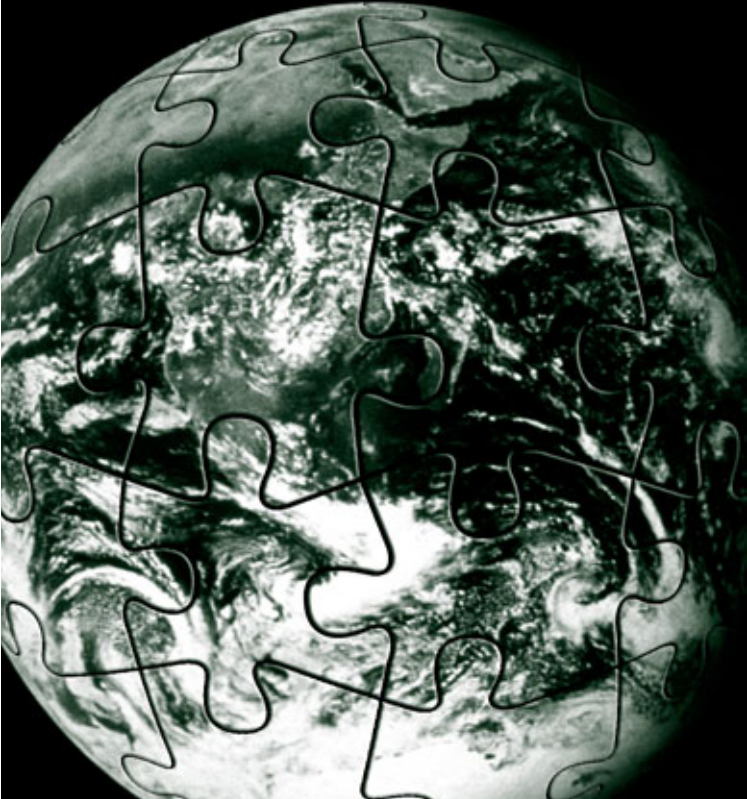


A guide to Sustainable Living in Carmarthenshire

Your world, your choice...
It's easy to make a difference





Printed on 100% recycled paper

A guide to Sustainable Living in Carmarthenshire

Your world, your choice...
It's easy to make a difference



Why produce a Guide?

Whatever we buy, use or throw away has some impact on our planet. If current pressures on the global environment are allowed to continue it will have a negative effect on the quality of life of our children and future generations. In many areas continued growth is taking place at the expense of natural resources. Such pressures include a growing population, higher temperatures, increased pollution and the disappearance of many plant and animal species.

It isn't all doom and gloom because we do have a choice...

The responsibility for changing to a more sustainable lifestyle – one which respects the ability of future generations to meet their needs – rests with everyone of us. As a consumer (of goods and services) you are in a very strong position to make choices that are more in harmony with the limits of the Earth's ability to provide.

YOU can make a difference by making more sustainable decisions in your everyday lives. This no longer means giving things up – in fact it's the opposite. Being sustainable means being more positive in our choices, purchasing products that are better for us, our families and our planet. Acting more sustainably is something we can all attempt and this Guide is full of useful information to help you do just that.

What is Sustainable Development?

Sustainable Development (SD) is based on the idea that the quality of people's lives and the state of our communities are affected by a combination of 3 factors - social, economic and environmental issues.

What do you like about where you live? The answer will probably be a combination of things... family, friends, a good job, decent housing, a good school and a clean, green, safe environment. Quality of life is a combination of all of these. SD applies to us all as individuals in our homes, in our local communities, and shows that what we do locally affects the world as a whole.

Some reasons why we should become more sustainable

- Municipal Solid Waste, of which packaging forms up to 33%, continues to grow
- We are all throwing away far too much rubbish. Most of it ends up being buried or piled up in big heaps. It doesn't look nice and it isn't good for the planet

Did you know: **The pile of rubbish at New York's Fresh Kills rubbish dump was so big it could be seen from outer space!**

- The way we treat the world around us can have huge effects on animals and wildlife. Everything from smoke from factory chimneys to the things we throw away can be a danger to animals and birds

Did you know: **Every year around 2 million sea birds die after eating or being tangled up in thrown away plastic!**

- We use cars far too much. Cars create pollution every time we use them

Did you know: **In central London 40 thousand cars every hour use the roads! That's a lot of cars!**

- Since 1950 World population has more than doubled and the global economy has grown nearly six-fold
- Carbon dioxide emissions, mainly from fossil fuel burning, have increased five-fold - the 13 warmest years since record keeping began in 1866 occurred since 1979
- Water and timber use has tripled, whilst paper use has increased six-fold
- Air and water pollutants have increased several fold
- 20% of the world's population consumes 80% of the world's natural resources
- World grain stocks are declining
- Nearly all oceans are being fished at or beyond capacity
- Plant and animal species are disappearing, e.g. 1,100 of the 4,400 species of mammals are threatened with extinction
- 60% of people in developing countries lack sanitation - 30% have no clean water

How to use this Guide

The purpose of this Guide is to bring together practical advice and information about what people in Carmarthenshire can do at home and in their daily lives to help the environment and protect natural resources, strengthen the local economy and local communities. Some of the suggestions and tips will save you money too!

It includes products, services and organisations that help promote and encourage a sustainable lifestyle. It does not list every single product but is intended to give a flavour of what's currently available. The contents list will direct you to the relevant section, which lists the relevant local and national contacts. The entries have been placed in the most appropriate section although a number of them address more than one of these, for example environment and education.

Each section also includes handy hints and tips on how to make a difference in your life now. They are only suggestions – aim to do as little or as much as you are comfortable with.

How can you make a difference? No-one can do everything but everyone can do something



This Guide also contains information on grant sources available to support this work. Look out for this sign, which means that there may be a grant available for your project.

Project supported and funded by



Sustainable Development Top Ten Tips

10 easy ways for you to be more sustainable

- 1 Start a compost heap to reduce the waste you send to landfill
- 2 Slow down - driving at 50mph uses 25% less fuel than 70mph. It'll also save you money!
- 3 Turn down your central heating and put on a jumper
- 4 Take a brisk shower, rather than a leisurely bath, to save water
- 5 Get on your bike, walk or take public transport, instead of driving
- 6 Buy local, or better still grow your own food, to reduce energy wasted on transportation
- 7 Give a colleague a lift to work, or join a car-share scheme to find a passenger
- 8 Get to know your neighbours - they are more likely to keep your home safe than energy guzzling security lamps - it'll also bring your community together
- 9 Turn TVs and stereos off instead of switching them to standby
- 10 Bring a mug to the office instead of using plastic or polystyrene cups

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How was the Guide prepared?

The information for the Guide was collected via distribution of a questionnaire by Jonathan Williams, who works for Trac, the training department of local enterprise agency Antur Teifi. Descriptions and further tips and facts have been added to explain why some products or activities are more sustainable than others.

Your ideas please

Carmarthenshire County Council would welcome comments and suggestions from readers on how the Guide can be improved. Contact us by email: sustainability@carmarthenshire.gov.uk website: www.carmarthenshire.gov.uk

Disclaimer: Whilst we have made every effort to ensure the entries are accurate and up-to-date details of organisations are given in good faith. Inclusion does not imply verification of the information by Carmarthenshire County Council whilst absence does not imply that an organisation is not making a valuable contribution towards sustainable development in Carmarthenshire.

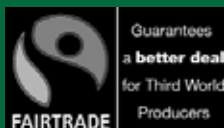
1

FOOD AND DRINK

Globalisation has changed the way we shop forever. We can get different foods from different countries all over the world, all year round - even strawberries at Christmas. We buy food more than any other product, and our purchases have a big impact on the environment, and on ourselves. The distances products now travel to get to the consumers are hundreds of thousands of miles. We can make choices over what we buy and where it has come from.

TOP TIPS

- Support your local shops - buy produce from local shops and farmers markets to help the local economy and reduce the pollutions caused by transporting the food.
- Support Fairtrade products when you're buying imported goods such as tea and coffee. Look out for the Fairtrade mark.
- Waitrose, Sainsbury's, Safeway, Tesco, ASDA, Somerfield, Morrison and the Co-op all offer Fairtrade products and most offer organic foods. If your local branch doesn't, ask why not.
- Stick to the season when buying fruit and veg - it's less damaging to the environment and cheaper - to choose fruit and vegetables that are in season and, ideally, grown locally (see the Big Barn web site for a list of local producers: www.bigbarn.org).
- Consider switching to organic foods where possible. These sometimes cost more, but they are grown in ways that reduce the use of pesticides and promote the ethical treatment of animals.



FURTHER INFORMATION

LOCAL, FAIRTRADE AND ORGANIC PRODUCE

CARMARTHENSHIRE FOOD & DRINK DIRECTORY

A searchable database of local companies is available on the website:
www.carmarthenshire.gov.uk/CCC_APPS/eng/food_and_drink_directory/CCC_Food_and_Drink_Directory.asp

A small selection illustrating what is available is listed below.

CAFE VENDING

contact	Alan Price
address	The Old Coach House, Trausmawr, Carmarthen SA33 6AE
tel/fax	01267 281089/01267 223388
email	alan@cafevending.co.uk
web	www.cafevending.co.uk

The aim of Café Vending is to promote Fairtrade produce in the workplace by supplying fair-trade drinks vending machines to organisations and businesses. Café Vending also operates an environmental policy which ensures the recycling of any packaging used and the disposal of consumables as responsibly as possible.

ORGANICS AROUND WALES

contact	Helen Stacey
address	Warren Cottage Llansawel, Carmarthenshire SA19 7PQ
tel	01558 685769
email	organics@tiscali.co.uk

Organics around Wales sells and promotes fresh, locally grown organic fruit and vegetables in and around the Carmarthenshire area.

WERN POULTRY PRODUCTS

contact	Jim Shepherd Foster
address	Wern Villa, Rhydcymerau, Llandeilo SA19 7RP
tel	01558 685591
email	james.shepherd-foster@genie.co.uk

We are organic egg producers, and breeders of laying and meat chickens to suit local conditions. We also manufacturer poultry houses utilising recycled plastic (not wood).

BROOKFIELDS FRESH VEGETABLES

contact	David & Kirsty Stirrup
address	Four Roads, Kidwelly, Carmarthenshire SA17 4SE
tel	01269 860164

We are organic vegetable growers who run a box delivery scheme in our local area delivering to the doorstep.

S & J ORGANICS

contact	Juliet Fay
address	Llyncrychuddod, Llanpumpsaint, Carmarthen SA33 6JS
tel/fax	01267 253567/01267 253562
email	info@sjorganics.co.uk
web	www.sjorganics.co.uk

We are organic poultry specialists specialising in the production and processing of Soil Association certified organic poultry on our small family farm near Carmarthen. A range of free range, additive and GMO free poultry are available by mail order from the farm.

ANG FORDHAM & MDA FORDHAM

contact Nick Fordham

address Dolgoch, Brongest, Newcastle Emlyn SA38 9EU

tel 01239 851466

We are an organic farm providing organic milk, potatoes and carrots. We encourage schools to visit and other parties to observe first hand sustainable farming.

LLANBOIDY CHEESEMAKERS

contact Mrs Sue Jones

address Cilowen Uchaf, Login, Whitland SA34 0TJ

tel 01994 448303

email sue@llanboidycheese.co.uk

web www.llanboidycheese.co.uk

Artisan Award Winning Welsh Cheeses made using milk from our own herd of rare breed 'Red Poll' cows. We also make Cilowen organic cheeses using local organic milk, which is Soil Association Certified, and has won Best Organic Cheese at the 2001 British Cheese Awards. All products are suitable for vegetarian and are free from GMO.

CAWS NANTYBWLA FARMHOUSE CHEESE

contact Edward & Eiddwen Morgan

address Nantybwla, Trevaugh, Carmarthen SA31 3QS

tel 01267 237905

We are farmhouse cheesemakers making cheese from the farm's own milk from both Holsteins and Jerseys. Both hard cheeses and curd cheeses are available both natural and with various flavours. We also have a farm shop.

LOCAL FARMERS' MARKETS

A whole new shopping experience is available in Carmarthen and Llandovery when the Farmers Market brings the countryside to town with lots of Farm fresh produce.

Carmarthen Market is held in the market precinct of Carmarthen town on the **first Friday of the month, 9am till 3pm.**

Llandovery Market is held in the Old Cobbled Market Square of Llandovery town on the **last Saturday of the month, 9am till 3pm.**

A variety of local produce (some organic) is on sale in the market including, cheeses, bread and cakes, farmhouse butter, chutneys, steam puddings, various crafts, farm fresh fruits and vegetables, meats, sausages, local honey and many other products including plants and shrubs. Visitors have an opportunity to sample some of the produce on the stalls before buying them, and watch others being prepared.

For more information about **Farmers' Markets in Wales** visit www.farmersmarketsinwales.co.uk

Pick your own ... look out for local farms offering pick-your-own fruit and vegetables, which are often cheaper than the supermarket.

OTHER ORGANISATIONS:

AGRI-NET WORKS PROJECT

contact	Lois Gibbon
address	62 King Street, Carmarthen SA31 1BA
tel/fax	01267 225504/01267 220388
email	lgibbon@agrinetworks.net
web	www.agrinetworks.net

Agri-net Works, a joint partnership between Antur Teifi and the Irish Farmers' Association in County Wexford, aims to support the needs of farmers and rural businesses in Pembrokeshire, Carmarthenshire and Ceredigion by providing direct access to a number of workshops and events, to promote joint co-operation and exchange of best practice with similar sectors in the Wexford area.

