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MEMBERSHIP FOR BARROW GREENER LIVING (BGL)—IT'S TIME TO RENEW

Hello like-minded residents of Barrow upon Soar. We hope you have enjoyed our long hot summer days (did I hear someone say we told you so!) and the lack of summer rain has not impacted your anticipated vegetable and fruit harvests too much.

Barrow Greener Living would like to extend a BIG thank you to all of you who have supported us over the past year by generously donating your £5 annual subscription. Your contributions have helped us organise community focused events like informative talks (see p.2) and the highly popular Clothes Swap event. (see p.2) As we gear up for this and more exciting activities, as well as community events for 2026, we kindly ask for your continued support by renewing your membership for £5 per annum.

For those not yet part of our BGL community, joining for just £5 will grant you access to our free on request Energy Survey and a vote at our upcoming AGM on 1st October 2025 (see p.2 for details). Your membership not only benefits you but also empowers us to create a more sustainable and resilient community. Let's make Barrow Greener Living even more amazing, one membership at a time!



To renew or become a BGL member, scan the QR code or click [here](#)

A Date for your Diary!



Clothes Swap



Bring up to 5 gently used items
and swap for up to 5 items*



Saturday 1st November
1pm to 3pm
Barrow upon Soar Library

*more information/terms & conditions
on Barrow Greener Living Facebook & Instagram
or email info@barrowgreenerliving.co.uk



All welcome, refreshments available

Previous Events: BGL Presentations 2025

We kicked off in May 2025, with our first presentation at the Bishop Beveridge Club.

Thursday 1st May—Incredible Edible. Teaching people to grow food and helping with the climate and nature emergencies presented by Julian Rees. There's nothing quite like growing, harvesting and cooking the food you have grown yourself. Julian's enthusiastic presentation contained lots of useful guidance for both beginners and those with established vegetable plots. [Incredible Edible](#) is a nationwide organisation promoting the benefits of community gardening projects.

Thursday 5th June—An introduction to composting methods and why it is important for the environment with Rod Weston. A very interesting and informative evening held at the Bishop Beveridge Club, providing answers to all the questions you might have on composting. The talk covered the different methods you can use to compost and deal with everyday waste products, as well as the many composters available on the market. For those who came along and for those who could not, why not have a look at the [Carry on Composting](#) website „, it's full of tips and guidance for beginners.

Thursday 3rd July—Sustainable Sporting Clubs —engaging communities in sustainability with Mark Charlton, Associate Professor of Sustainable Development at De Montfort University. An engrossing talk about all aspects of running sports clubs with particular emphasis on their sustainability and working towards net zero. For example, travel to games, players' diets and the kits they use, as well as the management of clubhouses and recycling practices. Much of the content covered was also adaptable for implementation in areas without a sports' focus.



Our First Clothes Swap



Our first Barrow Greener Living clothes swap on Saturday 7th June was a great success. Thank you to everyone who supported the event, swapped clothes, stayed for refreshments and filled out feedback forms. Thank you also to Charnwood Eco Hub for kindly lending us clothes rails for the event.

If you weren't able to attend, don't worry we will be holding our second event on Saturday 1st November at Barrow Community Library. This will focus on good quality, lightly used autumn and winter clothes with a rail of Christmas jumpers and party outfits.



"Friendly and well organised"

144 items of clothing found new homes

"Plenty of clothes to look at"

64 people donated clothing

"Overall a great success"

Why we swap and don't shop*:

- Many fast fashion garments are made from synthetic fabrics. The fast fashion industry is the second most polluting industry in the world.
- Less than 1% of all textiles worldwide are recycled into new products.
- The fashion industry is accountable for 10% of global carbon emissions, producing 1-2 billion tons of carbon dioxide annually.
- Only a very small percentage of clothing that goes to charity shops actually gets sold.
- Typically clothing items are worn between 7 and 10 times before being discarded.

(*Sources include: greenmatch.co.uk)



Emily, Anne, Anna and Paula
The Clothes Swap Team
Barrow Greener Living

The Barrow Hight Street Market was another great success despite the wind getting up a little. It was also a fantastic opportunity for BGL to meet and talk to people and briefly explain who, why and what we do. At the end of a busy few hours 180 people had provided their email address to become a "friend" of BGL and receive our quarterly electronic newsletter. If you are interested in becoming a friend or member of BGL its easy, find links on our Facebook page or the Barrow Upon Soar Village Website (Community -> Community Groups) or use the QR code on the front page.

