

# One Planet Living Review 2013/14





# Welcome

One Planet Living is the approach used in Middlesbrough to help local people live healthier and more sustainable lifestyles in a simple way and save money by doing so. Everyone who joins in is a winner.

The framework is a simple way of informing and empowering people to deal with the challenges of creating a more sustainable environment and healthier lifestyle. Ecological footprinting data shows us that if everyone on planet Earth consumed resources as we do in Middlesbrough we would need three planets to support us. One Planet Living uses ten easy to understand principles that enable individuals, communities and organisations to reduce their over consumption of resources to live within a fair share of the Earth's resources. By following the One Planet Living framework local people can lead greener, healthier and more affordable lifestyles.

Middlesbrough Council, Middlesbrough Environment City and Erimus Housing have worked together during 2013-14 to assist residents to live more sustainable and affordable lifestyles, improve their physical and mental well-being and make improvements to the local environment. Work through this partnership saw the delivery of Heat and Eat events and the launch of the One Planet Living Online eLearning Tool.

The Heat and Eat initiative, set to continue during 2014-15, is designed to address fuel poverty. Around 22% of Middlesbrough's homes are currently in fuel poverty, with householders spending 10% or more of their income on keeping warm. Coupled with sharp rises in food prices, many residents often have to choose between the two, which can have a significant impact on their physical and mental well-being. Heat and Eat has provided residents with an opportunity to discover how to cook nutritious and affordable meals and discover ways in which they can reduce their energy bills and switch providers.

The online eLearning tool has proven to be a valuable resource to develop understanding across the Council and community about One Planet Living. It offers advice on how to save money and is an innovative way to engage with staff and the community in a cost and time effective way.

This report highlights just a few of the achievements that have been made to deliver immediate and long term environmental, economic and social improvements throughout the community during 2013-14, using the One Planet Middlesbrough programme.



**Councillor Nicky Walker,  
Executive Member for  
Environment**



**Councillor Julia Rostron,  
Chair of Middlesbrough  
Environment City**



The One Planet Middlesbrough Partnership continues to install energy efficiency and retro fit measures as well as renewables to reduce town wide carbon emissions from domestic properties, commercial and all other non Council buildings.

### Case Study - Zero Carbon Managers Guide

The introduction of a Management Guide, designed to support managers, was one of a number of tactics used to engage employees in considering how they can use energy more efficiently within the Council.

The Guide highlighted the cost on energy use and why it is so important from both a financial and environmental perspective to reduce use. It also provided managers with the tools and knowledge to engage with colleagues on this issue including a reflective questionnaire on energy use and a floor walk pro forma.

Additional support for managers and employees was also provided via Energy Awareness Clinics which were delivered in key Council buildings. The clinics, supported by the One Planet Middlesbrough: Creating Sustainable Communities Zero Carbon Enabler and the Affordable Warmth Steering Group provided staff with the opportunity to find out more about what they could do to help save money and reduce the Council's and their home energy bills and carbon footprint.



## Zero Carbon

Enabling access to energy, making buildings more energy efficient and delivering all energy with renewable technologies.



Residents learn how to stay warm in their homes

## Case Study - Warmer Homes Project

The Warmer Homes project, delivered by Middlesbrough Environment City in conjunction with key partners, is designed to identify vulnerable residents who are currently in, or are at risk of entering, fuel poverty.

Identified residents are offered support and advice and, where appropriate, referred for free, grant funded insulation and home energy efficiency measures that will reduce the property's energy consumption and lower their household utility bills. Available measures include external wall cladding for solid wall properties, cavity wall and loft insulation, draught proofing and tank and pipe lagging. A replacement central heating boiler scheme is also offered to privately owned or privately rented householders who have old or inefficient boilers and who are in receipt of certain government benefits.

Over the last year this project has improved the economic, social and health benefits of Middlesbrough residents. Achievements:

- Delivered Energy Awareness training to 78 volunteers (60 accredited, 18 unaccredited) allowing them to pass on knowledge to other colleagues, relatives, friends and neighbours;
- Installed £1.4 million worth of insulation measures to properties in Middlesbrough;
- 210 cavity wall insulations and 481 loft insulations;
- 127 properties receiving external wall insulation;
- 54 central heating boilers replaced and 53 central heating repairs carried out;
- 211 boilers replaced and 72 central heating repairs for people not in receipt of benefits;
- Free energy saving devices distributed including OWL electricity monitors, low energy light bulbs and Powerdown adaptors for computer and televisions;
- Distributed carbon monoxide detectors to householders with back boiler fires.



