

## **Environmentally-friendly suppliers and service providers**

These suppliers and service providers have been identified by members of the Emmanuel community. Web sites and telephone numbers are included where possible. Several of these places have limited opening hours and these vary, so please check before visiting. Some online services have been included, along with web shops for more distant organisations.

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### Note

We hope that you find this listing useful. Please tell us if you find anything that disappoints.

If you have any other ideas please send these to [vaughan\\_pomeroy@hotmail.com](mailto:vaughan_pomeroy@hotmail.com) for inclusion in the next revision.

### Changes since last version

#### Added

Gamely Games  
Solo Wood Recycling  
Stripe and Stare  
Zero Waste Club

New

Under tab 7 we are adding some guides on particular topics, we hope that you find these interesting

## Organic Foods

	Name	Address	Tel number	web site	Comments	Recommended by
Meat	Tablehurst Farm	Tablehurst Farm, London Raod, Forest Row, RH18 5DP	01342 823173	<a href="http://www.tablehurstfarm.org.uk">www.tablehurstfarm.org.uk</a>	Community-owned farm and sister farm to Plaw Hatch, offers café and children's play area, animals to watch. Biodynamic and organic beef, lamb, chicken and pork, seasonal duck, turkey and venison	Vaughan Pomeroy
	Plaw Hatch Farm	PlawHatch Farm, Plawhatch Lane, Sharpethorne, East Grinstead, RH19 4JL	01342 810201	<a href="http://www.plawhatchfarm.co.uk">www.plawhatchfarm.co.uk</a>	Community-owned farm and sister farm to Tablehurst, offers café and children's play area, animals to watch. Biodynamic and organic beef, lamb, chicken and pork, seasonal duck, turkey and venison	Vaughan Pomeroy
	Romshed Farm	Romshed Farm, Bank Lane, Underriver, Sevenoaks, TN15 0SD	01732 463372	<a href="http://www.romshedfarm.co.uk">www.romshedfarm.co.uk</a>	Organic beef, lamb and chicken. Generally sold as half or whole anmla, butchered to your requirements.	Vaughan Pomeroy
Fruit and vegetables	Tablehurst Farm	Tablehurst Farm, London Raod, Forest Row, RH18 5DP	01342 823173	<a href="http://www.tablehurstfarm.org.uk">www.tablehurstfarm.org.uk</a>	Wide range, some grown on farm and others locally. Interesting range of spices and herbs.	Vaughan Pomeroy
	Plaw Hatch Farm	PlawHatch Farm, Plawhatch Lane, Sharpethorne, East Grinstead, RH19 4JL	01342 810201	<a href="http://www.plawhatchfarm.co.uk">www.plawhatchfarm.co.uk</a>	Wide range, some grown on farm and others locally. Interesting range of spices and herbs.	Vaughan Pomeroy
	Riverford	Wash Farm, Buckfastleigh Devon TQ11 0JU	01803 227227	<a href="http://www.riverford.co.uk">www.riverford.co.uk</a>	well established veg and fruit box scheme deliverd to your door (Thursdays for South Croydon currently) direct from the farm. UK only boxes available. Minimum packaging. No air freight. Also dairy and meat.	vaughan Pomeroy
	Abel and Cole		03452 626262	<a href="http://www.abelandcole.co.uk">www.abelandcole.co.uk</a>	well established fruit and veg box scheme, mostly organic and all non-air freighted. Now delivers a wide range of meat and fish, bakery, household etc.	Jeremy and Jerica Davies, Helen Squires
	Oddbox		0203 318 4987	<a href="http://www.oddbox.co.uk">www.oddbox.co.uk</a>	boxes of odd shaped and surplus fruit and veg direct from the farm	Rebecca Pickering, Helen Lewis-Jones
	Sutton Community Farm		07722 156097	<a href="http://www.suttoncommunityfarm.org.uk">www.suttoncommunityfarm.org.uk</a>	local fruit and veg box scheme with online ordering	Rebecca Pickering
Dairy	Tablehurst Farm	Tablehurst Farm, London Raod, Forest Row, RH18 5DP	01342 823173	<a href="http://www.tablehurstfarm.org.uk">www.tablehurstfarm.org.uk</a>	Cheese, raw milk, yoghurt and eggs	Vaughan Pomeroy
	Plaw Hatch Farm	PlawHatch Farm, Plawhatch Lane, Sharpethorne, East Grinstead, RH19 4JL	01342 810201	<a href="http://www.plawhatchfarm.co.uk">www.plawhatchfarm.co.uk</a>	Cheese, raw milk, yoghurt and eggs with dairy on site.	Vaughan Pomeroy
	Milk and More		0345 606 3606	<a href="https://www.milkandmore.co.uk">https://www.milkandmore.co.uk</a>	Orgnaic milk available, along with a range of groceries, delivered in glass bottles for reduced waste	Helen Squires

