



Here in Scotland we are using up the world's resources too quickly. And climate change is one of the symptoms of the way we are living beyond the planet's means.



But we can all do our bit to conserve resources and combat climate change. If we all consume more wisely, save energy and cut down on our waste we can produce less carbon dioxide, reduce our impact and tread more lightly on the Earth.



The Pocket Green Guide provides bite-sized information that will help you start making a difference today. It offers a concise explanation of the issues and shows how each one of us can be part of the solution. It's full of advice to make your life greener. And the directory lists a range of companies and organisations that offer goods and services for a more planet-friendly lifestyle.

It's all about greener living to protect Scotland, the planet and our natural resources.

# The Pocket **GREENGUIDE** for Scotland

**Packed with  
advice, tips &  
information to  
help you combat  
climate change  
and make your  
life greener**



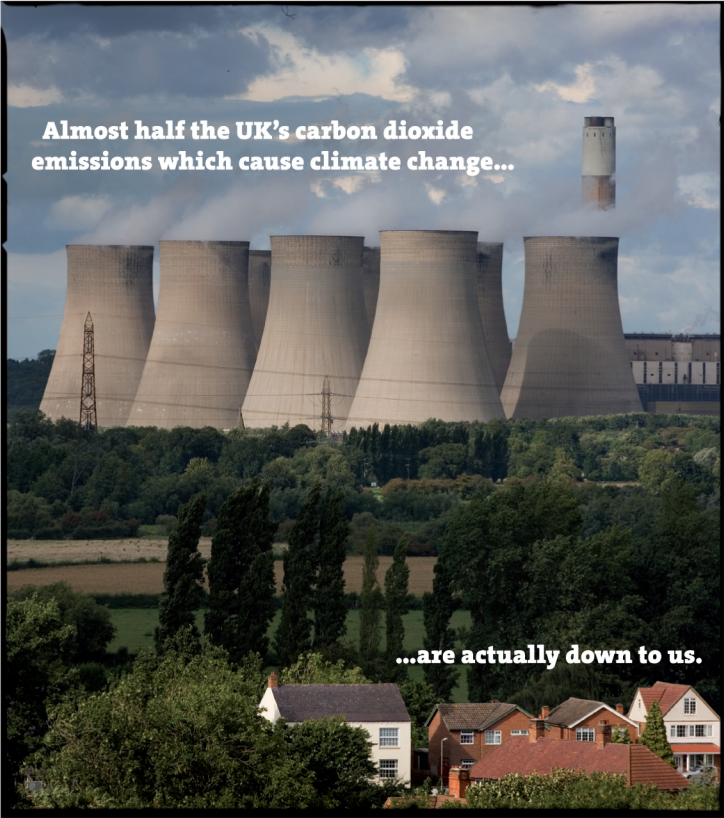
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**Almost half the UK's carbon dioxide emissions which cause climate change...**

**...are actually down to us.**

# The Scottish Executive supports The Green Guide for Scotland.

## It's our future.

[www.infoscotland.com/ourfuture](http://www.infoscotland.com/ourfuture)

For free and impartial advice, call your Local Energy Efficiency Advice Centre on freephone 0800 512 012 or visit [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)



It's our future.  natural scotland  
SCOTTISH EXECUTIVE



# The Pocket Green Guide for Scotland

This Pocket Green Guide provides some simple solutions to one of the most pressing problems facing Scotland and the world today. Our modern consumer society is living way beyond the planet's resources. And climate change, so much in the news nowadays, is the most obvious symptom of this problem.

We can all do our bit to conserve resources and combat climate change. If we consume more wisely, save energy and cut down on our waste we will produce less carbon dioxide, reduce our impact and tread more lightly on the Earth.

The Guide provides bite-sized information that will help you start making a difference today. It offers a concise explanation of the issues and shows how each one of us can be part of the solution. It's full of advice to make your life greener. And the directory lists a range of companies and organisations that offer goods and services for a more planet-friendly lifestyle. It's all about greener living to protect Scotland, the planet and our natural resources.

*This edition for Scotland has been published in collaboration with WWF Scotland – part of the global WWF network, an international environmental organisation working in over 100 countries worldwide. WWF Scotland works to build long-term solutions to environmental problems for the benefit of people and nature.*

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share it with your friends and family!***

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Free copies of this Guide are available from organisations across Scotland. Please contact Markham Publishing at the address above for a list of outlets. A PDF version can be downloaded free of charge from [www.greenguide.co.uk](http://www.greenguide.co.uk) and from WWF Scotland's website at [www.wwfscotland.org.uk](http://www.wwfscotland.org.uk)

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# WWF - Not just about pandas

## Welcome,

WWF is one of the world's most influential environmental organisations, developing and promoting solutions to the complex environmental challenges facing us all. Although WWF is well-known for its work to protect endangered species, this is just part of what we do.

Climate change, threats to natural resources and rising energy use are just some of the issues that are a growing global concern. However, the origins of these problems often lie in developed countries, including Scotland, where our own lifestyles in terms of the food we eat, the waste we produce and the way we travel can have a negative impact on the planet.

WWF Scotland is working on these issues from a Scottish perspective by seeking to influence policy, providing solutions through practical demonstration projects and gaining public support and involvement. By acting locally with WWF Scotland you can make your voice heard and be part of the solution.

Find out how by reading this Pocket Green Guide.

To support our work see pages 28-30, call 01350 728200 or visit [www.wwfscotland.org.uk](http://www.wwfscotland.org.uk).

**Go on, join in – and start making a difference today!**



From its offices in Dunkeld WWF Scotland works to build long-term solutions to environmental problems © WWF Scotland



We can all play a part – just like this young girl pledging to do her bit to combat climate change © WWF Scotland / G DOAK

## About the Green Guide

The Green Guide is about changing our patterns of consumption and seeking out greener, natural and ethical alternatives to every conceivable type of product and service. It's about buying more wisely, consuming less, wasting less, thinking through the consequences of our purchases. It's about reducing our impact on the planet and our fellows by making choices that are better for us, better for the environment, and better for other people.

The first edition covering London appeared in 1993. Since then the Green Guide has grown in scope and now covers the whole of the UK with a series of nine regional Guides and a range of special editions. Our directory of 12,000 green and ethical goods, services and organisations is the most comprehensive in the UK.

Find out more at [www.greenguide.co.uk](http://www.greenguide.co.uk)

# One World is not Enough

You can't have helped but notice that there has been a lot of talk recently about how we are using up the world's resources too quickly. Every day there is a story in the news about rising oil prices, global warming, dwindling fish stocks, growing waste mountains, water shortages, pressure on the countryside to build more homes, forests cleared to make way for farmland, and famine, drought and disease in other, poorer countries. In Scotland we may be shielded from some of the worst problems but the pressure is now on us all to make changes in the way we consume, the energy we use and the waste we produce.

If everyone in the world were to consume at the same rate as we do in Scotland we would need the resources of three planets. So we simply cannot keep up this rate of consumption. The footprint we leave on the planet – the impact each one of us makes on the earth's resources – is getting bigger and bigger. And with the growth in the global human population, projected to be as much as 9 billion people by 2050, we face a daunting future if we don't address the situation now. If we carry on as we are there just won't be enough to go around.

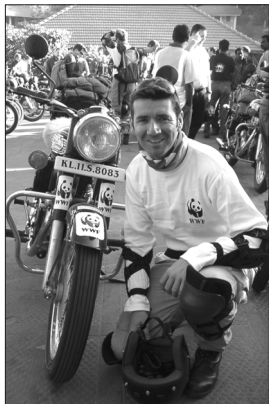
So we all need to think about our environmental impact, from everyday actions like travelling to work and buying food to bigger things like the way we build our homes and how we go on holiday. Our current lifestyles are simply not sustainable! But we can measure our individual impact through our Ecological Footprint (see page 12) and this Green Guide shows you what you need to change, and how to make a start. We all have a part to play to protect our future – and that of our children. Many of the solutions are remarkably simple and just common sense. Many of them will actually save you money too. And some are easy enough for you to start today.



**Singer Sandi Thom helps raise awareness about climate change in Glasgow © WWF Scotland**

But it's not just about what we do as individuals and families. To really get to grips with our over-use of resources we need to engage with government both locally and nationally. We need to get our local communities involved and we need to work together. A good starting point is to join WWF Scotland's campaigning work – helping them spread the word about the need for change. Visit [www.wwfscotland.org.uk](http://www.wwfscotland.org.uk) and find out how to get involved.

If we all start to take a few small steps it will soon add up to a giant leap towards more sustainable living. Don't be daunted by the scale of the problems – we can all be a part of the solution. The important thing is that we don't delay and that together we begin to reduce our impact on the Earth's resources today.



**Scottish sports commentator Dougie Vipond raises funds for the work of WWF Scotland © WWF Scotland**

# The Scale of the Problem

Our rising standards of living and current economic development are already compromising our future because we are using up resources too quickly. And with countries like China, India and Brazil, all with massive populations, rapidly catching up with the developed Western countries the problem is only going to get worse.

Since the early 1970s humankind has been overdrawn at the bank of Earth's resources. We take out more than Mother Earth can provide, and the withdrawals are getting bigger. Some of the consequences of being overdrawn are already upon us: climate change, deforestation and species loss, to name a few. Just as importantly these withdrawals are not shared equitably amongst the human family, storing up tensions that will resonate globally.

The facts are staggering. We are losing our natural forests at the rate of 30 acres per minute. Over-pumping of groundwater exceeds natural recharge rates by 160 billion cubic metres and 70% of freshwater



Producing electricity from renewable sources like this wind farm is one way we can live more sustainably  
© WWF Scotland / S MORGAN

sources are seriously contaminated or degraded. By 2025 two-thirds of the world's population will be short of water. Our planet simply cannot keep up with us. And the gap between the rich and poor nations is widening.

The rich Western nations use 58% of global energy production and own 92% of the world's private cars, but account for just 20% of the population. There are still two billion people living with no household electricity or telephone and the poorest 20% of the world's population meet their energy needs by cutting down trees more quickly than they plant them.



**Walking more and cycling are not only healthier – they will reduce your impact on the planet**  
© WWF Scotland / S MORGAN

So not to put too fine a point on it, our current rate of consumption is eroding the very fabric of our planet and will ultimately threaten our long term survival. Globally we need to develop an economic system that allows us to use resources sustainably and more fairly. Former UN Secretary-General Kofi Annan stated that 'globalisation of the economy implies globalisation of responsibility'. So living sustainably means being more responsible to our planet, its resources and our fellow humans. We need to live in a way which meets the needs of the present without compromising the needs of the future.

On a personal level, we can all be more sustainable – by switching to a renewable electricity supplier, by consuming less, by being energy-efficient and by cutting back on our car use. Our individual actions can make a difference!



**Sustainable living means making our homes more like this energy-efficient house at Findhorn** © WWF Scotland / J WESTON

# Climate Change

The climate is changing and our planet is getting warmer. More carbon dioxide and other 'greenhouse gases' are being released into the atmosphere due to human activities. Because of this, a delicate atmospheric balance has been altered which means more of the sun's heat is absorbed by the planet rather than reflected back into space. Scientists across the world have now reached a consensus that climate change is man-made and that it's up to us to do something about it.

In April 2007 the United Nations Intergovernmental Panel on Climate Change (IPCC) released its Fourth Assessment report on global warming. Its warning is stark: unless we cut down on the amount of carbon dioxide released into the atmosphere we face dire consequences. In its worst-case scenario, if we do nothing, average global temperatures may rise by over 6 degrees by 2100. This will lead to rising sea levels which will swamp coasts, increase the severity of storms and droughts, extinguish species and cause economic depression. By contrast the Stern Report states that if we spend just 1-3% of current GDP to combat climate change, we can avoid the worst effects.

We can't stop climate change happening but we can still stop it getting worse – if we act now. We need to go on a carbon diet – and going green is the best way of cutting down. The average Briton produces around 10 tonnes of carbon dioxide per year and we need to cut our average to just over 4 tonnes by 2050.

There are many ways that you can change your lifestyle to reduce your carbon dioxide emissions and combat climate change – from insulating your home to cutting back on flights. Read on through this guide to find out more.

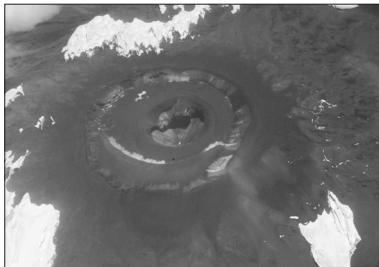
## **Current impacts of climate change**

**It's getting hotter and spring is coming earlier in the UK.** The Met Office has confirmed that April 2007 was the warmest in the UK since records began in 1659 and observers throughout the UK have noted that plants are appearing earlier after winter each year.

### **All over the world glaciers and snow caps are retreating.**

Kilimanjaro in Africa – literally the 'mountain of snow' – has lost more than 80 per cent of its ice sheet since 1912 and the last snows will probably have gone by 2020.

Recent news from China says that glaciers covering the massive Qinghai-Tibet Plateau are shrinking by a shocking 7 per cent per year. As many Chinese in the area get their drinking water from the annual ice melt, once the glaciers are gone millions will be left with no fresh water source.



**Aerial view of Mount Kilimanjaro's crater –  
100 years ago this was covered in snow  
© WWF-Canon / John E. NEWBY**

**Sea levels are rising** – by as much as 3mm per year – because of this ice melt and because the seas are getting warmer – an effect called thermal expansion. The Arctic and Antarctic are beginning to recede and this process is speeding up. Many polar scientists now believe that before the end of the current century the Arctic icecap will melt entirely during the summer months

**Rising sea levels threaten low-lying countries** like the Netherlands and Bangladesh, and island states in the Pacific like Tuvalu will soon



Parched land due to drought in the  
'Sebkhra de Kelbia' lagoon in Tunisia  
© WWF-Canon / M GUNTHER

be swamped by the sea and lost. Cities like New York and London are also under threat.

**Droughts are on the increase** – much of Australia's prime farm areas are enduring the worst drought in 100 years. The Reserve Bank of Australia predicts that the drought will slow economic growth,

as a result of a drop in farming output, with annual economic growth falling from 1.9% to 1.15%.

A corollary of increased drought is **the increase in severe rains and flooding** due to heavier than normal rainfall as climate variations become more pronounced. Heat waves, too, will become more extreme. The heat wave across Europe in 2003 was directly responsible for nearly 30,000 deaths.

As the seas warm up more energy is released into the atmosphere which causes **more violent hurricanes and typhoons**. The effect of Hurricane Katrina on New Orleans in August 2005 was catastrophic. There are still more than half a million climate refugees unable to return to the city. The total cost of the damage has been estimated at over \$80 billion.

# What is an Ecological Footprint?

Whether you drive or cycle to work, live off take-aways or support your local farmers' market, compost your waste or ignore recycling, your lifestyle choices influence the size of your footprint.

An Ecological Footprint describes how much of the Earth's natural resources are used in all our activities. It can apply to an individual, a community or a country. The footprint adds up all the resources we consume, like land, food, oil and timber, and how much waste and pollution we make. The larger our footprint, the larger our impact on the Earth's resources.

The average individual footprint in Scotland is 5.37gha (global hectares) – slightly above the UK average. If everyone on Earth had this footprint we would need three planets to supply all the resources we need. So our goal in Scotland and around the developed world is to reduce the size of our footprint to 1.8gha. If everyone had a footprint of this size we could live well within the means of our one planet.

## How big is your Footprint?

You can use the Footprint Quiz on the following pages to get an idea about your impact on the planet and its resources.

For a more accurate measure of your footprint visit <http://footprint.wwf.org.uk> and try out WWF's new footprint calculator.



Take our quiz to measure your footprint

© WWF-Canon / Chris Martin BAHR

# Measuring your own Ecological Footprint

Every one of us in Scotland has an impact on the world's resources – whether an individual or a business, a child or an adult. The lifestyle choices we make every day and the policies formed by government affect the quality of our global environment. Try this simple test to see how big a footprint you have – then use the results and the suggestions in the following pages to guide you in the changes you want to make to reduce your footprint.