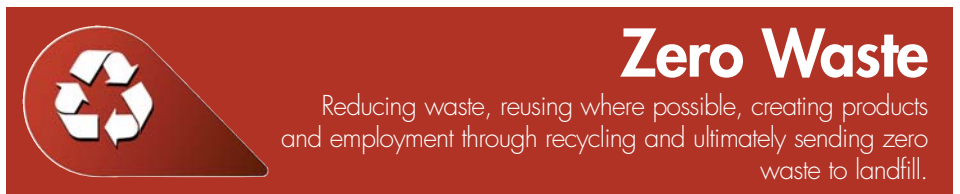
## Zero Carbon

Enabling access to energy, making buildings more energy efficient and delivering all energy with renewable technologies.



External cladding work takes place

The One Planet Middlesbrough Partnership strives to use resources efficiently, promoting the recovery, reuse and recycling of waste materials – ultimately sending zero waste to landfill. This year Middlesbrough Council has implemented new services to generate an increase in the town’s recycling rates and has also delivered education programmes to raise awareness about waste minimisation.



### Case Study - New Recycling and Refuse Service

In August 2013 Middlesbrough Council began the roll out of a new recycling and refuse service to the residents of Middlesbrough. This new service was on the back of a successful bid to Department for Communities and Local Government Weekly Collection Fund which was established to help Councils retain a weekly refuse service.

As part of the new service all residents received a wheeled bin for recycling, a wheeled bin for garden waste and a new refuse bin. In the new blue bins residents can recycle:

- Paper
- Plastic bottles and containers
- Glass jars and bottles
- Cardboard
- Drinks cans and food tins
- Beverage cartons

The reasoning behind the change was to make it easier for residents to recycle as they had stated that one of the barriers to recycling was the number of containers they had and trying to remember which item went into which container. By providing a wheeled bin for recycling the Council have made it easier for both the residents and the collection crews, plus the system on a whole is cleaner and safer for all concerned.



New recycling and refuse scheme launched

The change over to the new bins has seen a significant rise in the number of people participating in the scheme with the average set out rate increasing from 40% to over 70% . This has led to a sharp increase in the amount of recycling collected and in turn led to a decrease in the amount of waste sent to final disposal (including landfill). The average tonnage of recycling on a monthly based has increased from approximately 350 tonnes per month to over 700 tonnes per month.

## Case Study - Community Blankets

This year the One Planet Middlesbrough: Creating Sustainable Communities Project launched an innovative initiative making use of waste yarn to help vulnerable residents keep warm, reduce their fuel bills and lower their carbon footprint.

Using surplus yarn donated by Teesside Hospice, a team of nimble fingered volunteer crocheters and knitters from Community Service Volunteers - Retired and Senior Volunteering Programme and the wider community have been knitting and stitching colourful blankets in an array shapes and sizes.

An extra layer can make a big difference when it's cold outside and wrapping up against draughts is particularly important to those for whom mobility is an issue.

The blankets have been distributed by the One Planet Middlesbrough project partners Shopmobility, Age UK and Middlesbrough Council at December's 'In Out of The Cold' event, reaching the most vulnerable and needy in Middlesbrough.

The blanket project has given residents a valuable opportunity to demonstrate their skills and come together to make a big difference to vulnerable members of their community.



## Zero Waste

Reducing waste, reusing where possible, creating products and employment through recycling and ultimately sending zero waste to landfill.



Colourful blankets knitted from spare yarn



The One Planet Middlesbrough initiative encourages residents to reduce car use and make travelling more sustainably by bus, train, bike or foot the norm. Throughout the year, Middlesbrough Council has worked to deliver sustainable transport initiatives with Teesside University and Fabrick Housing, whilst running dedicated bike buses, evaluating cycling trends and increasing cycling provision.



**Sustainable Transport**  
Encouraging low carbon modes of transport and public transport, reducing the need to travel, ensuring a good range of local facilities within walking and cycling distance.

### Case Study – Bike Rangers

As part of the One Planet Middlesbrough project, funded by the Big Lottery Fund, a partnership between Middlesbrough Environment City and Middlesbrough Council has set up a scheme that aims to create a safer and more attractive cycling environment in Middlesbrough.

The Middlesbrough Bike Rangers are a group of enthusiastic champions, who take ownership of areas within Middlesbrough and actively report issues such as broken glass that could otherwise put other cyclists off cycling. Tackling these issues helps to keep the network accessible, and helps encourage more people to walk and cycle.



Middlesbrough's bike rangers

In one particular example, part of National Cycle Network Route 1 (NCN1) on Marsh Road was in need of attention owing to the amount of rubbish that had accumulated. The group met up on a Saturday morning in January, and managed to collect 72 bags of rubbish, a sofa, car parts and a rake in a few hours of hard graft.

