



NORTH NORFOLK GREEN NEWS

This newsletter is an introduction to the North Norfolk Green Party. As a group, we are keen to discuss 'Green' science, news and issues, as well as local, national, and international policy. We want to let you know about ideas, events, and possibilities for all of us to live a healthier, happier life. We want to build a better future for ourselves, our children, and grandchildren. Hope you enjoy!

IT'S CHEAPER BEING GREEN!

FOR US AS INDIVIDUALS AND FAMILIES

This is great news! Most of us can save money, sometimes a lot of money, by doing the right thing. Good for the planet and good for us. Below are some of the changes that we can make to be greener and help to save the planet. And remember all the other changes we can make:

- Walk and cycle more instead of getting the car out
- Buy less stuff
- Buy second-hand
- Waste less

Which **ALL save money** as well as helping the planet to survive for your grandchildren to live a comfortable and sustainable life.

ACTION	SAVES THE PLANET	SAVES YOUR MONEY
Avoid one long-haul flight	3 tonnes CO ₂ e ⁽¹⁾	£400 to £1,800⁽²⁾
Switch to a 100% renewable energy provider	2 tonnes per year ⁽³⁾	No cost
Insulate an uninsulated loft	500–1,000kg CO ₂ per year	Cost £900–£1,200, save £250–£450 per year ⁽⁴⁾
Top up existing loft insulation to 270mm	50–100kg CO ₂ per year	Cost £700–£900, save £25–£40 per year ⁽⁴⁾
Change to an electric car	2.4 tonnes per year ⁽⁵⁾	Dearer to buy, saves £720–£1200 per year in fuel costs ⁽⁶⁾

Sources

1. One person one return flight to Jamaica. CO₂e (inc radiative forcing at 1.891) Carbon Footprint Calculator www.carbonfootprint.com
2. One person one return flight to

Jamaica. Cost www.skyscanner.net
 3. Average house uses 14,200 kW per year. Ofgem www.ofgem.gov.uk. Average carbon intensity of generation 150 gCO₂ per kWh National Grid www.nationalgrid.com

4. Energy Saving Trust www.energysavingtrust.org.uk
5. Carbon Footprint Calculator www.carbonfootprint.com
6. EDF www.edfenergy.com 8,000 miles per year at 50mpg petrol and 4ppm electric.

GOOD NEWS

A new byelaw prohibiting the use of bottom towed fishing gear off our coast has arrived. Haisborough, Hammond, Winterton, and North Norfolk Sandbanks are now protected from this destructive practice.



BENJAMIN COURT, CROMER

The campaign to reopen Benjamin Court as a **Reablement Unit continues**. We attended the meeting of the Integrated Care Board (ICB) in late November and they stated that they will talk with the public about the future of Benjamin Court. After two months they have revealed their plans with a meeting that includes a host of government organizations and just a handful of members of the public. We have told them that although we are

interested in sending a few people along there does also need to be a meeting where all members of the public will be invited. **We have the support of Cromer Town Council** who have indicated that they will hold a public meeting to allow everyone to express their view and invite members of the ICB.

It has been revealed in an investigation that the initiative **"Hospital at Home" is double the cost of keeping someone in an "Acute Hospital Bed"** let alone in a unit such as Benjamin Court. The reason given for closing was cost saving!

**IF YOU WANT A GREENER, FAIRER, MORE COMPASSIONATE SOCIETY
THEN DO DIFFERENT AND VOTE GREEN.**

FROM BLUE FLAGS TO A SEA OF SEWAGE

Anglian Water pleaded guilty and was hit with a **fine of £2.66 million** in April 2023 after allowing untreated sewage to overflow into the North Sea following a prosecution brought by the Environment Agency. **It is the largest ever fine imposed for environmental offences in the region.** An investigation in 2018 found that the discharges into the North Sea, recorded over a month between June and July, was the equivalent of more than 3 Olympic-sized swimming pools. Or 7,500,000 litres.

Campaigners have questioned the morality of Anglian Water paying the highest dividends of any water company in England – £4.6bn from 2012 to 2022 – when the cash should be spent on **improving infrastructure.** The **Green Party** would end this



absurdity and renationalise all of England's and Wales's water companies to ensure **every penny of profit was reinvested** in upgrading vital infrastructure, lower customer bills and protecting our precious environment.

TIPS AND IDEAS

Front lawns and verges are often unused spaces as many people do not sit or play in this more public arena. It may be time to rethink these spaces to encourage wildlife and reduce work (over time) Here are a few options but do your own research so that you get the right outcome for you.

- 1. Make a flower meadow,** take up the grass and plant seedlings and seeds of your choice nurturing until established. Maintenance will depend upon the plants used.
- 2. Create a natural meadow** by simply allowing the grass to grow and see what is there, cut to about 10cm in mid spring, allowing the slower growing plants to develop over the grass, then simply wait and see. Cut again in September at about 10cm, allowing the clippings to lie for a few days, so that the seeds can settle. If you don't get the wild flower display or variety you had hoped for, adding Yellow Rattle (*Rhinanthus minor*) as it weakens the grasses that can restrict wild flowers and is cheap and easy to source.
- 3. Do a mixture of both** and start with a mid-spring high cut and plant a few native meadow plants and some complementary wild seeds. Your local nursery will be able to advise you on what grows well in your area. If the area grows tall then some other interesting features could be included like a water feature or bug hotels. Maintenance will depend on what is planted.
- 4. A thyme and chamomile lawn,** beautiful aromas and low maintenance once established. Great for dryer areas.

All options will be both low maintenance and good for the planet whilst being beautiful to look at. The Natural History Museum website www.nhm.ac.uk has a great many ideas and tips.



CANDIDATE CORNER

**LIZ DIXON, GREEN PARTY
PARLIAMENTARY CANDIDATE
FOR NORTH NORFOLK**



Since the 90's when I first realised just how serious global heating was **I have been deeply concerned about the environment and the huge inequalities** in both this country and the world. Living in Happisburgh the impact of rising sea level and more frequent storms is all too local and immediate, my home will inevitably disappear over the edge, I just hope I don't live to see it! I am already serving the community as a Parish Councillor but would love the chance to do more.

I have been attending a number of local meetings hearing and learning about a range of issues from the problems of rural speeding to the major issues of flooding in our villages and the Broads. Although many possible remedies are identified by the bodies involved **it always comes back to the same issue: 13 years of austerity.** Our public bodies have suffered cut after cut, they have no money to address the problems of the people while Westminster prioritises initiatives that favour business and shareholders – whatever the cost to the planet.

In the case of flooding, wetter winters caused by the changing climate, is not given the prominence it deserves. **We would plan ahead,** not just for next year or the next election but **for the next 50 years.** The news that the Labour Party will be ditching their green investment pledge leaves the **Green Party** as the only Party determined to invest in our future and unafraid to tax the very richest to fund it. We all deserve a better government, a more compassionate one focused on the needs of the majority of us and particularly on those of us who have the greatest need. Yours with hope, *Liz Dixon*

JOIN US

IF YOU WANT MORE INFORMATION OR TO GET INVOLVED:
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IF YOU WANT TO DONATE: contact:
treasurer@northnorfolk.greenparty.org.uk
or scan the upper QR code.



IF YOU WANT TO JOIN THE GREEN PARTY:
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