## Your Home

*Number of people you live with:*

- A** more than 4 people
- B** 1-4 people
- C** by yourself

*House size you live in:*

- A** flat/terrace
- B** semi-detached house
- C** detached house

*Energy source – your electricity comes from:*

- A** green electricity or renewable sources
- B** some renewable energy
- C** all from non-renewable sources (oil, gas and coal)

*Energy efficiency – your home is:*

- A** well insulated, double glazed and fitted with energy saving devices
- B** moderately insulated and part double glazed
- C** not insulated and not double glazed

*Recycling – each week you:*

- A** recycle all your waste, including glass, paper, plastics, metal and organic waste
- B** recycle some of your waste
- C** recycle none of your waste

*Waste – each week you produce on average:*

- A** about 1 bin bag
- B** about 2 bin bags
- C** about 3 bin bags

## **Your Travel**

*You travel mainly by:*

- A** foot/cycle
- B** public transport
- C** car

*Each week you travel approximately:*

- A** 0-50 miles
- B** 50-150 miles
- C** More than 150 miles

*You fly on average each year:*

- A** 0 hours
- B** 1-10 hours
- C** More than 10 hours

## **Your Food**

*How much of the food you eat is processed:*

- A** none of it
- B** some of it
- C** all of it

*On a weekly basis you:*

- A** compost all of your organic kitchen waste (including via council collection schemes)
- B** compost some of your kitchen waste
- C** don't compost at all

*How many times a week do you eat meat or fish*

- A** never – you are vegan or vegetarian
- B** 3-4
- C** more than 7 times

***Now turn over the page to see how you have done!***

## How big is your footprint?

Count up your answers as A, B or C.

**Mostly As** Congratulations! As an individual, you're already doing your bit

**Mostly Bs** Not bad, but if everyone lived like you we would still need around three planets to sustain ourselves

**Mostly Cs** Oh dear! if everyone lived like you we would need around four or more planets to sustain ourselves

## What next – persuading governments to act

Even if you follow all the advice in this Guide, you will still be consuming at the equivalent level of two planets. To get consumption down to a sustainable, one planet level we need to persuade governments locally and nationally to tackle the big issues such as housing, energy production, transport and infrastructure. Ultimately it is only as part of a community and through government that we will resolve our over-use of resources.

### Join WWF's campaign work!

Support WWF's campaign to reduce Scotland's footprint.

Visit [www.wwfscotland.org.uk](http://www.wwfscotland.org.uk) or phone on 01350 728 200 to find out how you can make a difference



# Go Green in a Fortnight!

Nobody expects you to change your lifestyle overnight – that just isn't practical – but we are all going to have to make changes in the next few years.

While we need policy changes from government to tackle the big issues, we can make changes to our own behaviour that will put us on the path to sustainable living. The suggestions here and over the next few pages include just some of the actions we can take as individuals and families to reduce our footprint. The key things to bear in mind are to consume less and to become more energy and resource-efficient.

We start here with a series of small steps that will break your unsustainable habits and make you think about resources in a more sustainable way. If you follow the 14 simple actions, doing one a day, you can become greener in a fortnight. These smaller steps will prepare you for the larger steps that need to follow.

- Day 1. Turn off the tap when you clean your teeth** – you don't need to run the water while you are brushing. The amount you save will be small but it does add up over time. More importantly this is one of those habit-busters – you are training yourself to think differently about resources, using only what you need and wasting less. Once learnt, you can apply this to every area of your life.
- Day 2. Bin the plastic bag** – next time you go shopping, take your own carrier bag and refuse the ones offered at the checkout. If you need a bag, buy a 'bag for life' that you can reuse.
- Day 3. Turn your heating down by one degree** – you won't notice the difference but you will save energy and cut your bills.

- Day 4. Boil less** – when you make a hot drink, don't fill the kettle to the top but just boil what you need. It's much quicker, too. Overfilling kettles wastes £1 million of energy in the UK every week – see [www.ecokettle.com](http://www.ecokettle.com)
- Day 5. Always cover pans when cooking.** It uses less energy and speeds up the process.
- Day 6. Turn off all electronic machines left on stand-by** – like TVs, videos, hi-fis, DVD players and anything else with a stand-by function. It's estimated that if everyone on the UK did this we could shut down two power stations with the reduction in required energy. Unplug your mobile phone charger when not being used to charge your phone – the charger still consumes energy if plugged in.
- Day 7. Buy local, seasonal food** – and purchase items with less packaging. Start with a few items – it's not difficult and might make shopping less of a chore. You'll be surprised how much nice, fresh stuff you discover!
- Day 8. Recycle more!** – you may already be recycling your bottles and newspapers, but contact your local council to find out about all the other items they can recycle at their recycling depots. You can also take your unwanted clothes, books and toys to charity shops. They can raise money, you clear clutter and your unused items find new homes and purposes.
- Day 9. Walk rather than drive on short journeys** – next time you need to go somewhere less than a mile away – walk there. It's healthier, cheaper, probably not that much slower once

you've had to find somewhere to park, much less stressful and will reduce your carbon footprint immediately.

**Day 10. Flush less** – fit a Hippo water saver in your cistern and save around 3 litres a flush or around 6,000 litres per year per person. Available from [www.hippo-the-watersaver.co.uk](http://www.hippo-the-watersaver.co.uk) – but you can also put a brick in your cistern instead.

**Day 11. Buy planet-friendly, biodegradable detergent** for all your household cleaning needs – including laundry, dishwasher, kitchen, bathroom and even your toilet. Ecover ([www.ecover.com](http://www.ecover.com)) is widely available in supermarkets and organic stores or try mail order suppliers like WWF's Earthly Good catalogue – visit [www.wwf.org.uk/shop](http://www.wwf.org.uk/shop)

**Day 12. Hang your clothes out to dry** and try to stop using the tumble dryer. Your clothes will smell fresher if you dry them outside and you will save both money and energy.

**Day 13. Buy energy-saving light bulbs** and replace your most often used conventional ones. It costs a bit more upfront but each light bulb can save you up to £7 per year and make 75% energy savings.

**Day 14. Switch to a green and renewable electricity supplier.** If you do it online it will take you no more than 10 minutes. Find out more at [www.greenelectricity.org](http://www.greenelectricity.org) which provides consumers with up-to-date and independent information on all of the green electricity tariffs available in the UK.

# Make a Difference - Food and Shopping

Buying organic, seasonal and locally-produced food and drink will make your footprint smaller. This is because the food you consume will be produced in a way that is more environmentally-friendly, does not have to travel as far to get to you and does not require additional energy and resources to be produced out of season.

Cooking food from scratch is also a good way to cut down your food footprint – as processed and prepared foods take a lot of energy to produce and tend to use lots of unnecessary packaging. You'll also probably find that preparing and cooking your own food costs you less. By cutting down on the processed foods you eat you'll be making a saving for the planet as well as for your pocket – and it's healthier for you!

When we talk about food miles we mean the resources used to get food from producer to plate. Food now travels from all over the world to our supermarkets. Avoiding foods that have been airfreighted and buying locally where possible cuts down on the food miles and has a great impact in reducing your footprint. Locally produced food also requires much less packaging and storage – again reducing your footprint.

Organic food production needs much less energy than conventional farming as it does not rely on energy-intensive pesticides and fertilisers. Organic farms tend to have higher standards of animal welfare. And organic farmers also tend to take more care of the natural environment, such as by encouraging native species and biodiversity.



# Reduce your food footprint

- Support your local farmers' market – buy food in season from producers local to you. To find your nearest farmers' market in Scotland visit the website of the Scottish Association of Farmers' Markets at [www.scottishfarmersmarkets.co.uk](http://www.scottishfarmersmarkets.co.uk).
- Reduce your food miles. Avoid air-freighted foods and buy local and regional foods. Check out the different varieties of fresh fruit and vegetables that are available in your local stores and buy direct from farms, farm shops, farmers' markets and vegetable box schemes – or grow your own!
- Reduce pesticide pollution by supporting organic farmers.
- Think globally. If you are buying produce from overseas look for the Fairtrade Mark – it ensures the farmers and workers get a fair deal.
- Buy MSC-certified fish to make sure it has come from a well-managed fishery and has not contributed to overfishing.
- Support welfare-friendly farming. Purchase free-range dairy, eggs and meat and, if you can't find any, ask your store to stock some.
- Have your groceries and provisions delivered to your home.

## **Campaign online for WWF!**

Join thousands of online campaigners and help us achieve real change on environmental issues. Visit [www.wwf.org.uk/oneplanet/campaign\\_online.asp](http://www.wwf.org.uk/oneplanet/campaign_online.asp) or contact the WWF Scotland office on 01350 728 200.

# Make a Difference - Energy & your Home

Concern about carbon dioxide emissions from power stations which burn fossil fuels to produce electricity has led to a demand for cleaner sources of energy such as wind, tidal and solar power. There are now several utility companies providing electricity produced from renewable sources and switching your supplier has never been easier. Find out more at [www.greenelectricity.org](http://www.greenelectricity.org)

But as well as switching to renewable and sustainable energy generation, we also need to cut down on the amount of energy we use and the amount we waste. We need to become much more energy-efficient.

Making sure your house is well-insulated and using energy efficient appliances can have a dramatic effect on your footprint. Many of the tips suggested can just as easily be applied to your workplace and office – so encourage your bosses and workmates to adopt energy-efficiency practices and start saving today.

You can also reduce the energy footprint of your home by using eco-friendly and sustainable materials when building from new or when refurbishing and decorating. These kinds of materials minimise the energy used to produce them and come from sustainable and renewable resources.

Always look out for FSC-certified wood products – this means the timber has come from sustainable sources. And rather than buying new products for your home you could look for recycled, salvaged and antique objects and furniture.



# Reduce your energy footprint

- Fill in the holes – around 33 per cent of the heat lost in your home is through walls, so insulating them can be the most cost-effective way to save energy in the home – and you could save up to £100 on your annual heating bills!
- Look after your boiler – condensing boilers are the most energy efficient and will save around a third on heating bills – see [www.boilers.org.uk](http://www.boilers.org.uk).
- Stay cool – with your fridge and freezers. Don't leave the door open longer than necessary, avoid putting hot food into the fridge, defrost the freezer regularly and check the door seals.
- Check the logo – look for the energy rating logo when you're buying new electrical appliances. Replacing an old fridge with a new energy efficient one could save you up to £35 every year – but make sure you dispose of that old fridge responsibly.
- Buy energy efficient light bulbs – swap ordinary bulbs for energy saving ones. They can last 12 times longer and each bulb could save up to £7 on your annual electricity bill. And switch off lights when they are not needed.
- Take a Home Energy Check – use the online home energy check at the Energy Saving Trust's web site – [www.est.org.uk](http://www.est.org.uk)

## **Be an eco-shopper!**

WWF's Earthly Goods Catalogue offers a more 'natural' alternative for the environmentally aware shopper. Visit <https://shop.wwf.org.uk> or phone 01483 426 444 for your free catalogue.

# Make a Difference - Waste & Recycling

In Scotland we produce a massive 15 million tonnes of rubbish a year – that's one and half bags of refuse per person for every day of the year! This rubbish goes into landfill sites – sites where the stuff we throw away is dumped. Landfill sites are ugly, noisy and smelly for the people who live near them and cost a lot to run.

Fortunately, there is a lot we can do to address this. Domestic recycling rates now stand at about 25 per cent but this figure could be increased much more. Further reductions on rubbish going to landfill can be achieved through reusing and composting.

Waste volumes are continuing to grow at around 2-3% per year. We must stop this growth and produce less waste in the first place. Recycling alone is not sufficient to reduce our footprint unless we cut down on the total amount of waste at the same time.

You can start to reduce your waste footprint by following the simple steps on the following page – before you know it there won't be much left to put in your wheelie bin! Bear in mind that some things you no longer need, like furniture, can find a useful home elsewhere. What you consider junk can be valuable to someone else.

Do take care with products like batteries, oil and paint. Talk to your local council recycling department who will be able to suggest how such items can be recycled or disposed of safely, without damaging the environment. For instance, one litre of engine oil can contaminate one million litres of fresh water if poured down the drain.

# Reduce your waste footprint

## Reduce

- Try to purchase products that are loose rather than pre-packaged.
- Minimise the amount of packaging you use by buying in larger containers if practical, refusing wrappings and reusing carrier bags.

## Reuse

- Some products can be bought in containers which you can reuse around the house.
- Choose reusable bags instead of a new carrier bag every time.
- Repair broken items rather than throwing them away. Remember that things you no longer need could be used by others – charity shops are a good way for you to find a new home for your unwanted items.

## Recycle

- Call your council for details of their kerbside recycling collection schemes or use your nearest recycling point for glass, paper and cans. Drop off your recyclables next time you go shopping.
- When you shop, check for recycling symbols and try to buy products that are made out of recycled packaging.
- Compost your own biodegradable waste – such as food, teabags, vegetable peelings, scrap paper, garden waste. You can often get a subsidised, or even a free, compost bin from your Council.

## **Make your voice heard!**

By writing letters to decision-makers or visiting your MSP or Councillor, you can influence policies which will make Scotland greener. To find out how visit [www.wwfscotland.org.uk](http://www.wwfscotland.org.uk) or phone 01350 728 200.

# Make a Difference - Travel & Transport

In the modern world, we are so used to going where and when we want that we don't stop to think about the consequences of our journeys. For instance, taking a single flight to go on a summer holiday or weekend away can use up more resources and produce so much extra pollution that it can outweigh all the environmentally-friendly actions in other areas of your life.

Carbon dioxide (CO<sub>2</sub>) emissions from transport are the fastest growing contributor to climate change – at present transport produces a quarter of all of our greenhouse gas emissions. This is an area we can all have an immediate impact upon simply by getting out of the car and walking or cycling more. Try to think how you can cut back on your car use such as by sharing your journey with friends and work colleagues, or by combining shopping trips. Perhaps you can change your working patterns to use the car less – by working from home for one day a week.

Carbon offsetting is a useful way to make our unavoidable journeys in the car or plane carbon neutral – but only as a last resort. Carbon offsetting is not a substitute for cutting back on your travel. We still have to fly and drive less. Visit [www.cdmgoldstandard.org](http://www.cdmgoldstandard.org) for advice on credible schemes.



# Reduce your travel footprint

- Replace short car journeys with cycling or public transport alternatives – it's less polluting and healthier for you.
- Walk more – one in three car journeys is under two miles.
- If you drive less than 5,000 miles a year, consider not owning a car at all. If you consider the costs of purchase, tax, repairs and servicing, you may find it cheaper to just hire a car when you need one.
- Organise a rota for the school run or try walking children to school. Persuade your school to work on safer and car-free routes to school.
- Fly less – the rapid increase in flights is having a detrimental effect on our environment. Cut down the number of flights you take and try taking a holiday in the UK for a change!
- Drive gently – 50mph uses 30 per cent less fuel than 70mph and produces 40 per cent less CO2 emissions.
- Consider converting to LPG – it's half the price of regular fuel and produces far fewer emissions.
- When you need to buy a new car, consider choosing an eco-friendly electric car or hybrid.

## **Measure your footprint!**

To find out how big your impact is on the planet and how you can reduce it, visit <http://footprint.wwf.org.uk>

# Get Involved with WWF Scotland

By giving us some of your time to help us with our campaign work, you can help us change laws and influence decision makers in Scotland to make the world a better place for people and wildlife. Full support and training is provided.

## **Eight ways to make a difference:**

### *1. Join our mailing list*

Learn more about our campaigning activities and ways you can get involved through our quarterly newsletter.

### *2. Become an online campaigner*

Become a WWF online campaigner and achieve real change on environmental issues by lobbying decision makers by email from your home computer.

### *3. Recruit online campaigners*

Help swell the growing numbers of WWF online campaigners in Scotland by recruiting new online campaigners within your community.

### *4. Be a footprint volunteer*

By measuring your own ecological footprint on our footprint calculator and telling us about your lifestyle choices, we may be able to use your story in our campaign work.



**Make your voice heard by talking to your MSP © WWF Scotland**

### *5. Make your voice heard:*

By writing letters to decision makers or visiting your MSP or Councillor, you can influence environmental policies that affect you and your family.

*6. Talk to the public at events:*

Spread the word about our campaigns and encourage people to get involved at events throughout Scotland. We're looking to recruit new volunteers to work with us during 2008.

*7. Give presentations:*

Do you have a good speaking voice and experience of giving presentations? Then become a WWF Scotland presenter and talk to people in your community about our work.

*8. Join WWF:*

For as little as £3 a month you can help support our vital campaign work to ensure a healthy future for people and nature.

**For more information on any of the above contact WWF Scotland on 01350 728 200, email [scotland@wwf.org.uk](mailto:scotland@wwf.org.uk) or visit [www.wwfscotland.org.uk](http://www.wwfscotland.org.uk)**

**Key examples of WWF Scotland's work include:**

**Ecological Footprint**

If everyone lived like we do in Scotland, we would need three planets to survive. Our Local Footprints project enables local authorities to reduce the footprints of the residents and businesses in their area through the Ecological Footprint approach.

**Climate Change**

Climate change is the most serious environmental issue to face our planet. We are working to raise awareness in Scotland about the causes and impacts of climate change and the available solutions – particularly the role of renewable energy sources. We are also part of Stop Climate

Chaos Scotland, a coalition of organisations who have joined together to influence political action to stop human-induced climate change.