ORGANIC CENTRE WALES

address	University of Wales Aberystwyth, Ceredigion SY23 3AL
tel/fax	01970 622248/01970 622238
email	organic@aber.ac.uk,
web	www.organic.aber.ac.uk

The Organic Centre Wales is based at the University of Wales, Aberystwyth and is run jointly by a number of organisations, and is your first stop for information on organic food and farming in Wales.

SUSTAIN – THE ALLIANCE FOR BETTER FOOD AND FARMING

address	94 White Lion Street, London N1 9PF
tel/fax	020 7837 1228/020 7837 1141
email	sustain@sustainweb.org
web	www.sustainweb.org

Sustain advocates food and agriculture policies and practices that enhance the health and welfare of people and animals, improve the working and living environment, promote equity and enrich society and culture

SOIL ASSOCIATION

address	Bristol House, 40-56 Victoria St, Bristol BS1 6BY
tel/fax	01179 290661/01179 252504
email	info@soilassociation.org
web	www.soilassociation.org

The Soil Association is one of the UK's most respected environmental groups. It is a membership organisation and charity, playing a crucial role in transforming attitudes to food and farming. Its mission is to work with the public, policy makers, farmers, growers, food processors, retailers and educators to increase awareness of the links between a healthy soil and the health of plants, animals, people and the wider environment and to bring about positive change.

FARMERS' UNION OF WALES

contact	Peter Davies
address	13A Barn Rd, Carmarthen SA31 1DD
tel/fax	01267 237974/01267 234416
email	carms@fuw.btinternet.com
web	www.fuw.org.uk

The FUW is an independent Union with one basic aim - to protect and advance the interests of those who derive an income from Welsh agriculture. We cover all aspects and issues relating to and affecting Welsh agriculture, including the support and promotion of Welsh foods.

WALES COOPERATIVE CENTRE

contact	Julie Harries
address	Rural Business Development Centre, Nant y Ci, Carmarthen SA33 4DR
tel/fax	01267 237574/01267 244499
email	julie.lewis@walescoop.com
web	www.walescoop.com

The Centre offers a variety of specialist, cooperative services to support farmers and food producers to strengthen their economic position and their position in the market. This is done by providing cooperative business structures and pioneering business events for local suppliers.

CULTIVATING COMMUNITIES

contact	Greg Pilley, Project Co-ordinator
address	Local Food Links Department, Soil Association, Bristol House, 40-56 Victoria Street, Bristol BS1 6BY
tel	0117 987 4608
email	gpilley@soilassociation.org
web	www.cuco.org.uk

Community Supported Agriculture is a relationship of mutual support between a farmer and those that eat the food they produce. Whether you're a farmer, grower or consumer why not contact Cultivating Communities to find out how you can get involved.

BIG BARN

address	BigBarn Ltd, College Farm, Great Barford, Bedfordshire, MK44 3JJ
tel	01234 871005
email	ant@bigbarn.co.uk
web	www.bigbarn.co.uk

Helping to build sustainable communities. Their mission is to create innovative technology to reconnect the producers of food and drink with local consumers and to make buying "local" more convenient.

2



SHOPPING

Globalisation has changed the way we shop forever. We are part of an enormous global economy with products being available to us from all over the world. Shopping locally, and buying local produce is the first step to 'greener' living. The first question to ask yourself is "Do I really need a new...?" If you do, try to choose products that are kinder to the environment.

TOP TIPS

- Buy goods which are durable and repairable to save on raw materials and contribute to the wise use of natural resources.
- Avoid disposable varieties of products such as cups, plates, cutlery, pens, drinks containers, cigarette lighters, razors, dusters, towels, shopping bags, etc.
- Hire equipment or services instead of purchasing to avoid expensive tools or equipment lying idle in your garage or attic.
- Consider second-hand or used products, where appropriate, including building materials such as timber and aggregates.
- The average child uses up to 5,000 nappies on his/her way to being potty trained so you can help by buying reusable cotton nappies to cut down on the use of natural resources and waste (see page 27).
- Avoid over packaged products. Buy products made from recycled materials and packaged in recyclable packaging where possible. Look out for the EU Eco-Label which is the guarantee that a product has a reduced impact on the environment.
- Plastic bags are the most visible item of litter on our streets and in the countryside. When you buy a newspaper or a bar of chocolate, tell the shop assistant you don't need a bag. Buy reusable bags whenever possible.



FURTHER INFORMATION

ETHICAL CONSUMER MAGAZINE

address Unit 21, 41 Old Birley Street, Manchester, M15 5RF

tel/fax 0161 226 2929/0161 226 6277

email mail@ethicalconsumer.org

web www.ethicalconsumer.org

Ethical Consumer Research Association (ECRA) was founded in June 1987 and is a not-for-profit, organisation owned and managed by its staff as a workers' co-operative to promote human rights and environmental sustainability. Information is provided through a magazine and website for people who are concerned about the environmental and social effects of their shopping habits.

GREEN CHOICES

address PO Box 31617, London SW2 4FF

web www.greenchoices.org

Green choices is a not-for-profit initiative to encourage everyone in Britain to make ecologically sound decisions in living their everyday lives. The Guide to Greener Living is a guide to a whole range of products, together with general information, for those wishing to use their purchasing power to reduce their impact on the local and global environment.

ETHICAL SHOPPER

contact Ian Gilbert

address 4 Windsor Terrace, City Road, Islington, London N1 7TF

tel/fax 0207 490 7952/020 7837 1141

email Ian@ethicalshopper.co.uk

web www.ethicalshopper.co.uk

Our intention is to increase the accessibility of Fair Trade products in the UK market. We are also involved with increasing the take up of open source software in the UK.

FAIRTRADE

FAIRTRADE FOUNDATION

contact Fairtrade Foundation

address Room 204, 16 Baldwin's Gardens, London EC1N 7RJ

tel/fax 020 7405 5942/020 7405 5943

email mail@fairtrade.org.uk

web www.fairtrade.org.uk

The Fairtrade Foundation was established in 1992 by a range of organisations. It is a registered charity providing further information on the fairtrade label and fairtrade products that are available.

Other Fairtrade organisations include:

OXFAM'S 'MAKE TRADE FAIR' CAMPAIGN

tel/fax 0870 333 2700

web www.maketradefair.com

An international campaign looking at making trade fairer across the World.

TRADCRAFT, CARDIFF

tel 0191 491 0591

web www.traidcraft.co.uk

Information on issues, products, where to buy them, from a leading fairtrade company.



Look out for Fairtrade products which are on sale in your local Oxfam, Co-op, supermarkets or Body Shop stores.

THE CO-OPERATIVE GROUP

contact	Emma Richards
address	Member Services Department, New Bridge Trading Estate, Pontllanfraith, Blackwood NP12 2AN
tel/fax	01495 233095/01495 233086
email	emma.richards@co-op.co.uk
web	www.co-op.co.uk/wales&borders

As a member based Co-operative Society, we provide a range of services to our members and consumers including food retail, travel, pharmacy, funeral and agricultural services. We also support responsible retailing campaigns – e.g. Fairtrade – and offer community support initiatives.

CHARITY SHOPS

To find a bargain visit your local charity shops for donated items of clothes, books, household items and much more – the money will go to a good cause too. The British Heart Foundation, Barnardos, British Red Cross, Tenovus (Cancer Charity), Oxfam and Salvation Army all have shops in the Carmarthenshire area. Some shops also recycle items that people no longer want.

SUPPORT LOCAL PRODUCTS

ORIGIN DYFED GALLERY

contact	Paula Hall
address	26 Blue Street, Carmarthen SA31 3LE
tel	01267 220377

Origin Dyfed is a co-operative, a non-profit making organisation. We sell arts and crafts products and gifts by makers living in the Carmarthenshire area.

CEGIN CYMRU (LLANDOVERY)

contact	Helen Worthington
address	Dinefwr Craft Centre, Old Meat Market Hall, Llandovery SA20 0AA
tel	01550 721452
web	www.welsh-food.com

Cegin Cymru - Welsh Kitchen – was originally established to work with the agri food industry to create openings and develop new markets for west Wales producers. We now run six high quality shops, where speciality Welsh foods, drinks and gifts are promoted and sold. We also specialise in Gift Hampers and food boxes of niche farmhouse produce.



3

HOME AND GARDEN

Building and construction creates the most waste of any industry. By recycling and re-using old materials you'll be helping to reduce the waste mountain. Using eco-friendly paints, cleaners and materials are better for the environment and probably better for your health too. By installing insulation (from recycled materials), good plumbing and energy saving electric devices such as low-energy light bulbs you'll save money on your bills.

Gardens are important wildlife sites. Since the late 1940's, Britain has lost around 95% of its flower meadows, 30% of its ancient woodland and 80% of lowland grassland. Gardens can be a perfect haven for native birds, plants, insects and mammals and obviously give us great pleasure. Your gardens can help replace vital wildlife habitats lost to intensive farming and other land development. Anyone can grow plants. They just need water and light. Even houseplants can neutralise nearly 90% of indoor pollution.

TOP TIPS

- Use natural materials (eg paints, wood, upholstery) whenever possible and avoid concrete which is not eco-friendly.
- Go retro - if it's old to start with, it won't go out of fashion. Buying antiques is the most up-market form of recycling and can also be a good investment. If your budget is limited, look for second-hand furniture.
- Make sure that any new wood you buy comes with the FSC (Forest Stewardship Council) label. MDF and chipboard often contain formaldehyde, a known carcinogen, in the glue that holds the wood together.
- Grow your own food! This is the best way to ensure you know what you're eating, and it cuts down on wasteful packaging and transportation.
- Work together! You may not have a garden so why not look at your local environment. Get together with neighbours, form a gardening club and turn that barren wasteland into a community garden.
- Watch what you plant! try to chose native trees and shrubs such as hawthorn, holly, blackthorn as they are natural to the area.

FURTHER INFORMATION

TIMBER, DIY, HOME:

Whenever possible buy timber from local sources. If you can't find locally sourced timber try to buy products approved by the Forestry Stewardship Council (FSC) – by looking out for their logo – this indicates that it is sustainable timber from a well-managed forest.

FOREST STEWARDSHIP COUNCIL

address Unit D, Station Buildings, Llanidloes, Powys SY18 6EB

tel/fax 01686 413916/01686 412176

email info@fsc-uk.org

web www.fsc-uk.info

The FSC is an international, non-governmental organisation dedicated to promoting responsible management of the world's forests. They supply a list of retailers throughout the UK supplying products made from FSC accredited timber.

The retailers below stock some products made from FSC approved timber – B&Q • Body Shop • Boots • Co-op • Focus • Great Mills • Homebase • Magnet • Safeway • Sainsbury • WHSmiths • Wickes • Woolworths • Woodland Trust



GREEN BUILDING PRESS

contact Keith Hall

address PO Box 32, Llandysul SA44 52A

tel 01559 370798

email Keith@newbuilder.co.uk

web www.newbuilder.co.uk

The Green Building Press is here to help you create green, healthy and sustainable buildings. We provide regular information via our publications: quarterly magazine 'Building for a Future' and the annual 'Green Building Bible'. We also provide an online Eco products database – Green Products Directory. 'GreenPro' gives details of over 1000 green building products for the UK with in-depth descriptions of each one.

ASSOCIATION FOR ENVIRONMENT CONSCIOUS BUILDING (AECB)

contact Sally Hall

address PO Box 32, Llandysul, Ceredigion SA44 52A

tel 01559 370908

email info@aecb.net

web www.aecb.net

The AECB is the leading independent environmental building trade organisation in the UK. The Association, its network of members provide a wealth of knowledge to enable you or your company to help the environment, through encouraging greater environmental awareness within the building construction industry, and to promote and encourage sustainable and healthy buildings.

MAKEPEACE CABINETMAKING

contact Sarah Makepeace

address Derw Mill, Pentrecwrt, Llandysul SA44 5DB

tel/fax 01559 362322/01559 362322

email enquiry@makepeace-furniture.com

web www.makepeace-furniture.com

Using only sustainable hardwoods, Makepeace Cabinetmaking design and make

beautiful unique hand crafted furniture to order. From kitchens to dressers to complete offices & furniture for public buildings. We work with you to ensure that no detail is overlooked.

GARDENING:

BRONWYDD & DISTRICT GARDENING CLUB

contact Mrs Angela Lovegrove (Secretary)
address Newton Park Farmhouse, Cynwyl Elfed, Carmarthenshire SA33 6SP
tel 01267 281609

Bronwydd & District Gardening Club raises awareness of sustainability and green issues with particular reference to home and garden and tries to promote good practice in these areas. This is done through a programme of appropriate visiting speakers and garden visits.

AFON TAF GARDENING CLUB

contact Elizabeth O'Neill
address Llwyngarreg, Llanfallteg, Whitland SA34 0XH
tel 01994 240717
email liz@llwyngarreg.screaming.net

The Afon Taf Gardening Club meets on the third Thursday of the month at Whitland Town Hall. Members meet for talks on gardening related topics and organise social events and visits to gardens and nurseries.

TOOLS FOR SELF RELIANCE (LLANELLI)

contact Colin Hill
address Llwynpatris, Bancffosfelen, Llanelli SA15 5DR
tel/fax 01269 871133/01267 223388
web www.tfsr.org or www.tfsrcymru.org.uk

Tools for Self Reliance (TFSR) groups collect old, unwanted and donated hand tools and sewing machines from all over the UK. They are refurbished, cleaned and sharpened in our workshops in Llanelli by a group of volunteers, before being sent to grass roots community groups and impoverished workers in 6 African countries. TFSR CYMRU is one of 70 TFSR groups across the U.K with 5 groups in Wales. We are a registered charity, and work towards a more equitable sharing of the world's resources.

