



5.

Our world, your home - Reduce, reuse, reboot and recycle

Your guide to greener, cleaner and cheaper habits.

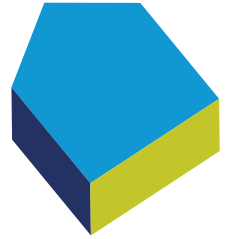
Introduction

Welcome to the penultimate of our six mini guides, jam-packed full of money saving and energy saving advice.

This time we shine the spotlight on things you buy and use and the value you get out of them. Do you buy things you don't need and do you 'reduce, reuse, reboot and recycle' to extend the life of your possessions? Getting the best out of what you have is a great way to save money, save energy and reduce your impact on the environment.



Reduce, reuse, reboot and recycle



The UK sends around 23 million tonnes of household waste to landfill every year. And yet 60% of that waste could be recycled instead.

Landfills produce harmful greenhouse emissions. As waste decomposes it releases methane, which is 33 times more damaging to the environment than carbon dioxide.

You may be surprised by the items that can be recycled. Items from fridges to furniture can be recycled alongside the 'usual suspects' such as paper, glass, and cans.

1.

Reduce

To reduce the amount of waste produced, start by asking if you really need to buy things. This can be difficult but planning ahead helps!



A simple way to reduce waste is by investing in reusable items. For instance, instead of purchasing single-use plastic water bottles, opt for a reusable water bottle. This reduces the amount of plastic waste generated and also saves money in the long run.



Try a month of not buying new clothes or only buying second-hand. Remember the 30-wear rule - ask yourself "will I wear it at least 30 times?" before buying.



Unsubscribe and unfollow to help quit fast fashion. Ignoring the latest online trends can help reduce temptation to keep buying more. Deleting fast-fashion apps and e-commerce apps can help too.



Some fabrics age better than others. Second-hand leather jackets, shoes and belts and denim jeans last for years and look just as good (if not better) as new!



Where possible, choose products with less packaging. The greengrocer and large supermarkets offer fruits and veggies without plastic packaging. Remember to pack re-useable bags and just buy what you need.



Consider signing up to the Modern Milkman. They use returnable glass bottles, which are collected, washed and reused. Visit the [Modern Milkman](#) for more info.



Food waste has a huge impact on the environment. Try to buy and cook only what you need and freeze leftovers where you can. Plan ahead to make sure you are using what you have in.



Say no to junk mail. The average person receives 19kg of junk mail a year. To opt out of mailing lists, register with the Mailing Preference Service at www.mpsonline.org.uk or by phone on **0845 703 4599**.

2.

Reuse and reboot

Reusing and rebooting items is all about finding new ways to love them, share them and look after them, so you don't need to throw them out.



Did you know you can access affordable paint and re-purpose your leftover paint, visit communityrepaint.org.uk to find out more.



Check out your local second-hand shops. Buying vintage is one of the easiest ways to shop sustainably. While it takes more time than fast-fashion, discovering unique second-hand items can feel very rewarding! Check out car boot sales, pre-loved and charity shops for clothing and more. Lots of vintage and second-hand shops have their own website too, including [Cow](#) and [Glass Onion](#).



Many charity shops are happy to accept pre-loved clothing and goods. Not only does this give items a second life, but it also helps charities to raise money too – win-win! The charities below have a collection service and will collect items like furniture, some electrical appliances, clothes, and toys free of charge.



National Age UK www.ageuk.org.uk



British Heart Foundation www.bhf.org.uk



Furniture Donation Network www.furnituredonationnetwork.org



Alternatively, swap or sell unwanted clothing on apps such as eBay, Depop, Vinted and ASOS marketplace.



You can sell or buy unwanted household items on apps such as Facebook Marketplace, Gumtree and eBay. This is often cheaper than buying new and helps to reduce waste!



Rather than throwing household items away, try upcycling them. Examples include turning t-shirts into cushion covers or painting old furniture to give it new life.