## **Freshwater**

We work to protect Scotland's stunningly beautiful rivers, lochs and wetlands which are important for wildlife as well as the social and economic wellbeing of the country.

We influence legislation, such as the implementation of the Water Framework Directive, manage demonstration sites in sustainable flood management, such as on the River Devon, and by providing advice and guidance to farmers on ways to reduce diffuse agricultural pollution.

## **Marine**

Scotland's seas and coasts are home to an amazing range of marine wildlife and habitats, from sheltered sea lochs and grassy seabeds to exposed rocky reefs and towering underwater seamounts.

We are working to promote the sustainable management of our marine resources – for example through demonstration projects such as the Clyde Fisheries Development Project and by campaigning for a Marine Act for Scotland.

## **Education**

We work with decision-makers in the Scottish Parliament and Executive, so that learning for sustainability features prominently in policy making. We work with Scottish schools on demonstration projects to show how sustainable development can be embedded in all of their activities and provide teachers with training and resources to deliver sustainable development education.

# Sustainability and Public Participation

Facing the big issues of sustainable development and figuring out what they mean and what can be done is a huge challenge. This becomes even bigger when having to consider ourselves as individuals, as employees, as members of communities and organisations, as residents of Scotland and citizens of the UK.

How can we look at these issues from a whole range of perspectives? Where can we go to learn from passionate and interested people like ourselves about everything from climate change to food, transport, energy, education, business efficiencies, tourism, the Scottish economy, and many, many other topics? What arena exists where all participants across all sectors, experience, and geography can debate and discuss everything from big ideas and the small actions on an equal footing?

As the focus for thinking and action on sustainable development across Scotland, the Scottish Sustainable Development Forum (SSDF) exists to:

- facilitate debate;
- encourage participation;
- raise awareness and understanding;
- promote good practice; and
- recommend action in the pursuit of a more sustainable Scotland.

The Forum is a freestanding organisation without bias to any particular sector or political viewpoint. The SSDF holds Spring and Autumn Plenaries to share experiences and set priorities for action. It participates in and promote the events of others across many areas of interest and across Scotland, which vary and grow with its members.

It encourages the strengthening of networks between members' organisations. A free monthly e-bulletin keeps members up-to-date

with News, Events, Consultations and the 'Best Process' stories of members' successes. The sustainability On-Line Library makes sharing information and resources between members easy.

The strategic direction of the Forum's work is overseen by a Chaired Steering Group elected from the Forum's membership. The Forum establishes Task Groups to develop practical actions for sustainability in Scotland, focussing on its members' greatest concerns and priorities. SSDF has a full-time Secretariat provided by the sustainability consultancy Thirdwave. The Secretariat has been supported by Scottish Executive funding since the Forum's establishment in 2003. The SSDF has a close working relationship with WWF-Scotland, as well as many other leading organisations in Scotland and the UK.

Forum membership is completely free and open to all individuals who want to make Scotland more sustainable. There is provision for organisations to officially affiliate to the SSDF, but interested organisations are encouraged to support the participation of members and/or employees.

The Secretariat welcomes all enquiries from interested parties. For more information, please contact:

Scottish Sustainable Development Forum (SSDF)  
Secretariat, Thirdwave, 8 Maritime Street, Leith, Edinburgh EH6 6SB  
E: [ssdfsec@thirdwave.org.uk](mailto:ssdfsec@thirdwave.org.uk)  
T: 0131 625 1465



# Green Glossary

Don't be put off by eco jargon – this glossary of Green Buzz words will put words and phrases into context and help you on your way to an understanding of all things green.

## **Carbon Capture**

Technological solutions for capturing and storing carbon dioxide as it is released into the atmosphere thereby preventing its greenhouse effect.

## **Carbon Dioxide**

The gas released into the atmosphere when carbon is burnt. Although not the only greenhouse gas, it is considered the most important.

## **Biomass & Biofuel**

Biomass is living and recently living biological material which can be used as fuel or for industrial production, for example trees and crops, even food waste or poultry litter. A biofuel is a fuel derived from such materials and can be both sustainable and carbon neutral.

## **Carbon Footprint**

A measure of the amount of carbon dioxide or CO<sub>2</sub> emitted through the combustion of fossil fuels; can be

measured on a personal or national level, or according to a specific activity, such as taking a flight to go on holiday.

## **Carbon Neutral**

An activity or process that doesn't add to the net amount of CO<sub>2</sub> in the atmosphere. Is also used to describe a process which is offset (see carbon offset)

## **Carbon Offset**

A carbon offset negates the overall amount of carbon released into the atmosphere by avoiding the release or removing it elsewhere – eg through a renewable energy or energy conservation project.

Voluntary carbon offsetting schemes can help people reduce their carbon footprint, but should only be used as a last resort. It is also important that a credible scheme is used – see [www.cdmgoldstandard.org](http://www.cdmgoldstandard.org)

## **Carbon Tax**

A tax levied on fossil fuel usage usually based on the carbon content – generally designed to curb use rather than just raise revenue.

## **Carbon Trading**

The trading of personal, corporate or national credits to maintain and gradually reduce carbon emissions. Companies, nations or individuals who beat the targets can sell the balance as credits to those that exceed their limits. The financial gain should lead to the reduction in emissions over time.

## **Climate Change**

The variation in the Earth's global climate over time. Man-made climate change is a variation directly attributable to human behaviour.

## **Ecological Footprint**

The area of land and water a human population uses to produce the resources it consumes and to absorb its wastes, including carbon dioxide.

## **Energy Efficiency**

Obtaining the same results without affecting the services provided, often achieved by technological advance. Also refers to cutting down on wasted energy. A good example is an energy efficient light bulb which produces the same amount of light as a conventional bulb but uses up to 75% less energy to do so.

## **Fairtrade Mark**

The Fairtrade Mark is an independent consumer label which appears on products as a guarantee that disadvantaged producers in the developing world are getting a better deal. For a product to display the Fairtrade Mark it must meet international Fairtrade standards. Producers receive a minimum price that covers the cost of sustainable production and an extra premium that is invested in social or economic development projects. Visit [www.fairtrade.org.uk](http://www.fairtrade.org.uk)

## **Farmers' Market**

A market in which farmers, growers and producers sell their produce direct to the public. All products should be grown, reared, caught or prepared by the producer. Normally producers are local to the region and much of the produce is seasonal.

## **FSC wood**

The Forest Stewardship Council (FSC) certifies forests which are managed to ensure long term timber supplies while protecting the environment and the lives of forest-dependent peoples. So if you buy wood or wood products with the FSC label, you can be confident that you are not contributing to global forest destruction. Visit [www.fsc-uk.org](http://www.fsc-uk.org)

## **Food Miles**

A measurement of the distance food travels from where it is grown to where it is consumed. Generally the lower the food miles, the greener the product.

## **Fossil Fuels**

Oil, natural gas and coal – formed in

the ground from the remains of dead plants and animals over millions of years.

## **Global Warming**

The gradual increase in the average temperature of the Earth's surface and atmosphere. The majority of scientists agree that the current warming we are experiencing is caused by the the release of greenhouse gases from the burning of fossil fuels and other industrial processes.

## **Greenhouse Gas**

A gas that absorbs infra-red radiation (ie the sun's heat and energy) in the atmosphere. Greenhouse gases include water vapour, carbon dioxide (CO<sub>2</sub>), methane (CH<sub>4</sub>), nitrous oxide (N<sub>2</sub>O), halogenated fluorocarbons (HCFCs), ozone (O<sub>3</sub>), perfluorinated carbons (PFCs), and hydrofluorocarbons (HFCs).

## **Greenhouse Effect**

The trapping of the sun's heat by greenhouse gases in the atmosphere, so leading to global warming. It is

because we are adding to the greenhouses gases in the atmosphere that we are altering the delicate balance that has kept the Earth's climate relatively stable.

### **IPCC Fourth Assessment Report**

The fourth report on climate change, produced under the auspices of the United Nations, gathered the findings of over 600 experts and was reviewed and agreed by representatives from 113 governments. States that warming of the climate system is unequivocal and is very likely caused by human activities.

### **Local and Seasonal Food**

Refers to food which is produced close to you and according to the national seasons and traditional growing cycles – this doesn't include food supplied out of season by artificial means, such as strawberries grown in winter greenhouses or dwarf beans flown in from Africa. Generally local and seasonal food will be more naturally produced and

much less processed. It also requires far less packaging and transportation.

### **Micro-Generation**

The small-scale generation of energy, by for example solar panels or domestic wind turbines, and often refers to generation from renewable sources at a domestic or small community level.

### **MSC Fish**

The Marine Stewardship Council (MSC) rewards environmentally responsible fisheries management and practices with its distinctive blue product label. So if you buy MSC-certified fish, you can be sure that the product has come from a well-managed fishery and has not contributed to the environmental problem of overfishing. See [www.msc.org](http://www.msc.org)

### **Nuclear Power**

Generates electricity using heat produced by an atomic reaction. The process of generation produces negligible amounts of carbon which is why nuclear is put forward as one

way of reducing global carbon footprints. However, the huge financial expense, the storage of spent radioactive materials, the safety record and potential for serious disaster like Chernobyl, and the carbon cost of extracting uranium ore to use as fuel are powerful arguments against the adoption of more nuclear power stations.

### **Planet-Friendly**

Products, services or actions that do not negatively impact on the Earth and its resources.

### **Organic Food**

Food grown to verified organic standards which avoid genetically modified organisms, synthetic chemical inputs (such as pesticides and additives), and which often protect the natural environment and biodiversity. Standards vary from country to country. The UK organic certification standards are amongst the most stringent.

### **Renewable Energy**

Energy obtained from sources that do not run out – unlike oil and coal.

Examples include wood, wind, solar, geothermal, tidal and waste. The UK, and Scotland in particular, has an abundance of resources for the generation of renewable energy.

### **Stern Report**

A 700-page report written by Sir Nicholas Stern for the British Government on the global economic effects of climate change and global warming. Has been adopted worldwide.

### **Sustainable Development**

Economic development that meets the needs of the present without compromising the ability of future generations to meet their own needs.

### **Wind Turbine**

A modern day windmill for producing electricity from the energy contained in the wind.



# The Green Guide Listings

The Green Guide is the most comprehensive directory available of eco-friendly goods, services, contacts and organisations. Whether you want organic food, natural cosmetics, clothing, furniture, sustainable energy, holidays, transport, education or contacts, you'll find it all in the Green Guide.

The Guides are divided into twelve chapters. Each starts with a few pages of editorial – providing an introduction to the issues in each chapter and looking at local initiatives and case studies. There are hundreds of relevant listings split between the immediately local, covering shops and services, and the national, including mail order suppliers and contact organisations. Listings are organised into more than 1200 sections and sub-sections – making it easy for readers to find what they are looking for.

## **Ways to make your life greener**

In this section we have selected some of the best listings from the full Green Guide for Scotland to demonstrate the variety of shops, products, services and organisations available to you. To order the new Green Guide for Scotland, which will contain more than 3,500 listings and is published in Autumn 2007, call 01945 461 452 or visit [www.greenguide.co.uk](http://www.greenguide.co.uk). The Guide costs £12.99 plus £2.50 p&p (total £15.49). A donation on your behalf of £3 for every Guide purchased will be made to WWF Scotland to support their work – but to ensure WWF get the funds please quote reference PGGS07-wwf when you purchase the Guide.

## Food & Drink

### Mail Order & Internet

#### Angus Organics

Airlie Estate Office, Cortachy,  
Kirriemuir, Angus DD8 4LY

T: 01575 570 103

E: [sales@angusorganics.com](mailto:sales@angusorganics.com)

W: [www.angusorganics.com](http://www.angusorganics.com)

Produces the highest quality Aberdeen Angus beef within a mixed organic farm, and concentrates on traditional methods of production. Conservation is a very important aspect of the estate: buildings are maintained using traditional materials, controlled heather burning is carried out, deer numbers are kept to a sustainable level and a fly-only policy is adopted on the rivers South Esk and Prosen.

#### Black Isle Brewery

Old Allangrange, Munloch,  
Highland IV8 8NZ

T: 01463 811 871

E: [greatbeers@blackislebrewery.com](mailto:greatbeers@blackislebrewery.com)

W: [www.blackislebrewery.com](http://www.blackislebrewery.com)

Soil Association-registered independent brewery producing organic beers. Approved by the Vegetarian Society.

#### Black Mount Foods

8 The Wynd, Biggar, Lanarkshire ML12 6BU

T: 01899 221 747

E: [orgmeat@aol.com](mailto:orgmeat@aol.com)

W: [www.blackmountfoods.com](http://www.blackmountfoods.com)

Supplies organic beef, lamb, pork and chicken, via mail order and wholesale. Registered with Organic Farmers and Growers.

#### Bridgefoot Organics

Bridgefoot, Newmachar,  
Aberdeenshire AB21 7PE

T: 01651 862 041

E: [bridgefoot.organics@btopenworld.com](mailto:bridgefoot.organics@btopenworld.com)

W: [www.bridgefootorganics.co.uk](http://www.bridgefootorganics.co.uk)

Organic vegetable delivery scheme providing

fruit, vegetables, mushrooms and home-produced organic eggs. Specialises in an extensive range of locally grown vegetables.

Deliveries to Aberdeen and outlying areas are on Wednesday, Thursday and Friday.

#### Cairn O'Mohr Fruit Wines

Cairn O'Mohr, East Inchmichael,  
Erold, Perthshire PH2 7SP

T: 01821 642 781

E: [cairnmoehr@btconnect.com](mailto:cairnmoehr@btconnect.com)

W: [www.cairnomohr.co.uk](http://www.cairnomohr.co.uk)

Mail order suppliers of fruit wines fermented from fresh Perthshire berries, including strawberry, raspberry, bramble, elderberry and the intriguing Spring Oak Leaf and Autumn Oak Leaf wines. Also non-alcoholic elderflower 'champagne'.

#### EarthShare Ltd

65 Society Street, Nairn,  
Nairnshire IV12 4NL

T: 01667 452 879

E: [earthshare@macunlimited.net](mailto:earthshare@macunlimited.net)

W: [www.earthshare.co.uk](http://www.earthshare.co.uk)

A community-supported agriculture scheme. Established in 1994, it grows vegetables and soft fruit by organic methods for up to 200 local families. Subscribers make a commitment to the scheme for a year at a time and during that year they receive an equal share of whatever is harvested. Subscribers are encouraged to come to the farm for social events and to help with labour intensive tasks such as weeding and soft fruit picking.

#### East Coast Organic Boxes

24 Bogg's Holdings, Pencaitland,  
East Lothian EH34 5BD

T: 01875 340 227

E: [admin@eastcoastorganics.freemove.co.uk](mailto:admin@eastcoastorganics.freemove.co.uk)

W: [www.eastcoastorganics.co.uk](http://www.eastcoastorganics.co.uk)

Organic box scheme with home deliveries to Edinburgh, East Lothian and Mid Lothian. Vegetables, fruit, eggs, bread, cheese etc. Commended in the Soil Association 2004 Food Awards. Registered organic with the Biodynamic Agricultural Association.

## **Fletchers of Auchtermuchty**

Reediehill, Auchtermuchty, Fife KY14 7HS

**T:** 0800 083 6476

**E:** [fletchers.scotland@virgin.net](mailto:fletchers.scotland@virgin.net)

**W:** [www.seriouslygoodvenison.co.uk](http://www.seriouslygoodvenison.co.uk)

30 years' experience means seriously good venison. Nominations for Slow Food Awards, BBC Food & Farming Awards, and Local Food Hero Awards speak for themselves. Their deer are free-ranging, fed naturally, and field shot for perfect, stress-free venison. Order by phone or secure internet site. Also sells from farm shop and farmers' markets.

## **Grow Wild Ltd**

Block 3 Unit 8 Whiteside Industrial Estate,  
Bathgate, West Lothian EH48 2RX

**T:** 0845 226 3393

**E:** [sales@growwild.co.uk](mailto:sales@growwild.co.uk)

**W:** [www.growwild.co.uk](http://www.growwild.co.uk)

Specialist box scheme with home/office delivery in the Edinburgh, Glasgow, Central Scotland, West Lothian areas. Boxes of fruit and vegetables, dairy, bread, eggs, meat, wine, juice and much more. Prices start at £10.45 for a small box – see the new website for details.

## **Jamesfield Organic Centre**

Jamesfield Farm, Newburgh,  
Perthshire KY14 6EW

**T:** 01738 850 498

**E:** [jamesfieldfarm@btconnect.com](mailto:jamesfieldfarm@btconnect.com)

**W:** [www.jamesfieldfarm.co.uk](http://www.jamesfieldfarm.co.uk)

Registered with the Soil Association and Scottish Organic Producers Association. Supplies organic beef, lamb, mutton, sausages, free range poultry and additive-free bacon and pork via mail order and online.