HEARTWOOD CRAFTS

contact Staci Silcox
address Blaen-y-Wern, Llangyndeyrn, Kidwelly, Carmarthenshire SA17 5ES
tel 01267 275960

Heartwood Crafts is a willow growing & crafts business. We make traditional crafts including wood turning, felling, weaving and garden products. We sell willow for basketry and floristry and 'living' willow for use in sculpture or arbours/domes. We also sell cuttings so people can also grow their own coppice for craft/biomass. We run a variety of workshops in the above crafts.

SOWING SEEDS

contact Jill Davies
address c/o 8 Randell Square, Pembrey, Carmarthenshire SA16 0TY
tel 07818 278499
email seedysaturdayllanelli@hotmail.com

We are a community seed swap and hold Green Fayres to encourage people to grow their own food and preserve local bio-diversity. Why not organise your own local event?

4

MONEY

As a consumer, i.e. a purchaser of goods and services, or an investor in business, you are in a very strong position to make positive choices. Sustainable consumerism or investment is not about a set of rules for what we buy or invest in but is an approach to making such decisions.

Most of us will have a bank account or pension scheme – do you ever wonder what is done with your money? Some traditional high-street banks will be investing in publicly owned companies in some way. In many instances these investments will be in companies who are polluting the environment, exploiting their workers or manufacturing weapons.

There may also be a range of local financial services, which can offer benefits to both you as a consumer and also the local area. Credit Unions, for example, can offer a local savings mechanism whilst enabling others to borrow at competitive rates. Local Lotteries can recycle funds to help local businesses develop and grow.

TOP TIPS

- Choose financial services which practice 'ethical investments' e.g. credit cards, banking investments, wills, donations, savings, ISAs. Pensions can be tied to companies that demonstrate good environmental and/or ethical practice.
- Ask your bank about their environmental and ethical policies. This will show whether they are making a positive contribution to society.
- Although you may think that an individual cannot influence the money markets, the fact is that the faster ethical investment grows, the greater will be the pressure on the conventional investment institutions. They will be forced to move away from companies who persist in following socially irresponsible practices.
- The number of ethical funds in the UK has grown significantly in the past decade, and there are now over 50 to choose from.

FURTHER INFORMATION

LOCAL SCHEMES

SAVEEASY LLANELLI & DISTRICT CREDIT UNION

contact	Jeff Hopkins
address	6-8 Bridge Street, Llanelli SA15 3UF
tel/fax	01554 770867/01554 770876
email	saveeasy@btopenworld.com

A Credit Union is a community owned bank, or financial co-operative for savings and loans. Members can save together and create a common fund from which they can borrow at competitive rates. It is non-profit making with any surpluses being used for the benefits of its members. This scheme has expanded from operating within targeted wards of Llanelli into additional wards within Llanelli and the Gwendraeth Valley.

CARMARTHENSHIRE CHANCE

contact	Michelle Rees
address	PO Box 80, Carmarthen SA33 5YW
tel/fax	01267 221071/01267 244499
email	mail@carmschance.co.uk
web	www.carmschance.co.uk

A local county lottery scheme, where for £1 a week, there is a chance of winning £1500. The proceeds will go towards a fund available for new or existing businesses that want to expand, who are able to apply for an interest free loan. Details on the lending will be made available when the pot of money is sufficient to do so.

NATIONAL ORGANISATIONS

CO-OPERATIVE BANK

tel	08457 212212
email	customerservice@co-operativebank.co.uk
web	www.co-operativebank.co.uk

This bank promises not to invest in companies that pollute unnecessarily, or that have poor ethical and ecological values.

TRIODOS BANK

address	11 The Promenade, Bristol BS8 3NN
tel	0800 3282181
email	business@triodos.co.uk
web	www.triodos.co.uk

Triodos Bank provides finance for organisations making a positive difference to society and the environment. It offers a wide range of banking services and savers have assurance that their money will only be used to support projects making a practical difference to the wider community.

ECOLOGY BUILDING SOCIETY (EBS)

address	7 Belton Road, Silsden, Keighley, West Yorkshire, BD20 0EE
tel/fax	0845 674 5566/01535 650780
email	info@ecology.co.uk
web	www.ecology.co.uk

The EBS is a mutual building society dedicated to improving the environment by promoting sustainable housing and sustainable communities. Savings placed with the Ecology fund mortgage lending on energy efficient housing, ecological renovation, derelict and dilapidated properties, and small-scale and ecological enterprise.



FAMILY & COMMUNITY

Carmarthenshire has always had a strong community tradition. The Community Planning Partnership has recently launched its Community Strategy to achieve a shared vision of Carmarthenshire for the next 15 years. Success will depend on communities themselves being able to take the responsibility to make things better. The vision is to have a vibrant local economy, a safer place to live, work and visit, with improved access to health and social care, whilst protecting the environment and providing the best lifelong learning and leisure facilities for all. In addition, there are six local community plans and to increase local involvement Community Networks are being developed to bring communities, council Members and partner agencies to work together.

TOP TIPS

- Get involved - support community and voluntary work by contacting the people listed below.
- If you have an interest, join a group of like-minded people. There are groups for just about everything.
- Carmarthenshire County Council's bimonthly newsletter Community News is delivered to every household in the county and has information covering the whole county as well as your local area.
- Why not start your own business? There is plenty of help available from a number of organisations, or look at www.becauseyoucan.com

FURTHER INFORMATION

YOUTH

CHILDREN'S INFORMATION SERVICE

contact	Mari Gravell
address	Limegrove House, Limegrove Avenue, Carmarthen, SA31 1SW
tel/fax	01267 224224/01267 224270
email	MaGravell@carmarthenshire.gov.uk
web	www.carmarthenshirechildrenspartnership.org.uk

The CIS provides parents, carers, and professionals with quality, accessible, registered childcare provision on a range of Early Years and Childcare services i.e. childminders, day nurseries, cylch meithrin/playgroups, after school clubs and holiday play schemes. We also offer training opportunities and courses for childcare workers as well as sign posting to other agencies who can offer support and guidance for families and their young children.

CARMARTHENSIRE YOUTH AND CHILDREN'S ASSOCIATION

contact	Andrew Rollason
address	Dewi Sant Play Centre, Neville Street, Llanelli SA15 2RS
tel	01554 757599
email	cyca@zetnet.co.uk
web	www.cycaonline.or

We provide before and after school, and holiday activities to children and young people aged 2 to 18, throughout the county.

CARMARTHEN YOUTH PROJECT - DR M'Z

contact	Gayle Harris
address	4 Queen Street, Carmarthen SA31 1JR
tel	01267 222786
email	carmarthenyouthproject@btconnect.com

Dr M'z is a full-time youth facility – providing a number of services including education/training, use of the cyber café, coffee bar, music, counselling, information point, sports and many other opportunities.

STREETS YOUTH AND COMMUNITY PROJECT

contact	Darren O'Connor
address	The Welfare Hall, Ammanford
tel	01269 596956
email	streets.project@btinternet.com

We are a youth and community project that provides informal educational opportunities principally to the young people of this area but also to community groups and the people of the Amman Valley region. Our provisions include a fully equipped music studio, outdoor education links with European countries, training opportunities, health awareness sessions, language tuition and general support for the community.

PLANT DEWI

contact	Sue Fletcher
address	3 Darkgate Buildin, Red Street, Carmarthen SA31 10L
tel/fax	01267 221551/01267 232221
email	sue@plantdewi.co.uk

Work alongside children, young people and their families passing on skills, knowledge, building confidence and increasing motivation so that they can identify gaps in provision or issues of concern to them & then find solutions & improve local facilities.

BETWS FAMILY CENTRE

contact Diane Davies

address 19 Treforis, Betws, Ammanford, Carmarthenshire SA18 2RA

tel 01269 595378

We offer support for families which includes under 4 year olds. We have activities for children, a place for families to meet each other and take part in personal development, all in a safe friendly environment.

COMMUNITY DEVELOPMENT:

ANTUR CWM TAF/TYWI

contact Wendy Wright

address Unit 10, St Clears Business Park, Tenby Road, St Clears SA38 9AJ

tel 01994 230003

email actt@actt.org.uk

Antur Cwm Taf/Tywi work in partnership with voluntary organisations and community groups and are responsible for delivering community led projects on behalf of the County Council.

WAVEHILL CONSULTING

contact Alison Kennedy

address 8 Water Street, Aberaeron, Ceredigion

tel 01545 571711

email alison.kennedy@wavehill.com

web www.wavehill.com

Wavehill Consulting are community regeneration facilitators, we work in partnership with community groups within the Llanelli area and beyond. We provide advisory and consultancy services and develop a range of community projects.

ANTUR TEIFI

contact Lynne Walters – Managing Director

address Antur Teifi Business Park, Aberarad Business Park, Newcastle Emlyn, Carmarthenshire SA38 9DB

tel 01239 710238

email ymholiad@anturteifi.org.uk

web www.anturteifi.org.uk

Founded in 1979 as a grassroots community initiative to promote economic and social development in the Teifi Valley, Antur Teifi now operates throughout Ceredigion, Carmarthenshire & beyond. We are a third sector company, bridging the gap between the public and private sectors. We work in partnership with a number of other organisations to deliver business support, training and development services, whilst remaining close to the community.

MENTER CWM GWENDRAETH

contact Deris Williams

address 11-15 Coalbrook Road, Pontyberem, Llanelli SA15 5HU

tel/fax 01269 871600/01269 870599

email Deris@mentercwmgwendraeth.org.uk

web www.mentrau-iath.com

Menter Cwm Gwendraeth are community regeneration facilitators, and we work in partnership with community groups within the Gwendraeth valley and beyond. We provide advisory services on specific studies and develop a range of community projects.

MENTER BRO DINEFWR

contact	Owain Sion Gruffydd
address	Council Offices, Cilgant Road, Llandeilo SA19 6HW
tel/fax	01558 825336/01558 825339
email	menter@sirgar.gov.uk
web	www.menter-iath.com/dinefwr

Menter Bro Dinefwr is a Welsh language and a community development initiative. We are involved in a number of projects looking at improving skills and ensuring sustainability. We work with rural communities in the east of the county, including the market towns of Llandeilo and Llandovery, and in the Tywi and Cothi valleys. We encourage and empower communities to take ownership of their plans and projects to ensure a successful, prosperous future for the economy, the environment and the language.

FOOTHOLD COMMUNITY SPECIALISTS

contact	Anne-Marie Rogan
address	Foothold Centre, Stebonheath Terrace, Llanelli SA15 1NE
tel/fax	01554 779910/01554 779918
email	amrogan@thefootholdgroup.or
web	www.foothold.org.uk

Foothold Community Specialists is a community development organisation based in Llanelli. Our mission is "Creating Strong, Proud, Vibrant Communities". Current projects and initiatives include: The Key Fund, Create Enterprise - Community Enterprise Development, LAG Partnership (grass routes community development work), Health & Well Being Project and Llwynhendy Communities First.

AMMAN VALLEY ENTERPRISE

contact	Tony Lewis - Community Development Manager
address	Amman Valley Enterprise, The Development Centre, 1 Quay Street, Ammanford, Carmarthenshire SA18 3DB
tel/fax	01269 591366/01269 591366
email	tlewis@ammanvalleyenterprise.co.uk
web	www.ammanvalleyenterprise.co.uk

AVE is a non-profit making community owned and community based organisation delivering services for the benefit of the community. We are responsible for a number of activities including provision of innovative arts-related activities, affordable childcare in a safe environment, and also Community Development - addressing needs of local communities to build potential and community capacity so that communities are better able to articulate their needs and priorities thus ensuring a better quality of life.

CARMARTHENSHIRE ASSOCIATION OF VOLUNTARY SERVICES

contact	Ieuan Williams - Director
address	Tŷ Carwyn, 3 St Peter's Street, Carmarthen SA31 1LN
tel/fax	01267 236367/01267 239933
email	director@cavs.org.uk
web	www.cavs.org.uk

CAVS is the County Voluntary Council for Carmarthenshire. We are a registered charity which provides advice, information, and support to voluntary and community groups in the County. We also facilitate the promotion and representation of the voluntary sector in Carmarthenshire, and act as a link between the voluntary and statutory sectors. We currently facilitate four Carmarthenshire voluntary sector forums: the Health and Wellbeing Forum, the Lifelong Learning Forum, the Young Peoples Network, and a 'virtual' Environment Network.

TOWN AND COMMUNITY COUNCILS:

There are 72 within Carmarthenshire, with a total of 788 councillors representing these. They are responsible for activities through a partnership agreement with Carmarthenshire County Council. A list of members is available from Town or Community Councils clerks, whose contact details are available from:

DEMOCRATIC SERVICES, CARMARTHENSHIRE COUNTY COUNCIL

tel	01267 224028
email	DemocraticServicesUnit@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk/index.asp?locID=2121&docID=-1

ENVIRONMENTAL PROJECTS:

KEEP WALES TIDY

contact	Chris Corcoran
address	Pier House, Pier Road, Hobbs Point, Pembroke Dock, Pembrokeshire SA72 6TR
tel/fax	01646 681949/01646 681949
email	pembrokeshire@keepwalestidy.org
web	www.keepwalestidy.org

Keep Wales Tidy runs environmental campaigns and works in partnership with other organisations. Clean Coasts/Arfordir Glan is a community-based project with two parts: Coastcare recruits volunteers from the local community who care about, and are willing to take action, to improve the condition of their chosen beaches. Green Coast Awards recognise Guideline water quality and environmental excellence at rural beaches which may not have the facilities found in resorts, which are required for the Blue Flag Award. They must have beach management plans which involve the local community.

BTCV CYMRU

contact	Tanja Neumayer
address	Tairgwaith Community Hall, Lauderdale Rd, Tairgwaith, Ammanford, Carmarthenshire SA18 1YG
tel	01269 826250
email	t.neumayer@btcv.org.uk
web	www.btcvcymru.org

Working with communities/community groups in the Amman Valley to bring about real and lasting changes to the environment - for example litter picks, planting bulbs, developing community and school gardens, organising events and many other activities.