The area now looks much neater, and is helping to create a more inviting welcome to Middlesbrough for visitors using NCN1, which also forms part of the North Sea Cycle Network around Europe.



## Case Study – Middlesbrough Bike Academy

During the year Middlesbrough Environment City has worked in partnership with Middlesbrough Council to develop a unique cycle training facility for the town. Based in the prime location of Albert Park, the Middlesbrough Bike Academy has fully equipped cycle workshop facilities and provides cycle maintenance training to members of the public, workplaces and organisations based in the town. The project is funded by the Department for Transport, Local Sustainable Transport Fund.

The Bike Academy caters for all by offering differing levels of cycle maintenance training from simple one day introduction courses through to three day accredited Open College Network qualifications.

All courses are aimed at assisting participants to access cycling and informing them how to safely maintain their cycles for social or recreational use. A total of 154 people took part in maintenance training courses delivered by the Bike Academy during 2013; 97 of the participants received a recycled bike for either themselves, a family member or a friend, through Cycle Re-Cycle.

This service complements the secure cycle parking facility at Middlesbrough Cycle Centre which provides a service to approximately 2000 members. Cycling provides many health and social benefits, increasing fitness and access to services. Using a bicycle as a sustainable form of transport also has financial benefits and reduces vehicle emissions and congestion on our highways, all of which assist to make Middlesbrough a more sustainable town.



## Sustainable Transport

Encouraging low carbon modes of transport and public transport, reducing the need to travel, ensuring a good range of local facilities within walking and cycling distance.



Middlesbrough Bike Academy launches





The One Planet Partnership promotes the use of goods made from sustainable materials; those made from waste or renewable sources and wherever possible sourced locally.

During the year Middlesbrough Council has developed and implemented a Sustainable Timber Procurement Policy and improved the Procurement Information Online Database, enabling employees to make more sustainable purchase choices.



## Sustainable Materials

Using sustainable and healthy products, such as those with low embodied energy, sourced locally, made from renewable or waste resources.

### Case Study - eLearning Tool

During 2014 the One Planet Middlesbrough partnership launched the One Planet Living eLearning Tool.

The innovative communication tool is designed to inform and engage employees, as well as residents and businesses about One Planet Living, helping them to become more sustainable; ultimately saving them money and energy.

The bespoke online training tool, developed by Middlesbrough based web specialists Calm Digital, takes around 20 to 30 minutes to complete. A valuable resource for learning, the tool presents a complex subject in an accessible and user-friendly format. It provides detail about each of the ten principles of One Planet Living, highlighting their importance and the role each employee has in delivering the programme. It tests the users' knowledge and provides helpful tips and advice about what they can do to become more sustainable, in the workplace or at home.



One Planet Living eLearning tool launched

From an employee perspective the tool reduces time away from the office and provides greater flexibility in meeting their training needs. It also reduces the need for paper based training aids, making it a cost and time effective tool.



## Case Study - Grown in Middlesbrough Apprentices

During the year Middlesbrough Environment City has developed a programme of activities to not only clear sites for community allotment tenants to occupy but to also educate plot holders on how to make their horticultural practices and use of resources more sustainable.

A team of apprentices, all studying for the Local Environment Services Award, have provided practical assistance to allotment holders at Easterside, Saltersgill People's Park and Albert Park; teaching them how best to rotate their crops, ameliorate the soil, compost organic materials and harvest water.

The apprentices are also promoting the sustainable reuse of materials amongst allotment holders at each site, using reclaimed materials such as timber and other natural materials, to build raised flower beds, small planters, pergolas, work benches, rockeries and areas of hard landscaping.

It is hoped that the skills developed by the allotment holders will aid them to move towards adopting a self-sustaining model of management for the community allotments in the future.



## Sustainable Materials

Using sustainable and healthy products, such as those with low embodied energy, sourced locally, made from renewable or waste resources.



Apprentices help food growing across Middlesbrough

Sustainable Food is becoming more readily available across Middlesbrough. It considers the environmental, social and economic impacts of food from field to plate. Residents are not only being encouraged to grow their own but also to learn the correct skills to cook healthy, affordable and nutritious meals.

This year the One Planet Middlesbrough Partnership has worked to develop Middlesbrough's Local Sustainable Food Network, deliver accredited healthy cooking skills training, provide apprenticeship places on community sites and develop community growing sites.

### Case Study - Grown in Middlesbrough (GIM)

The Grown in Middlesbrough project, funded by the Big Lottery Fund's Local Food Programme, aims to increase the amount of local food grown and consumed in Middlesbrough by developing underused back land sites into community growing spaces and selling the surplus produce through a vegetable bag scheme following the model of a social enterprise.

