

transition
SOUTHAMPTON



SOUTHAMPTON SUSTAINABLE LIVING GUIDE

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LINKS AND RESOURCES
TO HELP YOU DO YOUR
BIT FOR OUR FUTURE...



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WELCOME TO THE 2016 SOUTHAMPTON SUSTAINABLE LIVING GUIDE








This updated guide is aimed at everyone who cares about their personal impact on the environment and wants to reduce it. We hope that the ideas, tips and links inside will inspire you to take (more) action.

ABOUT TRANSITION SOUTHAMPTON

The Transition movement started in response to the challenges of climate change and the unsustainable ways we use our planet, with the aim of demonstrating practical alternatives. There are now groups all over the world. Transition Southampton formed in 2008 and its aim is to inspire a happier, healthier and greener city. Activities include workshops, talks, film screenings, field trips, social events and practical projects in all the areas covered by this guide. We also provide information on environment-related topics.

You can find out more about Transition Southampton and sign up for our newsletter at www.transitionsouthampton.org or email chair@transitionsouthampton.org

THE GUIDE IS DIVIDED INTO THE FOLLOWING CATEGORIES:

-  **ENERGY:** INSULATION, ENERGY SAVING, RENEWABLES
-  **WATER**
-  **RESOURCES:** REPAIRING, RECYCLING, ECO-FRIENDLY MATERIALS
-  **ECO-FRIENDLY TRANSPORT**
-  **GARDENING AND FOOD**
-  **NEW: GREEN ECONOMY**
-  **NEW: SOUTHAMPTON SUSTAINABILITY MAP** (CENTRE PAGES)
(where to find green spaces, ethical shops, get things repaired etc)

USEFUL CONTACTS

THE SOUTHAMPTON SUSTAINABILITY DIRECTORY

<http://e-voice.org.uk/southamptonustainabilitydirectory>

An on-line resource to find groups, recycling projects, organisations and companies making a difference to the environment and our local community. There is much more in the directory than we can squeeze into this guide, so check it out for up to date information!

DANGEROUS IDEAS

A network for sharing ideas about new, more sustainable ways to do things in Southampton

www.dangerousideassouthampton.org.uk/blog

www.facebook.com/DangerousIdeasSouthampton

GLOBAL ACTION PLAN

www.globalactionplan.org.uk ideas to help work out your carbon footprint and cut carbon emissions

GREEN HAMPSHIRE

www.greenhamshire.co.uk – free online portal to help find and promote green events



STATION WALKS BOOK

Over 30 self-guided walks for various abilities around or between railway stations in the Southampton area, a great way to enjoy our local environment.

Pick up a copy for £5 at one of our events or contact chair@transitionsouthampton.org

Please note that information in this guide is as correct as we can make it at time of going to print (Nov 2015). Check for up to date information and where appropriate get professional advice before buying products or installing technologies suggested in this guide. If you find errors or omissions please tell us at be@transitionsouthampton.org