

I read The Journal's account of Rob Masding's call for the Town Council to act to reduce the use of plastic. The Council, sadly, voted against, preferring to wait for national guidance. Yes it is easy to feel impotent when faced with overwhelming difficulties, as individuals as well as communities. But doing nothing is unacceptable. David Attenborough's stark wake-up call on the plastics problem has impressed the nation, and now is the time for us all to take action. So I put forward some simple ideas that most of us can do very easily. I am pretty lazy, so if I can do it most of the time, I am sure you can too.

5 EASY WAYS TO REDUCE PLASTIC WASTE

- Challenge yourself to never willingly buy plastic again – no black sacks, no sandwich bags, no freezer bags: simply hoard all the plastic that comes into your home and see if you can re-use some of that instead.
- Get wise to “Green” shopping and go for unpackaged vegetables as often as possible, eg shop at the Farm Shop in the Magnolia centre or get a veg box delivered
- Get equipped with stuff that helps avoid single-use plastics, e.g. Buy yourself a hard plastic drinking bottle and re-fill with tap water; arm yourself with lightweight shopping bags and always keep them handy
- Buy stuff in bulk if you are lucky enough to be able to store it, and consider using products that are refillable, e.g Ecover laundry liquid.
- Think about micro-plastics when you shop for and launder clothes. Polyester gradually sheds micro particles into the water table every time you put it in the washing machine.

Give yourselves a pat on the back if you are already doing all this, and remember that almost all the plastic that has ever been used in the last 60 years is almost all still out there in some form or another, leaching chemicals into the earth and water that interfere with fertility and health of all life forms. Every effort you make is worthwhile.

If you would like more information about being kind to our environment, please refer to the website of Transition Exmouth, or look out for us at the Exmouth Festival.

Doreen Sandham
(Member of Transition Exmouth)