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BGL's first three presentations have been organised, as follows:

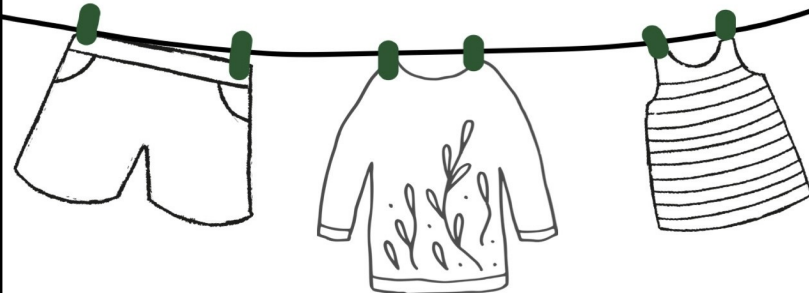
1. **Thursday 1st May**—
Incredible Edible. Teaching
people to grow food and
helping with the climate and
nature emergencies with
Julian Rees.
2. **Thursday 5th June**—An
introduction to composting
methods and why it is
important for the environ-
ment with Rod Weston.
3. **Thursday 3rd July**—
Sustainable Sporting Clubs
—engaging communities in
sustainability with Mark
Charlton, Associate Professor
of Sustainable Development
at De Montfort University.

7:30-9pm
The Bishop Beveridge Club
All Welcome
£2 / FREE for members*
**see p.7 for details*
Refreshments available



Barrow Greener Living

Clothes Swap



**Bring up to 5 gently used items
and swap
for up to 5 items***

Saturday 7th June
1pm to 3pm
Barrow upon Soar Library

***more information/terms & conditions
on Barrow Greener Living Facebook & Instagram
or email info@barrowgreenerliving.co.uk**

All welcome, refreshments available

Please come along to the first ever Barrow Greener Living **Clothes Swap** on **Saturday 7th June** in Barrow Library. You can bring up to 5 gently used items of clothing (all seasons, genders, ages and sizes welcome). Please note items must be clean and in good condition. No shoes, bags, accessories, swimwear or underwear.

There will be refreshments and a chance to chat whilst you choose and we can all feel good about fashion. If you cannot find something to swap for this time your virtual tokens will carry over to the next event which is to be confirmed.

Barrow Greener Living reserve the right to donate any clothes not chosen this time to charity or save them for future events.

Our food products are full of 'helpful' labels, so why is it still hard to find out what is good and what is perhaps not so good? An app called YUKA scans product barcode labels, (food, cosmetics & toiletries) analyses and details information on the ingredients. Download the app or click on the logo to view website.



Are you worried about climate change?

Then make the Climate and Nature Pledge



Why: Be part of the Barrow community and willing to do something positive, keep informed and support each other. Safer and stronger together.

Pledge to:

- Be part of a resilient community.
- Consider energy and cost saving actions.
- Buy local/environmentally friendly when possible.
- Keep informed about climate and nature change.
- Explore cleaner and more sustainable transport.
- Recycle and reduce waste.
- Support nature within our own space/garden.

How: By providing an email address you will receive a free newsletter to gain information about what's happening with environmental activities within our community and beyond. It's a planet thing!

Early Supporters



Sign the pledge now

pledge.barrowgreenerliving.co.uk
or scan the QR code

for more information, contact
info@barrowgreenerliving.co.uk or 07572188616



To read our related article on
Community Resilience, it's on Page 3
or click [here](#)



The Pledge is Part of Building Community Resilience



The term 'community resilience' is often used, but what does it actually mean? First and foremost, it is about:

- developing positive relationships, supporting each other and being a good neighbour.
- acquiring skills and building knowledge. How to compost, how to grow, how to repair, how to save energy, how to recycle and make the best use of the resources we have. How to keep chickens! Then teaching, offering or bartering those skills to others.
- recognising and appreciating that communities are stronger when they work together, being fair and not exploiting each other.
- knowing about the importance of the environment and nature. Knowing we must protect the environment for future generations and not exploit our natural resources.
- feeling a sense of belonging, part of a community with a sense of interdependence.
- involved in a community that considers potential risks and develops strategies to lessen those risks.
- A community that supports the most vulnerable.

