

There’s a very good reason why ‘reduce’ and ‘reuse’ were chosen as the first words in the phrase above. Before we think about recycling anything, the very best thing that we can do for the environment is simply to use less resources in our daily life.

We live in a consumer driven society where we are continuously encouraged to think that the purpose of life is to Buy More Stuff.  Yes, we have to buy some stuff, but there are many ways in which we can minimise the amount we buy and the resources we consume. The aim of this pamphlet is to provide information about the services, organisations and individuals that can help us reduce, reuse and recycle in our area.

**REDUCE, RE-USE, RECYCLE in that order!**

**REDUCE**

**When you buy, think about……**

* **why** you’re buying it - do you really need it?
* **what** you’re buying - is there a more sustainable alternative?
* **where** you’re buying it from - can you buy second hand, upcycled, or from a more local source such as Ide Shop?

**Think about ways of cutting down your use of resources such as water, electricity and other fuels**   
All of these are not only good for the environment but are usually good for your bank balance as well. **For example the department of energy suggest that you can save 1% of your heating bill for every degree that you turn down your thermostat.**

**RE-USE**

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| **Repair/maintenance** | **Exeter Repair Café** – every third Saturday 10am-1pm at St Sidwells Community Centre, Sidwell Street, Exeter: small household items, (e.g. blenders, toys, heaters, fans ), laptops and electronic devices/IT issues, clothing items and accessories (e.g broken zips, hemlines) and larger electrical items such as TV’s. Donation for service.  **Not operating again yet but you can email to check on the current situation**. E-mail [exeterrepaircafe@gmail.com](mailto:exeterrepaircafe@gmail.com)  **Men in Sheds** – will mend Garden & DIY tools. 29 Paris Street, Exeter (Age UK) Shop telephone: 07769 591602 for details of opening times and drop-off arrangements.  **Ride On** - weekly workshop session where you can maintain your own bike with mechanics on hand to advise. 61 Haven Road, Exeter, EX2 8DP.  E-mail: [info@rideoncycling.org](mailto:info@rideoncycling.org) |
| **Donate to charity shop or social enterprise (where item sold at low cost/passed on to people on very low incomes)** | If the item is in a good condition and someone else would be willing to pay for it – donate it to a charity. Those closer to Ide include:   * various shops on Cowick Street, St Thomas * Reuse shop – at (Exeter Recycling and Refuse Centre ERRC), Exton Road, Marsh Barton (nothing electrical), * the large **Hospice Care**, 2 Trusham Road, Marsh Barton.   For more specific items:  **Bikes** – donate to **Ride On**, 61 Haven Road, Exeter, EX2 8DP  **Books** – **Book-Cycle**, West Street, Exeterwebsite **book-cycle.org** for details of opening  **Furniture/white goods/carpets – Turntable, the Warehouse, Swan Yard, Okehampton Street**  contact via website **www/turntable.org.uk** or 01392 202032. |
| **On-line swapping sites** | **Facebook** sites:   * **Exeter Journey to Zero Waste** – can post if have bulk/specific items to re-use * **Exeter Area Trading, Selling, Swapping and Free page**   **Gum Tree** |
| **Set-up your own swap** | Clothes swap, plant swap, etc |

**RECYCLE**

**ERRC, Exeter Recycling Centre**, Marsh Barton, Exeter

April – September: Monday - Friday 9-5, Saturday & Sunday 10-6

Oct-March: Monday - Friday 9-4;30, Saturday & Sunday 10-4:30

**TerraCycle** is an innovative recycling company that has become a global leader in recycling hard-to-recycle waste. Go to website to browse the drop-off locations for different items near you. Typically set up and managed by a single person or a small group of people (known as administrator(s) they do change quite often so checking regularly is advised.

