainability on this planet. This could be as a family living sustainably together at home, it could be acting together with your colleagues in your work environment whether that's an office, school or outdoors, or it could be pulling together with your local neighbourhood community through communal venues or meetings. On the Sustainability Trail there are several projects demonstrating the positive impact of working together.



Mumbles Development Trust (MDT) volunteers

On the Trail...



The Older Person's Information Centre (T.O.P.I.C. House) is mainly for the over 50s although it also helps to build cross-generational links. T.O.P.I.C. House provides an environment for older people to meet and get support, removing barriers to information or support, and breaking down the potential for physical and emotional isolation that many older people may feel, especially if they are living on their own. This helps to build a stronger and therefore healthier community that respects and recognises the value of individuals within it... a better community for everyone.

Mumbles Development Trust (MDT) encourages people to make a difference in their local community by promoting active citizenship through community consultation and volunteering. Many local action projects benefiting local people have come about as a result of the work of MDT including:

Mumbles Village Diary, which provides a notice-board for advertising local events.

Mumbles Matters newsletter, which provides a forum for local people to express their views. It can be accessed at www.mumblesmatters.org.uk

11:25 young people's news and views exchange is at www.1125.org.uk

Mumbles Green Action Team have been engaged in litter picks and clearance work at various sites.

Ty Hanes, Local History and Resource Centre displays exhibitions, in partnership with Oystermouth Historical Association, encouraging people's pride in the rich local heritage and fostering interest in the creation of a sustainable future for Mumbles.

Mumbles Local Produce Market
(see Shopping Food & Diet section)

Red Café in Mumbles provides a safe place for young people to learn and develop new skills outside of the normal school environment and often out of normal school hours. Glide is its award-winning initiative, working with disadvantaged young people in Swansea to build young people's self-esteem through developing understanding in sustainability and global citizenship. The Red Café exists through the cumulative efforts of the local community who recognised that a permanent place for young people was needed.

Gors Primary School was the first school in Swansea to gain a Green Flag, the Eco-Schools programme's highest award. Gors is now one of many Eco-Schools throughout the City and County of Swansea. The Eco-Schools programme provides a simple framework for school communities to analyse the way they operate and become more sustainable. Visit www.eco-schoolswales.org.uk for more information. Gors has achieved the top award in the Eco-Schools programme for consistent high standards achieved by the whole school community working together.

Swansea Community Farm is situated on 3.5 acres of previously derelict land in Fforestfach and provides opportunities for people of all ages and abilities to join in the life of a small working farm. It offers a wide range of activities for children and young people, including play schemes, weekend activities and an after-school club, while animal training, healthy living sessions and conservation can help towards Children's University qualifications. The Farm's award winning 'Farm Hands' adult volunteers project offers a range of practical activities and training most days of the week. School groups can enjoy a hands-on tour of the Farm's rare breed animals or discover the magic of composting through the "Turn with the Worm" half or full day programme.



Swansea Community Farm

Rosehill Quarry Group was set up in the early 1980's by local residents determined to save Rosehill Quarry Park from development. This impassioned group were successful in persuading Swansea City Council to designate the area as a Public Open Space. As a result, the Park remains a haven for wildlife and for public enjoyment, nestling amongst dense housing. The Rosehill Quarry Group continue to manage the area for public recreation and to conserve its diverse wildlife. The Park has become a focus for local events, bringing people in the local community together. All local people are welcomed in planning and caring for the site.



Rosehill Quarry Park



What you can do...

Get involved...

Many communities in Swansea have a Local Development Trust – to find your nearest trust use the Swansea Green Map online at www.sustainableswansea.net.

Volunteer

Swansea Council for Voluntary Service (SCVS) offers advice on all community and voluntary activities from helping you find a volunteer placement to offering advice to groups on how to set themselves up, including funding. It also runs many short courses. Address: 7 Walter Road, Swansea Tel: 01792 544000 www.scvs.org.uk

BTCV Cymru (British Trust for Conservation Volunteers) is a charity with a history of environmental conservation volunteering throughout the UK and around the world. For information on local action, visit the website or Tel: 01792 456224. www.btcvcymru.org

The Swansea team is based at the Environment Centre, Pier Street, Swansea SA1 1RY.

Green your business

The **Green Dragon Standard** is a stepped standard recognising effective environmental management. The Standard offers an environmental management system relevant to the specific needs of your company and rewards actions taken to achieve environmental improvements. www.greendragonems.com



Gors Primary School

Green your School

The Eco-Schools programme provides an ideal framework for developing education for sustainable development within schools. For more information on Eco-Schools please visit www.eco-schoolswales.org or contact the Council's Sustainable Development Unit on Tel: 01792 635600.

