

Ideford Sustainability Group A- Z

J is for JUNK and what's junk to us may not be junk to somebody else. Here are a few ideas for being more sustainable with unwanted items so they don't end up in landfill.

Saleable items - These can go to charity shops or visit www.freecycle.org; sell your items at a car boot, garage sale, on Gumtree or on Facebook Market Place.

Could your your broken items be repaired? Check out community repair events, (in some towns and villages nearby) and check out **YouTube** which has guidance and videos on repairing just about anything.

Consider **Up cycling**. A pre loved piece of furniture may be transformed with a lick of paint, especially chalk paint which is versatile and easy to apply. Perhaps add a stencil or some peel and stick wallpaper. Use jute rope to turn items into chic decor. Try turning a free wood pallet with paint and metal casters into a sturdy coffee table. Check out many more up cycling ideas on the internet for projects which are fun and very sustainable.

When it comes to clothes, we all have too many! Apart from the ideas above try '**swishing**' - a new term for swapping items of clothing or footwear with other people. *Watch this space as there may be a swishing event in Ideford shortly.*

Repair and Mend. Try replacing soles on shoes to give them a new lease of life; get a bobble remover for wool jumpers that are getting worn; give jeans a new lease of life by cutting them down for shorts or a skirt for a daughter. Use a Dyson pod to change or intensify colour.

If you have a posh event or a wedding to go to then consider **renting** instead of buying a garment that might never get a second wearing. Check out www.hurrcollective.com; rotaro.co.uk or www.hirestsreetuk.com. or John Lewis Rental.

And finally

Junk mail

There's no easy way of getting rid of all the Junk Mail we seem to get. One way of stemming the flow is to register for the Mail Preference Service (MPS) www.mpsonline.org.Uk and it will remove your name and details from the lists that get sold amongst list brokers. You can also download and fill out a form with **Royal Mail** for the unaddressed mail that the postman delivers. Try **Opt out form** on the Royal Mail website.