To date 800 people have engaged with this project. Growers have been provided with growing space and advice on how to 'grow their own', with some going on to sell small amounts of their surplus produce, generating an income which has helped to sustain their growing activities. Vegetable bags are providing families with healthy fresh produce and the inclusion of recipes and a newsletter is increasing their awareness of local food and cooking skills.

The project provides participants with formal training, developing their skills and gaining recognised qualifications that increase their opportunities to enter and re-enter the workplace. It also provides an opportunity to increase social interactions, develop new and supportive friendships, increase levels of physical exercise and enhance their understanding about food and nutrition.

Additionally, the development of sites for growing has improved a number of previously derelict areas of Middlesbrough. This is leading to a reduction in anti-social behaviour in those areas and the improvements to the local environment are being positively received by neighbours, who are taking an increasingly active role in the maintenance of the sites.

Longer term management strategies are being put into place so that growing sites will be sustainable without external input when the Grown in Middlesbrough project ends.



## Local & Sustainable Food

Sustainable and humane agriculture and farming, access to nutritious low impact, local, seasonal and organic diets and reducing food waste.



Dishes prepared using local produce

## Case Study - Middlesbrough Town Meal 2013

The 2013 Town Meal was attended by 6,000 local residents. The event celebrated the fabulous growing projects, funded by the Local Food Programme and Social Action Fund, that had taken place during the year. Community groups and individual families who had been reaping the rewards of growing their own fruit and vegetables in various locations across the town took the opportunity to share their produce with the community, which was prepared by the 'Grow It, Cook it, Share It' team and the school dinner ladies of Middlesbrough.

Local growers were also invited to enter their prize fruit and veg into the produce competition – a hotly contested award, with winning rosettes proudly displayed around Middlesbrough's growing sites.

As well as the meal itself there were chef demonstrations, a farmers market, free children's entertainment and lots to discover about opportunities to get involved in One Planet Middlesbrough.



## Local & Sustainable Food

Sustainable and humane agriculture and farming, access to nutritious low impact, local, seasonal and organic diets and reducing food waste.



Prize winners

Under the One Planet Middlesbrough initiative Middlesbrough aims to use water more efficiently, reducing waste and avoiding local flooding and pollution.



## Sustainable Water

Access to safe drinking water and sanitation. Using water more efficiently in farming, buildings and in the products we buy. Designing to avoid local flooding and water course pollution.

The One Planet Middlesbrough partnership has worked to alleviate flood risk through delivery of the Local Flood Risk Management Strategy, we have also partnered with Northumbrian Water to launch the EcoFIT 'Helping Gresham Go Green' initiative and designed the Clairville Surface Water storage area to limit surface water flow into Marton West Beck during extreme weather events.

### Case Study – SuDS

As part of the David Wilson Homes development at Grey Towers a number of Sustainable Drainage Systems (SuDS) are being constructed.

Middlesbrough Council has worked closely with David Wilson Homes in developing the scheme which will include a pond, infiltration trenches and swales.

The idea behind SuDS is to try to replicate natural systems, using cost effective solutions with low environmental impact to drain away surface water run-off through collection, storage and cleaning before allowing it to be released slowly back into water courses.



SuDs work takes place in Middlesbrough

## Case Study - Reducing Allotment Water Use

Water is used in Middlesbrough's allotments in high volumes, particularly in summer. Water use represents a significant cost to Middlesbrough Council and also has an impact on the environment. A partnership project has been developed between Middlesbrough Council, Northumbrian Water and the One Planet Middlesbrough: Creating Sustainable Communities project at Middlesbrough Environment City to reduce allotment water use. The initiative was launched at Saltersgill Allotments to reduce water consumption through a series of awareness raising events promoting behavioural change and the introduction of simple water saving measures.

Northumbrian Water investigated historical meter readings and a substantial leak was identified and remedied quickly, providing an immediate improvement. Two events were held where Northumbrian Water distributed products specifically designed to save water in the garden and at home to ploholders. Advice leaflets were available and demonstrations of simple rainwater capture systems and ground mulches were showcased on site. Northumbrian Water made water butts available as part of a free prize draw to those that attended the event. The site hut was also fitted with a downpipe diverter and a recycled industrial bulk container to collect surplus rainwater, a visible, cheap and easily replicable system.

The project has saved an estimated 20,000 litres of water to date and awareness of water saving has increased dramatically amongst allotment tenants. The project will continue in 2014 with the partners continuing to support Saltersgill ploholders and rolling out the project to the other sites in the town.



## Sustainable Water

Access to safe drinking water and sanitation. Using water more efficiently in farming, buildings and in the products we buy. Designing to avoid local flooding and water course pollution.