Social Resources

Black Environment Network works with white, black and other ethnic communities and across diverse sectors promoting ethnic environmental participation. Tel: 01792 462900 www.ben-network.org.uk

Swansea YMCA wants people to be the best that they can be - in mind, body and spirit. The YMCA seeks to develop these qualities in young people through a wide

range of programmes, services and activities that respond to their needs and give them opportunities for positive development in the key areas of their lives. Address: 1 The Kingsway, Swansea Tel: 01792 652032 www.ymcawales.co.uk

Dragon Arts Centre

The Dragon Arts Centre provides free arts and training classes and opportunities to anyone who has experienced homelessness or social exclusion and who may have difficulty accessing mainstream education.

Open 10am-1pm & 2pm-4pm
Mon-Thurs and 10am-1pm on Fri.
Address: 54 Morfa Road, The Hafod, Swansea, SA1 2EN Tel: 01792 467940 www.dragonarts.co.uk

Shopping

We all love buying things, whether it's purchasing our weekly groceries at the supermarket, browsing the clothes shops in town on a Saturday or ordering things from Internet sites. Yet how many of us actually stop to think if we really need all that food or that new top? How many of us think about the energy and resources that have gone into producing that product; if the production process has caused any harm to the environment; the amount of fuel miles it has traveled to get to us; what the working conditions are of the people who have made it; the implications of replacement and disposal once your purchase has come to the end of its life; the amount of packaging on the product or the amount of money that has gone into advertising it?

That might all sound a bit baffling but there are plenty of signs (literally) for you to look out for to help you choose your shopping wisely.

The following two sections look at shopping for:

- ❖ Food
- ❖ Building Materials & DIY



What you can do...

Buy package free

See Waste, Litter & Recycling section for more information, page 27.

Buy ethically

The Good Shopping Guide is a useful book focussing on ethical shopping. Go to www.gooshing.co.uk for a free ethical shopping tool.

Buy local

Buying materials that are grown, produced or manufactured locally reduces the energy used in transportation and supports the local economy.

Buy benign

Many cleaning products, paints, beauty products and others contain chemicals harmful to the environment that we live in. Try www.greenpeace.org.uk/Products/Toxics/index/ for more information.

Buy recycled

See Waste, Litter & Recycling section for more information, page 27.

Other Useful Resources

Swansea Green Map is a directory of over 200 sites across Swansea which can help you choose a more sustainable lifestyle. To access the Green Map visit www.sustainableswansea.net or call Sustainable Swansea on 01792 480200.

WWF Pocket Green Guide for Wales is a useful booklet **produced by WWF Cymru**. Address: WWF Cymru, Baltic House, Mount Stuart Square, Cardiff CF10 5FH
Tel: 029 2045 4970
email: cymru@wwf.org.uk

Food & Diet

All stages in the production and distribution of most food and drink we consume these days, have a huge impact on our environment. Intense farming in many countries has led to degradation of the land through erosion, pollution and loss of wildlife habitats. Intense fishing has brought many species near to extinction. Transportation of food across the world is causing pollution. It's not all doom and gloom because we do have a choice. Several organisations in Swansea are already leading the way...

On the Trail...

Local Food

Penclawdd Produce and Craft Market and **Mumbles Local Produce Market** sell a variety of produce such as cheese, bread, pastries, meats and vegetables. Both markets have been set up by Local Development Trusts who are partnerships of individuals and organisations working to improve the economic, social and environmental condition of the local area for everyone's benefit. See the section on Communities for information on Mumbles Local Development Trust and where to find other Trust.



Mumbles Local Produce Market



Penclawdd Produce and Craft Market

Swansea Indoor Market is also home to traders selling local produce. Supporting the small-scale traders here helps to support the local economy and retain a vibrant part of Swansea's heritage.

Buying produce from these local markets:

- ❖ Reduces the distance our food travels thereby reducing energy used in transportation and therefore CO₂ emissions and cost
- ❖ Encourages more local producers to set up
- ❖ Tastes better, according to many people
- ❖ Supports the local economy.

Swansea Community Farm has an allotment area where local people can learn how to grow their own organic fruit, herbs and vegetables. Volunteer sessions currently take place on Wednesdays, Thursdays and Saturdays, although always ring and check as their 'Farm Hands' programme is growing all the time!

T.O.P.I.C House, The Older People's Information Centre, also has an allotment where it grows vegetables that are used for social dinners at the Centre.

The Environment Centre has a small café where you can sample a wide range of Fairtrade teas and coffees and a Green Shop where you can buy them as well as other ethical, organic, energy saving and recycled products.

Oxfam has been involved in fair trade for over 40 years and has a range of Fairtrade products on offer at several shops across Wales including the outlet in Swansea at 14 Union Street.

Fairtrade benefits small-scale producers in developing countries by paying them a fair price.



What you can do...