THE PRINCE'S TRUST CYMRU

contact	Meirion Thomas
address	Town Hall, Llanelli SA15 3AH
tel/fax	01554 742139/01554 742242
email	meirion.thomas@princes-trust.org.uk
web	www.princes-trust.org.uk

The Princes Trust - Cymru Community Action Programme is engaging with Community/Youth groups who are interested in developing their communities with projects based around Sustainability, Education and Biodiversity. Our Development Officers can support people in starting up as organised groups, applying for funding and project management. Whilst the Community Action Programme actively seeks to involve Young people in their communities we also work with all manner of community groups across Wales, regardless of age or gender.

NFU CYMRU

contact	Dylan Morgan
address	Swansea Enterprise Park, Swansea SA7 9LB
tel/fax	01792 774848/01792 774758
email	Dylan.morgan@nfu.org.uk
web	www.nfu-cymru.org.uk

NFU Cymru represents nearly 15,000 members in Wales, promoting successful and socially responsible agriculture, while ensuring the long-term viability of rural communities.

RHUDDLIN HOUSING CO-OPERATIVE

contact	Staci Silcox
address	Blaen-y-Wern, Llangyndeyrn, Kidwelly SA17 5ES
tel	01267 275960

We are a fully mutual Housing Co-op based on a former 35 acre dairy farm. We plant trees, manage our woodland, grow organic vegetables and are interested in sustainable living and alternative energy.

THE COTTON NAPPY COMPANY

contact	Caroline Davies
address	Glanville, Porthyrhyd, Carmarthen SA32 8BN
tel	01267 275630
email	carolinedavies69@tiscali.co.uk

Disposable nappies are a huge environmental problem with over 3 billion nappies going into landfill every year. It takes a long time for these nappies to degrade which means that every disposable nappy ever put in landfill is probably still there, intact. There is an alternative! Using real or cloth nappies will mean less impact on the environment and you can save up to £500 per child. The Cotton Nappy company has been set up to meet this demand – we offer cotton nappy sales, a laundry service (to save you washing them yourself!) and also information on environmental awareness.

THE LLANELLI GREEN NETWORK

contact	Richard Davie
address	Foothold Community Specialists, Foothold Centre, Stebonheath Centre, Llanelli SA15 1NE
tel/fax	01554 779910/01554 779918
email	rdavie@thefootholdgroup.org
web	www.foothold.org.uk

The Llanelli Green Network Plan comprises 13 urban fringe sites for environmental regeneration, creating community green space with healthy and safe recreational facilities. The Green Network will create a linkage of biodiversity sites and will maximise community involvement in all the planning, implementation and management processes. The flagship site Penylan South (former quarry) will be transformed by introducing a lit footpath and cycleway, two extensive children's play areas, a youth shelter, fitness trail, wetland area and extensive native planting.

SOCIAL PROJECTS:

TÔ GWYRDD COMMUNITY HOUSING PROJECT

contact	Cara Wilson
address	The Old School business centre, Lower St Mary's Street, Newport, Pembrokeshire SA42 0TS
tel/fax	01239 820235/01239 820098

email cara@ecocentre.org.uk

web www.to-gwyrdd.org.uk

Tô Gwyrdd is a grass roots organisation campaigning for affordable local-needs housing in Newport, Pembrokeshire. We intend to build an affordable, environmentally friendly housing development to address local needs. Part of the building programme will be run as a training course for local young people in need of a home; and for builders to gain experience of green building techniques and products.

CARMARTHEN SOCIAL ACTIVITY CENTRE

contact Sue Garstang

address Alltynap Road, Johnstown, Carmarthen, SA31 3RB

tel/fax 01267 233821/01267 222592

email SMGarstang@carmarthenshire.gov.uk

Carmarthen SAC is a day centre for people with learning disabilities. One of our projects is collecting newspapers from a sheltered housing complex and taking them for recycling.

HOME-START CARMARTHEN-LLANELLI

contact Ellana Thomas/Lyndsey Williams

address 44 Station Road, Llanelli SA15 1AN

tel/fax 01554 770808/01554 770808

email lwilliams@cccpartners.org.uk

Home-Start offers free support, friendship and practical help to families with at least one child under five. Families are visited regularly in their own homes by volunteers who have all had experience of parenting, and know how hard it can sometimes be.

THE COALFIELDS REGENERATION TRUST

contact Alun Taylor

address Maritime Offices, Woodland Terrace, Maesycloed,
Pontypridd CF37 1DZ

tel/fax 01443 404455/01443 408804

email alun@coalfields-regen.org.uk

web www.coalfields-regen.org.uk



The Coalfields Regeneration Trust is an independent grant making body registered with the Charity Commissioners and dedicated exclusively to the regeneration of our coalfield communities. We support the social and economic regeneration of former coalfield communities through grant giving and project development support.



6

HEALTH

Healthy living is vital for future health and wellbeing. Sustainable health is achieved when people and communities can take control of their lives and are able to live their lives to the full. There needs to be more focus on health promotion, rather than treating ill health, and we all have a part to play in ensuring that we look after ourselves by eating healthily and taking regular exercise.

TOP TIPS

- Get active - take regular exercise, or join a sports club – find out why exercise is fun! 30 minutes of moderate physical activity 5 days a week is enough.
- Eat 5 portions of fruit and vegetables every day, lots of fibre and cut down on fatty foods and products rich in sugar and salt.
- Get on your bike! Take advantage of the local cycle routes to get around and become fit at the same time.
- Protect yourself against infections. Get the flu jab if you're over 65 or have a chest or heart condition. Make sure your children are up to date with their jabs too.
- Drink alcohol in moderation. Enjoy 2-3 units a day, but don't get drunk; and don't let alcohol take over your life and lead you to dangerous activities, like drunk driving.
- It's good for your health to have friends and an active social life - don't be a couch potato, get out and get involved.

FURTHER INFORMATION

HEALTH AND WELL BEING PROJECT

contact	Janice Morgan
address	Lord Arthur Rank Centre, Trostre Road, Llanelli SA14 9RA
tel/fax	01554 756060/01554 784760
email	jmorgan@thefootholdgroup.org
web	www.50notout.co.uk

This Foothold Group run project is aimed at people aged 50 plus residing in the most disadvantaged wards of Llanelli, namely Bynea, Llywnhendy, Felinfoel, Tyshia and Glanymor. We aim to improve the health and well being of communities by offering a range of activities which include keep fit, Tai Chi, line dancing, guided walks, community cooking sessions, green gym, benefit advice, help with form filling and volunteering opportunities to name but a few.

CARMARTHEN MIND

contact	H James
address	132B Priory Street, Carmarthen SA31 1LR
tel	01267 222990
email	carmsmind@btclick.com

We provide a six-day 'Drop in' and support service for people suffering mental health problems.

HEARTSTART CARMARTHEN

contact	Sian Hall
address	Resus Training Department, West Wales General Hospital, Carmarthen SA31 2AE
tel	01267 227589
email	sian.hall@carmarthen.wales.nhs.uk

We provide a free two-hour training session to general public members, on emergency life support. This includes recognition of Heart attack, Cardiac Arrest and Management

HEALTHY EATING IN SCHOOLS – CARMARTHENSHIRE COUNTY COUNCIL

address	Facilities Management Division, Lifelong Learning & leisure, Parc Myrddin, Richmond Terrace, Carmarthen SA31 1HQ
tel/fax	01267 228125/01267 228108
email	facilitiesmanagement@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk

The authority educates youngsters about the importance of healthy eating in the fight against health problems later on in life. A balanced diet from a young age can reduce the risk of obesity, diabetes, dental decay, anaemia, osteoporosis and heart disease. The website provides information about 'Healthy Eating', 'Special Diets' and the healthy school meals menu for both primary and secondary schools. Furthermore, to help promote healthy eating, the authority has teamed up with the Local Health Board for a new **school meals nutrition strategy**.

HEALTH FOOD SHOPS

There are a variety of health food shops in the county and beyond, including the following:

AARDVARK, CARMARTHEN - Tel 01267 232497

HEALTH FOOD SHOP & THERAPY CENTRE, NEWCASTLE EMLYN - Tel 01239 711440

JELFS, AMMANFORD - Tel 01269 595703

NATURE'S BOUNTY, LLANDYSUL - Tel 01559 363360

THE OWLS WISDOM, NEWCASTLE EMLYN - Tel 01239 711729

THE MULBERRY BUSH, LAMPETER - Tel 01570 423317

WAVERLEY STORES AND RESTAURANT, CARMARTHEN - Tel 01267 236521

They specialise in selling food and drink, including organic and vegetarian products, health food supplements, vitamin, mineral and herbal supplements dried fruits and nuts, herbs, grains and spices, essential oils etc. Many of them also provide information on ethical and ecological issues, with alternative or complimentary therapy centres attached.

ALTERNATIVE HEALTH TREATMENTS

There are also a number of alternative health treatments available across the county. These provide a variety of different health treatments including hypnotherapy and psychotherapy for health and relaxation, stress management facilities, promoting healthy living through disease prevention and diet awareness, self development courses and stress release methods, and a range of complimentary therapies such as massage, reflexology, acupuncture, homeopathy, counselling, psychotherapy, aromatherapy, reiki, indian head massage and sport therapy massage. Here is a selection:

ALTERNATIVE HEALTH CARE, CARMARTHEN - Tel 01267 235321

**AUDLEY PARRY BURNETT, ACUPUNCTURIST, DREFACH FELINDRE -
Tel 01559 37158**

CAREY MORGAN, LLANDEILO ACUPUNCTURE CLINIC - Tel 01558 824235

GOFAL MEDICAL PRACTICE, LLANELLI - Tel 01269 831193

**HEALING HANDS NATURAL THERAPY CENTRE AND SPA, KIDWELLY -
Tel 01559 891114**

**HYPNOTHERAPY FOR HEALTH & RELAXATION, CARMARTHEN -
Tel 0870 2401379**

**JOHN WITHEY ACUPUNCTURE PRACTICE, CARMARTHEN -
Tel 01559 370121**

LIFE CHANGE THERAPY, WHITEMILL - Tel 01267 290335

**MALINDI NATURAL HEALING AND TEACHING CENTRE, CYNWYL ELFED -
Tel 01559 371511**

PAUL DE ABREU, LLANELLI ACUPUNCTURE CENTRE - Tel 01554 756141

SCL AROMATHERAPY, LLANELLI - Tel 01554 751492

**STAT (TEACHER OF THE ALEXANDER TECHNIQUE), LLANDEILO -
Tel 01558 823242**

STELLA ANDERSON, LLANDEILO - Tel 01558 822199

THE LOTUS CENTRE, LLANELLI - TEL 01554 7563488



EDUCATION

Increasing people's awareness of the pressures being put on our planet, and encouraging people to make small changes in their behaviour and choices, is fundamental if we are to move towards a more sustainable way of life in Carmarthenshire, Wales and indeed the UK.

A scheme such as Ecoschools is targeted at children in primary and secondary education and aims to educate them from as early an age as possible. Ecoschools is a programme for promoting environmental awareness in a way that links to many curriculum subjects so it's something every child can get involved in. It is also an award scheme that will raise the profile of the school in the wider community. The things that are learnt at this age will hopefully stay with them for the rest of their lives.

But it's never too late to learn! And there are a number of educational initiatives for people who have left school. Why not go along to your local library and find out more?

TOP TIPS

- Encourage your parents, children or grandchildren to show an interest in sustainability issues.
- Find out how you can learn more about how you can help your local community and environment.
- Become involved in your local community education project or one that helps others.

FURTHER INFORMATION

FOR ADULTS

LIFELONG LEARNING & LEISURE DEPARTMENT - CARMARTHENSHIRE COUNTY COUNCIL

contact	Harold Jones
address	Block 1, Parc Myrddin, Richmond Terrace, Carmarthen SA31 1DS
tel	01267 228338
email	WHJones@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk

Supporting people and communities with all aspects of lifelong learning – which in turn promotes positive health and well being.

LIBRARIES AND COMMUNITY LEARNING - CARMARTHENSHIRE COUNTY COUNCIL

contact	Dewi P.Thomas
address	Education Standards and Lifelong Learning, Block 1, Parc Myrddin, Richmond Terrace, Carmarthen SA31 1DS
tel/fax	01267 228337/01267 238584
email	dpthomas@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk

We provide library services and community education to all adults in the county. We also provide part-time further education courses for adults in the community, including in a number of accredited subjects (e.g. Welsh for Adults, ICT) also leisure courses.

COMMUNITY EDUCATION - CARMARTHENSHIRE COUNTY COUNCIL

There are over 540 Community Education classes available in the county, further information available from the 5 Community Education Officers. On offer is a range of courses to suit adults e.g. computers, art, woodwork, pottery, card crafts, yoga and many more. Many centers also provide a venue for the local community groups to meet e.g. mother and toddlers, meithrin, youth club, choir, guides, embroidery group etc.

FELINFOEL & PEMBREY

contact	Helena Collins
tel	01554 774072/01554 832392
email	HMCollins@carmarthenshire.gov.uk

CARMARTHEN

contact	Lynda Lumb
tel	01267 235413
email	LMLumb@carmarthenshire.gov.uk

GLANAMAN

contact	Adrienne Bedington
tel	01269 823162
email	adbedinton@carmarthenshire.gov.uk

LLANDEILO

contact	Siân Merlys
tel	01558 822729
email	Smerlys@@carmarthenshire.gov.uk

contact	Ros Bellamy
tel	01558 824153
email	RJBellamy@carmarthenshire.gov.uk

JOBFORCE WALES (GVCE LTD)

contact	Mr RP Jenkins
address	24 Cowell St, Llanelli SA15 1YQ
tel/fax	01554 749090/01554 741599
email	jobforce_wales@business.ntl.com

Jobforce Wales holds contracts with ELWa and Jobcentre Plus delivering programmes of learning and training to NVQ Level 4, to employed and unemployed, 14 - 63 years of age. We are currently working with Sustrans, and our Environment Task Force has been constructing the cycleway through the Gwendraeth and Amman Valleys.