In Barrow we really do have the basis of a resilient community. Much is already being done via religious groups, and the many other organisations in the village. We already have a rich network of relationships which is at the heart of any resilient community. The Pledge and associated Newsletter will be just one more cog in the wheel. Sadly, it will not solve the Climate and Nature emergencies, but hopefully it will be one more positive thing we can do that helps to nurture community resilience.

After all we really are, **"All in it together"**. And if the current school curriculum is correct, we do only have ONE beautiful planet, totally inter-connected in an infinite number of ways; not least the web of life that covers our planet from the tiny microbes in the soil we might hold in one hand to apex predators. What sometimes appears distant and in the future, must not be ignored. If we continue to damage and degrade our environment, we do so at our peril and the more, we will require a resilient and sustainable community.



Understanding the Impact of the Products We Use

Every day, people make countless choices about what to buy. An interactive guide produced by Rare Earth (a BBC Radio 4 / Open University co-production) highlights key environmental issues across the lifecycle of stuff, from material origins to disposal. At each lifecycle stage the guide aims to show how individual decisions can contribute to broader, necessary environmental change. Access the guide through the Rare Earth webpage [here](#)

Article by kind permission of Tony Webster (Transition Belper)

Did you Know ...

"For every 1°C the earth gets hotter, air holds 7% more moisture. This results in heavier rain and the greater risk of flooding."

Source: Gardeners World April 2025



Carbon Capture and Storage

Recently, a letter in the Loughborough Echo highlighted the considerable recent investment in carbon capture and storage technology. Written by a village resident and Barrow Greener Living steering group member the letter provided background knowledge on this technology, which has been around longer than many of us think. A short and easily followed video on this topic is available, via the link below. Whatever your ultimate view on this, it's always good to ['Just have a Think'](#).



Water Works

If you are still suffering from the effects of flood water or maybe reeling from recently received water bills which have generally gone up by 25%+, you may find the website [TopofthePoops](#) interesting (and possibly irritating) ...

At least 534,000 "sewage spills" into waterways in 2024, lasting 4,327,415 hours (that's 500.86 years!)

Rivers & Streams

Of the 4700 rivers in England, few escape from sewage dumping.

Top of The Poops - Rivers:

The main rivers that flow through Leicestershire are the River Soar, River Wreake, River Lin, River Sence, River Tweed and River Swift. The River Soar is a major tributary of the River Trent in the East Midlands as well as the principal river of Leicestershire.

- | | | |
|----|---------------------------|---------------------|
| 1. | Wessex Water | 39,065 hours |
| 2. | South West Water | 30,218 hours |
| 3. | Severn Trent Water | 26,083 hours |
| 4. | Yorkshire Water | 25,550 hours |
| 5. | Welsh Water | 22,288 hours |
| 6. | Severn Trent Water | 21,458 hours |
| 7. | South West Water | 21,237 hours |



Rank	River	Company	Sewage Dumps	Change	Duration (Hours)	Change
3	River Trent	Severn Trent Water	3,186	247	26,083	4,306
59	River Soar	Severn Trent Water	1,188	38	8,462	1,184
62	River Sence	Severn Trent Water	993	58	8,263	-575
167	River Wreake	Severn Trent Water	460	92	4,436	1,746
706	River Swift	Severn Trent Water	176	-122	1,596	1,630
1538	River Soar	Severn Trent Water	80	27	581	199
2337	River Tweed	Severn Trent Water	37	13	254	100
2643	Various Sites River Soar	Severn Trent Water	23	-3	185	17
3848	River Soar/Ashlands Brook	Severn Trent Water	10	-42	38	-850

Source: [topofthepoops.org](#)

For more statistics and data about sewerage spills (Constituencies, Beaches, Food Chain, etc.) just click [here](#) or on the logo above.

Public Transport

The good news since our last newsletter is that Barrow now has a new weekday evening and Sunday daytime bus service courtesy of Kinch Buses, who incidentally have recently purchased 21 zero-emission electric buses—no fossil fuel burnt and no pollution for the running of them—way to go! So on the basis that 'you lose it if you don't use it' have a look at the timetables via the links below and see if you can make use of our improved bus service.