BGL will hold its Annual General Meeting on Wednesday the 1st October 2025 at the Bishop Beveridge Club 7.30pm and all are welcome. If you wish to vote you should renew your membership before the meeting. A bargain at only £5.00. In addition, there will be an opportunity for those who have an interest in sustainability and can spare a few hours per month as we have vacancies on our Steering Group. Or you may wish to join our Energy Survey team, help deliver leaflets, or have other ideas to save the world, or at least help Barrow become more resilient! Come along to the AGM and you will receive a warm welcome and or contact us on

info@barrowgreenerliving.co.uk.

Out and About in Barrow upon Soar



Wild About Barrow

By kind permission of Alison Rushton, Wild about Barrow
July 2025

The year began with sowing wildflower seed on 3 of our wild areas. These were the New and Wavy Beds in Millennium Park and the Cotes Road verge near the roundabout. We used a perennial and annual mix to give colour this year and a longer lasting plant for future years.

The annual species count, which indicates the effectiveness of our intervention, was done in June. It was great to see flowers of the corn cockle, corn chamomile and cornflower brightening up the Cotes Road verge (see picture), resulting from the spring seed sowing. It is hoped that these annuals will set seed and gain a firm footing here.

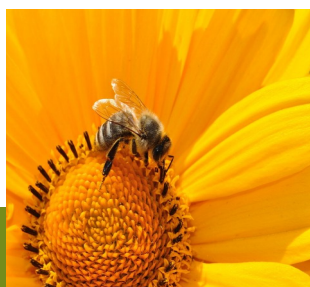
When NatureSpot surveyed the original Cotes Road verge in 2022, it was at least 4 times the size it is now. With 32 species, it was considered to have a good diversity and providing a valuable habitat. However, it was too large to manage and sadly had to be reduced to its present size. Consequently, the species count dropped, although has increased over the last 2 years; we will strive to continue this trend.



The Wavy Bed looked great earlier in the summer and supported an increased number of insects. This is great news for wildlife as insects are a source food and play an important role in pest control, decomposition and pollination.

We will begin the annual cutting of wildflower areas and gathering arisings in the autumn so if any of you would like a fresh air workout and help to improve our village biodiversity, watch out for our adverts for volunteers, or email Alison Rushton at:

WildAboutBarrow@gmail.com.



Be a Pollinator Protector

Pollinators – like bees, butterflies and bugs – are tiny superheroes. They play a huge role in food supply chains and help keep nature healthy. But our tiny allies are under threat, and we need your help to protect them.

Join this free course [here](#) and over five emails you'll learn how to identify different species, tips for building a pollinator paradise and other ways to support these iconic creatures. Sign up today and join the movement to help get our planet buzzing.

Source: [Greenpeace](#)



Nature is changing with the climate. Inevitably the UK's changing climate is having an impact on the natural world. Spring in 2024 was earlier than the average for 12 of the 13 spring events on record and was the earliest in the series from 1999 for both frogspawn appearing and blackbirds nesting. The timing of seasonal activity on plants and animals is known as phenology and is collected by a network of volunteers coordinated by the Nature's Calendar citizen science project. The changing pattern of natural events can have a huge impact. Dormice and hedgehogs – two of the UK's most threatened mammals – are particularly affected when the weather is very warm, for example.

For more information and tips on how you can help at home click link below.

Source: [Earth Watch Europe](#)

Parish Church magazine. "The Swift Boxes"
Holy Trinity Eco-Church Group - The Swift Boxes
 by kind permission of Richard Hudson, Church Warden



You may remember from last year that, after a process which must have taken around five years in total, Holy Trinity church had nesting boxes fitted into the 'windows' of the tower in which Swifts, on their return to the UK from Africa, could lay eggs and feed their young. Also fitted was a 'swift caller' which emits a swift-like sound to attract real Swifts to the possible nesting sites. Unfortunately the boxes were fitted just a little too late in the year to be successful but we are hopeful that this year the boxes will be occupied in the near future.