Groceries, etc	Noah	Unit 4, South Parade, Stafford Road, Wallington SM6 9MJ	0208 647 1724		Independent supplier of organic and local produce; providing herbal remedies, supplements, natural bodycare & eco household goods.	Vaughan Pomeroy
	Planta	30 Westow Hill, Upper Norwood, SE19 1RX	0208 761 3114	<a href="http://www.planta.co.uk">www.planta.co.uk</a>	Principally healthcare and vitamin supplements supplier but a reasonable range of organic foodstuffs, on the triangle by Crystal Palace and parking can be problematic but does mail order	Vaughan Pomeroy
	The Natural Way	10 High Street, Banstead SM7 2LJ	01737 371007	<a href="http://www.thenaturalwaybanstead.co.uk">www.thenaturalwaybanstead.co.uk</a>	Really helpful shop with good range of organic food, including fruit, seeds and nuts and flours. Some parking outside, does mail order	Vaughan Pomeroy
	Especialy Health	119 High Street, Sevenoaks TN13 1UP	01732 741181		Large range of organic foodstuffs, cereals, nuts, seeds, fruit and flours...and chocolate. Growing range of items sold loose. Local honey and eggs, latter from Fidelity at Romshed. Owned by Planta	vaughan Pomeroy
	Pedricks	41 Croydon Road, Caterham CR3 6PB	01883 212911	<a href="http://www.pedricks.co.uk">www.pedricks.co.uk</a>	The Pedricks shop in Caterham has a mainly organic food selection. There is also a small selection of fresh locally sourced fruit and veg produce. Plus some eggs and dairy, the milk (plastic free in glass bottles) is from Nutfield dairy. They have also recently introduced a delivery scheme ( free delivery ) so you can reduce your miles by not even having to drive to Caterham!! As an extra note they have a plethora of 'interesting' extras which don't necessarily fit one particular category eg, paper sticking tape, xmas gift or decoration ideas, bamboo toothbrushes and reusable lunchbox bags	Helen Squires, Rebecca Pickering

## Natural Health products

Name	Address	Tel number	web site	Comments	Recommended by
Noah	Unit 4, South Parade, Stafford Road, Wallington SM6 9MJ	0208 647 1724		Independent supplier of organic and local produce; providing herbal remedies, supplements, natural bodycare & eco household goods.	Vaughan Pomeroy
Planta	30 Westow Hill, Upper Norwood, SE19 1RX	0208 761 3114	<a href="http://www.planta.co.uk">www.planta.co.uk</a>	Principally healthcare and vitamin supplements supplier but a reasonable range of organic foodstuffs, on the triangle by Crystal Palace and parking can be problematic but does mail order	Vaughan Pomeroy
The Natural Way	10 High Street, Banstead SM7 2LJ	01737 371007	<a href="http://www.thenaturalwaybanstead.co.uk">www.thenaturalwaybanstead.co.uk</a>	Really helpful shop with good range of natural healthcare products. Some parking outside, does mail order	Vaughan Pomeroy
Epecially Health	119 High Street, Sevenoaks TN13 1UP	01732 741181		Large range of natural healthcare including vitamins and supplements. Owned by Planta	vaughan Pomeroy

## Ecological Homecare Products

Name	Address	Tel number	web site	Comments	Recommended by
Noah	Unit 4, South Parade, Stafford Road, Wallington SM6 9MJ	0208 647 1724		Independent supplier of organic and local produce; providing herbal remedies, supplements, natural bodycare & eco household goods.	Vaughan Pomeroy
Planta	30 Westow Hill, Upper Norwood, SE19 1RX	0208 761 3114	<a href="http://www.planta.co.uk">www.planta.co.uk</a>	Principally healthcare and vitamin supplements supplier but a reasonable range of organic foodstuffs, on the triangle by Crystal Palace and parking can be problematic but does mail order	Vaughan Pomeroy
Especially Health	119 High Street, Sevenoaks TN13 1UP	01732 741181		Large range of natural cleaning fluids and products, including soap nuts. Growing range of refills available. Owned by Planta	Vaughan Pomeroy
Who Gives a Crap	2 London Wall Place, London EC2Y 4AU		<a href="https://uk.whogivesacrap.org/collections/all">https://uk.whogivesacrap.org/collections/all</a>	Toilet paper, kitchen roll and tissues, no plastic, delivered to your door	Clare Buchanan