Water waste is reduced at allotment sites

The One Planet Middlesbrough partnership has worked to protect, enhance and sustain a local natural environment that is rich in wildlife and habitats.

This year work has taken place to improve more than 2km of footpaths and more than 10 hectares of wildlife habitats along four becks. Additionally 1,500 trees, 2,500 wildflowers and 830m of hedgerow have been planted and more than 260 species of plants and animals have been surveyed.

### Case Study - Boro Becks

The highly successful Boro Becks Project came to a close at the end of 2013.

Launched in September 2010 as a three-year initiative to restore the town's becks and improve surrounding wildlife habitats, the project was a partnership between Middlesbrough Council, Tees Valley Wildlife Trust and the Environment Agency. The project was funded through The Big Lottery's Fund's Access to Nature and administered by Natural England.

Since the project's launch, the team of enthusiastic volunteers has undertaken more than 2,700 hours of unpaid work, making a real difference to the local environment.

Volunteers have provided year round support to

Boro Becks public events including craft sessions and bug hunting activities, whilst helping to keep the area in tip top condition by collecting hundreds of bags of litter. The volunteers' efforts have not gone unrecognised - in a recent One Planet Living Awards ceremony at the Town Hall, the volunteers were named winners in the Community Environment Project category, landing them £100 to spend on the initiative.

The Boro Becks Volunteers - made up of friends of different ages and from different backgrounds - meet twice a week on Tuesdays and Thursdays. The Boro Becks volunteer group will carry on the good work, using management plans created as part of the project to make improvements to beck corridor access and related wildlife habitats, while continuing to seek further funding for the initiative.



## Land Use and Wildlife

Protecting and restoring existing biodiversity and natural habitats through appropriate land use and integration into the built environment.



Members of the Boro Becks project

## Case Study - West Middlesbrough Becks and Water Voles Project

Middlesbrough Environment City, working in partnership with Middlesbrough Council and the Environment Agency, has developed a £50,000 project funded by Biffa Award, through the Landfill Communities Fund, to enhance the courses of Marton West Beck, Newham Beck and Bluebell Beck. The work, which began in 2013, includes creating pools and new reed beds adjacent to water courses and removing dense bank side scrub to allow vegetation to thrive along the banks.

The project will enhance the beck corridors for species such as Willow Warbler, Sedge Warbler and Otter. There is particular emphasis on maintaining and expanding Water Vole populations. Additional benefits of this project include reducing flood risk, improving water quality and enhancing the becks to provide a more attractive environment for local residents to enjoy. Interpretation will also provide opportunities for local residents to learn more about the area's biodiversity.

## Land Use and Wildlife

Protecting and restoring existing biodiversity and natural habitats through appropriate land use and integration into the built environment.



Children help to protect local water vole population





The One Planet vision for Culture and Community is for a Middlesbrough with cohesive communities where a sense of place is nurtured. The partnership wishes to showcase Middlesbrough's urban and industrial heritage to residents and visitors and celebrate cultural diversity. This year Middlesbrough Council has reached over 600 volunteers, seen an increase in the active use of libraries and recorded a rise in attendance at cultural events.



## Culture and Community

Respecting and reviving local identity, wisdom and culture; Access to education for all; valuing and encouraging the involvement of the community in shaping their community and their lives.

### Case Study - Festivals and Events 2013

After the success of Olympic Celebrations in 2012, the 2013 events programme delivered another bumper year of opportunities for Middlesbrough residents and visitors to take part in cultural activities.

The Events Team delivered and supported a total of 22 outdoor events and festivals in the town, with an overall attendance of 128,076 people!

Particular successes included the Christmas Lights Switch On and Reindeer Parade. Over 30,000 people watched 500 local children and young people perform music and dance in the annual carnival parade, the biggest crowd so far for a Christmas launch.



Carnival atmosphere in Middlesbrough Town Centre

2013 also saw the return of the popular Town Meal event after a break, delivered by Middlesbrough Environment City. Thousands of people took part in the celebration of Middlesbrough's growing projects - promoting healthy, home-grown food through markets, cooking demonstrations and fun family activities.

Middlesbrough Mela made a permanent move to Centre Square in the town centre in June, making the event celebrating Middlesbrough's cultural diversity more visible to a wider range of people. 33,000 visitors attended on the Sunday making the event the largest Mela in the region.



## Case Study – Community Based Training

During the year a number of training courses covering horticulture and food growing, healthy cooking, home energy efficiency, cycle maintenance and safety, Forest Schools and environmental sustainability have been delivered by Middlesbrough Environment City in line with the One Planet Living agenda.

The community based training provision includes both informal hobby courses and nationally accredited vocational training through the Open College Network. The courses are delivered over either a couple of hours or a number of months and range from Entry to Level 3, allowing progression through a subject and unit credits to be accumulated to achieve national awards, certificates and diplomas.