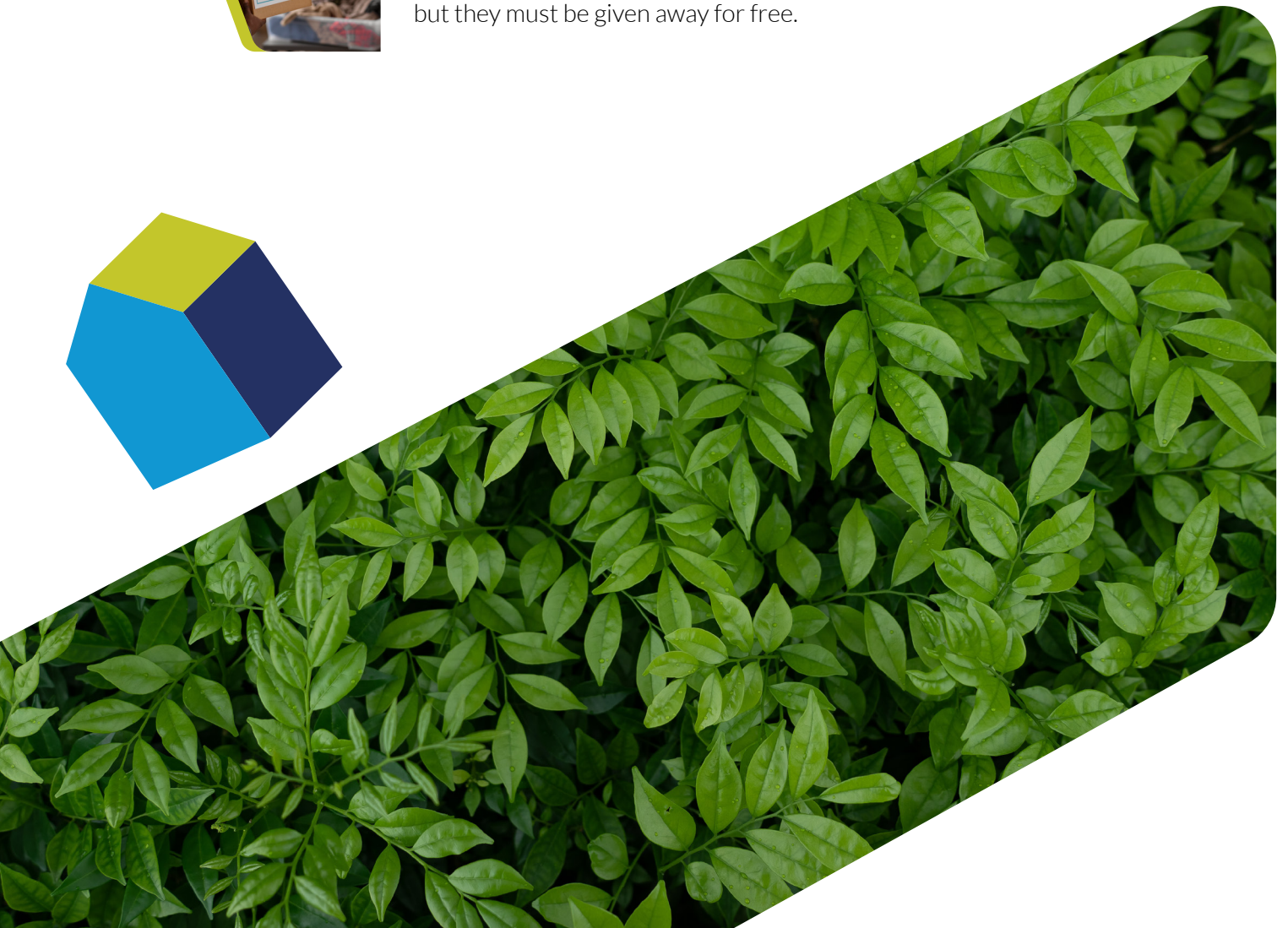
For items that no longer work, check out a Repair Cafe near you. These bring people together to repair things for free together! You can fix clothes, furniture, appliances, bikes, crockery, toys and much more.



If your electrical appliance is beyond repair, you can call the manufacturer or retailer to see if they will take back items for reuse or recycling.



Alternatively, you can donate your items and give them a new home via Freecycle. Items can be in any condition, but they must be given away for free.



3.

Recycle

Recycling one glass bottle saves enough energy to light a 100-watt bulb for four hours or power a computer for 30 minutes? Recycling reuses waste materials to make new products that can be sold again. It helps save energy and reduces the need to use up the planet's resources.



Recycling has never been easier! Just check labels and follow your local council's guidelines. Materials that can be recycled include:

- plastic
- glass
- cardboard
- aluminium
- lightbulbs
- printer cartridges
- batteries – also recycled at large supermarkets.
- make-up packaging.



Many larger shops offer in-house recycling for things the council won't take. Soft plastics, even crisps wrappers, can be recycled at large supermarkets.



More than 80% of items are recycled incorrectly! Apps such as [Scrapp](#) help you to reduce waste and recycle right. Just scan the barcode and Scrapp will show you how to sort your recycling into the right bin for your local rules.



TerraCycle rescues hard-to-recycle waste that is not processed by councils. It has free national recycling programmes and also sells zero-waste boxes, which you can fill with most non-hazardous, non-recyclable and non-organic waste, and return for recycling. Visit the [TerraCycle](#) website to find a scheme near you or set one up.



For more information visit your local authority website or [Recycle Now](#) to be sure how and when to recycle specific materials.



Additional Information and Support

Discover the comprehensive range of additional resources and support options available to help you navigate through the cost of living crisis.

Government Support

Visit [Help for Households](#), the government scheme that offers information and support on the cost of living, energy and other household bills.

Talk to us or your local authority

Both Futures and your local authority can tell you about any financial support, additional benefits and government discount schemes to reduce your fuel bills. For more information on support related to cost of living, guidance on claiming appropriate benefits and money advice, visit our [Cost of living: you're not alone](#) page.

Our Tenancy Support team is here to support you, whatever your circumstances. Our friendly advisors can make sure you're getting all the support you're entitled to. Speak to our team on **0300 456 2531** or email enquiries@futureshg.co.uk.

Debt Advice

StepChange Debt Charity can offer free debt advice and budgeting support. Visit www.stepchange.org or call **0800 138 1111** for the debt advice helpline.

National Debtline also offer free debt advice and support, plus information for dealing with high gas and electricity bills. Visit www.nationaldebtline.org or call a **0808 808 4000**.





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