



Plastic Free Communities is an initiative from Surfers Against Sewage to get people thinking about how much we waste and what we can do about it. The focus is on single-use plastic waste reduction, and communities are accredited once they can provide evidence that local community groups and businesses are pledging to eliminate at least three single use plastic items and helping to spread the message. Lady Bay is making good progress towards becoming an accredited Plastic Free Community. Over a dozen Community groups have made pledges and several businesses have signed up.

We held our first ever event,.....drumroll.....the world premiere Lady Bay Rubbish Fashion Show, at the Lady Bay Pub on October 15<sup>th</sup>. Contestants paraded in costumes decorated wonderfully with the rubbish they had collected over the past month. Pub landlord Paul was the MC. The Community Choir and the Tuneless Choir provided a live musical accompaniment and helped create an atmosphere full of smiles and fun.

The serious businesses of thinking about plastic waste was not forgotten, and Paul read out competitors' pledges as they paraded. A lot of Lady Bayers are "bottle-aware" and are using, or trying to remember to use, refillable water bottles and returnable milk bottles. Refillable soap bottles, re-useable shopping bags and loose fruit and veg are also mentioned by more than one group. This summer's Big Plastic Count, in which a quarter of a million families told Greenpeace what plastic they throw away every week, showed us that fruit and veg wrappings are this country's number one source of household waste plastic. The fashion show also boasted a display tables of alternatives to single use plastic (thanks to Sue and Richard) and an array of re-useable nappies (Thank you Emily!)

We hope to announce our next public event soon. If you are a community group or business and want more info about Plastic Free Communities, search <https://plasticfree.org.uk/>. And if you want to know how you can join up, please contact [monica.pallis@hotmail.com](mailto:monica.pallis@hotmail.com).

# Photos from the Fashion Show



Competitors

Judges



Choir  
(Cloth nappies in foreground)