The training courses are delivered at venues across the town, including at MEC's purpose made horticulture training centre based at the Town Farm Community Allotment on Cargo Fleet Lane.

During the year a number of taster courses have also been delivered on behalf of Middlesbrough Community Learning Service, aimed at attracting those who have not considered attending training courses for some time as well as those who would like to try out a new subject. It is hoped that the engaging training courses may lead trainees towards further training, a new hobby or career.

## Culture and Community



Respecting and reviving local identity, wisdom and culture; access to education for all; valuing and encouraging the involvement of the community in shaping their community and their lives.



Residents develop their horticultural skills

The One Planet Middlesbrough Partnership seeks to achieve inclusive access to employment, training, housing, transport and cultural activities across the town, ultimately creating equal life chances for all, regardless of age, gender, disability, religion or belief, sexual orientation, transgender or ethnicity.



## Equity & the Local Economy

Creating strong, diverse local economies that meet peoples' needs and support fair employment and international fair trade.

### Case Study - Teen Who Advertised His Skills Lands Dream Apprenticeship

An aspiring mechanic who advertised his skills in a 'for sale' ad in his local paper landed himself a dream apprenticeship with the support of the Middlesbrough Council's Flexible Routeway Programme.

Teenager Jack Hill was desperate to find work as a mechanic so he decided to 'advertise himself' last December.

The Evening Gazette classified ad read: 'Apprentice mechanic, young, keen and reliable 18 year old with full time welding experience. Currently studying motor vehicle maintenance and repair. Looking for apprenticeship or training. Willing to do free trial.'



Apprentice in his dream job

Jack's ad even made national headlines!

Jack, now 19 and from Middlesbrough, said at the time he was finding it very hard to find a job. He had been trying everything to get an apprenticeship as a motor vehicle technician, making at least ten applications a week. So he decided to advertise himself!

His unusual gambit paid off after it was spotted by the team behind Middlesbrough Council's Flexible Routeway Programme which works with local employers to develop apprenticeship opportunities. They helped him secure four weeks' work experience at the Martinet Motor Company in Thornaby in partnership with the JobCentre Plus Youth Contract.

Following the initial four week trial, the opportunity was extended to a 12 month apprenticeship. Martinet Supervisor Ian Atkinson commented that Jack was doing exceptionally well and had become a real team member, he said "he was the right material for the job, is keen, committed and reliable"

Ian further commented that Jack had become an asset to the team and that he was confident that Jack will one day become a fulltime mechanic, as he had always wanted.

Councillor Charlie Rooney, Middlesbrough Council's Executive Member for Regeneration and Economic Development, said: "It can be tough finding work in the current economic climate, especially for young people looking to get on the first rung of the ladder."

"Jack is to be applauded for his creative and eye-catching approach which I hope will set him on the path to a long and fulfilling career. The Martinet Motor Company are also to be commended for recognising the importance of apprenticeships and giving Jack this important and potentially life-changing opportunity."

## Case Study – Middlesbrough’s Fairtrade Town Status Renewed

Middlesbrough’s Fairtrade Town status was successfully renewed by the Fairtrade Foundation in December 2013. Middlesbrough first became a Fairtrade Town in 2007 and the current accreditation will run to 2015. Fairtrade is an international campaign that ensures growers in developing countries receive a fair price for their produce. It also supports health and education projects in producers’ communities, helping them to be more competitive in the international market.

In order to maintain the status, Middlesbrough had to demonstrate that there were many places in the town where Fairtrade products could be found, including shops, catering outlets and community venues. There are now over 100 places in the town where Fairtrade products can be purchased and enjoyed. Middlesbrough Council also renewed its commitment to Fairtrade, meaning that Fairtrade coffee, tea and sugar will be available in Council venues.

There is an active Fairtrade promotional campaign in Middlesbrough, particularly around Fairtrade Fortnight in February and March each year. At Christmas, there is also a Fairtrade shop in the town centre, selling gifts, food and other goods.

The town’s Fairtrade campaign is managed by the Fairtrade Steering Group, with support from Middlesbrough Environment City. It is chaired by Councillor Julia Rostron, who said “It is great news that Middlesbrough’s continued commitment to Fairtrade has been recognised. Fairtrade demonstrates our commitment to international as well as local sustainability and also improves consumer choice for local people and visitors.”



Fairtrade celebrated in Middlesbrough

This year Middlesbrough Council has focused on creating new opportunities to enhance and promote the physical and emotional well-being of residents in an affordable, simple and motivating manner. Over 1,500 people have become members of the Active Gyms and 190 young people per month have signed up for the Youth Active card. Additionally the Active Gyms have increased their total offering of exercise classes to over 100 and 28 new clients have engaged with the New Life New You programme to reduce the risk of Type 2 Diabetes.