## **Jolly's Fish and Farm Produce**

Scotts Road, Hatstone, Kirkwall,  
Orkney KW15 1GR

**T:** 01856 781 345

**E:** [info@jollyfish.co.uk](mailto:info@jollyfish.co.uk)

**W:** [www.orkneyorganicmeat.co.uk](http://www.orkneyorganicmeat.co.uk);

[www.jollyfish.co.uk](http://www.jollyfish.co.uk)

Suppliers of superb organic, grass-fed beef and

lamb, and organic sausages, bacon, and pork, all from their own Orkney farm. Sells fish including organic salmon and organic gravadlax. Also smokes salmon, mackerel, and kippers over oak in a traditional kiln. All products available by nationwide mail order, shop, and via a monthly box scheme.

## **Loch Arthur Creamery**

Camphill Village Trust, Beeswing,  
Dumfries DG2 8JQ

**T:** 01387 760 296

**E:** [creamery@locharthur.org.uk](mailto:creamery@locharthur.org.uk)

**W:** [www.locharthur.org.uk](http://www.locharthur.org.uk)

Part of the Camphill Village Trust which encompasses several communities whose life and work incorporates adults with special needs. The work at Loch Arthur centres around the agricultural life of the community with 450 acres farmed under Demeter certification. Produces organic dairy products including hard and soft cheeses, yoghurts, cream cheese and butter. Mail order service available.

## **TH Carson**

The Cross, Mill Street, Dalbeattie,  
Dumfries and Galloway DG5 2HE

**T:** 01556 610 384

**E:** [info@thcarson.co.uk](mailto:info@thcarson.co.uk)

**W:** [www.thcarson.co.uk](http://www.thcarson.co.uk)

Have been butchers to Dalbeattie for more than 70 years and they were Dumfries and Galloway's first certified organic butcher. Offers a nationwide delivery service.

## **The Whole Shebag**

South Cobbinshaw, West Calder,  
West Lothian EH55 8LQ

**T:** 07931 738 767/01501 785 436

**E:** [thewholeshebag@aol.com](mailto:thewholeshebag@aol.com)

**W:** [www.thewholeshebag.com](http://www.thewholeshebag.com)

Grows and supplies fresh, local organic produce which is delivered throughout the central belt of Scotland.

## Vintage Roots Ltd

Farley Farms, Bridge Farm, Reading Road,  
Arborfield, Berkshire RG2 9HT

T: 0800 980 4992

E: [info@vintageroots.co.uk](mailto:info@vintageroots.co.uk)

W: [www.vintageroots.co.uk](http://www.vintageroots.co.uk)

Offers the most comprehensive range of organic drinks available in the UK; wines, beers, ciders, spirits, liqueurs, juices, cordials – even olive oils and chocolates. Deals only with the officially recognised and certified organic and biodynamic suppliers. 'Organic' is not a sideline of the company: it's been their only business since they started in 1986. With over 350 products, there is something to suit all tastes and pockets, from gold medal-winning vintage champagne to everyday great value Vin de Pays wines from Southern France. All are available by mail order, you can mix your own case or get them chosen for you. Call for a free wine list.

## Shops & Markets

### Grassroots Organic

20 Woodlands Road, Charing Cross,  
Glasgow G3 6UR

T: 0141 353 3278

E: [anybody@grassrootsorganic.freemove.co.uk](mailto:anybody@grassrootsorganic.freemove.co.uk)

W: [www.grassrootsorganic.com](http://www.grassrootsorganic.com)

Glasgow's largest organic wholefood shop, specialising in organic foods and wines with the emphasis on vegetarian, vegan, Japanese and special diets. Run a cookery school within the shop. The classes are kept small around eight people so that individual training can be given by the chefs. These run twice a year. Provides outside talks and demonstrations to schools, women's groups, etc to promote healthy eating and to teach people how to cook. Offers outside catering, with everything from a cake to a wedding feast.

### Highland Health Stores

7 & 16 St John Street, Perth PH1 5SP

T: 01738 628 102

W: [www.perthcitydirectory.com/healthstore](http://www.perthcitydirectory.com/healthstore)

Two shops adjacent to each other. Number 7 stocks wholefoods, health foods, organic foods and frozen vegetarian foods, herbs, herbal teas, speciality dietary foods and carry out. Number 16 sells vitamins, minerals, food supplements, natural cosmetics, aromatherapy, sports and body building supplements and books.

### Highland Wholefoods Wholesale Distribution and Cash & Carry

Unit 6, 13 Harbour Road, Inverness IV1 1SY

T: 01463 712 393

E: [sales@highlandwholefoods.co.uk](mailto:sales@highlandwholefoods.co.uk)

W: [www.highlandwholefoods.co.uk](http://www.highlandwholefoods.co.uk)

Based in the Highlands of Scotland, part of the Highland community, the co-operative offers a wide range of natural and organic food, drink, household and bodycare products. Call in to the Inverness showroom or have your order delivered.

### Natural Choice

62 West Princes Street, Helensburgh, Argyll  
and Bute, Dunbartonshire G84 8UG

T: 01436 674 993

Wholefoods, remedies and therapies all available to promote good health and awareness for getting the most from modern life. Information and attention is the ethos for staff who all genuinely want to help customers get the most from the organic and wholefoods stocked or to find the right supplement or remedy for the customers needs.

### Nature's Larder

60 Holburn Street, Aberdeen AB1 6BX

T: 01224 588 120

Wholefood and health food shop stocking flours, rices, pulses, dried fruit and nuts, herbs and spices, teas, as well as a large stock of vitamins. Mail order available.

### New Leaf Organic Wholefood

20 Argyll Place, Marchmont,  
Edinburgh EH9 1JJ

T: 0131 228 8840

Small shop committed to selling and promoting organic produce and to supporting local

producers wherever possible. Organic foods including dairy produce, fresh bread, wholefoods and gourmet items. Fresh seasonal, organic fruit and vegetables are also available.

### **Phoenix Community Stores Ltd**

*The Park, Findhorn Bay,  
Moray, Morayshire IV36 3TZ*

**T:** 01309 690 110

**E:** [mail@phoenixshop.co.uk](mailto:mail@phoenixshop.co.uk)

**W:** [www.phoenixshop.co.uk](http://www.phoenixshop.co.uk)

Organic fine food shop with bakery and organic farm projects. There is also a bookshop on the premises selling cookery and health books. Local crafts and candles. Mail order available.

### **Real Foods Ltd**

*8 Brougham Street, Tollcross,  
Edinburgh EH3 9JH*

**T:** 0131 228 1201

**W:** [www.realfoods.co.uk](http://www.realfoods.co.uk)

Like its sister in Broughton Street, this shop stocks organic products and wholefoods, animal-friendly cosmetics and toiletries, and a large range of vitamins and mineral supplements.

### **Roots & Fruits, Wholefoods & Organics**

*455 Great Western Road, Glasgow G12 8HH*

**T:** 0141 339 3077

Situated in the busy West End of Glasgow this store concentrates on sourcing and supplying the best produce available. Stocks over 1000 organic lines including: fresh bread, fruit and vegetables.

### **Sunrise Wholefoods**

*49 King Street, Castle Douglas,  
Dumfries & Galloway DG7 1AE*

**T:** 01556 504 455

**E:** [pstilb@sunrise-whofo.demon.co.uk](mailto:pstilb@sunrise-whofo.demon.co.uk)

Sells a huge range of organic fresh produce, meats, wines and beers, and other organic groceries. Lots of locally produced cheeses. Enormous range of herbs and spices sold loose.

## **Wholesalers**

### **Greencity Wholefoods**

*23 Fleming Street, Dennistown,  
Glasgow G31 1PQ*

**T:** 0141 554 7633

**E:** [sales@greencity.co.uk](mailto:sales@greencity.co.uk)

**W:** [www.greencity.co.uk](http://www.greencity.co.uk)

Wholesaler of natural, organic and vegetarian wholefoods. Has been supplying quality goods and services to shops and restaurants throughout Scotland since 1978. In 1996 formed Genetic Food Alert, which has since grown to include most of the independent wholefoods trade. Catalogue details extensive range from good old-fashioned porridge oats to fine organic balsamic vinegar. Has large chilled range; over 4,000 lines, over 1,500 organic lines; no artificial colourings or preservatives; a large selection of fair trade items.

### **Trusty Crust Organic Bakery**

*7 The Glebe, East Saltoun,  
East Lothian EH34 5HG*

**T:** 01875 340 939

**E:** [peter@trustycrust.co.uk](mailto:peter@trustycrust.co.uk)

Wholesaler of organic breads and bread products to the Edinburgh, Glasgow and East Lothian areas. The bakery supplies retail grocery and wholefoods outlets, organic box schemes, cafés and restaurants, charities and sandwich manufacturers. Sells directly to the public at both the Edinburgh and Haddington farmers' markets. Larger private orders also catered for.

## **Restaurants & Cafés**

### **Blue Angel Café**

*Findhorn Foundation, The Park, Findhorn,  
Forres, Moray IV36 3TZ*

**T:** 01309 691 900

Vegetarian restaurant using as much organic and fairtrade produce as possible. The menu reflects the community's own international make-up.

## **Crafty Kitchen**

*Ardfern, Argyll PA31 8QN*

**T:** 01852 500 303

**E:** [taryn\\_blair@yahoo.co.uk](mailto:taryn_blair@yahoo.co.uk)

**W:** [www.craftykitchen.co.uk](http://www.craftykitchen.co.uk)

Vegetarian-friendly café where the majority of food is homemade and as much local produce as possible is used. The Café particularly welcomes families. Exhibitions of art by local artists are held regularly each month during the summer.

## **Iglu Ethical Eatery**

*2b Jamaica Street, Edinburgh EH3 6HH*

**T:** 0131 476 5333

**E:** [mail@theiglu.com](mailto:mail@theiglu.com)

**W:** [www.theiglu.com](http://www.theiglu.com)

Iglu bar and restaurant is one of the first establishments in the Edinburgh area to serve wild, organic and sustainable produce. Leading the way for a more ecologically sound way of eating, the restaurant is dedicated to supporting local suppliers and specialises in fish, seafood, game and vegetarian options. The downstairs bar boasts an extensive range of organic wines and beers in addition to fairtrade tea and coffee. The organic restaurant was recently voted by the public as a favourite food destination in the Observer Food Monthly 2007 Awards.

## **The Three Chimneys Restaurant**

*Colbost, Dunvegan, Isle of Skye IV55 8ZT*

**T:** 01470 511 258

**E:** [eatandstay@threechimneys.co.uk](mailto:eatandstay@threechimneys.co.uk)

**W:** [www.threechimneys.co.uk](http://www.threechimneys.co.uk)

Restaurant on the Isle of Skye which uses as much fresh, local, organic produce as possible. Makes virtually all of its own food including jams, soups, puddings, chocolates and bread. Speciality is fresh Skye seafood; there are always vegetarian options. Hugely supportive of a growing local horticultural movement to encourage as much fresh produce to be grown and used as possible. Luxury accommodation in six rooms next door in The House Over-By. Booking essential.

## **Advice & Organisations**

### **Demeter Certification Scheme of the Biodynamic Agricultural Association**

*17 Inverleith Place, Edinburgh EH3 5QE*

**T:** 0131 624 3921

**E:** [fionajmackie@hotmail.com](mailto:fionajmackie@hotmail.com)

**W:** [www.biodynamic.org.uk](http://www.biodynamic.org.uk)

The Biodynamic Agricultural Association owns and administers the Demeter Certification Trademark in the UK (organic certification UK6) and is linked with a world-wide network of independent certifying organisations under the umbrella of Demeter International. The scheme is fully recognised by Defra. Many of the recognised organic standards are incorporated in the Demeter Standards.

### **Edinburgh Community Food Initiative (ECFI)**

*22 Tennant Street, Leith, Edinburgh EH6 5ND*

**T:** 0131 467 7326

**E:** [admin@ecfi.org.uk](mailto:admin@ecfi.org.uk)

Establishes food co-operatives and other community food initiatives providing a wide range of fresh, affordable food, locally-produced where possible. Through its Leith warehouse, ECFI bulk buys a wide range of high quality food, principally fresh produce, which is delivered to food co-ops and other community food initiatives at low cost, often on sale or return basis.

### **Marine Stewardship Council (MSC)**

*3rd floor, Mountbarrow House,*

*6-20 Elizabeth Street, London SW1W 9RB*

**T:** 020 7811 3300

**E:** [info@msc.org](mailto:info@msc.org)

**W:** [www.msc.org](http://www.msc.org)

In a bid to reverse the continued decline in the world's fisheries, the MSC is seeking to harness consumer purchasing power to generate change and promote environmentally responsible stewardship of the world's most important renewable food source. The MSC has developed

an environmental standard for sustainable and well-managed fisheries. It uses a product label to reward environmentally responsible fishery management and practices.

### **Organic Farmers and Growers Ltd**

*Elim Centre, Lancaster Road,  
Shrewsbury Shropshire SY1 3LE*

**T:** 0845 330 5122

**E:** [info@organicfarmers.org.uk](mailto:info@organicfarmers.org.uk)

**W:** [www.organicfarmers.org.uk](http://www.organicfarmers.org.uk)

One of several national organic sector bodies recognised by Defra. OF&G is one of the UK's largest organic certifiers (organic certification UK2) offering a practical service for organic food production and processing, as well as cosmetic and bodycare standards. All staff are experienced in the farming and food processing industries and OF&G offers combined farm assurance inspections alongside organic inspections. A regular newsletter is mailed to all members to keep them informed about the latest developments within the organisation and the organic sector as a whole. All standards, plus classified ads and more are available on the web site.

### **Scottish Organic Producers Association (SOPA)**

*Scottish Organic Centre,  
10th Avenue, Royal Highland Centre,  
Ingliston, Edinburgh EH28 8NF*

**T:** 0131 335 6606

**E:** [info@sopa.org.uk](mailto:info@sopa.org.uk)

**W:** [www.sopa.org.uk](http://www.sopa.org.uk)

Formed in 1988 to service organic farmers and growers in Scotland. With a membership of over 550 farmers throughout Scotland, SOPA is the largest organic certification body in Scotland.

### **Soil Association Scotland**

*Tower Mains, 18 Liberton Brae,  
Edinburgh EH16 6AE*

**T:** 0131 666 2474

**W:** [www.soilassociationscotland.org](http://www.soilassociationscotland.org)

Soil Association Scotland is a devolved office of the Soil Association. Based in Edinburgh, it brings the organisation's expertise closer to farmers,

manufacturers, consumers and policy makers in Scotland, who benefit from local knowledge.

## **Clothing, Cosmetics & Toiletries**

### **Adili.com**

*Blandford Hill,*

*Milborne St. Andrew, Blandford Forum,  
Dorset DT11 0HZ*

**E:** [info@adili.com](mailto:info@adili.com)

**W:** [www.adili.co](http://www.adili.co)

An online store stocking the best of ethical fashion. Retailers the widest range of ethical clothing brands in the UK, all with an ethical sourcing policy, demonstrating that clothing can be ethical and stylish. From organic jeans to fairtrade basics; from organic babies' wear to environmentally responsible children's clothes; from gorgeous ethical designer brands to fairly traded sportswear.

### **Ardalanish Organic Farm & Weaving Mill**

*Bunessan,*

*Isle of Mull PA67 6DR*

**T:** 01681 700 265

**E:** [info@isleofmullweavers.co.uk](mailto:info@isleofmullweavers.co.uk)

**W:** [www.ardalanishfarm.co.uk](http://www.ardalanishfarm.co.uk);

[www.isleofmullweavers.co.uk](http://www.isleofmullweavers.co.uk)

Farm and weaving mill on the Isle of Mull. Highland cattle and Hebridean sheep are reared for meat, wool and hides. Farming practice is underlined by the primary importance of understanding the land and its needs – plus allowing ecological relationships to develop with animals already co-evolved with the environment. Beef and mutton is sold from the farm or by mail order. Tailored garments: gilets, waistcoats, sportsjackets, pullovers & knitwear. Beautiful throws, shawls, scarves, and soft furnishings woven at their organic mill from the natural undyed wool of Hebridean and Shetland sheep. Natural undyed tweed by the metre. Commissions undertaken.

## **Eribé Knitwear Design**

Bylands, 2 Manse Street,  
Galashiels TD1 1NE

**T:** 01896 755 540

**E:** [enquiries@eribe.co.uk](mailto:enquiries@eribe.co.uk)

**W:** [www.eribe.co.uk](http://www.eribe.co.uk)

Scottish knitwear firm producing an ecologically-friendly range of undyed knitwear made using 100 per cent real Shetland wool. Spun and knitted in the Shetland Isles.