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| **Item** | **Where** | **Other info** |
| Aerosols | **ERRC (Exeter Recycling and Refuse Centre,** Marsh Barton)  Sainsbury’s Alphington\* | Empty only  \* Not currently in use but recycling in other supermarket carparks is available |
| Air freshener | **Nourish**, 56 Fore Street, Topsham |  |
| Baby food pouches | Exeter Library **TerraCycle** collection |  |
| Batteries | Household collection Green Box  **ERRC**  Sainsbury’s Alphington\* | Car batteries can be recycled at **ERRC** |
| Beauty products | **Terracycle** | **www.terracycle.com** |
| Beverage & drinks cartons (tetrapak) | **ERRC** |  |
| Bicycle inner tubes | **Exeter Bike Workshop** 17 Market Place, Exeter |  |
| Biscuit/bar wrappers  Bottle pumps/trigger | **Terracycle** | **www.terracycle.com** |
| Bottle tops (plastic) | **Household collection Black Box** |  |
| Bread bags | 1st Heavitree Rainbows c/o amykellaway7@gmail.com | **Terracycle** collection |
| Bubble wrap |  |  |
| Cans | **Household collection Black Box**  **ERRC**  Sainbury’s Alphington\* |  |
| Candles | **The Recycled Candle Company**, Candle Shop,  16 Gandy Street, Exeter 01392 307020 | Including tea lights in cases |
| Card/cardboard | **Household collection Green Box**  **ERRC** |  |
| Carpet | **ERRC** |  |
| CD/DVD/videos | **DCW Polymers**, EnvironHub, Marsh Barton, EX2 8NN | recycle a wide range of large plastic items. Visit website for details **dcw.co.uk** |
| Cereal boxes | Ide Facebook collector – Andrea Elisabeth-Smith | Recycles a range of packaging materials |
| Computers | **ERRC** |  |
| Confectionary tubs | Seasonal collection | **www.terracycle.com** |
|  |  |  |
| Contact lenses | **Boots**, High Street, Exeter |  |
| Crisp packets | **Real Food Store**, Queen Street, Exeter  **Ellies Fund** – BTRS Charity Fund | **www.terracycle.com** |
| Electrical items (big & small) | **ERRC** |  |
| Foil and foil trays | **Household collection Black Box** |  |
| Duvets | **Gabriel House**, Smythen Street, Exeter | Can be dropped off any time |
| Green waste | Household green bin (opt-in chargeable service)  **ERRC** |  |
| Glass | Household collection Black Box  Sainsbury’s Alphington\*  **ERRC** (including window glass)  **Spar**, Dunsford HIll |  |
| Inhalers | Participating pharmacies Complete the Cycle Scheme |  |
| Laundry packaging | **Nourish**, Topsham |  |
| Light bulbs including fluorescent tubes | **ERRC** |  |
| LPG/gas bottles | **ERRC** |  |
| Make-up containers | Broadclyst address | **Terracycle** |
| Metal | **ERRC** |  |
| Mobiles | **Oxfam**, South Street, Exeter or via ‘fonebank’ | www.fonebank.com/oxfam?Is=oxfam |
| Oil (including cooking) | **ERRC** |  |
| Paper | **Household bluesack**  **ERRC** |  |
| Paper coffee cups | Sainsbury’s Alphington\* |  |
| Pens | **Ellies Fund** – BTRS Charity Fund  **Ellies Fund** – BTRS Charity Fund | **www.terracycle.com** |
| Pet food pouches |
| Plant pots | **ERRC** |  |
| Plastic bags, cereal bags, freezer bags & plastic film | Sainsbury’s Alphington\* |  |
| Plastic bottles, yogurt pots | **Household collection Black Box**  **ERRC** |  |
| Printer ink cartridges | **ERRC** |  |
| Shoes | **ERRC,**  **West Exe Childrens Centre** (by entrance) |  |
| Textile/clothing | **Household collection** | Put in carrier bag and leave with recycling. |
| Tins | **Household collection Black Box**  Sainsbury’s Alphington\*  **ERRC** |  |
| Tools - garden | Men in Sheds – Next to Exeter Bus Station | Shop telephone: 07769 591602 |
| Toothbrushes | **ERRC** – electrical |  |
| Toothpaste tubes | TerraCycles Oral Care Recycling Programme | **www.terracycle.com** |
| White goods | **ERRC** |  |
| Wine corks | By post to: **Recorked UK**, 11 Cornerhouse Lane, Widnes, WA8 9WD |  |
| Wood | **ERRC** |  |
| Water filter cartridges | Sainsbury’s Alphington \* |  |