Buses

Kinchbus 2 (New weekday evening and Sunday daytime services from 17th March 2025)

Loughborough – Barrow – Sileby

Timetables can be found at <https://www.kinchbus.co.uk/>

Vectare 2x

Loughborough – Quorn – Barrow – Sileby – Leicester

Timetables can be found at <https://localbus.vectare.co.uk/timetables>

Centrebus 22A

Barrow – Birstall – Leicester City Centre – Evington

Timetables can be found at <https://www.centrebus.info/bus-services>

Centrebus 27 & 27X

Loughborough – Barrow – Walton on the Wolds – Seagrave – Sileby – Mountsorrel – Rothley – Syston – Thurmaston

Timetables can be found at <https://www.centrebus.info/bus-services>

Trains

Trains to Nottingham and Leicester (nearly on the hour – please check) from Barrow station except no trains on Sunday

National Rail: <https://www.nationalrail.co.uk/>

Trainline: <https://www.thetrainline.com/>



PARENTS FOR FUTURE UK

Let's Talk Climate Workshop: Action Network—Wednesday 7th May 2025 7.30-9.30 pm

Learn how to start meaningful climate conversations with confidence! Join this Let's Talk Climate workshop run by Larger Us and take action!

Skilful climate conversations have the potential to build support for climate action locally and nationally.

We're on a mission with our partners at Larger Us to get parents and carers talking in our community - with our neighbours, at the school gate, at places of worship, after a fitness class or on the dog walk. This is our chance to join growing group of parents learning how to talk with others about climate change.

Sometimes we worry about coming across as preachy or judgemental. Or we might not feel 'expert' enough when it comes to climate science. Or maybe finding the right words can feel hard.

To join this 2-hour, online session to help begin to remove some of these barriers from your path, click [here](#).



May is a busy month in the garden. Winter is well past and the world feels full of energy. Don't forget the two organic principles: good soil management, and diverse planting to encourage plenty of beneficial wildlife. And keep on top of the weeds.

[What to sow and plant in May](#)

See (links) below for advice on soil, vegetables, fruit, herbs and flowers, as well as the greenhouse and conservatory, lawns and ponds:

[Soil and Composting](#)

[Vegetables](#)

[Fruit](#)

[Herbs](#)

[Flowers](#)

[Keeping the Growing Area Healthy](#)

For more information on growing each type of vegetable refer to (the) comprehensive list of [Growing Cards](#) and our [Sowing New Seeds](#) project resources page.

Source: gardenorganic.org.uk

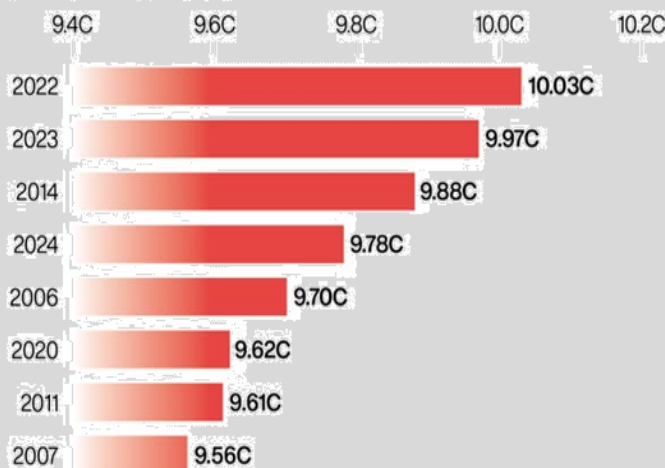
It may seem unduly alarmist to talk about excessive heat in the UK. Our weather is not renowned for either its consistency or long hot dry summers. However, as the graphic below shows, the trend has been worryingly upwards in the first quarter of the 21st Century. And worldwide, "The average temperature of the Earth's surface is now about 1.2°C warmer than it was in the late 1800s (before the industrial revolution) and warmer than at any time in the last 100,000 years. The last decade (2011-2020) was the warmest on record, and each of the last four decades has been warmer than any previous decade since 1850."