### Case Study – Gym Refurb

The Rainbow Leisure and Community Hub has had significant upgrades to the facility. The gym area has been expanded and now has a whole new range of equipment that provides excellent opportunities to enhance the workout routine of existing customers. It is also great for encouraging new clients to take those tentative steps to improving their health and wellbeing. Equipment is easy to use and can help new customers adjust to new lifestyle changes. Active Gym staff are fully trained to offer support and advice to all levels. New classes have also been added to the weekly programme of activities again ensuring that the whole community has the opportunity to participate. The recent installation of both Sauna and Steam rooms also provides an excellent way to relax and calm the mind helping look after both the physical and mental wellbeing of users.

In addition to the physical improvements the Active Gym package has also been reviewed to offer a more diverse offering and improved value for money for members. For example Active Family and Friends allows for two adults and three children to pay only £12 each per month with access to all the facilities and classes. The innovative Active Youth Card flexible approach also means that young people add a month to the card for only £20 as and when they want.



## Health and Happiness

Promote good health and well being through access to healthcare. Encourage active, sociable, meaningful lives to promote good health and well being.



Gym refurbishment

## Case Study – Public Health Projects

Over the year, Middlesbrough Environment City has managed a number of public health projects on behalf of Middlesbrough's Public Health Team. The 'Community Public Health Fund' invited local not-for-profit organisations and public bodies to apply for grant funding for projects that met the priorities identified in Middlesbrough's Joint Strategic Needs Assessment and Health and Wellbeing Strategy theme: 'Ensuring children and young people have the best health and wellbeing.'

Middlesbrough Environment City has supported the delivery of a range of projects including:

- An emotional well-being programme in schools supporting young people at risk of emotional or mental health difficulties.
- Fun fitness programmes for BME families and their children delivered in local community venues.
- Promoting active travel and cycling support to pupils attending Prince Bishop School.
- Engaging families, young people and those with disabilities in activities at Middlesbrough Cycle Circuit.
- Focused youth research project gaining qualitative insights into the risk taking behaviours and lifestyle choices of young people in Middlesbrough.



## Health and Happiness

Promote good health and well being through access to healthcare. Encourage active, sociable, meaningful lives to promote good health and well being.



Engaging the community in health projects





# Erimus Housing and One Planet Living

## Zero Carbon

**Free Home Energy Advice.** Erimus residents have benefited from free home energy checks from specialist energy efficiency company, Tadea. Tadea is working alongside Erimus to help residents to stay warm at home and reduce their energy bills, offering advice on fuel efficiency and tariff switching, as well as showing people how to use their home heating systems more effectively. The advisors have also referred people for benefit entitlement checks, to make sure they claim any fuel discounts they may be eligible for. By claiming the warm homes discount alone, residents have already recouped more than £14,000.

**Frontline staff learn to be more energy efficient.** To support the work of Tadea 60 Erimus frontline staff training received training from MEC to improve understanding of what fuel poverty is and what they could do to assist residents. Through our existing relationship with MEC, Erimus Housing worked in partnership with community enablers to develop bespoke energy efficiency training for our frontline teams with the aim of assisting staff to understand the signs of fuel poverty, give basic help to residents to assist in reducing their costs and keep warm, and signpost to further help and advice.

**Increasing the energy efficiency of housing and reducing energy costs for residents by improving the thermal performance.** Erimus have utilised Government grants to improve the thermal performance of homes in the Thorntree and Priestfields areas of Middlesbrough. 100 British Iron and Steel Federation (BISF) properties, 75 Erimus owned and 25 owner-occupiers, benefited from the installation of external wall insulation, new windows and approximately eight new A rated boilers. Early tenant feedback suggests fuel bills have reduced and the properties are much warmer. Glastonbury House, a 90 flat high rise older persons' scheme, is benefiting from external wall insulation and a gas district heating system. The insulation will lift the appearance of the building, whilst improving the thermal performance. The gas district heating replaced the existing electric night storage heaters, making the heating easier to control and more fuel efficient. Funding was secured to deliver 46 air source heat pump systems to properties in Newport. These eco-friendly systems replace the more expensive and inefficient night storage heaters, reducing costs for residents and improving their homes comfort.

## Zero Waste

**Zero waste to landfill.** Erimus continues to divert 100% of their business waste from landfill. This achievement has been given extra strength by the building maintenance arm of the organisation, Erimus Building Services, obtaining the internationally recognised ISO 14001 certification in May 2013. This mark of excellence demonstrates the achievements to date and the long term commitment of the Group to sustainable environmental improvement.