Why, you may ask, do Swifts need help of this sort? One reason is the decline of the insect populations on which they feed; anyone who has been driving a car for many years will have noticed that their windscreens or headlights no longer have to be cleared of dead insects, as used to be necessary. Swifts pair for life and return to the same nesting site each year (the only time in the whole year when they actually land somewhere). To quote from the RSPB website 'They like to live in houses and churches, squeezing through tiny gaps to nest inside roofs. But as more old buildings are renovated and gaps in soffits closed up, Swift nest sites are fast disappearing.'

The Swift population of the United Kingdom fell by 66% between 1995 and 2022.



And it's not just Swifts ... Thinking back 60 years, as I am able to do, I remember the large flocks of lapwings (peewits) that would settle on ploughed fields around Barrow. I haven't seen a lapwing round here for years. And what about grasshoppers and crickets? Every patch of grass by the roadside had multitudes of them, not just of one species but several. And what a sound they made. Around our village they have become a rarity.

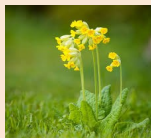


Moving on to plant life, some of you will know that I was in the town of Zlatibor in western Serbia for ten days in April. Walking round the town I discovered that on all the grass verges by far the most common flower was the coltsfoot. Every year I go to a single site half Barrow and Walton to see if the coltsfoot are still there and are, probably about a dozen plants. There used to be a few by to Millennium Park, but the landowner made an 'improvement' no longer there. The coltsfoot used to be a common early spring longer.



way between there they still the brook near and they are flower, but no

Last weekend I spent time in Stamford, Lincolnshire and, having time to spare I drove two miles out of the town and followed a footpath. The flower I saw most commonly, although by this time the flowers were on the grass Barrow, most reintroduced



way past their best, was the cowslip. There were hundreds of them verges and covering whole areas of fields. You can still see a few in common in the Millennium Park, but I think they have been there. Again, they used to be everywhere.

For all of the above examples of declining populations I am certain that modern farming techniques and the use of herbicides and insecticides are responsible. Our hedgerows have become almost sterile, apart from that toughest of all plants, the dandelion. I am in no way intending to blame farmers for their actions; they need to make a living and many of the consequences of what at the time were seen as advances were unforeseen.

Most of us are not farmers but, of course, there are things that we can do in our own small patches of land (our gardens) which can help wildlife to flourish and increase the number of species living there, often without us being aware of their presence. Here is just a start: **Leave an area of your garden to grow wild – this will provide food and habitat for many species and turn another area into a mini wildflower meadow. A mix of long grass and wildflowers, such as common poppies, corn marigold and ox-eye daisy will attract pollinating bees and butterflies, and provide shelter to other animals.** Individually, you may feel that your contribution is insignificant but as more people join in, our gardens will be transformed.

Keep Warm, Eat Well and Save Money



Winter, with colder days and nights is just ahead of us. Whatever your situation financially or domestically, we all want to keep our homes as warm as possible and, at the same time, enjoy a comfortable living environment as economically as possible. So may be some of the following will help you achieve that:

1. Proper insulation to keep the heat in and the cold out.
2. Seal any drafts around windows and doors.
3. Use energy-efficient heating sources and appliances.
4. Utilise heavy curtains to trap heat inside rooms.
5. Set the thermostat to a comfortable but energy-saving temperature.
6. Consider layering up with warm clothing while indoors.

And **Barrow Greener Living** can help you identify draughty areas within your home by providing a home energy survey **free of charge** (worth £200-300), on request for BGL members. Membership is just £5 per year (see how to subscribe below)

Green Doctor

Groundwork's Green Doctors help UK residents stay warm, stay well, and save money on household bills.

The team of friendly Green Doctors are energy efficiency experts offering free, impartial advice to help people take control of their bills and save energy in the home.

"We can provide different kinds of support, whether that's advice on paying off debt with energy or water companies, or spotting other concerns for a referral to other services. Some of the reasons people ask us for help are:

- *they're struggling to pay energy bills or finding it hard to manage fuel debt*
- *they're worrying about keeping warm or choosing between eating and heating*
- *their home is cold, damp or draughty*
- *they have respiratory problems such as asthma or a persistent cough"*

Source: [Green Doctor website](#)



To renew or become a BGL member, scan the QR code or click [here](#)



Our mission? To make sure good food gets eaten, not wasted. Every day, delicious, fresh food goes to waste at cafés, restaurants, hotels, shops, and manufacturers - just because it hasn't sold in time. The Too Good To Go app lets customers buy and collect Surprise Bags of food - at a great price - directly from businesses.