## **Liv**

26 Stockwood Business Park,  
Stockwood, Worcestershire B96 6SX

**T:** 01386 791 055

**E:** [enquiries@liv-uk.com](mailto:enquiries@liv-uk.com)

**W:** [www.liv-uk.com](http://www.liv-uk.com)

An ethical clothing and homeware brand producing womenswear and homeware ranges using 100 per cent certified organic and fair traded cotton and linen. The products are designed to allow you to be stylish and eco-conscious without compromise. Product ranges include women's underwear, sleepwear and jersey tops, bath robes, towels and a beautiful range of bedlinen. Will be stocked in the Elysia shop. Available by mail order and online.

## **Terramar Organics**

50 Gordon Road, Mannofield,  
Aberdeen AB15 7RL

**T:** 07999 613 982

**E:** [peter@terramar.co.uk](mailto:peter@terramar.co.uk)

**W:** [www.terramar.co.uk](http://www.terramar.co.uk)

An online retailer of fairly-traded, certified 100 per cent organic cotton clothing. The clothing is sweatshop-free and environmentally friendly.

## **Caurnie Soaperie Natural Soaps**

The Organic Herb Garden, Canal Lane,  
Kirkintilloch, Glasgow G66 1QZ

**T:** 0141 776 1218

**W:** [www.caurnie.com](http://www.caurnie.com)

The Celtic world's oldest cold process soapmaker, family-owned with a unique range of soaps made from pedal-powered, stirred low energy, to recycled, other makers bottle filling

service (so avoiding landfill packaging dumping). Made with organic herbs from their own garden and human-tested on babies who are now in their 80s and looking great.

## **Love The Planet**

124 Crown Street, Aberdeen AB11 6HQ

**T:** 01224 594 411

**E:** [info@lovetheplanet.co.uk](mailto:info@lovetheplanet.co.uk)

**W:** [www.lovetheplanet.co.uk](http://www.lovetheplanet.co.uk)

Supplies handmade, natural hair and skin care products that are free from parabens, mineral oils, animal products, and artificial colours and fragrances. The range is suitable for vegetarians and vegans and includes shampoos, conditioners, moisture creams, scrubs, lip rescue and many more. Also available are their Washable Cleansing Pads, an environmentally friendly alternative to cotton wool balls and disposable cleansing wipes. Simply use with cleanser and toner in place of cotton wool, wash in the machine and use over and over again. Available at their online store and from nationwide stockists. See website for details. Approved by the Vegan Society and the BUAV.

## **Buildings, Homes & Gardens**

### **Building & Materials**

## **Association for Environment Conscious Building (AECB)**

PO Box 32, Llandysul, Ceredigion SA44 5ZA

**T:** 0845 4569 773

**E:** [graigoffice@aecb.net](mailto:graigoffice@aecb.net)

**W:** [www.aecb.net](http://www.aecb.net)

Promotes and encourages sustainable building. Offers advice on all aspects of environmentally conscious construction.

## **EarthBorn Paints**

Brush Mate, Frodsham Business Centre,  
Bridge Lane, Frodsham, Cheshire WA6 7FZ

**T:** 01928 734 171

**E:** [sales@earthbornpaints.co.uk](mailto:sales@earthbornpaints.co.uk)

**W:** [www.earthbornpaints.co.uk](http://www.earthbornpaints.co.uk)

This collection of paints, varnishes and flooring products has been created from natural, biodegradable ingredients and is consequently safer, more pleasant to use and live with, and better for the environment. EarthBorn Claypaint is a leading eco-paint for interior walls and ceilings. It gives a beautiful matt finish, is VOC-free and highly breathable. EarthBorn is the only UK paint brand to be awarded the prestigious 'Flower' symbol ecolabel (awarded by DEFRA). This accreditation is awarded to goods and services that meet the strict environmental and performance criteria of the EU ecolabelling scheme.

### **Earthworks Design & Build Ltd**

*Mill of Fyall, Alyth, Blairgowrie,  
Perth & Kinross PH11 8LB*

**T:** 01828 633 653

**E:** [cpdobbb@earthworks-db.co.uk](mailto:cpdobbb@earthworks-db.co.uk)

Ecological Design & Build and AECB member. Creates beautifully simple spaces that are human-friendly, location-influenced and good value.

### **Forest Stewardship Council (FSC)**

*UK Working Group, R8 11-13 Great Oak  
Street, Llanidloes, Powys SY18 6BU*

**T:** 01686 413 916/ 412 176

**E:** [info@fsc-uk.org](mailto:info@fsc-uk.org)

**W:** [www.fsc-uk.org](http://www.fsc-uk.org)

The FSC trademark is found only on wood and wood products that come from forests independently certified as being managed to an internationally agreed set of social, economic and environmental principles and criteria. There are currently over 10,000 FSC certified products available in the UK, from garden decking, charcoal and garden furniture to wallpaper and kitchen equipment.

### **Green Register**

*The CREATE Centre, Smeaton Road, Bristol,  
Bristol BS1 6XN*

**T:** 0117 377 3490

**E:** [mail@greenregister.org.uk](mailto:mail@greenregister.org.uk)

**W:** [www.greenregister.org](http://www.greenregister.org)

Aims to raise awareness of sustainable building issues across all sectors of the construction industry, provide a pre-selected list of construction professionals for potential clients, deliver a wide range of training events and provide national, regional and local fora for networking between professionals.

### **NorBuild Timber Fabrication & Fine Carpentry Ltd**

*Marcassie Farm, Rafford, Forres,  
Moray IV36 2RH*

**T:** 01309 676 865

**W:** [www.norbuild.co.uk](http://www.norbuild.co.uk)

Joinery manufacturing facility and sawmill operating out of a Soil Association-registered organic small holding in the Grampian Highlands. Covers the whole process of timber conversion, from log stage through to quality finished product, all from locally sourced Scottish timber. All Timbers FSC Certified.

### **Scottish Ecological Design Association (SEDA)**

*Icosis Architects, 28 Albert Street,  
Edinburgh EH7 5LG*

**T:** 0131 555 2442

**E:** [info@scda2.org](mailto:info@scda2.org)

**W:** [www.scda2.org](http://www.scda2.org)

Promotes and develops a sympathetic approach to the need for a human built environment, and its impact on the natural world. Activities include seminars, workshops, visits to demonstration projects, a student travel award, regular magazine and email bulletins.

### **Xella Dry Lining Systems**

*PO Box 10028, Sutton Coldfield,  
West Midlands B75 7ZF*

**T:** 0870 609 0306

**E:** [andrew.richardson@xella.com](mailto:andrew.richardson@xella.com)

**W:** [www.fermacell.co.uk](http://www.fermacell.co.uk)

Supplies eco-friendly gypsum fibreboard for dry-lining.

## Furnings & Gifts

### Earth Squared

First Floor, Ocean Terminal,  
Ocean Drive, Leith, Edinburgh EH6 6JJ

T: 0131 555 1191

E: [info@earthssquared.com](mailto:info@earthssquared.com)

W: [www.earthssquared.com](http://www.earthssquared.com)

Filling a gap for consumers who want to purchase ethical products, but who also place a large emphasis on design and quality, Earth Squared provides contemporary designs to projects in developing countries. The complete range of products can be bought with the peace of mind that the goods have been ethically made and/or in accordance with Fairtrade criteria.

### Forbo Flooring

PO Box 1, Kirkcaldy, Fife KY1 2SB

T: 01592 643 777

E: [info.uk@forbo.com](mailto:info.uk@forbo.com)

W: [www.forbo-flooring.co.uk](http://www.forbo-flooring.co.uk)

Supplies marmoleum, a natural linoleum floor covering manufactured from natural, harvestable materials. It is the best-selling, resilient floor covering brand in Europe.

### Holyrood Architectural Salvage

Holyrood Business Park, 146 Duddingston  
Road West, Edinburgh EH16 4AP

T: 0131 661 9305

W: [www.holyroodarchitecturalsalvage.com](http://www.holyroodarchitecturalsalvage.com)

Has a selection of fully restored Victorian and Edwardian roll-top, iron basins, taps, WCs, panelled doors, skirting, cast iron fire inserts, wooden, marble and slate fire surrounds, radiators, pews, garden statuary, flooring and other architectural salvage items.

### KeepStakes

1 Waterloo Bank, Penicuik,  
Midlothian EH26 8NS

T: 0845 833 0039

E: [info@keepstakes.co.uk](mailto:info@keepstakes.co.uk)

W: [www.keepstakes.co.uk](http://www.keepstakes.co.uk)

A KeepStakes garden plaque is a unique and

lasting gift – perfect to mark any special occasion. Inscribed with your own personal message, a KeepStake is an original and thoughtful way to celebrate a special event or remember a loved one. The plaques can be engraved with your own choice of text and placed in front of a special tree or plant, making your garden full of lasting memories.

### Natural Collection Catalogue

Department 7306,  
Sunderland SR9 9XZ

T: 0870 331 3333

E: [orders@naturalcollection.com](mailto:orders@naturalcollection.com)

W: [www.naturalcollection.com](http://www.naturalcollection.com)

Since 1999, Natural Collection has been at the forefront of ethical retail, promoting fairtrade and environmentally-considered products. The award-winning range includes organic cotton and fairtrade clothing and accessories, items for your home and garden, energy-saving gadgets, organic cosmetics, eco cleaning products like Ecover and much more. Each item is carefully researched and selected to promote ecological and sustainable manufacturing practices. To order visit the website, call 0845 36 77 001 or email [orders@naturalcollection.com](mailto:orders@naturalcollection.com)

### Naturewarm

27 Water Lane, South Witham,  
Grantham, Lincolnshire NG33 5PH

T: 01572 768 362

E: [sales@naturewarm.co.uk](mailto:sales@naturewarm.co.uk)

W: [www.naturewarm.co.uk](http://www.naturewarm.co.uk)

A producer of luxury bedding: duvets, bedtoppers and pillows made from British wool encased in 100 per cent cotton. Wool is the ideal green fibre: renewable, biodegradable, energy-efficient in production. With its amazing temperature-stabilising properties, it can be used throughout the year. Naturewarm is a licensee of the British Wool Marketing Board, and is proud to support UK sheep farmers.

## Gardens

### Butterworths Organic Nursery

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*Garden Cottage, Auchinleck Estate,  
Cumnock, Ayrshire KA18 2LR*

**T:** 01290 551 088

**E:** [butties@webage.co.uk](mailto:butties@webage.co.uk)

**W:** [www.butterworthsorganicnursery.co.uk](http://www.butterworthsorganicnursery.co.uk)

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Organic fruit tree nursery (mainly apples) growing to official Organic Standards since 1991. Specialise in disease-resistant varieties (about 70, historic and modern), including those for difficult sites in the north and west of Britain and for higher altitudes. Active research programme, recent publication, Apples in Scotland.

### Poyntzfield Herb Nursery

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*Black Isle, Dingwall, Ross-shire IV7 8LX*

**T:** 01381 610 352

**E:** [info@poyntzfieldherbs.co.uk](mailto:info@poyntzfieldherbs.co.uk)

**W:** [www.poyntzfieldherbs.co.uk](http://www.poyntzfieldherbs.co.uk)

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The nursery is situated on the Black Isle, a low peninsula surrounded by sealochs, hills and mountains. Because of the high latitude and long winters, all the plants are hardy and suitable for almost any garden. The nursery has been growing herbs organically since 1976 and the quality of over 400 species has been enhanced by propagating only from plants known to have health, vigour, resistance to pest and disease, good scent, colour and flavour. Grows Scotland's native herbs and have received two RHS awards.

## Energy & Recycling

### Green Electricity

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#### Green Electricity Marketplace

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**W:** [www.greenelectricity.org](http://www.greenelectricity.org)

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Green Electricity Marketplace (GEM) website provides consumers with up-to-date and independent information on all of the green electricity tariffs available in the UK.

## Heating

### 3G Energi Ltd

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*3 The Knowes, Kelso,  
Roxburghshire TD5 7BH*

**T:** 01573 229 198

**E:** [sales@3genergi.co.uk](mailto:sales@3genergi.co.uk)

**W:** [www.3genergi.co.uk](http://www.3genergi.co.uk)

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3G Energi are the sole UK importers for Kob Schafer of Austria and Künzel of Germany. Products include log, pellet and woodchip boilers, ranging from 15kW to 1.25MW rated output. 3G Energi offer a complete design, supply and installation service for their large industrial and commercial clients and for domestic users of woodfuel. To customers in the North of England and Scotland they can offer pellet stoves and stove/boilers from the Italian Extraflame and Palazzetti stove ranges.

### Solar Energy Systems

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*4 Ross Street, Dunfermline, Fife KY12 0AN*

**T:** 01383 725 499

**E:** [jimnorris@solarenergysystems.co.uk](mailto:jimnorris@solarenergysystems.co.uk)

**W:** [www.solarenergysystems.co.uk](http://www.solarenergysystems.co.uk)

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Installs and maintains solar water systems for domestic and commercial properties. Call for more information.

## Household Advice & Grants

### Aberdeen & North East Energy Efficiency Advice Centre

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*SCARF, 1 Cotton Street,*

*Aberdeen AB11 5EE*

**T:** 01224 213 005

**E:** [duty@scarf.org.uk](mailto:duty@scarf.org.uk)

**W:** [www.scarf.org.uk](http://www.scarf.org.uk)

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Supported by the government's Energy Saving Trust, local authorities and sponsors, this advice centre provides free expert advice to householders and small businesses on ways to save energy and reduce fuel bills and on renewable technologies. Using specially designed software, it can recommend energy saving improvements for the home and workplace. Call

for information on grants and special offers for energy efficiency and renewable energy measures.

### **Energy Action Scotland**

*Ingram House, 227 Ingram Street,*

*Glasgow G1 1DA*

**T:** 0141 226 3064

**W:** [www.eaf.org.uk](http://www.eaf.org.uk)

National charitable organisation in Scotland promoting energy efficiency solutions and affordable warmth in the domestic sector. Call for energy efficiency advice and guidelines.

### **Energy Agency**

*Donald Hendrie Building, Auchincruive,*

*Ayr, Ayrshire KA7 1LU*

**T:** 01292 521 896

**E:** [energy.agency@south-ayrshire.gov.uk](mailto:energy.agency@south-ayrshire.gov.uk)

**W:** [www.energyagency.org.uk](http://www.energyagency.org.uk)

An independent, non-profit-making agency, offering free and impartial energy efficiency and renewable energy advice to households, businesses and communities. Grants are available for energy efficient measures such as loft and cavity wall insulation and improved heating systems. Grants are also available to install renewable energy systems.

### **Energy Saving Trust (Scotland)**

*112/2 Commercial Street,*

*Edinburgh EH6 6NF*

**T:** 0131 555 7900

**E:** [jennifer.samuel@est.org.uk](mailto:jennifer.samuel@est.org.uk)

**W:** [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

The Energy Saving Trust has a team of 12 expert staff based in Edinburgh, working to deliver its extensive range of Scottish activities. Scotland plays a full part in the Energy Saving Trust's UK-wide programmes and there are also a number of a programmes developed especially for Scotland. These include grants for small-scale renewables through the Scottish Community and Householder Renewables Initiative and services to small businesses through the Business Adviser programme. The Energy Saving Trust's work in Scotland is funded by the Scottish Executive and

we work closely with a number of departments within the Executive. It also has a close working relationships with Scottish local authorities, housing associations and the voluntary sector.

### **Highland Energy Efficiency Advice Centre**

*The Highland Council, Energy &*

*Sustainability Section, Kinmylies Building,  
Leachkin Road, Inverness IV3 8NN*

**T:** 01463 703 500

**E:** [energy.advice@highland.gov.uk](mailto:energy.advice@highland.gov.uk)

An independent, non profit making agency, and one of 52 similar organisations located throughout the UK, offering free, impartial, and locally relevant energy efficiency advice to all home-occupiers.

### **Lothian & Edinburgh Energy Efficiency Advice Centre**

*36 Newhaven Road,*

*Edinburgh EH6 5PY*

**T:** 0131 555 4008

**E:** [energyadvice@changeworks.org.uk](mailto:energyadvice@changeworks.org.uk)

**W:** [www.changeworks.org.uk](http://www.changeworks.org.uk)

The Centre provides households with advice and recommendations on cost-effective energy efficiency measures via a telephone enquiry line and computerised information system. It also advises small businesses. It provides advice to people in the Lothians, Edinburgh, Fife and the Scottish Borders.

### **Northern and Western Isles Energy Efficiency Advice Centre**

*26 Bridge Street, Kirkwall,*

*Orkney KW15 1RN*

**T:** 01856 870 534

**E:** [ken@energyadvice.plus.com](mailto:ken@energyadvice.plus.com)

An independent, non profit making agency, and one of 52 similar organisations located throughout the UK, offering free, impartial, and locally relevant energy efficiency advice to all home-occupiers, businesses, community organisations and schools.