FOR YOUNGER PEOPLE

SITEC (SPRINGBOARD TRAINING EDUCATION COUNSELLING)

contact	Lyjanka Drobniak
address	2 John Street, Llanelli SA15 1UH
tel	01554 749161
email	office@springboards.demon.co.uk

We are a Youth Information Shop based in Llanelli, a charity opened in 1997, and have had many successes with running training, activities and events within the locality. The aim of our service is to empower young people by providing an environment and service that they can access and feel safe in. We assist them in accessing information and services that they may not be able to without encouragement and support. We also offer a counselling and mentoring service, a number of training courses to help unemployed young people into work.

ECO-SCHOOLS PROGRAMME (KEEP WALES TIDY CAMPAIGN)

contact	Gerry Taylor
address	Min-y-Ceunant, 112 Cwmgarw Rd, Brynaman Uchaf SA18 1DA
tel/fax	01269 822061/01269 822061
email	zoot@dial.pipex.com
web	www.eco-schools.org.uk
contact	Tina Brice
address	Carmarthenshire County Council, Pensarn
tel/fax	01267 225147/01267 221406
email	TMBrice@carmarthenshire.gov.uk

To date 92 of Carmarthenshire's schools have registered for this highly structured programme of environmental improvement and sustainable development. Pupils play the key role in decision-making and action. Following an initial audit, pupils may focus in on topics such as Litter, Waste, Energy, School Grounds, Healthy Living, Water or Transport. Eco-Schools is a national campaign managed by Keep Wales Tidy, and supported in Carmarthenshire by a team of local authority staff. Twelve Carmarthenshire schools have so far gained the highly respected European Green Flag.

CARMARTHENSHIRE FOREST SCHOOLS

contact	Maggie Fearn
address	c/o Pistyllgwyn, Abergolech, Carmarthenshire SA32 7BH
tel	01267 202725
email	maggie@fearn.fslife.co.uk

Carmarthenshire Forest Schools is an Environment Wales registered organisation working to promote and develop the concept of Forest School in Carmarthenshire, through providing advice and training. We are also working in partnership with other Forest School regional groups to develop Forest School Wales, a national organisation to coordinate, monitor and ensure the highest standards of delivery of Forest School in Wales.

PENDINE OUTDOOR EDUCATION CENTRE

contact	Rachel Holland
address	Pendine Outdoor Education Centre, Pendine, Carmarthenshire SA33 4PF
tel/fax	01994 453659/01994 453659
email	Rholland@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk

We are a residential centre specialising in Primary Schools who follow a week of outdoor pursuits and environmental education. We are also available to other groups who wish to book the centre in holiday periods, weekends and out of season.

ENVIRONMENTAL PROJECTS

GWENDRAETH ENVIRONMENTAL EDUCATION

contact	Lindsey Witcombe/Staci Silcox
address	Gwendraeth Environmental Education, Blaen-y-Wern, Llangyndeyrn, Carmarthenshire SA17 5ES
tel	01267 275960

We are a co-operative community business whose aim is to provide hands on environmental education for people in the Gwendraeth Valley. Workshops include green woodworking, pole lathing, chair bodging, spoon making, weaving hurdles, using a shave horse and a variety of small crafts.

HABITAT MATTERS

contact	Fiona Lane
address	Llyn-y-Gors, Tenby Road, St Clears SA33 4JP
tel/fax	01994 231789/01994 231789
email	fiona@habitatmatters.co.uk

We are an Environmental Consultancy who give advice & short courses on habitat creation and habitat management (including ponds, woodland, grassland & hedges) to community groups and private individuals.

COED CYMRU

contact	Mat Ridley
address	Carmarthenshire County Council, Regeneration Dept, Civic Offices Crescent Rd, Llandeilo SA19 6HW
tel/fax	01558 825308/01558 824288
email	mridley@carmarthenshire.gov.uk
web	www.coedcymru.org.uk

Coed Cymru works with woodland owners and timber users throughout Wales. We offer free help and advice on managing broadleaved woodland, adding

value to native hardwood timber and developing new products. The two Coed Cymru officers covering Carmarthenshire are based within the County Council. Coed Cymru is also supported by the Forestry Commission and the Countryside Council for Wales.

FIELD STUDIES COUNCIL

contact	Chris Millican - Head of Centre
address	Orielton Field Centre, Pembroke, Pembrokeshire SA71 5EZ
tel/fax	01646 623920/01646 623921
email	enquiries.or@field-studies-council.org
web	www.field-studies-council.org

We are a residential field centre delivering environmental education opportunities for learners of all ages (schools, universities, adults, family groups). Day courses are also available for local schools/groups.

BRECON BEACONS NATIONAL PARK AUTHORITY

contact	Clare Parsons
address	Plas y Ffynnon, Cambrian Way, Brecon, Powys LD3 7HP
tel/fax	01874 620434/01874 622574
email	clare.parsons@breconbeacons.org
web	www.breconbeacons.org

£ Brecon Beacons National Park Authority offers support and some grants towards sustainable development, community and biodiversity projects within and adjacent to the National Park boundary. Brecon Beacons Solar Club supports and offers grants towards Solar Thermal installations. The Sustainable Events project offers support and grants for sustainable new events and/or new sections to existing events.

CENTRE FOR ALTERNATIVE TECHNOLOGY

contact	Charlotte Cosserat
address	Machynlleth, SY20 9AZ
tel/fax	0845 3308355/01654 702782
email	info@cat.org.uk
web	www.cat.org.uk

CAT is Europe's leading eco centre, with information on renewable energy, environmental building, energy efficiency, organic growing and alternative sewage systems. Services include a visitor centre, which is open 7 days a week, practical and informative publications, educational resources for schools, consultancy for individuals and businesses, residential courses and membership. We also offer a free information service on a number of sustainability issues.

FFORESTWR

contact	Lindsey Witcombe
address	41 Lady Street, Kidwelly, Carmarthenshire SA17 4UD
tel/fax	01554 891415/01554 891415
email	gilesscott2000@hotmail.com

Fforestwr is a constituted association registered with Environment Wales. We deliver hands on greenwood craft workshops, forest school sessions and recycling projects to schools, youth and community groups throughout Carmarthenshire. We also demonstrate at public events and run training in greenwood craft & forest school skills for volunteers.

SOCIAL PROJECTS

TIR COED

contact	Vic Williams
address	Denmark Farm, Bettws Bledrws, Lampeter Carmarthenshire SA48 8PB
tel	07796 172645
email	vic.williams@forestry.gsi.gov.uk
web	www.tircoed.org.uk

We develop projects with organisations and community groups to promote the social, health, and economic benefits of woodlands.

PEOPLE ENABLING CO-OPERATIVE

contact	Cassandra Lishman
address	Jubilee Centre, Station Road, Newcastle Emlyn SA38 9BX
tel	01239 712900
email	cassandra@people-enablers.co.uk
web	www.people-enablers.co.uk

PEC develops projects with social and environmental aims. We involve disadvantaged people in training, with the goal of projects becoming mutually owned social businesses, set up by disadvantaged people. Sustainability is the economic and environmental aim of each project.

MENTER IAITH LLANELLI

contact	Lowri Gwenllian
address	Coleg Sir Gar, Graig Campus, Llanelli SA15 4DN
tel	01554 758355
email	Lowri.gwellian@colegsirgar.ac.uk
web	www.coedcymru.org.uk

Mentrau Iaith - Welsh language initiatives - is a community-based organisation, which works to raise the profile of the Welsh Language through working with individuals, organisations and local business to promote the use of Welsh in every part of the community.

TWF

contact	Kathryn Thomas
address	Cwtsh Gloyn, 12 Heol y Parc, Pontyberem, Llanelli SA15 5EA
tel	01269 871250
email	twfsirgaerfyrdin@yahoo.co.uk

We are a community based project providing information to parents on the advantages of teaching Welsh to young children and bringing them up bilingually.

NATIONAL ORGANISATIONS

SUSTAINABLE WALES/CYMRU GYNHALIOL

contact	Richard Thomas
address	41A John Street, Porthcawl, Bridgend CF36 3AP
tel	01656 783405
email	sustainablewales@btconnect.com
web	www.sustainablewales.org.uk

Sustainable Wales offers project management, research and training on a variety of sustainability issues. We are co-ordinating the all-Wales Real Nappy Campaign as a flagship waste minimisation project. We also run event and

conference facilitation including large-scale conferences on issues of local democracy and community participation.

SHELL LIVEWIRE

contact	Corina Edwards
address	Foothold Centre, Stebonheath Terrace, Llanelli SA15 1NE
tel	07776 197587
email	c.edwards.shell-livewire@ntlworld.com
web	www.shell-livewire.org

Shell LiveWIRE is a UK organisation that encourages young people aged 16-30, and those to whom they turn for advice and guidance, to see starting a business as a desirable and viable career option. LiveWIRE's objectives are to: promote awareness of the importance of 'enterprise' amongst young people and those who work with them; promote the importance of young people starting and growing businesses; assist young people interested in starting their own business to do so; prepare and distribute appropriate and useful materials for youth enterprise; and to set an example to encourage the continual raising of standards amongst those working in youth enterprise.

8

TRANSPORT

Britain has the worst transport system in Europe - 25% of main roads are jammed for one hour a day - and we are buying more cars than ever before. Our public transport system isn't much better - only 12% of journeys are made this way and we have some of the highest bus and rail fares in Europe.

Sustainable transport systems place an emphasis on cleaner, more efficient, sociable forms of transport. We need to balance transport's role in supporting the economy and allowing people to access the services and facilities they need, with sustainable land use planning, whilst protecting the environment and improving quality of life.

Stop yourself from becoming a car junkie before it's too late!

TOP TIPS

- Share car lifts with friends and colleagues where possible – especially going to work or to school. Use the free regional car sharing database www.swwitch2share.com
- Avoid using your car for short journeys - where possible walk, cycle or use public transport instead - the exercise is also good for you.
- Using cleaner fuels, such as ultra-low sulphur petrol, and installing a catalytic converter helps reduce the number of pollutants released by your car's exhaust.
- Try to drive more efficiently by keeping within speed limits and using the highest gear traffic conditions allow. Maintaining your car regularly also helps reduce emissions.
- Why not ask your line manager about the possibility of working from home one day a week – this will instantly reduce your commuting mileage by 20%.

FURTHER INFORMATION

TAKE THE BUS

PUBLIC TRANSPORT

address Carmarthenshire County Council, Transportation Section,
Llansteffan Road, Carmarthen SA31 3LZ

tel 01267 231817

email PublicTransport@carmarthenshire.gov.uk

web www.carmarthenshire.gov.uk

All bus service and local public transport information is now available to view or download from the website, or a hard copy of Carmarthenshire's "Directory of Local Bus Services and Travel Guide" can be obtained by contacting the Transportation Section of Carmarthenshire County Council.

Concessionary Fare Scheme

This Welsh Assembly Government funded scheme entitles people over 60, and people with disabilities, resident in Wales, to free travel on local bus services throughout the Principality. Pass holders in Carmarthenshire can also use the pass to get half fare on local rail journeys or on Country Cars (the voluntary lift network for those with disabilities). In addition, people with disabilities who would be unable to travel without assistance may also be entitled to take a companion with them free of charge. Further details can be obtained by contacting the Transportation Section of Carmarthenshire County Council (see above).

Dial-a-ride

Dial-a-ride services are currently being introduced in Carmarthenshire with the first being in Kidwelly, Burry Port, Carmarthen and Llanelli. This is a new type of bus service that follows a fixed timetable, but will extend to other areas which would otherwise have no bus service, for pre-booked passengers. These arrangements allow the bus to provide a more flexible service which is able to respond to local needs within set areas and times

For more details, or to pre-book a journey, ring **0845 6340661**.

USE THE TRAIN

TRAVEL LINE

tel 0870 6082608

web www.traveline.org.uk

The UK's No 1 website for impartial information on planning your journey, by bus, coach or train... or any combination of the three!

NATIONAL RAIL ENQUIRIES

tel 0845 7 484950

web www.nationalrail.co.uk

Click on this website to plan your journey online - the National Rail site is provided independently on behalf of all train operating companies and offers a national rail journey planner, 'Live Departure Boards', which allows you to view station departure boards for all mainland National Rail stations, information on service alterations, a Train Company Directory, special offers and other useful train information.

HEART OF WALES LINE FORUM & HEART OF WALES LINE TRAVELLERS ASSOCIATION

contact	David Edwards
address	32 Hendre Road, Llangennech, Llanelli SA14 8TG
tel	01554 820586
email	david.edwards5@which.net
web	www.heart-of-wales.co.uk

The Heart of Wales Line Forum and Travellers Association exist to support the use and development of the Heart of Wales Line, which runs for 121 miles between Swansea and Shrewsbury providing a feast of panoramic views. This provides a sustainable means of travel between Swansea, Llanelli, Llandovery, Llandrindod and Shrewsbury. Join the Travellers Association today.