We buy food more than any other product, and our purchases have the potential to have a big impact on ourselves and our environment, positive or negative... we have the choice.

Buy Local

Local Produce Markets in your area, usually 9.30am-12.30pm.

Sketty, 1st Saturday of each month at St Paul's Parish Hall, De La Beche Road, Sketty Tel: 01792 207000

Mumbles, 2nd Saturday of each month at Dairy Carpark, Oystermouth Square, Mumbles Tel: 01792 361012

Penclawdd, 3rd Saturday of each month at Penclawdd Community Centre Tel: 01792 850162

Clydach, last Saturday of each month at Clydach Community Centre, Vardre Road, Clydach Tel: 01792 849200

Local Producers at Swansea Indoor Market

For a list of stalls at Swansea Market selling local produce call the Market Manager on 01792 654296 for details.

Swansea Local Food Directory

produced by the City and County of Swansea is available by contacting the Sustainable Development Unit on 01792 635600 or downloadable from www.swansea.gov.uk

A guide called **'How to set up a farmers market'** is also available from the Sustainable Development Unit.

Food Passion is a guide and insight to Swansea Bay, Mumbles and Gower and takes a look at the thriving local food scene. www.food-passion.co.uk

Carmarthenshire Food & Drink Directory is available by visiting www.carmarthenshire.gov.uk

Buy Seasonal Produce

Look out for... local farms and small holders selling local, seasonal fruit & veg.

Grow Your Own

If you have space in your garden, there is nothing more satisfying than growing your own food. The City and County of Swansea run introductory courses at Singleton Park. For more information go to www.swansea.gov.uk or call 01792 635490. If you don't have space at home, how about taking on an allotment? For information about allotments near you, call the Parks Department at the City and County of Swansea on Tel: 01792 635483

Buy organic

Green Bean Organics based on Gower, provides a free delivery service of 100% organic produce in Swansea. Visit www.greenbeanorganics.co.uk Tel: 01792 386622 or 07875 633420 email: info@greenbeanorganics.co.uk



The Soil Association

www.soilassociation.org is one of the main national organisations providing help and advice for organic producers and consumers. They certify 70% of organic food produced in the UK with strict standards for certification. Look out for their logo on products.



Organic Farmers & Growers

www.organicfarmers.uk.com are an organic certification body who carry out the inspection and licensing of organic farming and food processing across the UK. They also provide information for anyone interested in learning more about organics and what they do, along with places where you can buy organic.

Buy healthy

Swansea Food Connections works with communities to improve access to healthy food choices through the development of community led and run food projects. They are able to provide training, support, advice and equipment. Tel: 01792 784809 or go to www.swansea.gov.uk

Buy ethically produced food

Use the Swansea Fairtrade Directory available at www.fairtradeswansea.org.uk/ This directory is produced by the Swansea Fairtrade Forum. For more information contact the Environment Centre on 01792 480200.



Look out for the **Fairtrade mark**. Fair trade aims to build trading relationships

between consumers in rich countries and producers in developing countries, avoiding exploitation of both producers and the environment. For more information on what Fairtrade means visit www.fairtrade.org

Use the Good Fish Guide produced by the Marine Stewardship Council to help you avoid over-fished species such as cod and avoid fish caught by methods that harm the marine environment. Go to www.fishonline.org for the web version or for a FREE pocket version send a SAE to Marine Conservation Society, Unit 3 Wolf Business Park, Alton Road, Ross-on-Wye, HR9 5NB.

www.sustainablefood.com has lots of information about all aspects of sustainable food including transportation, animal welfare, additives, pesticides and much more.

Building Materials & DIY

Many building materials we use today have hidden environmental costs attached to them. They are often manufactured in a wasteful way, using toxic chemicals in their production.

There are several places in Swansea that have chosen to build in a more environmentally conscious way.

On the Trail...

Swansea Community Farm

Roofs have been made from Roofcrete - a Greenpeace recommended sustainable product that should last the lifetime of the building.

Insulation used in the buildings is made from flax fibre. This is natural and renewable material which is the basis of a research project to diversify Welsh farmers' incomes and to establish a manufacturing plant in South Wales.

Hardcore used on site is Margam slag - a local industrial by-product.

Timber used is either from sustainably managed woodlands or reclaimed.

Sunpipes allow more natural light in to the animal house, thereby reducing the need for artificial light and energy.

Gates for animal pens are made from local hardwood and recycled wooden pallets.

Bishop's Wood Local Nature Reserve

Bishop's Wood Nature Reserve Roundhouse won a Lord Mayor's Design Award in 2004 in recognition of its imaginative design and use of local materials and skills. The structure is made from green hard woods harvested

from Gower woodlands in accordance with sustainability principles, designed and built by Dafydd Davies-Hughes and inspired by a study of a medieval cathedral spire.