Further info [here](#)

How much and what type of food is being wasted at home

Source:  WRAP



- Between 2021 and 2022, the amount of household food waste collected by local authorities fell by 9% (on a per person basis).
- Focusing on food and drink waste from all waste streams, 6.0 million tonnes was wasted in UK households in 2022 – that's around 210 kg per household or 88 kg per person per year.
- 4.4 million tonnes (73%) of this made up of edible parts, such as bread, meat, the edible parts of fruit. The remaining 27% is parts of food generally considered inedible, such as egg shells, bones, inedible peel of fruit and vegetables.
- By weight of edible parts wasted, fresh produce is the most wasted food category, followed by meals (homemade and pre-prepared), bakery, dairy and eggs.

Read full article [here](#)



5 top tips for eco-friendly shopping:

1. **Watch out for eco-buzzwords** like "green", "eco-friendly", "sustainable" and "natural". Check on the packaging to see if there's any more information to justify their use.
2. **Be wise to the use of emotive images.** Look out for things like idyllic farmland landscapes on a packet of non-organic or indoor-reared cattle – such images bear no relation to how or where the product was actually produced.
3. **Ask questions of brands and retailers.** Question how their products are made, how they protect the environment and look after workers, and any green claims they make, especially if it's not clear on the product itself or their website.
4. **Look for credible certification schemes** from organisations you trust. Certified organic or Fairtrade in particular have robust, independent standards and verification, and can be found on many foods, as well as some clothing and cosmetics.
5. **Be wary of questionable certification claims** such as "sustainable palm oil" in food, cosmetics and household products. This voluntary, industry-led certification holds little weight. Better yet, avoid completely – it's a major cause of deforestation and devastates wildlife.

Source: [How can I tell if a product is ethical](#)
[Friends of the Earth](#)



Discover some simple hacks, guidance and tips to make the most of your food at home. Find out why it's so crucial that we all do our bit to save our food from the bin - and protect our beautiful planet at the same time too. Every little thing you do, every-day, makes a huge difference. By working together, it soon adds up if you times each small action by 66 million people living in the UK. And, you'll save money on your shopping bill too!

Source: [Love food, Hate waste](#)



For many drivers curious about switching to electric vehicles, battery longevity remains one of the most common sticking points. Despite new EVs all coming with long battery warranties, concerns about range degradation still put some potential buyers off. A recent long-term study involving a Volkswagen EV, however, suggests those fears may be groundless.

“Electric cars and their batteries are doing just great. After 100K Miles, an EV barely lost range. A four-year-old ID.3 hatch lost just 8 miles of range in a German study, despite heavy use.”

Source: [CarscoopsElectric cars](#)

Roll over diesel: EVs are now doing the big mileage in the UK

The average UK electric car now covers more than 10,000 miles per year, a similar amount to the average diesel.

News

21st July 2025

Source: [Autoexpress](#)

OR WHY NOT LEAVE THE CAR AT HOME AND SUPPORT YOUR LOCAL PUBLIC TRANSPORT NETWORK

Buses

Kinchbus 2:

Loughborough – Barrow – Sileby

Live times, Routes, Timetables and online ticket sales can be found [here](#)

Vectare 2x

Loughborough – Quorn – Barrow – Sileby – Leicester

Live times, Routes, Timetables and online ticket sales can be found [here](#)

Centrebus 22A

Barrow – Birstall – Leicester City Centre – Evington

Live times, Routes, Timetables and online ticket sales can be found [here](#)

Centrebus LC5 & 5X

Loughborough – Barrow – Walton on the Wolds – Seagrave – Sileby – Mountsorrel – Rothley – Syston – Thurmaston

Live times, Routes, Timetables and online ticket sales can be found [here](#)

Trains

Trains to Nottingham ([here](#)) and Leicester ([here](#)) from Barrow station except NO TRAINS ON SUNDAY

National Rail: <https://www.nationalrail.co.uk/>

Trainline: <https://www.thetrainline.com/>

DISCOVER CHARNWOOD ECO HUB: A SPACE FOR SUSTAINABILITY AND COMMUNITY



The Eco Hub has been developed as a welcoming space where local residents, schools, and community groups can come together to explore eco-friendly living. With a focus on reducing waste, reusing materials, and encouraging sustainability, the Hub provides workshops, events, and resources that help us all take practical steps toward a greener future. Two of the most exciting features of the Hub are the **Scrapstore** and the **Library of Things**. Both are brilliant alternatives to the throwaway culture and are open to everyone.