CLUB TOGETHER

COMMUNITY TRANSPORT

contact	Community Transport Association
address	Unit 21, Morfa Conwy Business Park, Ffordd Sam Pari, Conwy LL32 8HH
tel/fax	0870 774 3593/0870 774 3585
email	Julia@communitytransport.com
web	www.communitytransport.com

The CTA is a UK-wide member organisation that promotes excellence in community transport. They provide training services, advice and publish a bi-monthly community transport magazine

REGIONAL TRANSPORT CONSORTIUM - SWWITCH

tel	01792 512600
email	information@swwitch.org.uk
web	www.swwitch.org.uk

The South West Wales Integrated Transport Consortium - SWWITCH - comprises 4 local authorities in south west Wales who are working together to promote improved access and more sustainable, integrated forms of travel. Our aim is to: improve access to services and facilities; raise standards in transport provision; promote social inclusion; contribute to economic prosperity; and support environmental sustainability.

GET CYCLING

SUSTRANS

contact	David Judd
address	The Environment Centre, Pier Street, Swansea SA1 1RY
tel/fax	01792 467954/01792 467961
email	Davidj@sustrans.org.uk
web	www.sustrans.org.uk

Sustrans - the sustainable transport charity - is an organisation that was established to promote cycling as an effective form of travel for a whole range of journey purposes and as a means of maintaining healthy lifestyles. We are responsible for the development of a national network of cycleways and provide guidance, advice and a range of information on cycling across the UK. We encourage people to walk, cycle and use public transport wherever possible in order to reduce motor traffic and its adverse effects. The Celtic Trail runs along the south of Wales from Fishguard to Chepstow, with the Millennium Coastal Path at Llanelli being the main highlight of this route.

GET WALKING

ROAD SAFETY – CARMARTHENSHIRE COUNTY COUNCIL

contact	Transportation Section
address	Johnstown Offices, Llanstephan Road, Carmarthen SA31 3LZ
tel	01267 224346
email	DKGriffiths@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk

The Road Safety team are working with a number of schools to devise their own plans for 'safe routes to schools' to ensure that pupils can walk or cycle safely to school each day, therefore reducing the number of children taken to school by car.

'GREEN' YOUR CAR WITH ALTERNATIVE FUELS

LPG: EST TRANSPORT ENERGY – POWER SHIFT

tel	0845 602 1425
web	www.transportenergy.org.uk/grantsavailable/powershift

£ Transport Energy's Power Shift programme has one simple aim: to get more cleaner vehicles on the road. Petrol and diesel engines can be converted to run on cheaper and less polluting liquefied petroleum gas (LPG) at local garages. Costs of conversion range from about £600 to £1,500, and there are grants available to help with this. LPG refuelling sites can be found across the whole of the UK.

BIODIESEL: BRITISH ASSOCIATION FOR BIOFUELS AND OILS (BABFO)

tel	01406 350848
email	info@biodiesel.co.uk
web	www.biodiesel.co.uk

BABFO is an organisation dedicated to the promotion of transport fuels and oils from renewable sources. Biodiesel and Ethanol are the two key fuels. Contact them for more information on converting diesel engines to run on biodiesel made from vegetable oils.

VEGGIE POWER

email	simon@veggiepower.org.uk
web	www.veggiepower.org.uk

For all you need to know about making biodiesel at home.

ELECTRIC VEHICLES UK

email	editor@evuk.co.uk
web	www.evuk.co.uk

Campaign for electric vehicles with information on electric, hydrogen and compressed air cars can be found here.

9

TRAVEL & LEISURE

International travel has never been easier. Every year nearly 700 million trips are made abroad. Developing countries are increasingly turning to the tourist dollar to boost national earnings and create jobs. But the search for "unspoilt" places brings visitors to some of the world's most fragile and beautiful environments. Providing facilities such as flush toilets, air conditioning, swimming pools and golf courses can put a huge strain on regions where water and power are in short supply. Air transport is also one of the world's fastest growing sources of the greenhouse gases that contribute to climate change.

Leisure opportunities nearer home have an important part to play in improving our quality of life and also in maintaining good health. They include opportunities for physical and non-physical pursuits, for recreation and for cultural appreciation. Leisure and cultural opportunities give us a sense of physical well-being but also develop our sense of pride in our community and our sense of place. As a result we increasingly appreciate our community, our environment and our world. Without these opportunities we as individuals and our communities would be at a disadvantage.

TOP TIPS

- Everyone should have access to opportunities for leisure, recreation and culture – but we must ensure that the environment does not suffer as a result. Increase access to leisure and cultural opportunities in a sustainable manner.
- Increase the number of youth opportunities for education, leisure and employment, in a sustainable manner.
- Reduce crime, vandalism and use of drugs through increasing opportunities for leisure, education and employment.
- Protect and promote leisure opportunities within the natural environment.
- Improve access to the landscape and opportunities for quiet enjoyment, and encourage the use of public transport for increased accessibility.

FURTHER INFORMATION

PLACES TO GO

GELLI AUR COUNTRY PARK

contact	Michael Smith - Senior Warden
address	Carmarthenshire County Council, Gelli Aur, Carmarthen, SA32 8LR
tel/fax	01558 668885
email	msmith@carmarthenshire.gov.uk,
web	www.carmarthenshire.gov.uk

Gelli Aur Country Park is a 60-acre wooded parkland, with nature trails, deer park, arboretum, cafeteria and play area. Numerous events, craft demonstrations, school visits and guided walks take place, many with a sustainability theme.

ABERGLASNEY GARDENS

contact	Graham Rankin
address	Llangathen, Carmarthenshire, SA32 8QH
tel/fax	01558 668998/01558 668998
email	info@aberglasney.org.uk
web	www.aberglasney.org

Aberglasney is one of the Country's most exciting garden restoration projects. The Gardens have wonderful horticultural qualities and a mysterious history. Within the nine acres of garden are six different garden spaces including three walled gardens. At its heart is a unique and fully restored Elizabethan/Jacobean cloister and parapet walk, which is the only example that survives in the UK. There is also a wonderful Café that accommodates coach parties and a shop and plant sales.

LLYN LLECH OWAIN COUNTRY PARK

address	Gorslas, Nr Croshands, Carmarthenshire, SA17 7NF
tel	01269 832229
email	SKMorris@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk

Llyn Llech Owain Country park is an area of 64 hectares, the central feature being the lake itself which is surrounded by a peat bog. Facilities include a Visitor Centre, Live TV pictures of nesting birds, woodland walks, lakeside and bog walks, Picnic areas, Cafeteria, Mountain Bike Trail, Adventure Playground and Ranger Service. Many Paths are well surfaced and accessible to wheelchair users.

MILLENNIUM COASTAL PARK

contact	Rory Dickinson
address	Park Offices, North Dock, Llanelli, SA15 2LF
tel/fax	01554 777744/01554 757825
email	SLDJones@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk

The Millennium Coastal Park continues for 13Km along the coast of the Burry Inlet and comprises a visitor centre, 13Km of cycleway, local nature reserves, Site of Special Scientific Interest and a guided walks and events programme.

THE NATIONAL TRUST

contact	Paul Faulkner
address	Dinefwr Park, Llandeilo, SA19 6RT
tel/fax	01558 823902/01558 825925

email dinefwr@nationaltrust.org.uk

web www.thenationaltrust.org.uk

Dinefwr Park and Dolaucothi Gold mines are both large estates currently run as visitor attractions. Dinefwr – an 18th-century landscape park – is home to more than 100 fallow and a small herd of Dinefwr White Park Cattle, with the historic Newton House at its heart. The National Trust has over 3,500 acres of woodland, agricultural land, coastline and park that it manages in Carmarthenshire.

THINGS TO DO

CARMARTHEN & DISTRICT RAMBLERS

contact David Bush

address c/o 31 Elder Grove, Llangunor, Carmarthen, SA31 2LQ

tel 01267 230994

email david.bush@btinternet.com

web www.ramblers.org.uk

With 102 members, we have a walking programme that provides at least one walk every weekend for groups of about 15 each led by an experienced leader. Distances vary from 4-13 miles. Walks are reported and advertised weekly in the Carmarthen Journal. New walkers always invited.

HEARTSPRING

contact Madeline Linfield

address Hill House, Llansteffan, Carmarthen, SA33 5JG

tel 01267 241999

email info@heartspring.co.uk

web www.heartspring.co.uk

We are an environment-friendly vegetarian guest house. Our house is in a stunning coastal nature conservation area and has been renovated with non-toxic materials, paints and furnishings. We have pure spring water, solar panels and serve organic food to provide a caring service for our guests and the environment.

HYWEL DDA CENTRE

contact K Rees (Secretary)

address St Mary's Street, Whitland, Carmarthenshire, SA34 0PY

tel 01994 240867

email hywel_dda@btopenworld.com

web www.hywel-dda.co.uk

This is an educational and tourist attraction in the centre of Whitland, as well as a centre for community use.

TOURIST INFORMATION

contact Carmarthenshire County Council Tourism team

address Business Resource Centre, Parc Ammanwy, New Road, Ammanford, SA18 3EP

tel 01269 590222

email HyDavies@carmarthenshire.gov.uk

web www.carmarthenshire.gov.uk

For information on tourism and activities within Carmarthenshire, and a free copy of Carmarthenshire's Tourism Brochure for 2004.

CARMARTHENSIRE TOURIST ASSOCIATION

address 62 King Street, Carmarthen, SA31 1BA

tel/fax 01267 220 366/01267 220 388

email info@tourlink.co.uk

web www.tourlink.co.uk

For information on the various events and activities in Carmarthenshire, a list of what to do, as well as contact details for the various Tourist information Centres.

WALES TOURIST BOARD

address Business Support Unit, Brunel House, 2 Fitzalan Road, Cardiff, CF24 0UY

tel 02920 475303

email business.support@tourism.wales.gov.uk

web www.wtbonline.gov.uk/www.visitwales.com

WTB provides a range of services to the tourism industry in Wales through its Business Support Unit. There are a range of toolkits, fact sheets and an advisory service; this includes the 'Greening Your Business' toolkit, which is packed with helpful suggestions and useful case studies to help tourism businesses operate in a more sustainable way.

CARMARTHENSHIRE COUNTY WALKS

contact Martin Murray

address Parks & Countryside, Ty'r Nant, Trostre Business Park, Llanelli, SA14 9UT

tel/fax 01554 747500/01554 778026

email mmurray@carmarthenshire.gov.uk

web www.carmarthenshire.gov.uk

According to the British Heart Foundation, just half an hour's brisk walk a day is enough to reduce the risk of heart disease. Carmarthenshire County Council in conjunction with partners provides a wide range of countryside recreation facilities for walking, horse riding and cycling. There are also a variety of walks on offer, with accompanying leaflets giving route details and information on features of interest, which follow trails through the spectacular Carmarthenshire countryside. We also provide amenity/picnic sites and give advice to schools on environmental schemes for school grounds.

Other leaflets and information on leisure opportunities in Carmarthenshire are available on www.carmarthenshire.gov.uk or by contacting Leisure@carmarthenshire.gov.uk

FESTIVAL OF THE COUNTRYSIDE / COUNTRYWISE

contact Michael Bunney (Manager)

address Frolic House, Frolic Street, Newtown, Powys, SY21 9LL

tel/fax 01686 625384/01686 622955

email info@foc.org.uk

web www.foc.org.uk, www.thingstodo.org.uk

The Festival is supporting sustainable development in Wales by the promotion of sustainable and responsible tourism through the promotion of events and attractions on our websites, the production of quality videos, CDs and DVDs, and also through project management, training and consultancy.

10

WASTE

Everyone produces waste! Some 400 million tonnes of waste are produced in the UK each year - 50% of waste produced in our homes could be diverted from landfill by making compost from kitchen and garden waste. Recycling newspapers, bottles and cans would increase this to around 80%.

Although we cannot eliminate waste entirely, we can reduce its environmental impact by reducing the amount of waste we produce and by making more sustainable use of the waste that is produced.

TOP TIPS

- Always follow the 3 'R's - Reduce, Reuse, Recycle:

Reduce...

- The amount of rubbish you throw in your bin.
- Use your own shopping bags instead of plastic carrier bags.
- Eliminate junk mail by registering with the Mailing Preference Service. (<http://www.mpsonline.org.uk/>)
- Use Real Modern Cotton Nappies instead of disposables.

Reuse...

- Reuse paper as scrap.
- Return returnable bottles and buy milk from a local milk round in returnable bottles.
- Reuse envelopes by attaching labels.
- Give unwanted clothes and household items to charities, junk shops or jumble sales.
- Use local repair services rather than throw items away.

Recycle...

- Everything you can... paper, cardboard, plastics, cans, aluminium, and clothing/textiles (with the Council's pink/brown bag and blue box scheme).
- Compost your kitchen and garden waste at home.
- Create a demand for recycled products using your consumer power.

FURTHER INFORMATION

WASTE MANGEMENT & RECYCLING

THE RECYCLING SECTION - CARMARTHENSHIRE COUNTY COUNCIL

address Technical Services, Llanstephan Road, Johnstown,
Carmarthen SA31 3LZ

tel/fax 01267 224393/01267 224316

email tsrecycling@carmarthenshire.gov.uk

web www.carmarthenshire.gov.uk

What can be recycled in Carmarthenshire? Glass, cans, paper, textiles, scrap metal, green (garden) waste, cardboard, engine oil, car batteries and white goods.

Carmarthenshire County Council has a statutory duty to manage waste and is responsible for waste collection and disposal in Carmarthenshire. More than 80,000 tonnes of waste is landfilled annually so it has introduced a number of schemes in order to reduce this. Recycling items such as paper, cans, bottles, cardboard and plastics, reduces the amount of waste going to landfill, saves energy and conserves resources. Carmarthenshire County Council currently operates the following recycling and waste minimisation schemes:

- **KERBSIDE COLLECTION SCHEMES**

These include the Pink & Brown bag schemes in the north of the county, the Blue box and biobag scheme in areas of Carmarthen, Llanelli and Ammanford.