Roundhouse at Bishop's Wood Nature Reserve

Swansea Foyer, Alexander Road

This building has been developed by the Gwalia Housing Group. It has many sustainable features incorporated:

The timber-frame external walls are insulated with 'Warmcell' recycled cellulose material, built behind the existing listed façade.

Optimisation of natural light has been achieved through the use of a glazed street. It buffers heat loss from adjacent buildings and heats up naturally from the sun's rays.

Renewable materials such as marmolium, jute and linseed based floor coverings have been used. Many recycled materials have been used in construction such as Welsh slate, stone and timber. Several **renewable energy** and **energy efficient systems** have been incorporated.

See the Energy section for more details.

The Environment Centre

A detailed leaflet is available on the eco-design elements of the Centre. Here is a sample of some of the features.

Steel was chosen as the main structure of the annexe because it was available from a local source and is easy to reclaim and recycle.

The turf roof provides insulation and long lasting protection to the flat roof of the annexe which can also be used for sitting out on.

Stone used in the building was reclaimed from two adjacent walls.

Toxin-free paints were used for decorating.

The mat at the front entrance is made from recycled car tyres.

www.environmentcentre.org.uk/about_us provides more information on the eco-features.



The Environment Centre



What you can do...

Make yourself a checklist starting with the following ideas...

Use materials from renewable sources where possible – think about using wood instead of PVC for windows, fascias and doors.

Buy local materials – it reduces energy used in transportation and supports the local economy. Check that it hasn't done a tour of the country before it's ended up local!

Use materials that are close to their natural state – the less they've been manufactured, the less energy has been used to produce them.

Choose recycled or reused materials where appropriate.

Check the environmental record of the manufacturer or supplier. That might sound a daunting task but in many cases the work has already been done for you and is shown by the display of logos, for example:



Green Dragon – environmental management standard



Forest Stewardship Council – look out for the FSC logo for timber from sustainably managed woodland.

Other contacts

The Sustainable Building Directory

was produced for the Brecon Beacons National Park but there are several companies listed that are in or around Swansea.

www.thesustainablebuildingdirectory.co.uk

Wales Environment Trust's product directory gives details of companies who use recyclates (this refers to any materials such as glass, wood, plastics, metals, bio-degradable materials and end-of-life products such as cards and fridges that can be recycled) to make a positive difference to their bottom line and their business.

Address: Imperial House, Imperial Park, Newport, NP10 8UH Tel: 01633 811875
email: info@walesenvtrust.org.uk
www.walesenvtrust.org.uk

www.designwales.org.uk supports and promotes eco-design and manufacture.

The Green Building Forum can help you find ecological answers to many of your building questions.
www.greenbuildingforum.co.uk

Rounded Developments Enterprises and its sister organisation Rounded Developments (presently applying for charitable status) have been created to provide local people and voluntary organisations with a one-stop shop for sustainable building.

Address: Sustainable Building Centre, Unit 93, Portmanmoor Road Industrial Estate, Splott, Cardiff, CF24 5HB
Tel: 029 2040 3399 email: info@rounded-developments.org.uk

Useful books:

The Ethical Junction Network provides information on positively screened ethical companies, organisations, products and services, linking you through to the ethical, environmental and sustainability markets.
www.ethicaljunction.co.uk



St John's Church, Hafod, Swansea

Transport

Cars have revolutionised the way we live, increasing our freedom and widening our horizons. But the way we use cars has implications for our health and for the environment.

Transport is responsible for 25% of the UK's greenhouse gas emissions. Air pollution causes between 12,000 and 24,000 early deaths every year, as small particles emitted by petrol or diesel vehicles are linked to asthma and nitrogen oxides cause respiratory diseases.

Further to car use, demand for air travel is expected to increase threefold by 2030. Airliners burn huge quantities of fossil fuel and are now the fastest-growing contributor to global warming. As well as emitting far more CO₂, airliners emit the CO₂ directly into the upper atmosphere, where it does nearly three times the damage of CO₂ emitted at ground level.

On the Trail...



Sustrans is the UK's leading transport charity promoting alternatives to the car. SUSTRANS vision is a future in which people choose to travel in ways that benefit their health and the environment. The charity is behind practical and innovative solutions to some of the UK's biggest transport challenges.

You can access 100s of miles of cycle routes, through The National Cycle Network.

For further information about SUSTRANS and maps on the National Cycle Network call 0845 113 0065 or visit www.nationalcyclenetwork.org.uk

Also see section on Food and Shopping to learn how we can reduce energy used in transporting goods.

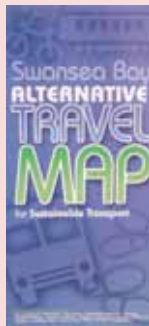


Volunteers and Sustrans staff working on the Penclawdd section of the award-winning National Cycle Network



What you can do...