## Refilling and Zero waste

Name	Address	Tel number	web site	Comments	Recommended by
Especially Health	119 High Street, Sevenoaks TN13 1UP	01732 741181		Large range of natural cleaning fluids and products. Range of pulses, flours, dried fruit, nuts and seeds sold loose. Growing range of refills available. Owned by Planta	vaughan Pomeroy
Pedricks	41 Croydon Road, Caterham CR3 6PB	01883 212911	<a href="http://www.pedricks.co.uk">www.pedricks.co.uk</a>	real zero waste shop selling a range of food and healthcare products with no packaging	Helen Squires, Rebecca Pickering
Pantry Project		07564 592368	<a href="http://www.pantryproject.co.uk">www.pantryproject.co.uk</a>	order, drop off your containers and wait for your delivery of refills, cooking ingredients, dried fruit, grains and cereals etc etc. Also household cleaning and tinned foods. Pick up and drop off hub at The Little Coffee Shop.	Rebecca Pickering
The Zero Waste Club			<a href="http://www.z-w-c.com">www.z-w-c.com</a>	wide range of zero waste products, mostly homeware	Gillian Yates
Horsham Repair Café	Quaker Meeting House, Worthing Road, Horsham RH12 1SL	7780701184	<a href="http://www.horshamrepaircafe.org.uk">www.horshamrepaircafe.org.uk</a>	refill service for eco-friendly cleaning products from major brands including Kingfisher toothpaste and Ecover	Rebecca Pickering
Ascension Church Balham	23 Marlwood Road, Balham SW12 8EN	0208 473 0120	<a href="http://www.parishcoffee.org">www.parishcoffee.org</a>	refilling of shampoo and conditioner, soaps and household cleaning fluids	Rebecca Pickering
Approved Foods			<a href="https://www.approvedfood.co.uk">https://www.approvedfood.co.uk</a>	offers a wide range of surplus but still usable standard items, nothing beyond its use by date	Rachel Smith

## Recycling and Repurposing

Name	Address	Tel number	web site	Comments	Recommended by
Recycle4charity			<a href="https://www.recycle4charity.co.uk">https://www.recycle4charity.co.uk</a>	can assign the 'donation' to any charity, takes printer cartridges and mobile phones	Vaughan Pomeroy
Jamies Computers	Southampton		<a href="https://jamies.org.uk">https://jamies.org.uk</a>	takes all computers and peripherals for responsible recycling and repurposing. All profits go to the biggest homeless charity in Hampshire. I take a car load down when visiting the university.	Vaughan Pomeroy
Horsham Repair Café	Quaker Meeting House, Worthing Road, Horsham RH12 1SL	7780701184	<a href="http://www.horshamrepaircafe.org.uk">www.horshamrepaircafe.org.uk</a>	repair service for various items, mostly small electrical, also specialist recycling including single use plastics.	Rebecca Pickering
CPC Computer Recycling	Parkwood Industrial estate, Byers Lane, Godstone RH9 8JJ	01923 731222		Take old pcs, screens, printers, phones and cables and repurpose for developing countries and donate profits to the local hospice	Bob Beaument
Sole Wood Recycling		07444 729521	<a href="http://www.solowoodrecycling.co.uk">www.solowoodrecycling.co.uk</a>	good range of timber products available for reuse	Simon Smith