- **BRING BANKS AND CIVIC AMENITY SITES**

Recycling facilities are located in a number of areas across the county. There are currently 4 civic amenity sites (Nantycaws, Trostre, Llangadog and Wern Ddu) with a further 50 bring bank sites. The number of these will increase in order to make them accessible to those householders not included in the other kerbside schemes.

- **HOME COMPOSTING**

Composting at home is the single most effective thing anyone can do to protect the environment. This type of waste, when land filled, produces greenhouse gases, which are responsible for global warming. Composting waste such as fruit, vegetables, banana peel, tea bags, coffee grounds, lawn cuttings, paper and tissues, will also reduce your dependence on commercially produced composts thereby saving you money. You can buy compost bins at subsidised prices through the council.

- **REAL NAPPY CAMPAIGN**

Disposable nappies are a huge environmental problem with over 3 billion nappies going into landfill every year, but there is an alternative! The Real Nappy scheme was launched in 2000 to encourage new parents to use alternatives to disposable nappies which are cheaper and more environmentally friendly. The scheme provides information on real or cloth nappies on babies – using these means less impact on the environment and you can save up to £500 per child. For your free trial pack, please contact the Recycling section.

- **FURNITURE RECYCLING**

You can take unwanted furniture to all 4 civic amenity sites where it will be taken to a central storage facility, cleaned and/or repaired and subsequently resold at much reduced prices. Companies who deal with second hand furniture include:

FOOTHOLD CROCHAN

contact	Sue Theodoulou
address	Unit 3.2/3.3 Trostre Industrial Estate, Llanelli, SA14 9UU
tel/fax	01554 750777/01554 771477
email	stheodoulou@thefootholdgroup.org
web	www.thefootholdgroup.org, www.frogstuff.co.uk

Foothold Crochan is a community recycling initiative that takes furniture from the general public, refurbishes and distributes to families and individuals in need. We are also developing a scrap and materials store to further promote the recycling agenda. Foothold have also developed innovative community enterprises that produce new products from reclaimed materials through our furniture manufacturing operation and undertake consultation, consultancy and design and build activity for schools, community groups, youth projects, cafés, offices etc.

ASPERWAY LTD

contact	Shaun Welland
address	Unit 2, Plot 2, Crosshands
tel	01269 833533

Asperway Ltd, are a new company who also take furniture from the general public via the civic amenity sites, and sells the refurbished product at their Crosshands depot.

CYLCH - WALES COMMUNITY RECYCLING NETWORK

contact	Phil Marks
address	South West Wales Regional Office, 32 Anglesey Way, Nottage Porthcawl, Bridgend, CF36 3QP
tel/fax	01656 785384/01656 785384
email	phil.marks@cylch.org.uk
web	www.cylch.org.uk

Cylch promotes sustainable waste management practices, waste reduction, reuse, recycling and composting in the community through education and practical action. Cylch raises awareness and provides education and training in this respect and facilitates partnership within all sectors in seeking to achieve its objectives. Cylch is one of the Principal Partners to the All-Wales Exemplar Project and the exciting Cleanstream and Strategic Recycling Schemes.

WASTE WATCH

address	96 Tooley Street, London, SE1 2TH
tel/fax	020 7089 2100/020 7403 4802
email	info@wastewatch.org.uk
web	www.wastewatch.org.uk

Waste Watch is the leading national organisation promoting and encouraging action on the 3Rs: waste reduction, reuse and recycling. We work with community organisations, local and national government encouraging the environmental benefits of waste minimisation and recycling. We also highlight the positive impact on the economy and wider society.

CRAFT - CEREDIGION RECYCLING AND FURNITURE TEAM

contact	Andrew Rendell
address	Old Police Yard, Queens Road, Aberystwyth, Ceredigion, SY23 2HS
tel	01970 626532
email	reuse@btconnect.com

web www.craft5.freeseve.co.uk

CRAFT is a social/environmental community based recycling and reuse facility for household goods. We accept donations of reusable household goods, wardrobes, chairs, tables, shelves, books, cycles and washing machines etc and make them available at low cost to those in the community who need them. There is a 25% discount scheme for people on benefit or low income. We are also able to provide employment, training placements and volunteer opportunities. CRAFT operates from Aberystwyth and serves the community of Ceredigion.

SPECIALISED WASTE MANAGEMENT

METAL REDUCTION PROCESSING LTD

contact **Allan Clark**

address Unit 4.2 South Avenue, Trostre Industrial Park, Llanelli

tel 01554 749330

email mrpe@metalred.freeseve.co.uk

We conduct research and development into sustainable processes to treat waste and energy conservation.

CARMARTHENSHIRE RECYCLING AND ENVIRONMENTAL SERVICES LTD (CRES)

contact **Louise Harris**

address Unit 1 Cillefwr Industrial Estate, Johnstown, Carmarthen, SA31 3RB

tel/fax 01267 223500/01267 234444

email don@crestltd.co.uk

We provide total waste management solutions including septic tanks, skips, wheelie bins etc.

SECOND LIFE PLASTICS WALES

contact **Marilyn Birch**

address Old Sawmills, Pencrug, Carmarthen Road, Llandeilo, SA19 6RS

tel/fax 01558 824590/01558 824589

email birch@slpw.freeseve.co.uk

Approximately 29,000 farms in Wales produce around 15,000 tonnes of waste plastic (silage film) every year. The disposal of this waste presents an enormous problem for the agricultural community. We collect this plastic from farms across Wales to recover waste agricultural polythene, for recycling into garden and street furniture, fence posts, decking etc.

ECO TECHNOLOGY LTD

contact **Hannah Scott**

address Amex Park, Llanstephen Rd, Johnstown, Carmarthen, SA31 3NF

tel/fax 01267 236417/01267 233034

email enquiries@ecotechnology.ltd.uk

web www.ecotechnology.ltd.uk

We are a specialist brokerage and consultancy services for collection, recycling, treatment or disposal of all hazardous, non-hazardous or inert wastes (including liquid, solids and sludges). Our policy is to provide intelligent, innovative and sustainable solutions that result in both environmental and financial benefits for our clients. We also have an additional training division for courses in environmental awareness, and waste management.



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ENERGY

Energy (from fossil fuels) and water are resources that we currently have in abundance. This will not always be the case - which is hard to believe with rain that we have! - and we need to make sure that we use them carefully.

'Climate change' - which is the effect of increased greenhouse gas emissions (particularly carbon dioxide) into the atmosphere as a result of human activities - is recognised as the biggest threat to life on Earth. Emissions of greenhouse gases, largely from energy use, are changing the Earth's climate with potentially serious consequences - including flooding and severe weather.

We have to try and change the way we use energy - become more energy efficient and switch to more renewable forms if we want future generations to live in a healthy environment.

TOP TIPS

- **Lights:** always turn lights off when you leave a room and use energy-saving bulbs where possible - they last about 10 times longer than ordinary bulbs and could save you £10 per bulb per year.
- **Turn them off!** Avoid leaving electrical appliances on standby to cut down on wasted energy.
- **Kettles:** heat only the amount of water you really need.
- **Reduce your bills:** turn your thermostat down by 1°C to cut your heating bills by up to 10%.

FURTHER INFORMATION

WEST WALES ECO CENTRE

contact	Ben Ferguson
address	Lower St Mary Street, Newport, Pembrokeshire, SA42 0TS
tel/fax	01239 820235/01239 820801
email	westwales@ecocentre.org.uk
web	www.ecocentre.org.uk

The West Wales Eco Centre is an independent charity providing impartial advice, community education and grant funding assistance to all sectors of the community across rural Wales. Its core aims are the reduction of carbon dioxide (CO₂) pollution and the alleviation of fuel poverty in the local population. The Eco Centre also incorporates services for the:

MID AND SOUTH WEST WALES ENERGY EFFICIENCY ADVICE CENTRE

tel 0800 512012 (supported by the Energy Saving Trust)

for information on grants, free home energy checks, advice on energy conservation measures.

Renewable Energy Advice Service 0845 330 4940

Further information on grants can be found from:

Home Energy Efficiency Scheme 0800 3162815

SWALEC 0800 0729002

Staywarm scheme 0800 614832

Energy Saving Trust 0845 7277200

web www.est.org.uk/www.saveenergy.org.uk



Where you see this sign, it means that you are helping to save energy, money and the environment

CARMARTHENSHIRE ENERGY AGENCY

contact	Guto Owen
address	Unit 10, St Clear Business Park, St Clears SA33 4JW
tel/fax	01994 230003/01994 231199
email	office@yannisirgar.org
web	www.yannisirgar.org.uk

Carmarthenshire Energy Agency has been established through Interreg funding in partnership with Waterford Energy Bureau in Ireland. The Agency's main aim is to promote sustainable energy – both renewable energy and energy savings – through working with community groups, public bodies and businesses to establish projects and to raise the profile of sustainable energy in the county.

SUNDANCE RENEWABLES

contact	Jan Cliff
address	Excal House, Capel Hendre Industrial Estate, Ammanford SA18 3SJ
tel/fax	01269 842401/01269 842397
email	info@sundancerenewables.org.uk
web	www.sundancerenewables.org.uk

Sundance Renewables is a worker co-operative and non profit taking social enterprise. We facilitate and install renewable energy systems e.g. Solar Thermal, PV, Biomass, Small Wind and Hydro. We collect used vegetable oil to transform into Bio diesel and run educational and training workshops.

AWEL AMAN TAW

contact	Dan McCallum
address	Ysgol Gwaun Cae Gurwen, Heol Newydd, Gwaun Cae Gurwen, Ammanford, SA18 1UN
tel/fax	01269 822954/01269 825628
email	mail@awelamantawe.co.uk
web	www.awelamantawe.co.uk

£ Awel Aman Tawe (AAT) is a community energy project in the Upper Swansea and Amman Valleys, managed by a Steering Group which consists of local volunteers and project partners. Its legal structure is a company limited by guarantee and it has a not-for-profit constitution. AAT now has full time Energy Efficiency Advisors who help local people, groups and businesses apply for a range of grants available. AAT also undertakes projects using all forms of renewable energy.

Why not switch to a Green Energy scheme?

Ecotricity	www.ecotricity.org.uk	0800 1696688
Npower (Juice)	www.npower.com/Juice	01905 613191

BUILD RENEWABLE ENERGY INTO YOUR HOME

CENTRE FOR ALTERNATIVE TECHNOLOGY (CAT)

tel/fax	0845 3308355/01654 702782
email	info@cat.org.uk
web	www.cat.org.uk

Also free advice from West Wales Energy Efficiency Advice Centre
FREEPHONE 0800 512012

DESIGNING A 'GREEN' HOME 'SUSTAINABILITY THROUGH DESIGN'

address	Eifion Bowen - Carmarthenshire County Council, 40 Spilman Street, Carmarthen, SA31 1LQ
tel/fax	01267 224859/01267 237612
email	ebowen@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk

'Sustainability through design' will provide advice and guidance on building methods and design that will contribute saving energy in using appropriate materials, maximise light and energy in the siting of buildings and the application of renewable energy technologies.

STRAWBALE CONSTRUCTION

contact	Matthew Jones
address	18 Heol Salem, Johnstown, Carmarthen, SA31 3HS
tel/fax	01267 234494
email	m.jones15@btinternet.com

Straw is an excellent building material – its insulating properties exceed most modern materials and as a breathable material is also has health benefits. It is a very sustainable product, with little impact on the environment, and can be used in conjunction with a timber frame in a small utility building or a large family home. If you're interested in more information, please give us a call.

FILSOL SOLAR LTD

contact	Terry Clement
address	Unit 15, Ponthenri Industrial Estate, Ponthenri, Llanelli, SA15 5RA
tel/fax	01269 860097/01269 860979
email	info@filsol.co.uk

web www.filsol.co.uk

We are manufacturers and installers of thermal and photovoltaic (PV) solar panels. We are also suppliers and installers of swimming pool solar panels, grid connected and off grid PV systems.

ENERGY TECH LTD

contact **Robert Speht**

address G-Tech House, Heol-y-Bwlch, Bynea, Llanelli. SA14 9SU

tel/fax 01554 775000/01554 777717

email robspeht@energytech.co.uk

web www.energytech.co.uk

EnergyTech Ltd is a renewable energy company, promoting the use of innovative renewable technology, from small to large scale, in an effort to help the realisation of more environmentally conscious renewable sources. Our products include solar thermal water heating systems and wind chargers and our services include energy and environmental auditing, feasibility studies on renewable energy power supply projects, and consultancy and advice on saving energy.

PARC CYNOG FARM

contact **Iori Evans**

address Pendine, Carmarthen, SA33 4PY

tel 01994 427395

Parc Cynog wind farm lies 7km south west of St Clears, near Pendine. The 5 MEG Micon 720kw turbines started generating electricity in December 2000, and were developed and are now owned and operated by Ecowind. It provides clean electricity for 3000 local people. Local school children visit regularly to see the wind farm in action.

For details on other wind farms in Wales – have a look at the British Wind Energy Association website: www.bwea.com/map/wales.html

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WATER

Water is essential for life. It also plays an important part in the economy of a modern country like ours. Ensuring that our water resources are understood, respected and managed correctly is vital for our future. Coping with the various demands for water, and seeking to maintain and improve the quality of our waters, is an important and sometimes difficult challenge.

Rivers, estuaries, coastal waters and water held underground are all integral parts of the natural environment. Careful planning and management is needed to protect and conserve them, and to ensure that the water they supply is suitable for a wide variety of uses. Water provides important habitats for wild plants and animals. We use water in agriculture and industry, for leisure activities - and of course for drinking.

Water - a renewable resource: the water we use eventually returns to watercourses. Even the water that evaporates will ultimately return to earth - as rain. Provided it is not polluted with harmful, persistent substances, water can be used again and again. Even so, we do need to ensure that we do not take too much water at any one time from a river or other source.