Use the Swansea Bay Travel Map to find ways to get around Swansea without your car.



Give someone a lift – maybe you already know someone in your area that works or travels near you. If you don't, register with www.switch2share.co.uk which can help put you in touch with people going your way. Tel: 08700 780225 email: support@liftshare.com

Bike it! – There are many routes to cycle around Swansea including the National Cycle Network. $\frac{3}{4}$ of us live within 2 miles of the Network. **For a cycle route map** call Sustrans on Tel: 0845 113 0065 www.sustrans.org.uk

The Recycled Bike Project takes old bikes, reconditions them and distributes them to those in need. For more details contact the Black Environment Network, Environment Centre, Pier Street, Swansea SA1 1RY Tel: 01792 462990 email: mike@ben-network.org.uk.

Go by train call Tel: 08457 484950 visit www.nationalrail.co.uk for train times and information.

BWSTLER.com provides community transport in urban Swansea. For information, visit www.bwstler.com Tel: 01792 463675 or email info@bwstler.com.

Walk it! – For health benefits, state of mind and longevity, plus you will be reducing emissions of CO₂ into the atmosphere. Maybe you can justify having that naughty cake after all!

Bus it! – You could find it more relaxing than driving... no worries about parking and time on the bus to read. For bus times and information contact the Traveline Tel: 0870 608 2 608 or visit www.traveline-cymru.org.uk



Travel around Swansea by bus

Drive a cleaner car and get tax benefits as a result. For details on LPG conversions, electric, hybrid and low carbon cars go to www.est.org.uk/fleet/vehicles

Use biodiesel – Sundance

Renewables in Ammanford collects used vegetable oil and processes it to make biodiesel for use in cars, generators and other engines.

Tel: 01269 842401

www.sundancerenewables.org.uk

Visit www.veggiepower.org.uk for all you need to know about making biodiesel at home.

Electric Vehicles UK campaign for electric cars with information on hydrogen, compressed air cars www.evuk.co.uk

Fly without wings – seat61.com is dedicated to getting us out of the air and back onto trains and boats. It can tell you how to get anywhere from Swansea to Salzburg and beyond.

Holiday in the UK – This supports the economy and reduces the need for energy consuming transportation. Visit www.visitbritain.org.uk for inspiration.

Do the polar ice caps need to completely melt before we decide it's time to start making a change to our travel habits?



Waste, Litter & Recycling

It's only in recent years that most of us have started to think about what happens to our rubbish once we have thrown it in the bin. In the meantime, most of our rubbish has been going into landfill sites where most of the contents like plastics and glass will remain clogging up our countryside forever, whilst other biodegradable materials produce harmful gases like methane into our atmosphere as they eventually decompose in the absence of oxygen, contributing to the greenhouse effect. At the same time we are using up natural resources and energy at a faster rate than ever to produce more goods and packaging to replace those that we have thrown away!

At the moment, 80% of the world's resources are consumed by less than 30% of the world's population but trends show that less industrialised nations with growing populations are increasing their consumption to the levels we enjoy. The world has limited resources and soon will not be able to supply us with all the new products we would like.

The landfill site in Swansea closed in 2005 and the City & County of Swansea currently has to export our waste to Merthyr Tydfil and Pembrokeshire at enormous cost to the council and ultimately to us as the tax-payers. Waste minimization is the best answer because all methods of waste disposal (even recycling) have environmental costs.

On the Trail...

RESaREC stands for Resettlement and Recycling. This project, run by Cyrenians Cymru, collects donated furniture and distributes it to homeless people and people on benefits and low incomes. The project also includes a paint re-use scheme and has a workshop where volunteers renovate furniture whilst learning woodwork and craft skills for themselves. The scheme provides the Celfi Gallery and Gift Shop (20 Mansel Street) with handmade furniture and crafts recycled from waste material.



RESaREC furniture warehouse

The Play Resource Centre works with local industry and business, taking useful, clean and safe materials which would normally be thrown away and offering it to people at low cost for use in creative play and crafts. This material would otherwise have gone straight to the rubbish dump.

Oxfam takes donated clothes, books and other items, as do many charities in Swansea. Oxfam is the only major charity that has its own processing facility, Wastesaver. Here, unsold textiles are sent for processing and resale to partner organisations who provide employment opportunities for underprivileged people in Africa, Asia and Eastern Europe. Anything that cannot be re-used is recycled.

Shopping at local markets such as Mumbles, Penclawdd and Swansea can save waste... unlike most supermarkets, local markets often sell fruit and veg in paper bags as opposed to plastic. When you buy meat or cheese it is often wrapped in a thin layer of film or paper as opposed to a large plastic tray that you often get at the supermarket.