## **SCARF – Save Cash and Reduce Fuel**

*1 Cotton Street, Aberdeen AB11 5EE*

**T:** 01224 213 005

**E:** [duty@scarf.org.uk](mailto:duty@scarf.org.uk)

**W:** [www.scarf.org.uk](http://www.scarf.org.uk)

Established in 1985 to promote sustainable use of energy, eradicate fuel poverty and create sustainable employment and training opportunities. SCARF provides free expert advice to householders, small businesses, local authorities and other agencies in the private and public sectors on ways to save energy and reduce fuel bills and on renewable technologies. Using specially designed software, it can recommend energy saving improvements for the home and workplace. Call for information on grants and special offers for energy efficiency, renewable energy measures, staff awareness programmes, training and presentations.

## **Strathclyde and Central EEAC**

*72 Charlotte Street, Glasgow G1 5DW*

**T:** 0141 552 0799

**E:** [sustainable\\_energy@thewisegroup.co.uk](mailto:sustainable_energy@thewisegroup.co.uk)

**W:** [www.eeac.co.uk](http://www.eeac.co.uk)

Set up in 1993 to provide independent and impartial energy efficiency advice throughout West Central Scotland, Strathclyde & Central ) EEAC is based in Glasgow. We provide advice to householders and small businesses on energy efficiency matters as well as other sustainability issues including renewable energy and recycling.

## **Renewable Energy**

### **AES Ltd**

*AES Building, Lea Road, Forres,*

*Moray IV36 1AU*

**T:** 01309 676 911

**E:** [info@aessolar.co.uk](mailto:info@aessolar.co.uk)

**W:** [www.aessolar.co.uk](http://www.aessolar.co.uk)

Manufacturers of high efficiency solar water heating systems since 1979. Fully installed and commissioned systems for around £2,500 plus 5 per cent VAT including new dual coil cylinder.

Optional drainback operation and roof integrated collectors. Over 25,000 systems installed. Simple to install DIY kits available with full instructions.

### **Orkney Sustainable Energy Ltd**

*6 North End Road, Stromness,*

*Orkney KW16 3AG*

**T:** 01856 850 054

**E:** [orkneywind@tiscali.co.uk](mailto:orkneywind@tiscali.co.uk)

Renewable energy consultants to community groups. Also wind farm design

### **Proven Energy Ltd**

*Wardhead Park, Stewarton,*

*Ayrshire KA3 5LH*

**T:** 01560 485 570

**E:** [info@provenenergy.com](mailto:info@provenenergy.com)

**W:** [www.provenenergy.com](http://www.provenenergy.com)

Manufactures and installs small scale wind turbine systems from 600W to 15kW in capacity for domestic through to light industrial and commercial use. Proven are also involved in renewable power supply to oil and gas platforms as well as telecoms.

### **siGEN Ltd**

*Mill of Craibstone, Bucksburn,*

*Aberdeen AB21 9TB*

**T:** 01224 715 568

**E:** [djm@sigen.co.uk](mailto:djm@sigen.co.uk)

**W:** [www.sigen.co.uk](http://www.sigen.co.uk)

Supplier, wholesale and to end users, of micro wind turbines for domestic and small buildings. Specialist engineers in hydrogen and fuel cell systems with a wide technology portfolio including hydrocarbon fuels, hydrogen, methanol, natural gas.

### **Windsave Ltd**

*10 Lambhill Quadrant, Milnpark Trading*

*Estate, Glasgow G41 1SB*

**T:** 0141 420 7400

**E:** [info@windsave.com](mailto:info@windsave.com)

**W:** [www.windsave.com](http://www.windsave.com)

Has developed a commercial and domestic small wind turbine generator system using low wind

speeds to create electricity delivered into the ring main of most properties using their unique Plug'n'Save™ box that eliminates the use of battery storage. The Windsave System can be wall-mounted and feeds electricity directly into the property on the consumer side of the meter, thereby reducing the consumption and cost of electricity from the Grid.

## Recycling

### Cartridges4charity.co.uk

Whitecroft, Crieff, Perthshire PH7 3AQ

T: 0845 121 0674

E: [info@cartridges4charity.co.uk](mailto:info@cartridges4charity.co.uk)

W: [www.cartridges4charity.co.uk](http://www.cartridges4charity.co.uk)

Aims to help the environment and raise funds for their partner charities through the recycling of printer consumables and old mobile phones. Visit the web site for information on sending your items to the freepost address for recycling.

### Tracey Timber Recycling Ltd

49 Burnbrae Road, Linwood Industrial Estate, Linwood, Paisley PA3 3BD

T: 01505 333 515

E: [info@wmtracey.co.uk](mailto:info@wmtracey.co.uk)

W: [www.wmtracey.co.uk](http://www.wmtracey.co.uk)

Recycles waste wood. Uplifts from commercial premises around Scotland. Call for details. Mobile shredding operation for green waste and wood waste. Suppliers and manufacturers of Decorchip. Sawdust and cattle standing suppliers. Pallet sales.

### WRAP (Waste & Resources Action Programme)

The Old Academy, 21 Horse Fair, Banbury, Oxfordshire OX16 0AH

T: 0808 100 2040

E: [rpg@wrap.org.uk](mailto:rpg@wrap.org.uk)

W: [www.recycledproducts.org.uk](http://www.recycledproducts.org.uk)

Home of the Recycled Products Guide which provides a national, comprehensive database of products made from recycled materials and items that will help you to recycle more stuff,

more often. Find gifts and products for your home, garden or office. The guide is owned by WRAP (Waste & Resources Action Programme).

## Health & Wellbeing

### Bioforce (UK) Ltd

2 Brewster Place, Irvine, Ayrshire KA11 5DD

T: 01294 277 344

E: [enquiries@bioforce.co.uk](mailto:enquiries@bioforce.co.uk)

W: [www.avogel.co.uk](http://www.avogel.co.uk)

Mmanufactures and distributes Alfred Vogel's famous organic fresh herb tinctures, tincture tablets, foodstuffs and botanical supplements. The fresh herbs used to produce the A.Vogel range are mainly grown in the fertile conditions of Roggwil, Switzerland using a strict organic protocol in a sustainable way and with respect for Nature. Controlling the planting, cultivation, harvesting and GMP production, coupled with research, ensures that they offer the best herbal products available.

### The Scottish School of Herbal Medicine

Alexander Stephen House,

20/91 Holmfauld Road,

Glasgow G51 4RY

T: 0141 445 2500

E: [sshm@herbalmedicine.org.uk](mailto:sshm@herbalmedicine.org.uk)

W: [www.herbalmedicine.org.uk](http://www.herbalmedicine.org.uk)

Offers professional training in Herbal Medicine. Evening classes, correspondence courses, BSc (Hons) Degree, MSc. Also massage and Aromatherapy. 10 month courses. ITEC approves. The School now has a student training herbal clinic where patients are treated. Consultations are free and the cost of medicine is subsidised.

## Parenting

### BabyGROE

112-114 Main Street, Lochgelly,

Fife KY5 9AA

T: 01592 784 700

**E:** [contact@babygroe.co.uk](mailto:contact@babygroe.co.uk)

**W:** [www.babygroe.co.uk](http://www.babygroe.co.uk)

BabyGROE is a free magazine distributed via midwives to pregnant women about more natural methods and products for raising families. Information is sourced at a local as well as national level and is presented in a chatty and humorous parent to parent format. The magazine contains entertaining editorial as well as informative listings and is split into 10 chapters covering everything from real nappies to organic clothes. This handy A5 magazine is also available on-line from the BabyGROE website which features many more informative features and competitions.

## Transport & Travel

### Capital Rail Action Group (CRAG)

4 Lynedoch Place, Edinburgh EH3 7PX

**T:** 0131 225 2065

**E:** [paultetlaw@aol.com](mailto:paultetlaw@aol.com)

**W:** [www.capitalrail.org.uk](http://www.capitalrail.org.uk)

CRAG campaigns for better public transport, especially railway development, in the Edinburgh area. In particular, it has been campaigning for the development of an integrated and sustainable transport strategy for the Edinburgh travel to work area.

### Carry Freedom

High Clunch Farm, Stewarton,

Ayrshire KA3 5JT

**T:** 0845 456 0928

**E:** [info@carryfreedom.com](mailto:info@carryfreedom.com)

**W:** [www.carryfreedom.com](http://www.carryfreedom.com)

Manufactures a range of luggage trailers that can carry everything from pet dogs, to a week's shopping, to expedition luggage.

### Edinburgh City Car Club

31 Argyle Place, Edinburgh EH9 1JT

**T:** 0845 330 1234

**E:** [edinburgh@citycarclub.co.uk](mailto:edinburgh@citycarclub.co.uk)

**W:** [www.citycarclub.co.uk](http://www.citycarclub.co.uk)

Offers a pay-as-you-go way of driving a car

around Edinburgh without all the cost and hassle of having to own one. And by limiting car ownership, it's the greener way to drive too. From as little as £3.60 per hour, you can rent cars by the hour, day or as long as you like.

### First ScotRail

Customer Relations, PO Box 7030, Fort William PH33 6WX

**T:** 0845 601 5929

**E:** [scotrailcustomer.relations@firstgroup.com](mailto:scotrailcustomer.relations@firstgroup.com)

**W:** [www.firstscotrail.com](http://www.firstscotrail.com)

First ScotRail, UK Public Transport Operator of the Year 2006, operates Scotland's national railway, with over 2,100 services a day covering the length and breadth of Scotland and their overnight sleeper services between London and Scotland. With customer satisfaction at an all time high, passenger numbers are increasing all the time as they continue to invest in delivering a safe, value-for-money and reliable service – a real alternative to cars and planes.

### Highland Cycle Campaign

6 Rowan Park, Carrbridge PH23 3BE

**T:** 01479 841 633

Voluntary organisation encouraging the increased use of cycles by the general public for day-to-day and recreational purposes. Also to encourage local and central governments and developers to provide adequate and safe cycle routes and parking.

### Sustrans Scotland

Glenorchy House, 20 Union Street, Edinburgh EH1 3LR

**T:** 0131 539 8122

**E:** [scotland@sustrans.org.uk](mailto:scotland@sustrans.org.uk)

**W:** [www.sustrans.org.uk](http://www.sustrans.org.uk)

Scottish arm of the sustainable transport charity, Sustrans, which is behind some of the most practical and innovative solutions to some of the UK's biggest transport challenges, including the award-winning National Cycle Network, Safe Routes to Schools, Bike It and TravelSmart.

## Holidays & Leisure

### Activities

#### Knowetop Community Farm

113 Castlehill Road, Castlehill,  
Dumbarton G82 5AT

**T:** 01389 732 734

Twenty acre farm with various animals for the kids to meet including cows, pigs lambs ponies and many more.. Young and adult volunteers welcome. Admission free but donations welcome.

#### Ramblers Association Scotland

Kingfisher House, Auld Mart Business Park,  
Milnathort, Kinross KY13 9DA

**T:** 01577 861 222

**E:** [scotland@ramblers.org.uk](mailto:scotland@ramblers.org.uk)

**W:** [www.ramblers.org.uk/scotland](http://www.ramblers.org.uk/scotland)

The representative body for walkers in Scotland. Its overall aim is to encourage walking and public understanding of the outdoors by: promoting walking for health and pleasure; securing access for walkers; developing path networks, and protecting the outdoor environment.

#### Scottish Conservation Projects

Balallan House, 24 Allan Park,  
Stirling FK8 2QG

**T:** 01786 479 697

**E:** [information@btcv.org.uk](mailto:information@btcv.org.uk)

**W:** [www.btcv.org.uk](http://www.btcv.org.uk)

SCP is a part of the British Trust for Conservation Volunteers. It offers people opportunities to get involved in practical hands-on conservation work in Inverness, Nairn and throughout the Highlands

### Places to Stay

#### Argyll Hotel

Isle of Iona, Argyll PA76 6SJ

**T:** 01681 700 334

**E:** [reception@argyllhoteliona.co.uk](mailto:reception@argyllhoteliona.co.uk)

**W:** [www.argyllhoteliona.co.uk](http://www.argyllhoteliona.co.uk)

Relaxed, friendly hotel on the seashore in the village of Iona. Cosy lounges with open fires and books, plant-filled sunlounge, spacious dining room, all overlooking the Sound of Iona. 'Cottagey' bedrooms with kettles, period furniture, and en-suite facilities. Freshly prepared, home cooking using local produce and seasonal homegrown vegetables from their own organic garden. Caters especially for vegetarians using wholefoods. Residents and table licence. Gold Award Green Tourism Scheme and Soil Association-certified.

#### East Lochhead House, Cottages & Gardens

Largs Road, East Lochhead, Lochwinnoch,  
Renfrewshire PA12 4DX

**T:** 01505 842 610

**E:** [admin@eastlochhead.co.uk](mailto:admin@eastlochhead.co.uk)

**W:** [www.eastlochhead.co.uk](http://www.eastlochhead.co.uk)

A lovely, homely farmhouse operated as a B&B. Three comfortable bedrooms, byres and barns converted into four self-catering cottages ranging from a studio to three bedrooms and two acres of gardens. Awarded Gold in the Green Business Tourism Scheme and member of International Slow Food organisation.. Winner of Visits Scotland Thistle Award for sustainable Tourism 2006.

#### Rhanich Farm

Edderton, Tain,  
Ross-Shire IV19 1LG

**T:** 01862 821 265

Working organic hill farm with many breeds of sheep including coloured ewes for wool, and milking sheep for cheese and yoghurt. Small herd of dairy goats kept for milk, and free range hens. Can offer organic fruit and vegetables in season, homemade breads and chutneys. There is a small secluded camping area for self-caterers. Vegetarian meal provided on request. Only four miles from sea in good walking area. Also produces natural undyed wool fleeces and sheepskins.

## **Wheems Farm**

*Eastside, South Ronaldsay, Orkney KW17 2TJ*

**T:** 01856 831 537

**E:** [christina.sargent@wheems.fsworld.co.uk](mailto:christina.sargent@wheems.fsworld.co.uk)

Organic farm offering dormitory accommodation in a converted barn, clean bed linen cooking facilities, shower and fridge, and a camping area. Hostel £8.00 per night and camping from £3.00 per night. Soil Association-certified vegetables and organic eggs. Monthly farmers' market in Kirkwall.

## **Holiday Companies**

### **Hiddenglen Holidays**

*Laikenbuie, Grantown Road,*

*Nairn IV12 5QN*

**T:** 01667 454 630

**E:** [muskus@bigfoot.com](mailto:muskus@bigfoot.com)

**W:** [www.hiddenglen.co.uk](http://www.hiddenglen.co.uk)

Watch deer and woodpeckers among the abundant wildlife on tranquil croft. Top quality spacious lodges, chalet, caravan all well equipped and very clean have a beautiful outlook over trout loch amid native woods. Collect eggs, feed pet lambs (if any). Safe for children with play area, bikes and boat. Plentiful sunshine. Near mountains, sandy beaches and Moray Firth dolphins. Tipi or camping in return for help. Voluntary work through WWOOF. Photos on web. No smoking.

### **MacBackpackers**

*105 High Street, Edinburgh EH1 1SG*

**T:** 0131 558 9900

**E:** [enquiries@macbackpackers.com](mailto:enquiries@macbackpackers.com)

**W:** [www.macbackpackers.com](http://www.macbackpackers.com)

MacBackpackers have now been running tours for over seven years. They provide extremely high quality, yet fun and informal, fully guided tours of Scotland, designed for young, independent, budget-minded travellers.

### **Northern Light Charters**

*Achnacraig, Achindarroch, Duror of Appin,  
Argyll PA38 4BS*

**T:** 01631 740 595

**E:** [info@northernlight-uk.com](mailto:info@northernlight-uk.com)

**W:** [www.northernlight-uk.com](http://www.northernlight-uk.com)

Works from Oban, on the beautiful West coast of Scotland offering charter, wildlife cruises, bird-watching and whale-watching cruises, dive charter and island cruising. Experience the Hebrides including St Kilda. Three boats, max 12 guests. See whales, dolphins, eagles, puffins, otters etc. Remote walks daily.

### **Wild Explorer Holidays**

*Skye Environmental Centre, 7 Black Park,  
Broadford, Isle of Skye IV49 9DE*

**T:** 01471 822 487

**E:** [iosf@otter.org](mailto:iosf@otter.org)

Organises residential courses to study the Hebridean wildlife and heritage. Each trip visits one set of islands. Profits from the trips are put back into conservation projects and the local community.