## Local and Sustainable Food

**The Big Food Event.** The event in partnership with Middlesbrough Environment City, involving scores of residents in a range of activities to help local people make healthier and cheaper food choices by growing their own produce and cooking healthier meals, saving them money and helping the environment at the same time. The event also aimed to tackle food poverty by helping people have a greater understanding of the issues of food waste and that by avoiding it the average family can save up to £60 a month.

The attendees were also shown how to cook homemade healthy, easy meals in a microwave, as well as using up leftover ingredients and were even given a sustainable cook book, which has been put together by residents. The world of Fairtrade and ethical produce was also on show, giving them the chance to see how their choices can help protect the environment, encourage healthier eating and address the concerns in global trade. Resident Lily French said: "It was an excellent event! We learnt how to make healthy meals that can save you money and taste good!"

**Let's Get Cooking and Eat on a Budget.** This programme is a hands on, practical course that staff members from Erimus Housing as well as from the parent Thirteen Group have been trained to deliver. Aided by Big Lottery Fund, the team have been able to set up and run healthy cooking activities for people in the local community, delivering a range of practical activities to enable families to develop their food knowledge and skills in a safe, fun and supportive environment.





# Erimus Housing & One Planet Living

## Land Use and Wildlife

**A meadow in the making.** Following consultation with local residents, a plan was made for the green space on Roworth Road to increase its value both for local people and wildlife. Tortoiseshell butterflies and flowering plants are among the variety of species now appearing in areas of longer grass, while wide mown paths, marked out with timber posts, now provide dog-walking routes and informal play spaces. Wildflower areas are being created by cultivation and re-seeding, and simply by cutting the grass less frequently habitats and food sources for insects and small mammals are provided.



Pupils from Thorntree Primary School were asked to get involved in thinking about the wildlife that may be found at the site, with some of the artwork then created by the youngsters being selected to feature on two information boards at the site, highlighting what wildlife to look out for. The proud pupils came along to see their designs unveiled after the boards were put in place.

## Equity and the Local Economy

**Meeting the Living Wage.** The Living Wage Foundation has accredited Erimus as an official living wage employer, which means it can prove that all staff members are paid the relevant living wage. It also encouraged suppliers to join and sign up to the Living Wage Foundation's call to raise the pay of any staff members that earn under the living wage level.

## Health and Happiness

**Better Health at Work.** The Group has been awarded the bronze North East Better Health at Work Award for its efforts to boost the health and wellbeing of all employees. The scheme, run by Public Health North East alongside other health improvement specialists, gives recognition to workplaces in the region which actively promote workplace wellbeing. We achieved the quality mark for a range of health initiatives for staff, including: cancer awareness roadshows with MacMillan Cancer Trust; discounted gym membership; holding sessions on managing stress; promoting stop smoking services; and health needs assessment to all staff.



## ONE PLANET MIDDLESBROUGH – CREATING SUSTAINABLE COMMUNITIES

The Big Lottery Fund supported One Planet Middlesbrough: Creating Sustainable Communities project aims to address the social, economic and environmental challenges faced by Middlesbrough residents through focus on the principles of Zero Carbon, Zero Waste, Local and Sustainable Food, Sustainable Transport and Climate Change Adaptation.

One Planet Middlesbrough is a community engagement project that works with 11 delivery partners and promotes collaborative working with the community and external partners to create a more sustainable Middlesbrough. Throughout the year the partnership has developed a series of innovative community based initiatives designed to engage residents in the One Planet Living agenda and helped them to adopt more sustainable lifestyles. One such collaboration saw a resident led 'back alley improvement' initiative receive support from the One Planet Middlesbrough team and Northumbrian Water, who were respectively able to enhance the sustainability credentials of the project by encouraging residents to make use of reclaimed timber to make planters for growing vegetables and install donated water butts for rainwater harvesting.

The project has developed a strong community of champion volunteers who have proven to be a valuable asset to the One Planet Middlesbrough team, succeeding in making positive sustainable changes to their own lifestyles whilst encouraging others in their community to do the same.

In the first year of the One Planet Middlesbrough: Creating Sustainable Communities partnership programme the following key achievements have been made:

- 1,316 residents benefited from energy efficiency advice and/or energy efficiency measures;
- 100 events delivered, providing advice on approaches to adopting sustainable behaviours;
- 400 people received recycling advice and guidance and recycling boxes;
- 76 people participated in community cycling activities;
- 584 people took up growing their own produce;
- 1,396 people received advice on sustainable water use;
- 40 community champion volunteers were recruited;
- Informal and accredited training delivered to 65 front line staff and volunteers to promote sustainable living;
- 17 community led projects supported.





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