Source: *Climate Action, United Nations*

Warmest UK years on record

(annual mean temperature)



PA graphic. Source: Met Office. Records begin in 1884

Dr Mark McCarthy said: "Even with the influence of climate change we don't expect every year to be the hottest on record from now on."

"Natural variability of the UK climate means there will always be some variation year to year, however looking at longer term trends it is easy to pick out the influence climate change is having over time."

Source: *Met Office*

Keeping your Cool

Assuming then that at some point in the near future we will be facing summer temperatures similar to those experienced in 2022, there is lots of advice online that could help protect the vulnerable and just make life a little more comfortable for all. The following is a precis of top tips for keeping the body cool from [The British Red Cross](#):

- 1. Be sun smart:** When out in direct sunlight remember ... Wear (and regularly reapply) sunscreen; Cover your head with a hat; Take regular breaks indoors or in a shady area to avoid getting heat exhaustion or heatstroke; Wearing light-coloured, loose-fitting clothing will also help you to stay cool.
- 2. Wetter is better:** Drenching a t-shirt and keeping it wet can be very effective; Buy cooling spray; Having a cool shower - not freezing as you should cool down slowly; **quickly cool yourself down** by putting your hands and feet in cold water. Wrists and ankles have lots of pulse points where blood vessels are close to the skin, so you will cool down more quickly..
- 3. Drink plenty of water:** isotonic sports drinks can help to replenish lost salts, sugars & fluids; avoid drinks containing caffeine. Symptoms of dehydration include: a dry mouth; dizziness or confusion; headaches.
- 4. Limit your alcohol:** Alcohol causes dehydration, can make it harder to get a good night's sleep ... you may fall asleep quickly, but you're likely to have poor-quality sleep and wake up earlier than usual.
- 5. Eat light meals to feel cooler:** Food with a high water content like strawberries, cucumber, celery, and lettuce will also help to keep you hydrated and cool in summer weather.
- 6. Limit physical activity to cooler parts of the day**
- 7. Keep your home cool ****
- 8. Know the risks:** Many people believe that heat exhaustion and heatstroke are the same things, but heatstroke is potentially far more serious.

Heat exhaustion is caused when the body loses excess water, salt, and sugars through sweating. It can be treated by having plenty to drink, keeping out of the sun, and knowing how to cool down.

Heat stroke occurs when the body's temperature becomes dangerously high and the body is no longer able to cool itself. Symptoms include confusion, headache, nausea, and muscle cramps. Another symptom is paler skin than normal - depending on your skin tone this could mean your skin looks ashen, grey, or a more yellowish hue. It might be easier to notice this change in colour on the palms of hands, nails, or eyes, gums, and tongue. Heatstroke can develop with little warning and quickly lead to a person becoming unresponsive. It's vital to cool them down as quickly as possible by wrapping them in a wet sheet of clothing and dial 999.

Differences between heat exhaustion and heatstroke

Heat exhaustion	Heatstroke
Feeling faint or dizzy	Feeling confused
Excessive sweating	No sweating
Clammy skin	Temperature over 40C, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Muscle cramps	May lose consciousness or experience convulsions or seizures

Other useful webpages for further information are:

British Red Cross: [first aid for dehydration](#) : [keep cool at night during a heatwave](#) : ** [how to keep your home cool](#) : [how to keep a child or baby cool and safe in a heatwave](#)

GREENER LIVING
BARROW UPON SOAR

[Leicestershire & Rutland Wildlife Trust](#)
[Nottinghamshire Wildlife Trust](#)
[Derbyshire Wildlife Trust](#)
[The Woodland Trust](#)

In case of bad weather, there are plenty of free indoor attractions to keep the little ones entertained for an afternoon:

NOTTINGHAM: Greens Windmill & Science Centre, Nottingham / New Art Exchange—Saturday Art Club, Nottingham

With a nod to the iconic line in Monty Python's 'Life of Brian' this short film entitled **'What has Nature ever Done for Us'** gets its very relevant message across in an amusing and fun way.



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