## **Organisations**

### **Green Tourism Business Scheme**

*Green Business UK Ltd,*

*4 Atholl Place, Perth PH1 5ND*

**T:** 01738 632 162

**E:** [gtps@green-business.co.uk](mailto:gtps@green-business.co.uk)

**W:** [www.green-business.co.uk](http://www.green-business.co.uk)

A not-for-profit company established to promote green tourism and to run the Green Tourism Business Scheme. The company promotes sustainable tourism and works closely with government and non-government organisations such as Visit Scotland, the Scottish Executive, Tourism & the Environment Forum, Scottish Natural Heritage, Historic Scotland, Scottish Wildlife Trust and the main utility companies in Scotland. Green Business also administers and co-ordinates the Green Tourism Business Scheme providing membership services to over 1000 tourism businesses throughout the UK.

### **Sustainable Tourism Unit**

*Thistle House, Beechwood Park North,  
Inverness IV2 3ED*

**T:** 01463 723 059

**E:** [enquiries@greentourism.org.uk](mailto:enquiries@greentourism.org.uk)

**W:** [www.greentourism.org.uk](http://www.greentourism.org.uk)

VisitScotland's Sustainable Tourism Unit was set up in March 2006 to promote the sustainable development of tourism in Scotland. The unit recognises the importance of developing tourism in Scotland in an economically, environmentally and socially sustainable way.

## **Tourism Concern**

*Stapleton House, 277-281 Holloway Road,  
London N7 8HN*

**T:** 020 7133 3330

**E:** [info@tourismconcern.org.uk](mailto:info@tourismconcern.org.uk)

**W:** [www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)

Campaigns on human rights issues connected to travel and for more ethical and fairly traded tourism. Tourism Concern is not against tourism, but just want it to be as good for the people in Southern (Third World) holiday destinations as it is for Western tourists. Tourism Concern has proven time and time again that our holidays can often bring unwanted consequences and can accentuate poverty in poorer tourism receiving areas. With its Southern partners it recognises that although tourism can be an industry which improves people's living standards and well-being, it is only too often something that works to keep them impoverished. The work for change is crucial as Tourism Concern is the only organisation in the UK campaigning solely on these issues.

## **Government & Campaigning**

### **Local Government**

#### **Aberdeen City Council**

*Strategic Leadership, Balgownie One,  
AECC, Conference Way, Bridge of Don,  
Aberdeen AB23 8AQ*

**T:** 01224 814 581

**E:** [bemiller@aberdeencity.gov.uk](mailto:bemiller@aberdeencity.gov.uk)

**W:** [www.aberdeencity.gov.uk](http://www.aberdeencity.gov.uk)

Multi-award winning Aberdeen City Council is committed to sustainable development – ensuring what we do now doesn't create problems for the future. Its work is aimed at improving well-being by involving people, enhancing our environment and maintaining a healthy economy. Aberdeen EcoCity brings together, publicises and rewards environmental groups and ideas that will help us move towards a brighter future, together – all because you asked us to! If you have any suggestions or would like to be involved, get in touch.

#### **Aberdeenshire Council**

*Woodhill House, Westburn Road,  
Aberdeen AB16 5GB*

**T:** 0845 081 207

**W:** [www.aberdeenshire.gov.uk](http://www.aberdeenshire.gov.uk)

#### **Angus Council**

*The Cross, Forfar DD8 1BX*

**T:** 08452 777 778

**W:** [www.angus.gov.uk](http://www.angus.gov.uk)

#### **Argyll and Bute Council**

*Kilmory, Lochgilphead PA31 8RT*

**T:** 01546 602 127

**W:** [www.argyll-bute.gov.uk](http://www.argyll-bute.gov.uk)

#### **Clackmannanshire Council**

*Greenfield,  
Alloa FK10 2AD*

**T:** 01259 450 000

**W:** [www.clacksweb.org.uk](http://www.clacksweb.org.uk)

#### **Dumfries and Galloway Council**

*Council Offices, English Street,  
Dumfries DG1 2DD*

**T:** 01387 260 000

**W:** [www.dumgal.gov.uk](http://www.dumgal.gov.uk)

#### **Dundee City Council**

*21 City Square,  
Dundee DD1 3DB*

**T:** 01382 434 800

**W:** [www.dundeeecity.gov.uk](http://www.dundeeecity.gov.uk)

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## **East Ayrshire Council**

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Council Headquarters, London Road,  
Kilmarnock KA3 7BU

**T:** 0845 724 0000

**W:** [www.east-ayrshire.gov.uk](http://www.east-ayrshire.gov.uk)

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## **East Dunbartonshire Council**

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Tom Johnston House, Civic Way, Kirkintilloch  
G66 4TJ

**T:** 0845 045 4510

**W:** [www.eastdunbarton.gov.uk](http://www.eastdunbarton.gov.uk)

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## **East Lothian District Council**

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John Muir House,  
Haddington EH41 3HA

**T:** 01620 827 827

**W:** [www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

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## **East Renfrewshire Council**

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Council Headquarters, Eastwood Park,  
Rouken Glen Road, Giffnock G46 6UG

**T:** 01415 773 001

**W:** [www.eastrenfrewshire.gov.uk](http://www.eastrenfrewshire.gov.uk)

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## **Edinburgh City Council**

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City Chambers, High Street,  
Edinburgh EH1 1YJ

**T:** 01312 002 323

**W:** [www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)

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## **Falkirk Council**

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Municipal Buildings,  
Falkirk FK1 5RS

**T:** 01324 506 070

**W:** [www.falkirk.gov.uk](http://www.falkirk.gov.uk)

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## **Fife Council**

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Fife House, North Street, Glenrothes KY7 5LT

**T:** 08451 550 000

**W:** [www.fife.gov.uk](http://www.fife.gov.uk)

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## **Glasgow City Council**

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City Chambers, George Square,  
Glasgow G2 1DU

**T:** 01412 872 000

**W:** [www.glasgow.gov.uk](http://www.glasgow.gov.uk)

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## **Highland Council**

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Glenurquhart Road, Inverness IV3 5NX

**T:** 01463 702 000

**W:** [www.highland.gov.uk](http://www.highland.gov.uk)

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## **Inverclyde Council**

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Municipal Buildings, Greenock PA15 1LY

**T:** 01475 717 171

**W:** [www.inverclyde.gov.uk](http://www.inverclyde.gov.uk)

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## **Midlothian Council**

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Midlothian House, Buccleuch Street,  
Dalkeith EH22 1DN

**T:** 01312 707 500

**W:** [www.midlothian.gov.uk](http://www.midlothian.gov.uk)

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## **Moray Council**

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Council Office, High Street, Elgin IV30 1BX

**T:** 01343 543 451

**W:** [www.moray.gov.uk](http://www.moray.gov.uk)

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## **North Ayrshire Council**

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Cunninghame House, Irvine KA12 8EE

**T:** 0845 603 0590

**W:** [www.north-ayrshire.gov.uk](http://www.north-ayrshire.gov.uk)

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## **North Lanarkshire Council**

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PO Box 14, Civic Centre,  
Motherwell ML1 1TW

**T:** 01698 403 200

**W:** [www.northlan.gov.uk](http://www.northlan.gov.uk)

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## **Orkney Islands Council**

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School Place, Kirkwall, Orkney KW15 1NY

**T:** 01856 873 535

**W:** [www.orkney.gov.uk](http://www.orkney.gov.uk)

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## **Perth and Kinross Council**

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2 High Street, Perth PH1 5PH

**T:** 01738 475 000

**W:** [www.pkc.gov.uk](http://www.pkc.gov.uk)

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## **Renfrewshire Council**

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North Building, Cotton Street,  
Paisley PA1 1BU

**T:** 01418 425 000

**W:** [www.renfrewshire.gov.uk](http://www.renfrewshire.gov.uk)

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## Scottish Borders Council

Council Headquarters,  
Newtown St. Boswells TD6 0SA

**T:** 01835 824 000

**W:** [www.scotborders.gov.uk](http://www.scotborders.gov.uk)

## Shetland Islands Council

Town Hall, Upper Hillhead,  
Lerwick ZE1 0HB

**T:** 01595 693 535

**W:** [www.shetland.gov.uk](http://www.shetland.gov.uk)

## South Ayrshire Council

County Buildings, Wellington Square,  
Ayr KA7 1DR

**T:** 0845 601 2020

**W:** [www.south-ayrshire.gov.uk](http://www.south-ayrshire.gov.uk)

## South Lanarkshire Council

Council Offices, Almada Street,  
Hamilton ML3 0AA

**T:** 01698 454 444

**W:** [www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk)

## Stirling Council

Viewforth, Stirling FK8 2ET

**T:** 0845 277 7000

**W:** [www.stirling.gov.uk](http://www.stirling.gov.uk)

## West Dunbartonshire Council

Garshake Road, Dumbarton G82 3PU

**T:** 01389 737 000

**W:** [www.wdcweb.info/home](http://www.wdcweb.info/home)

## West Lothian Council

West Lothian House, Almondvale Boulevard,  
Livingston EH54 6QG

**T:** 01506 775 000

**W:** [www.wlonline.org](http://www.wlonline.org)

## Western Isles Council

Sandwich Road, Stornoway, Isle of Lewis  
HS1 2BW

**T:** 01851 703 773

**W:** [www.w-isles.gov.uk](http://www.w-isles.gov.uk)

## National Government

### Scottish Executive

St Andrews House, Edinburgh EH1 3DG

**T:** 0845 7741 741 or 0131 556 8400

**E:** [ceu@scotland.gsi.gov.uk](mailto:ceu@scotland.gsi.gov.uk)

**W:** [www.scotland.gov.uk](http://www.scotland.gov.uk) &  
[www.infoscotland.com](http://www.infoscotland.com)

The Scottish Executive is the devolved government for Scotland. It is responsible for most of the issues of day-to-day concern to the people of Scotland, including health, education, justice, rural affairs, and transport.

### Scottish Environment Protection Agency (SEPA)

Erskine Court, Castle Business Park,  
Stirling FK9 4TR

**T:** 01786 457 700

**W:** [www.sepa.org.uk](http://www.sepa.org.uk)

SEPA is a government body which is responsible for the protection of the environment in Scotland. It is a non-departmental government body formed from over 60 previous organisations including the Scottish River Purification Authorities, one of whose functions was to monitor pollution. To report pollution incidents, call the emergency line on 0800 80 70 60.

### Scottish Natural Heritage

Great Glen House, Leachkin Road,  
Inverness IV3 8NW

**T:** 01463 725 000

**W:** [www.snh.org.uk](http://www.snh.org.uk)

Government body responsible to the Scottish Executive and Scottish Parliament. The mission statement is: Working with Scotland's people to care for our natural heritage.

### Scottish Office Agriculture, Environment and Fisheries Department

Pentland House, 47 Robbs Loan,  
Edinburgh EH14 1TY

**T:** 0131 244 6015

Responsible for developing and promoting

Scotland's agriculture, fisheries and environment. Operates closely with many countryside, marine and environmental organisations. The department has statutory and regulatory powers and provides assistance to those involved in these activities through a wide variety of schemes.

### **Forestry Commission Scotland**

231 Corstorphine Road, Edinburgh EH12 7AT

T: 0131 334 0303

E: [enquiries@forestry.gsi.gov.uk](mailto:enquiries@forestry.gsi.gov.uk)

W: [www.forestry.gov.uk/scotland](http://www.forestry.gov.uk/scotland)

Forestry Commission Scotland (FCS) serves as the Scottish Executive's forestry department, advising Ministers and putting forestry policy into practice. Through its agency, Forest Enterprise Scotland, it manages the national forest land for multiple benefits, including sustainable timber production, public recreation, nature conservation and rural development. It is the largest landowner in the country and the biggest provider of outdoor recreation, hosting thousands of fun and healthy activities for the public and visitors.

## **Sustainable Development**

### **Forum for the Future**

19-23 Ironmonger Row,

London EC1V 3QN

T: 020 7324 3688

E: [v.mamo-mason@forumforthefuture.org.uk](mailto:v.mamo-mason@forumforthefuture.org.uk)

W: [www.forumforthefuture.org.uk](http://www.forumforthefuture.org.uk)

Forum for the Future is the UK's leading sustainable development charity. The Forum aims to show that a sustainable future is both possible and desirable. It works with forward-looking organisations in business and the public sector to find practical ways to build a future that is environmentally viable, socially just and economically prosperous.

### **Scottish Sustainable Development Forum**

Secretariat, Thirdwave, 8 Maritime Street, Leith, Edinburgh EH6 6SB

T: 0131 625 1465

E: [ssdfsec@thirdwave.org.uk](mailto:ssdfsec@thirdwave.org.uk)

W: [www.ssdforum.org.uk](http://www.ssdforum.org.uk)

As the focus for thinking and action on sustainable development across Scotland, the Scottish Sustainable Development Forum (SSDF) exists to: facilitate debate; encourage participation; raise awareness and understanding; promote good practice; and recommend action in the pursuit of a more sustainable Scotland. The Forum meets twice a year to share experiences and set priorities for action. Forum membership is open to all individuals who want to make Scotland more sustainable.

## **Animal Welfare**

### **Advocates for Animals**

10 Queensferry Street, Edinburgh EH2 4PG

T: 0131 225 6039

E: [info@advocatesforanimals.org](mailto:info@advocatesforanimals.org)

W: [www.advocatesforanimals.org](http://www.advocatesforanimals.org)

Promotes protection of all animals through high-profile campaigns, public education, political lobbying and investigations. Opposes all animal experiments and exploitation of animals in circuses and zoos and campaigns to end the barbaric practices of factory farming.

## **Animal Conservation**

### **Hebridean Whale & Dolphin Trust**

28 Main Street, Tobermory,

Isle of Mull PA75 6NU

T: 01688 302 620

E: [info@hwdt.org](mailto:info@hwdt.org)

W: [www.hwdt.org](http://www.hwdt.org)

Established in 1994, the Hebridean Whale and Dolphin Trust is a registered charity. HWDT has pioneered practical, locally based conservation through education and the study of whales, dolphins and porpoises in the Hebrides. With the launch of a new yacht, the HWDT is actively and impartially monitoring threatened marine species in the waters of South West Scotland. Its Community Sightings programme reaches

marine users throughout the West Coast, encouraging people to report their marine mammal encounters and using this information to discover more about the behaviour and distribution of marine mammals. How you can help: join HWDT – you will receive a membership pack and a bi-annual newsletter; sponsor a Hebridean whale or dolphin; name a Hebridean whale; lend your skills and time to HWDT as a volunteer; and help with beach cleans and sightings.

### **International Otter Survival Fund**

7 Black Path, Broadford,  
Isle of Skye IV49 9DE

**T:** 01471 822 487

**E:** [info@otter.org](mailto:info@otter.org)

**W:** [www.otter.org](http://www.otter.org)

Registered charity dedicated to the conservation of all 13 species of otter worldwide. The otter sanctuary itself is not open to the public as all otters go back to the wild and human contact has to be kept to a minimum. Advice can be given for where to watch otters in the wild.

### **Royal Society for the Protection of Birds (RSPB) Scottish Headquarters**

Dunedin House, 25 Ravelston Terrace,  
Edinburgh EH4 3TP

**T:** 0131 311 6500

**W:** [www.rspb.org.uk](http://www.rspb.org.uk)

Large charity over one million members campaigning for the protection of wild birds and their habitat. Offers advice to farmers, landowners and other organisations on all aspects of the environment including agriculture and biodiversity. RSPB Scotland is the largest supplier of environmental educational material to Scottish schools; its Young Ornithologists Club has over 14,000 members.

### **Scottish Society for the Protection of Wild Birds**

Foremount House, Kilbarchan,  
Renfrewshire PA10 2EZ

**T:** 01505 702 419

This society has been in existence for over 75

years and is mainly concerned with activities which help protect sea birds on its nature reserve on Lady Isle, off Troon in Ayrshire. Members of the society receive newsletters and access to the reserve on application.

## **Conservation**

### **Aberdeen Biodynamic Land Trust**

Beannachar, Banchory-Devenick,

Aberdeen AB12 5YL

**T:** 01224 861 825

**E:** [richard@beannachar.org](mailto:richard@beannachar.org)

**W:** [www.biodynamic.org.uk/ABL.htm](http://www.biodynamic.org.uk/ABL.htm)

The aims are: to purchase land out of private ownership and to hold it in trust for biodynamic and organic food production, preferentially the former, in perpetuity; to ensure that this land is worked to certified biodynamic/organic standards; to facilitate the running of a business growing and trading in fresh biodynamic/organic produce in order to further its availability in the locality, for example by purchasing land, buildings, greenhouses, etc; to support other biodynamic work in the area or expand its objectives.