TOP TIPS

- Fix your dripping taps, and turn them off while washing or cleaning teeth.
- Take a shower, not a bath!
- Use water butts to collect rainwater for your plants.
- Flushing a toilet uses about 10 litres of water - make your toilet more water efficient by filling a plastic bottle up with water and putting it into your cistern. It will save litres of water every time you flush!

FURTHER INFORMATION

DŴR CYMRU WELSH WATER

address	Pentwyn Road, Nelson, Treharris, Mid Glamorgan, CF46 6LY
tel/fax	01443 452 300/01443 452 323
web	www.dwrcymru.com

Welsh Water is the regulated company that provides water supply and sewerage services to over three million people living and working in Wales and some adjoining areas of England. Our primary responsibility is to operate, maintain and upgrade this large network of assets to ensure a safe and reliable drinking water supply and to deal effectively with wastewater so as to protect the environment.

For a free Water metre freephone 0800 0520140

To report a leaks to Dwr Cymru's Leakline phone 0800 281432

ENVIRONMENT AGENCY WALES

contact	Emma Killian
address	Carmarthenshire Environment Management Team, Plas Gwendraeth, Heol Parc Mawr, Crosshands, SA14 6RE
tel	01554 713614
email	emma.killian@environment-agency.gov.uk
web	www.environment-agency.wales.gov.uk

The Environment Agency has a duty to secure the proper use of water resources in England and Wales. We monitor water in the environment, and issue 'abstraction licences' to regulate who can take water from the environment. These specify the amount of water someone can take from a location over a period of time. For advice and information on water saving in the home phone **0845 9339111**.

WATER AID

address	Claverton Down Road, Bath, BA2 7WW
tel/fax	01225 526 335/01225 528 335
email	information@wateraid.org
web	www.wateraid.org.uk

WaterAid is an international charity dedicated exclusively to the provision of safe domestic water, sanitation and hygiene education to the world's poorest people. We work in partnership with local organisations in 15 countries in Africa and Asia to help poor communities establish sustainable water supplies and latrines, close to home. WaterAid also works to influence governments' water and sanitation policies to serve the interests of vulnerable people.

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ENVIRONMENT & CONSERVATION

We depend on the earth's natural system for our life-support - it in turn needs a rich mixture of species to survive. The extinction of different species is happening at over 100 times the natural rate.

Wild species are the source of virtually all our foods and most of our medicines. Natural ecosystems play a vital role in keeping our climate balanced and we are destroying both at an alarming rate. Biodiversity – the variety of life on earth – is threatened both by the loss of habitat and also by the introduction of new species by man – only a very small number of species in the UK are actually native.

Our local environment is also an important amenity and educational tool for all ages – we are lucky in Carmarthenshire to have such a high quality natural environment to enjoy. There are a lot of organisations and groups working to conserve it so that it says this way.

TOP TIPS

- Provide bird feeders and a water bath, and nest boxes if you can, to attract more birds into your garden.
- Recognise wildlife areas in your locality and help to raise public awareness of biodiversity.
- When you're planting trees or shrubs in your garden try to choose native ones such as hawthorn, holly, blackthorn rather than conifers.
- Create a pond for encouraging wildlife in your garden - but remember children's safety.
- Ensure schools and colleges play their part in raising awareness of biodiversity and conserving wildlife - this can be done through better management of school grounds.
- Try biological control and other natural methods (like crushed egg shells) to deter pests - ask your garden centre for advice.

FURTHER INFORMATION

CARMARTHENSHIRE LOCAL BIODIVERSITY ACTION PLAN PARTNERSHIP

contact	Isabel Macho/Rosie Carmichael
address	Conservation Section, Carmarthenshire County Council, 40 Spilman Street, Carmarthen, SA31 1LQ
tel/fax	01267 224653/01559 362322
email	Imacho@carmarthenshire.gov.uk
web	www.carmarthenshire.gov.uk

Carmarthenshire's Local Biodiversity Action Plan Partnership is made up of 18 organisations who are preparing an action plan for the county, which sets out how we can conserve and enhance our threatened and declining species and habitats and raise awareness about wildlife in our county.

CARMARTHEN FRIENDS OF THE EARTH

contact	Bleddyn Lake
address	c/o Friends of the Earth Cymru, 33 Castle Arcade Balcony, Cardiff, CF10 1BY
tel/fax	02920 229577/02920 228775
email	bleddynl@foe.co.uk
web	www.foecymru.co.uk

Carmarthen Friends of the Earth is actively campaigning for a safer, cleaner local environment. Friends of the Earth local groups campaign on a wide range of local issues, as well as joining together on major national and international campaigns. Local groups are entirely voluntary with people giving as much or as little time as they can spare. We meet once a month in Carmarthen and welcome anyone who would like to come along and find out more about local or national environmental issues.

WOODLAND TRUST

contact	Ben Earl
address	Unit B, Station Building, Llanidloes, Powys SY18 6EB
tel	01275 371797
email	benearl@woodland-trust.org.uk
web	www.woodland-trust.org.uk

Why not join us and plant a tree at Coed Tregib Woodland Extension, located near Llandeilo. This 32-acre site purchase will increase habitat for woodland species and the otter, provide new public access and lead to thousands of trees being planted. For more details, to make a pledge or to dedicate a tree, please get in touch!

BRECON BEACONS NATIONAL PARK

contact	Helen Roderick
address	Plas-y-ffynnon, Cambrian Way, Brecon, Powys LD3 7HP
tel/fax	01874 624437/01874 622574
email	helenroderick@breconbeacons.org
web	www.breconbeacons.org

£ The Sustainable Development Fund is a grant fund within the BBNP which supports innovative projects which take into account economic, environmental, community & cultural issues which improve the quality of life for communities in the park.

MIDDLETON – NATIONAL BOTANIC GARDEN OF WALES

address	Llanarthne, Carmarthenshire SA32 8HG
tel	01558 668768
email	info@gardenofwales.org.uk
web	www.gardenofwales.org.uk

The Garden of Wales is the first national botanic garden to be created in the UK for over 200 years. It is also an exciting new institution for Wales which aims to heighten visitors' awareness and understanding of the natural and manmade world. It is a place of international significance dedicated to conservation, horticulture, science, education, leisure and the arts. It is set in the former 18th century regency park of Middleton Hall in Carmarthenshire, a 568 acre estate on the edge of the Tywi valley. The Garden enjoys a pollution free environment, spectacular views of the surrounding countryside and a rich cultural heritage.

CAMBRIA ARCHAEOLOGY (DYFED ARCHAEOLOGICAL TRUST)

contact	Louise Austin
address	Shire Hall, Carmarthen Street, Llandeilo SA19 6AF
tel	01558 823131
email	cambria@acadat.com
web	www.acadat.com

CAMBRIA is the operating name of The Dyfed Archaeological Trust, an independent organisation and a charitable trust dedicated to the effective protection, investigation, recording and promotion of the historic environment. As regional archaeological curators Cambria Archaeology promotes the positive management of the Historic Environment of Carmarthenshire, Ceredigion and Pembrokeshire. Cadw: Welsh Historic Monuments provides grant-aid that enables Cambria to provide information, advice and assistance in understanding, appreciating and managing the historic environment of southwest Wales.

NATIONAL ORGANISATIONS

ENVIRONMENT AGENCY WALES

contact	Emma Killian
address	Carmarthenshire Environment Management Team, Plas Gwendraeth, Heol Parc Mawr, Crosshands, SA14 6RE
tel	01554 713614
email	emma-killian@environment-agency.gov.uk
web	www.environment-agency.wales.gov.uk

The Environment Agency was established in 1996 to protect and improve the environment and contribute towards the delivery of sustainable development, through the integrated management of our land and water. It is responsible for water resources, pollution prevention and control, flood defence, fisheries, recreation, conservation and navigation.

ARENA NETWORK

contact	Ceri Gullett
address	Llys Y Ddraig, Business Park, Penllergaer, Swansea, SA4 9HL
tel/fax	01792 550055/01792 550056
email	Ceri.Gullett@arenanetwork.org
web	www.arenanetwork.org

£ ARENA Network is a not for profit organisation providing environmental support to businesses across Wales. Through our Objective 1 funded programme, we are able to offer businesses assistance through our Clean Technology Grants to purchase equipment that would improve the company's environmental performance.

FORESTRY COMMISSION WALES

contact	Clive Davies
address	Victoria Terrace, Aberystwyth, Ceredigion, SY23 2DQ
tel/fax	01970 612367/01970 626177
email	fcwales@forestry.gsi.gov.uk
web	www.forestry.gov.uk/wales

£ The FCW promotes sustainable forest management to create a diverse range of woodlands, all sustainably managed, which support thriving forest industries, provide a range of social benefits and enhance the environment. We also offer grant aid towards the cost of woodland establishment and management.

GROUNDWORK WALES

address	20 Centre Court, Treforest Ind Estate, Pontypridd, Rhondda Cynon Taff, CF37 5YR
tel/fax	01443 844866/01443 844822
email	enquiries@groundworkwales.org.uk
web	www.groundworkwales.org.uk

Groundwork is a federation of Trusts in England, Wales & Northern Ireland, each working with their partners to improve the quality of the local environment, the lives of local people and the success of local businesses in areas in need of investment support. Groundwork's purpose is to build sustainable communities through joint environmental action.

ENVIRONMENT WALES

contact	Judith Cook
address	Princes Trust Cymru, 120 Broadway, Roath, Cardiff CF24 1NJ
tel/fax	02920 495737/02920 486968
email	Judith.cook@princes-trust.org.uk
web	www.environment-wales.org

£ Environment Wales is a partnership of organisations in the voluntary sector, and is funded by the Welsh Assembly Government, contributing to sustainable development by supporting and encouraging voluntary action to protect and improve the Welsh environment. Environment Wales has five different grant streams, which are available to community and voluntary groups.

NATIONAL CONSERVATION ORGANISATIONS

ROYAL SOCIETY FOR THE PROTECTION OF BIRDS

contact	Cathie Hasler
address	RSPB Cymru, Aren't Welsh Birds Brilliant! c/o Principality House, The National Botanic Garden of Wales, Llanarthne, Carmarthenshire SA32 8HG
tel/fax	01558 667162/01558 667139
email	catherine.hasler@rspb.org.uk
web	www.rspb.org.uk

The RSPB is the UK charity working to secure a healthy environment for birds and wildlife. We are a large membership organisation and our activities include conservation and reserve management, protecting wildlife sites also protecting a number of the UK's priority species.

NATIONAL WETLANDS CENTRE WALES (NWCW)

contact	Estelle Evans
address	Llanelli Centre, Penclacwydd, Llwynhendy, Llanelli SA14 9SH
tel/fax	01554 749325/01554 744101
email	Info.Llanelli@wwt.org.uk
web	www.wwt.org.uk

NWCW is one of nine Centres in the UK run by the Wildfowl & Wetlands Trust, a registered nature-conservation charity. The Site is acknowledged as one of the premier estuaries for Wildfowl & Waders in Wales. NWCW also highlights the need for water conservation and the importance of the wetlands to educational/general visitors via interactive activities, events and guided walks.

COUNTRYSIDE COUNCIL FOR WALES

contact	Beechwood Industrial Estate
address	Talley Road, Llandeilo SA19 7HR
tel/fax	01558 825800/01558 823467
email	enquiries@ccw.gov.uk
web	www.ccw.gov.uk

£ The Countryside Council for Wales is the government statutory adviser on sustaining natural beauty, wildlife and the opportunity for outdoor enjoyment in Wales and its inshore waters. It is also the national wildlife conservation authority.

ROYAL SOCIETY OF WILDLIFE TRUSTS

contact	Amy Underwood
address	The Kiln, Waterside, Mather Road, Newark, Notts NG24 1WT
tel/fax	0870 0361000/0870 0360101
email	grants@rsnc.cix.co.uk
web	www.rsnc.org

£ Royal Society of Wildlife Trusts (formerly know as Royal Society for Nature Conservation) support local, regional and national environmental projects, carried out by charities and not-for-profit organisations. In addition to managing and administering several grant giving schemes, RSWT also coordinates the strategic activities of The Wildlife Trusts throughout the UK including Biffaward funding, Hansons Environment Fund and the CRED (Community Recycling and Economic Development) Programme.

BUTTERFLY CONSERVATION (WALES)

contact	K Thomas
address	10 Calvert Terrace, Swansea SA1 6AR
tel/fax	08707 706153/08707 706154
email	kthomas.bcw@btconnect.com
web	www.butterfly-conservation.org

Butterfly Conservation is the UK charity taking action to save butterflies, moths and their habitats, and volunteer involvement is essential to our work. Within Carmarthenshire volunteers can help our work to save butterflies, moths and their habitats by recording butterflies and/or moths in their area, either as part of our Forestry Commission (Wales) surveys or our Species Challenge Fund project to search for certain UK Biodiversity Action Plan species. Working with a wide range of partners, Butterfly Conservation is taking action by giving advice to landowners, buying and managing land themselves, carrying out surveys for research and lobbying government.

ROYAL WELSH AGRICULTURAL SOCIETY

contact	David Walters
address	The Showground, Llanelwedd, Builth Wells, Powys, LD2 3SY
tel/fax	01982 553683/01982 553563
email	requests@rwas.co.uk
web	www.rwas.co.uk

The RWAS promotes agriculture, forestry, horticulture and conservation in Wales. It organises the Royal Welsh Smallholder and Garden Festival in May, the Royal Welsh Show in July, and the Royal Welsh Winter Fair in November.

**If you require this information in larger
print or any other alternative format
please contact the Sustainable
Development team at County Hall,
Carmarthen, SA31 1JP
Tel 01267 224902**