## Online shopping

Name	Address	Tel number	web site	Comments	Recommended by
Plastic Free	Newquay, Cornwall		<a href="https://www.plasticsfree.co.uk/why-plastics-free">https://www.plasticsfree.co.uk/why-plastics-free</a>	Wide range of zero waste products for home cleaning, washing and personal use	Rachel Smith
Centre for Alternative Technology	Machynlleth, Wales		<a href="https://store.cat.org.uk">https://store.cat.org.uk</a>	Range of eco-products for the home and garden, along with excellent books and educational gifts	Vaughan Pomeroy
Fattoria La Vialla	Tuscany, Italy		<a href="http://www.lavialla.it">www.lavialla.it</a>	Straight from the farms, range of organic Italian wines, sauces, pasta and olive oil. Christmas and gift hampers. Delivered very quickly	Vaughan Pomeroy
Ethical Superstore	Marlow, Buckinghamshire		<a href="https://www.ethicalsuperstore.com">https://www.ethicalsuperstore.com</a>	more or less everything	Alexander Lewis-Jones
Buy me once	London SE1		<a href="https://uk.buymeonce.com">https://uk.buymeonce.com</a>	buy for life clothing and homeware	Alexander Lewis-Jones
Oddbox			<a href="https://www.oddbox.co.uk">https://www.oddbox.co.uk</a>	buy a box of veg and fruit that would go to waste direct from the farm	Helen Lewis-Jones
Alara Wholefoods	108-112 Camley Street, London N1C 4PF		<a href="http://www.alara.co.uk">www.alara.co.uk</a>	suppliers of muesli and porridge in ecologically sound packaging	Jeremy Davies
Stripe and Stare			<a href="https://stripeandstare.com">https://stripeandstare.com</a>	underwear and lounge wear made from wood pulp and sustainable resources.	Gillian Yates
Who Gives a Crap	2 London Wall Place, London EC2Y 4AU		<a href="https://uk.whogivesacrap.org/collections/all">https://uk.whogivesacrap.org/collections/all</a>	Toilet paper, kitchen roll and tissues, no plastic, delivered to your door	Clare Buchanan
Gamely Games			<a href="https://gamelygames.com">https://gamelygames.com</a>	environmentally-friendly games with minimal plastic content and with the company donating a part of the profit to charity	Jerica Davies
Charity web shops	Leprosy Mission,			Many charities offer ethical and environmentally-friendly products through the web shops. It is useful to check on countries of origin, think about transportation impact and about the working conditions of the people making the products. Most of the bigger charities are probably doing the due diligence checks.	

## **Reducing plastic pollution**

There has been a great deal of publicity about the damage that is being done to the environment by the disposal of plastics used in food wrapping. Fortunately, there are now different materials, still plastics in many cases, that offer the terminology is very confusing. These notes are based on a recent publication by Riverford Organic Farm, the operator of one of the larger box schemes.

It is possible to use compostable mailing wrappers as food waste bags and place these into the kerbside collection bin with other compostable plastics within a suitable 'bag' to avoid the bin being left unemptied if it looks to contain plastic food waste for collection by the local council.

### ***Degradable plastics***

Degradable or oxo-degradable plastics break down into smaller pieces but never completely break down into water, carbon di-oxide, organic matter and micro-plastics which can cause environmental damage. Oxo-degradable plastics can be broken down but only using chemicals that also are detrimental to the environment.

### ***Biodegradable plastics***

Biodegradable plastics do break down into water, carbon di-oxide and organic matter but the process is slow in a home composting system and in the absence of some specific conditions they can lead to partial breakdown leaving

### ***Compostable plastics***

Compostable plastics break down to water, carbon di-oxide and organic matter like biodegradable plastics but leave no residues. There are several types of compostable plastics. Some require the higher temperatures of industrial composting systems (unlikely that a traditional compost heap will ever get hot enough). Typically the breakdown temperature is 50°C or hotter. Plastics marked as 'home compostable' will degrade at more achievable temperatures of 20 - 30°C, in reality any home compost arrangement. The plastics should disappear in a couple of months, possibly a

The conclusion is that you have to be careful to understand exactly which type of plastic is being used! Certain types of plastic wrappers for magazines and some of the single use plastic food wrapping will degrade quite quickly but others can hang around and become a bit of a nuisance!

Most plastics are not clearly marked but some mailing companies do tell you on the wrapper or on the public information leaflet about composting. There are some standard logos in use as follows:

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#### **Compostable**

Products certified to be industrially compostable according to the European standard EN 13432/14955 may bear the 'seedling' logo.

Never place compostable plastic into the recycling with other plastics; as it is designed to break down it cannot be recycled and contaminates



recyclable plastics. Plastics that carry this symbol can be recycled with your garden waste through your local authority.

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### **Home composting**

In addition to the seedling symbol for industrial composting, you may see this one which means that it is suitable to be home composted.



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Please be careful to separate plastics before recycling into the various types. Some such as milk bottles and reused. However, degradable plastics will contain materials that make a recycled plastic unusable, as we do