The Green Shop at The Environment Centre, Pier Street, Swansea sell environmentally-friendly cleaning products such as washing-up liquid and multi surface cleaner in bulk, allowing you to re-fill your bottles. Cheaper and greener! The Green Shop also stocks goods made from recycled products such as glass jewellery, juice carton bags, wine glasses and loads more. The composting area and wormery show how you can compost your kitchen and garden waste to make a lovely rich compost for your garden, or perhaps for your neighbour if you don't need it.

Swansea Community Farm has a composting demonstration area and is running an education scheme to promote the benefits of composting.



What you can do...

Banish junk mail by registering with the Mail Preferring Service
Tel: 0845 703 4599 or
www.mpsonline.org.uk

Use reuseable nappies – not as smelly as you might think! Sustainable Wales Real Nappy Campaign has all the information needed to convince you.
Tel: 01656 783405
www.sustainablewales.org.uk

Avoid overpackaged products. Women's Environmental Network (WEN) have a Packaging Action Kit that is designed to help you stand up to the supermarkets and say 'enough is enough'. With useful tips on who to write to and action to take, the kit walks you through legal packaging requirements and gives you top tips on the alternatives to all that unnecessary packaging. Tel: 020 7481 9004
www.wen.org.uk

Take a re-usable bag for your shopping
Plastic bags and other plastic packaging can take 500 years or more to degrade, and who knows what environmental problems that is locking up for the future.

Buy second-hand goods
The organisations mentioned here accept items suitable for reusing. Goods are either resold, with the proceeds going to charitable causes or are used by people who are disadvantaged.

Furniture and household goods

MOre Green Reuse Recycle Project,
The Environment Centre, Pier Street,
Swansea Tel: 01792 470283
email: mo-green@btconnect.com

RESaREC, Hafod Yard, off Morgan Street,
Hafod Tel: 01792 653553
www.resarec-cyrenians.co.uk

Enfys, 76 St Helen's Road, Swansea,
Tel: 01792 864292
www.enfysfoundation.org.uk

Clothes and books

Charity shops – see the Swansea Green
Map or Yellow Pages for your nearest.

Arts and crafts

Play Resource Centre, H22 Ashmount,
Upper Fforest Way, Enterprise Zone,
Swansea Tel: 01792 794884
www.playright.org.uk

Celfi Gallery & Gift Shop
20 Mansel Street, Swansea,
SA1 5SG Tel: 01792 477707
email: claire@btconnect.com or
celfigallery@btconnect.com
www.cyrenians.co.uk/celfishop

Buy recycled goods

This can only encourage more
companies to make use of the
goods that we send for recycling.
At the moment there are very few
companies in the UK recycling
plastic. Demand more recycled
products!

Wales Environment Trust

www.walesenvtrust.org.uk has a
directory of organisations that are
making use of recyclates.

Recycled stationary from Remarkable
Stationary www.remarkable.co.uk and
the Green Stationary Company
www.greenstat.co.uk both offer
products that have been made from
recycled goods such as plastic cups,
CD cases, tyres and many more
ingenious ideas. For recycled paper
visit www.sheepooppaper.com
made in Wales!

Second Life Plastics based in Llandeilo
collect agricultural plastic such as silage
bags from farms across Wales and turn
them into garden furniture, fence posts
and decking. Tel: 01558 824590 or
email: birch@slpw.freeseve.co.uk



RESaREC workshop

Home Compost

The Swansea Home Composting Campaign offers compost bins with a massive saving of up to 60% off the normal retail price. Turn your waste into rich organic compost, save £££'s and help the environment ORDER HOTLINE: 01884 841515

If you don't have room for a compost bin, you have 2 sustainable options for disposal of your garden waste:

- ✿ Take it to a Civic Amenity Site near you. All of the sites in Swansea accept garden waste
- ✿ The Council are operating a fortnightly kerbside collection scheme on a trial basis for 35,000 homes across Swansea. Visit www.swansea.gov.uk for more information or contact the Recycling Officer on 01792 635600 or email: recycling@swansea.gov.uk. The Council are about to trial collection of kitchen waste from the same homes. If successful, this could be introduced across Swansea.



Compost demonstration area at the Environment Centre



Aluminium can recycling bale

Recycle

Use the kerbside recycling scheme by putting collectable items such as paper, cans and glass into the green recycling bags provided by the City and County of Swansea.

Take other recyclable items such as card, foil, clothes, paint, electrical goods and plastic to a civic amenity site. To find out which sites accept which materials go to www.swansea.gov.uk or use the Swansea Green Map at www.sustainableswansea.net

For queries about either of the above call your Recycling Officer at the City and County of Swansea on Tel: 01792 635600 email: recycling@swansea.gov.uk or visit www.swansea.gov.uk.

Set up recycling points at your workplace. Visit www.envirowise.gov.uk for business information on reducing waste.