### **BTCV Scotland**

24 Allan Park, Stirling FK8 2QG

**T:** 01786 479 697

**E:** [scotland@btcv.org.uk](mailto:scotland@btcv.org.uk)

**W:** [www.btcv.org](http://www.btcv.org)

The UK's largest charity dedicated to practical conservation work. Develops skills in individuals and communities through waste minimisation and recycling; builds and supports environmental partnerships with communities and achieves environmental change through practical action. Supports volunteering activities across Scotland on country parks, upland and lowland footpaths, traditional buildings, school grounds and inner-city estates, either as community projects or through the Conservation Holiday programme. Contact them if you would like to know more about how they can help you or your community improve the environment.

## **Carrifran Wildwood Project**

*The Borders Forest Trust, Monteviot Nurseries, Ancrum, Jedburgh TD8 6TU*

**T:** 01835 830 750

**E:** [hugh@bordersforesttrust.org](mailto:hugh@bordersforesttrust.org)

**W:** [www.bordersforesttrust.org](http://www.bordersforesttrust.org)

Registered charity working to restore native mixed woodland to the Carrifran valley in the Southern Uplands. The group has collected thousands of native tree seeds from the surrounding remnants of forest, and is growing young trees in established nurseries, ready for planting in the valley.

## **Central Scotland Forest Trust**

*Hillhouseside, Shottskirk Road, Shotts, Lanarkshire ML7 4JS*

**T:** 01501 822 015

**E:** [enquiries@csft.co.uk](mailto:enquiries@csft.co.uk)

**W:** [www.csft.co.uk](http://www.csft.co.uk)

Partnership of organisations working together to create a new central Scotland Forest. The forest will cover 620 square miles and serve a multitude of purposes.

## **Edinburgh & Lothian Green Space Trust**

*Dalkeith Country Park, Dalkeith EH22 2NA*

**T:** 0131 654 1933

**E:** [info@elgt.org.uk](mailto:info@elgt.org.uk)

**W:** [www.elgt.org.uk](http://www.elgt.org.uk)

The Trust seeks to improve the number and quality of greenspaces in and around Edinburgh, Midlothian and East Lothian, by undertaking environmental and heritage projects in partnership with local communities, landowners and the private and public sectors. The Trust welcomes the involvement of individuals and businesses, either through financial donations or in-kind support, or by their taking part in volunteer projects, community events and workshops.

## **Friends of the Earth Scotland**

*Lamb's House, Burgess Street, Edinburgh EH6 6RD*

**T:** 0131 554 9977

**E:** [info@foe-scotland.org.uk](mailto:info@foe-scotland.org.uk)

**W:** [www.foe-scotland.org.uk](http://www.foe-scotland.org.uk)

Stands for environmental justice and has championed initiatives in Scotland which are bringing about renewable energy, better public transport, and freedom of information. Tackles issues which cause real public concern like opencast mining, the need for reduction of waste and traffic and the eradication of fuel poverty. Has a network of local groups across Scotland.

## **John Muir Trust**

*41 Commercial Street, Edinburgh EH6 6JD*

**T:** 0131 554 0114

**E:** [admin@jmt.org](mailto:admin@jmt.org)

**W:** [www.jmt.org](http://www.jmt.org)

The Trust purchases and conserves some outstandingly beautiful areas of wild land including Ben Nevis and parts of the Isle of Skye, Knoydart, Sutherland and Perthshire. Named after John Muir, the 'father of the modern conservation movement', the Trust aims to show the importance of wild places and their conservation.

## **National Trust for Scotland**

*28 Charlotte Square, Edinburgh EH2 4ET*

**T:** 0131 243 9470

**E:** [conservationvolunteers@nts.org.uk](mailto:conservationvolunteers@nts.org.uk)

**W:** [www.nts.org.uk](http://www.nts.org.uk)

Dedicated to promoting the preservation of places of historic and architectural interest or of natural beauty. Owns or manages over 100 properties including castles, historic houses, gardens, beauty spots, mountainous country and islands.

## **Reforestation Scotland**

*62-66 Newhaven Road, Edinburgh EH6 5QB*

**T:** 0131 554 4321

**W:** [www.reforestingscotland.org](http://www.reforestingscotland.org)

Its mission is to raise awareness of Scotland's deforested state; to encourage ecological restoration, bringing Scotland's damaged landscape back to health; and to help reconnect Scotland's forests with their local communities, increasing community involvement and encouraging new opportunities for rural development. It seeks to fulfil this mission

through its members, projects, promotional activities and links with other organisations.

### **Scottish Environment LINK**

2 Grosvenor House, Shore Road,

Perth PH2 8BD

T: 01738 630 804

E: [enquiries@scotlink.org](mailto:enquiries@scotlink.org)

W: [www.scotlink.org](http://www.scotlink.org)

The forum for Scotland's voluntary environment organisations – over 30 member bodies representing a broad spectrum of environmental interests with the common goal of contributing to a more environmentally sustainable society. Please see website for information on current work. Established in 1987 LINK provides a network for its member organisations, enabling informed debate, and assisting co-operation within the voluntary environmental sector.

### **Scottish Wildlife Trust**

Cramond House, Kirk Cramond, Cramond

Glebe Road, Edinburgh EH4 6NS

T: 0131 312 7765

E: [enquiries@swt.org.uk](mailto:enquiries@swt.org.uk)

W: [www.swt.org.uk](http://www.swt.org.uk)

The largest of the UK's 47 Wildlife Trusts which work together to protect and preserve the country's wildlife and environment. The Trust owns over 125 wildlife reserves which cover an area of Scotland larger than Greater Glasgow. Employs 70-100 staff throughout Scotland, provides training in environmental qualifications, and runs a number of high-profile campaigns on issues ranging from peatland conservation to saving the water vole to agriculture, marine policy, and urban wildlife. New members, volunteers and enquiries welcome.

### **Trees for Life**

The Park, Findhorn Bay, Forres,

Moray IV36 3TZ

T: 0845 458 3505

E: [trees@findhorn.org](mailto:trees@findhorn.org)

W: [www.treesforlife.org.uk](http://www.treesforlife.org.uk)

An award-winning, internationally known

conservation charity whose vision is the regeneration and restoration of the Caledonian Forest and the reintroduction of all the missing wildlife species. Trees for Life also supports within its vision statement a strategy and programme for the restoration of the Earth's ecosystems. Newsletter, volunteer work weeks, tree planting and educational services.

### **Wildfowl & Wetlands Trust – WWT Caerlaverock**

Eastpark Farm, Caerlaverock,

Dumfriesshire DG1 4RS

T: 01387 770 200

E: [info.caerlaverock@wwt.org.uk](mailto:info.caerlaverock@wwt.org.uk)

W: [www.wwt.org.uk](http://www.wwt.org.uk)

At Caerlaverock, on the Solway Firth, WWT manages a 1,400-acre wild reserve with 20 hides, three towers and a heated wild swan observatory. WWT members are admitted free.

### **Woodland Trust Scotland**

Glenruthven Mill, Abbey Road, Auchterarder,

Perthshire PH3 1DP

T: 01764 662 554

E: [enquiries@woodland-trust.org.uk](mailto:enquiries@woodland-trust.org.uk)

W: [www.woodland-trust.org.uk](http://www.woodland-trust.org.uk)

The UK's largest woodland conservation charity. Owns over 1200 woods in the UK – 80 in Scotland. All are managed for conservation, wildlife and free public access. Members receive Newsletter plus directory of woods and other benefits. Advocacy work is undertaken on matters of policy and practice for the benefit of native and high value woodland.

### **WWF Scotland**

Little Dunkeld, Dunkeld, Perthshire PH8 0AD

T: 01350 728 200

E: [scotland@wwf.org.uk](mailto:scotland@wwf.org.uk)

W: [www.wwfscotland.org.uk](http://www.wwfscotland.org.uk)

WWF Scotland is part of WWF's global network, working round the clock in 100 countries to provide long-term solutions to environmental problems. See the main text on pages 28-30 for more information.

## Community & Society

### Forward Scotland

*The Lodge, Earlsgate House,  
Stirling SK8 2HE*

**T:** 05600 010 560

**E:** [enquiries@forward-scotland.org.uk](mailto:enquiries@forward-scotland.org.uk)

**W:** [www.forward-scotland.org.uk](http://www.forward-scotland.org.uk)

Champions innovative approaches to sustainable development. It does this by initiating practical demonstration projects, carrying out original and challenging research, enhancing learning and stimulating debate, influencing policy and creating tools for change. It provides holistic, solutions-based approaches, delivering a range of development projects and grant programmes, and strives to work in partnership with all sections of society to promote a culture of sustainable development.

### Centre for Human Ecology

*54 Manor Place, Edinburgh EH3 7EH*

**T:** 0845 119 2001

**E:** [info@che.ac.uk](mailto:info@che.ac.uk)

**W:** [www.che.ac.uk](http://www.che.ac.uk)

Independent think tank and network of professionals, academics and campaigners generating practical change and new thinking for ecological sustainability and social justice through action, research and education. Engage your head, heart and hand for personal and professional development with postgraduate degrees in Human Ecology and short courses in Action Research, Ecopsychology, Ethical Enterprise, Food Culture & Agri-Culture, Spiritual Activism, and Sustaining Ecosystems. Courses in partnership with University of Strathclyde, Glasgow.

### Rural Environmental Action Project

*177 Mid Street, Keith, Moray AB55 5BL*

**T:** 01542 888 070

**E:** [reap@csv.org.uk](mailto:reap@csv.org.uk)

**W:** [www.reap-csv.net](http://www.reap-csv.net)

Provides practical support to communities and local organisations in Aberdeenshire, Aberdeen

City and Moray working towards meeting local needs in a sustainable way. Part of CSV-Scotland, REAP offers information and training on sustainability as well as volunteering opportunities.

## Books & Magazines

### Floris Books

*15 Harrison Gardens,  
Edinburgh EH11 1SH*

**T:** 0131 337 2372

**E:** [floris@florisbooks.co.uk](mailto:floris@florisbooks.co.uk)

**W:** [www.florisbooks.co.uk](http://www.florisbooks.co.uk)

Publishes books with a holistic world view on a wide range of subjects including organics and biodynamics, parenting, self-development, health and a range of illustrated children's picture and story books, as well as resource books for parents on how to celebrate festivals creatively and engage young children in craft activities.

### New Consumer Magazine

*23 Mitchell Street, Edinburgh EH6 7BD*

**T:** 0131 555 2594

**E:** [subscribe@newconsumer.org](mailto:subscribe@newconsumer.org)

**W:** [www.newconsumer.com](http://www.newconsumer.com)

Passionate, irreverent, positive, *New Consumer* provides inspiration, information, products and small steps that make a difference to you and your world. You will find intelligent in-depth features, fair trade and ethical fashion, jewellery, food and drink, interviews, comment all enabling UK consumers to use their collective purchasing power to support positive world change.

## Visitor Centres

### Aberdeen Environmental Education Centre

Skene Square School, 61 Skene Square,  
Aberdeen AB25 2UN

T: 01224 640 864

E: [enquiries@aeec.org.uk](mailto:enquiries@aeec.org.uk)

W: [www.aeec.org.uk](http://www.aeec.org.uk)

Environmental resource centre for the city.  
Produces a range of educational publications.  
Call for more information.

### Findhorn Foundation

The Park, Findhorn, Forres,  
Morayshire IV36 3TZ

T: 01309 690 311

E: [enquiries@findhorn.org](mailto:enquiries@findhorn.org)

W: [www.findhorn.org](http://www.findhorn.org)

Spiritual community, ecovillage and educational centre. The Community was founded in 1962 and offers a full calendar of holistic education courses plus special events, attracting thousands of visitors from all over the world.

### Four Winds Inspiration Centre

The Pavilion, Inverleith Park, Arboretum  
Place, Edinburgh EH3 5NY

T: 0131 332 2229

E: [info@four-winds.org.uk](mailto:info@four-winds.org.uk)

W: [www.four-winds.org.uk](http://www.four-winds.org.uk)

Established in 1998, Four Winds Inspiration Centre is an environmental education and craft-based charity. Situated in an attractive setting within Inverleith Park, Edinburgh, Four Winds provides a unique opportunity to connect with nature, yourself and others whilst learning new skills and information through the wide range of crafts, herbal and renewable energy courses. Adult classes, suitable for all levels, include: wood & stone carving, indoor and outdoor mosaic, rustic furniture, green wood working, felt making, spinning, rag rugging, raku firing, hand building ceramics and an extensive range of basket weaving, rush and willow work. Parent & child crafts & herbal classes are also available.

A DIY solar-water heating system can be made at the renewable energy course. Also produces custom-designed and carved furniture, sculptures and playground items with timber from the annual Dutch Elm Disease Control Programme.

### Kindrogan Field Centre

Enochdhu, Blairgowrie, Perthshire PH10 7PG

T: 01250 8701 50

E: [admin@field-studies-council.org](mailto:admin@field-studies-council.org)

W: [www.Field-studies-council.org](http://www.Field-studies-council.org)

Situated in the Perthshire highlands, Kindrogan is an ideal centre for education in the natural environment. Set up by the Scottish Field Studies Association which has accumulated a wealth of knowledge and expertise on the Scottish environment.

### Skye Environmental Centre Ltd

7 Black Park, Broadford,

Isle of Skye IV49 9DE

T: 01471 822 487

W: [www.otter.org](http://www.otter.org)

A registered charity focusing on practical conservation through education and actual involvement. The centre runs a wildlife hospital treating all wildlife casualties but specialising in otters. Educational courses are run mainly in the Hebrides for children, adults, students, etc and special courses can be tailor-made for particular groups.

### The Ecology Centre

Craigenealt, Kinghorn, Fife KY3 9YG

T: 01592 891 567

W: [www.cfec.org.uk](http://www.cfec.org.uk)

Situated in rolling hills overlooking Kinghorn Loch, the Ecology Centre provides a community resource for everyone. Staff can be booked to lead groups for environmental education activities or guided walks, the community gardens demonstrate sustainable ways. The site is open at all times, with no charge and is a wonderful place to walk an explore the woodland, ponds, wildflower meadows and viewpoints.

## Research Centres

### Sustainability Centre in Glasgow

Glasgow Caledonian University, 5th Floor  
Buchanan House, Cowcaddens Road,  
Glasgow G4 0BA

**T:** 0141 273 1416

**E:** [cec@gcal.ac.uk](mailto:cec@gcal.ac.uk)

**W:** [www.gcal.ac.uk/environment](http://www.gcal.ac.uk/environment)

The Sustainability Centre in Glasgow (SCG) has been created to provide a multi-disciplinary and comprehensive approach to research and consultancy in the sustainability arena in Scotland. The only organisation of its type in Scotland, it combines expertise on social, economic, managerial and environmental issues in order to be able to tackle the entire spectrum of the sustainability agenda in an innovative and professional way.

### Forth Environment Link

7 Stirling Business Centre,  
Wellgreen Place, Stirling FK8 2DZ

**T:** 01786 449 215

**E:** [resources@forthenvironmentlink.org](mailto:resources@forthenvironmentlink.org)

**W:** [www.forthenvironmnetlink.org](http://www.forthenvironmnetlink.org)

Key areas of work are environmental education (Eco-Schools and Grounds for Learning) and an extensive environmental resources library, which is free to everyone. Carries thousands of books, videos, posters etc on every aspect of sustainable living, education, and business.

### Royal Botanic Garden Edinburgh

20a Inverleith Row, Edinburgh EH3 5LR

**T:** 0131 552 7171

**E:** [info@rbge.org.uk](mailto:info@rbge.org.uk)

**W:** [www.rbge.org.uk](http://www.rbge.org.uk)

International centre for scientific research on plant diversity, horticulture, education and conservation. Scotland's National Botanic Garden in Edinburgh is also one of Scotland's favourite visitor attractions and has over 20,000 plant species in its living collections, representing almost 7 per cent of known specimens.

### Scottish Natural History Library

Foremount House, Kilbarchan,  
Renfrewshire PA10 2EZ

**T:** 01505 702 419

Founded in 1970 in order to collect into one library everything ever published on the natural history of Scotland. Contains 150,000 items including 500 periodicals and is now the largest separate collection of Scottish natural history books and journals in existence. Items are not borrowed but consulted by appointment only.

### Disclaimer

While every effort has been made to ensure that the listings are correct at the time of going to press, details such as opening times and costs do change. Except in exceptional circumstances, the information provided to us is taken on face value. The Green Guide is not liable for any inaccuracies in the information provided.

Businesses also move premises, cease trading or change name and organisations, particularly voluntary and local ones, can suddenly stop operating. If you're making a special trip to a shop or an organisation, do call first. Smaller businesses, in particular, appreciate advance warning of intended visits. The Green Guide cannot be held responsible for any inconveniences caused by your failure to check if someone is at home or available to see you.