Other useful websites:

www.recycling-guide.org.uk
www.environment-agency.gov.uk
www.keepwalestidy.org
www.homerecycling.co.uk
www.wasteawarenesswales.org.uk
www.cylch.org
www.ciw.co.uk

Water

Water shortage is often cited as the reason to conserve water but in Swansea, which has the second highest rainfall in Britain, you may find that hard to swallow! However, most of our rivers are short, steep and fast flowing. When it rains they rise quickly, and when it's dry they soon drop to a trickle. Because of this Wales has a lot of reservoirs, used to store water at times of high flow so that it can be used for supply or to maintain river flows in dry conditions. Wales does have a lot of rain, but our wildlife, landscape and industry has adapted to take advantage of this. It also takes a lot of energy and technology to bring it to us safe and clean to drink.

It is really clear just how dependent we are on water during times of drought, when reservoirs get to dangerously low levels, forcing water companies to extract more from existing underground reservoirs which are not being refilled by rainfall and from rivers that are already running low. This puts huge pressure on wildlife like otters and butterflies as too much water is drained away. Low river levels also increase concentration of pollutants in the water, meaning there is less oxygen for the plant and animal life. The construction of new reservoirs is not necessarily the answer. They are often built in protected mountainous regions which is costly, controversial and inflicts environmental damage. Now is the time to start practicing water conservation. Many places in and around Swansea are already leading the way...

On the Trail...

Pit Stop hand car wash. This one-stop shop for vehicle valeting puts the emphasis equally on the needs of its clients and responsibility to the environment.

Customers are greeted by the friendly car wash team, known for their careful attention to detail and finishing. But behind the scenes there's a lot more going on.



Pit Stop hand car wash

Pit Stop's owner, says "A business can be profitable and ethical." He has devised an innovative system to conserve natural resources and protect the environment, tapping into the power of reeds! Pit Stop uses effective but environmentally friendly cleaning products; the used car wash water passes through a series of settling tanks and reed beds, where nature's processes rival any chemical treatment, returning clean, reusable water and turning contaminants into plant food.

Pit Stop is the car wash with a conscience.

The Wildfowl & Wetlands Trust's National Wetland Centre Wales

shows the whole spectrum of water conservation benefits and issues. Situated on the Loughor Estuary it has developed a beautiful wetland with features to attract a wide range of wading birds and ducks. The Centre offers visitors a chance to experience, in a hands-on way, some of the wonders of these wetlands and discover just how essential wetlands are for life on Earth – plants, animals, humans and non-humans alike. Inside the Centre there is an interactive exhibition highlighting how we can use water wisely.

Wetlands can naturally regulate flooding and maintain water quality, filtering out nutrients and other contaminants. As these areas have been degraded or lost, flooding problems arise in more populated areas downstream and the quality of river water decreases.

Crymlyn Bog is wetland of a different type and of great importance for nature conservation. For details go to page 5.

Remember that we are all connected to wetlands through our drains. Whatever goes down them eventually returns to the environment. Use environmentally-friendly household products and take spent oil to a recycling depot to reduce the potential of polluting the water.



Children at the well in India

Gors Community School is practicing water conservation every day. This has been inspired by the school's partnership with a school in Rajasthan, India. The school has compared their situation with that of Udaipur where the monsoons had failed for the last four years. Here in Wales we often take water supply for granted but this school has recognized that whilst we seem to have plenty of it, we need to conserve what we have. For example, putting a bottle into the toilet cistern reduces the amount of water used in flushing the loo. For more tips on saving water go to www.water-guide.org.uk



Children at Gors School collecting from their rain-water butts

Address and website	Usual opening times	Telephone	
Caswell Road, Caswell Bay, Bishopston SA3 8QR www.swansea.gov.uk/bishopswood	Public access	01792 361703	1
Blackpill Lido, Blackpill, Swansea www.rspb.org.uk	Alternate Sundays, 10am-1pm Oct-Mar	01269 822876	2
Dinan Road, Port Tennant www.ccw.gov.uk/places	Currently open Wed-Fri For other times, please ring to check	01792 634960	3
Old Telephone Exchange, Pier Street, Swansea SA1 1RY www.environmentcentre.org.uk	Mon-Fri 10am-4pm	01792 480200	4
Gors Avenue, Cockett, Swansea SA1 6SF www.gowercommons.org.uk	By appointment only Public footpaths and bridleways cross most of the commons	01792 522202 01792 391670	5 6
Parkmill, SA3 2EH www.gowerheritagecentre.co.uk www.gwalia.com	10am-5pm every day By appointment only	01792 371206 01792 460609	7 8 9
Ty Hanes, 4 Dunns Lane, Mumbles, Swansea SA3 4AA www.mumblesmatters.org.uk	Mon-Fri 10am-4pm. Please check before visiting	01792 361012	10
14 Union St (for Fairtrade goods and clothes) or 34 Castle Street (for books & music). www.oxfam.org.uk	14 Union St Mon-Sat 9.30am-4.30pm 34 Castle St Mon-Sat 9.30am-5pm and Sun 11am-4pm	01792 654710	11
Penclawdd Community Centre, Banc Bach, Penclawdd SA4 3FJ	3rd Saturday of each month 9am-12.30pm	01792 850162	12
Unit 20, Cwmddu Industrial Estate, Carmarthen Road, Swansea SA5 8JN	Mon-Sat 8.30am-6pm & Sun 10am-6pm	01792 581000	13
Unit 22, Ashmount Business Park, Upper Fforest Way, Swansea Enterprise Park SA6 8QR www.playright.org.uk	Mon 11am-5pm, Tues & Weds 11am-7pm, Thurs 11am-5pm, Fri 10am-3pm & 1st Sat of each month 10am-1pm	01792 794884	14
646 Mumbles Road, Mumbles, Swansea SA3 3EA www.redcafe.org.uk	By appointment only	01792 362122	15
Hafod Yard, Off Morgan's Street, Hafod, Swansea SA1 2LU www.resarec-cyrenians.co.uk	By appointment only	01792 653553	16
Off Penmaen Terrace, Mount Pleasant, Swansea www.swansea.gov.uk/botanics	Public access Biomass boiler viewed by appointment only. Gardens open daily	01792 477863 01792 298637	17 18
www.sustrans.org.uk	Public access	01792 467954	19
2 Pontarddulais Road, Fforestfach, Swansea SA5 4BA www.swanseacommunityfarm.org.uk	Mon-Sat 10am-4pm	01792 578384	20
www.swanseaacitycentre.com	Mon-Sat 9am-5pm		21
56-58 Teilo Crescent, Mayhill, Swansea SA1 6SX www.swansea.gov.uk	Mon-Fri 10am-4pm	01792 642237	22
	By appointment only. Turbine can be seen from many parts of SA1 area	01792 224531	23
Penclawdydd, Lwynhendy, Llanelli, SA14 9SH www.wwt.org.uk	Every day 9.30am-5pm (grounds open until 6pm)	01554 741087	24

Visiting the Trail

All the sites on the Swansea Sustainability Trail welcome visitors. Many of the sites are open to the public but visits to some need to be arranged by appointment.

Group visits - please check with site staff about limits on group numbers and convenient visiting times.

Guided tours can be organised at most places on the Trail. Sustainable Swansea staff can offer support and advice to groups wishing to arrange a trip.

School trips and activities - a School's Resource Pack has been produced to help you plan your visit.

Please call Sustainable Swansea staff on 01792 480200 for more information on visiting places on the Trail.



The Environment Centre

How to get there?

Where possible we encourage you to visit the Trail without your car.

Swansea Alternative Travel Map gives details of travel routes for bus and bike. For a Map call 01792 481138 or e-mail: travel@sihe.ac.uk.

For up-to-date bus information Tel: 0870 608 2 608 or visit www.traveline-cymru.org.uk.

BWSTLER.com, provides community transport in urban Swansea for people who are unable to use public transport for whatever reason. Services have also been designed to address the transport needs of voluntary and community organisations based in Swansea. Tel: 01792 463675 email: info@bwstler.com or visit www.bwstler.com

For a cycle route map call Sustrans on Tel: 0845 113 0065 or visit www.sustrans.org.uk

Map of Trail Sites



- | | |
|---------------------------------------|---------------------------------------|
| 1 Bishop's Wood Local Nature Reserve | 9 Gwalia, Swansea Foyer |
| 2 Blackpill Wildlife Centre | 10 Mumbles Development Trust |
| 3 Crymyln Bog National Nature Reserve | 11 Oxfam |
| 4 Environment Centre | 12 Penclawdd Produce and Craft Market |
| 5 Gors Community School | 13 Pit Stop Car Wash |
| 6 Gower Commons Initiative | 14 Play Resource Centre |
| 7 Gower Heritage Centre | 15 Red Café |
| 8 Gwalia, St John's Church | 16 Res-a-Rec |



- 17** Rosehill Quarry
- 18** Singleton Botanic Gardens
- 19** Sustrans
- 20** Swansea Community Farm
- 21** Swansea Indoor Market
- 22** T.O.P.I.C. House
- 23** Wind Turbine
- 24** WWT National Wetland Centre Wales

— Key Road — River
— Cycle Route — Border of County of Swansea



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For further copies or other formats contact:
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The Environment Centre, Pier Street,
Swansea SA1 1RY Tel: 01792 480200
email: lisa@environmentcentre.org.uk

Downloadable copies available at
www.sustainableswansea.net and
www.environmentcentre.org.uk



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