The **Scrapstore** is a treasure trove of donated materials that would otherwise go to waste — think fabric offcuts, cardboard tubes, craft supplies, wood, plastic containers, and more. Perfect for teachers, artists, parents, or anyone who enjoys making things, it turns “rubbish” into creative gold. Low-cost and high-impact, the Scrapstore helps reduce landfill while inspiring imagination.

Next door, the **Library of Things** offers a smarter way to access the tools and equipment you need without having to buy or store them. From power drills and pressure washers to tents, sewing machines, and pasta makers — if you only need it occasionally, chances are you can borrow it here. It's affordable, convenient, and helps reduce clutter and consumption.

Coming soon is also the Makerspace — a creative area filled with tools and materials for repair, reuse, and innovation. From sewing machines to 3D printers, the Makerspace empowers people to fix, create, and learn together. It's a great place to bring your ideas to life, and there's always someone around to lend a hand or share skills.

With friendly volunteers and a welcoming ethos ... why not pop in and say hello!

Open Weds 4-8pm; Thurs 10am-1pm; Sat 10am-2pm (evening access via Clarence Street entrance)

First Floor, SOFA Furniture Reuse Charity, Nottingham Rd, Loughborough, Leics, LE11 1DY

www.Charnwoodecohuh.org

Tel. 01509 447075

Email - info@charnwoodecohuh.org

According to [WRAP UK \(Waste and Resources Action Programme\)](#), around 350,000 tonnes of used clothing go to landfill in the UK each year instead of being recycled or reused.

UK households discard approximately 90 billion pieces of single-use plastic packaging annually, [according to a survey by Greenpeace UK and Everyday Plastic](#).

CHARNWOOD ECO HUB

SUSTAINABLE FASHION WORKSHOP

LEARN. TRANSFORM. SUSTAIN.

- Have clothes you don't want to give up? Maybe from a beloved parent or child? Something you fancied from a charity shop but didn't fit? Shrunken wool sweaters?
- Learn how to upcycle & refresh your wardrobe creatively
- Come to a talk, demonstration and sharing of ideas on rescuing, altering and upcycling fabric.

WEDNESDAY 17TH SEPTEMBER

STARTS 6:00 PM

£5 PER PERSON

JUST A GRAIN OF TRUTH HELPS THE CONSPIRACY THEORY GO DOWN



A common factor in many conspiracy theories about climate change is that they have a grain of truth contained within their opposing arguments. However, a grain of truth even if repeated many times does not amount to a hill of beans or scientific objectivity to explain a complex subject. Recently this has been succinctly demonstrated by the Met Office who have published counter explanations to many of the more common conspiracy theories from climate change deniers (see the Met Office, Climate Questions web page, [here](#)).

With objective and kind explanations they unpick such statements as: The climate has changed naturally before. Carbon dioxide is a trace gas in our atmosphere, why does it matter? Climate change is a result of the sun getting hotter. More carbon dioxide in the air will help plants grow. Weather stations in cities result in false high temperature recordings.

In total the Met Office unpick 19 common statements often used by climate deniers to challenge the scientific evidence of climate change. All of which have a plausible element of truth that has been manipulated to provide a skewed version of reality.

Source: [Metoffice.gov.uk](https://www.metoffice.gov.uk)

Factcheck:

Why expensive gas –not net-zero – is keeping UK electricity prices so high

[Why are UK electricity prices so high?](#)

[What has driven the rise in UK household electricity bills?](#)

[Why network charges on electricity bills are going up](#)

[What about UK industrial electricity prices?](#)

[How could UK electricity prices be cut?](#)

[What will the UK's climate goals mean for bills in the future?](#)

Source: www.carbonbrief.org

Do you live in an extreme heat hotspot?

Find out if you are at risk

Our summers are getting dangerously hot. 2022 saw new records: the Met Office issued its first-ever red warning for extreme heat, and 7 places across the UK recorded [temperatures of 40°C or higher](#). Meanwhile 2025 had the [third-warmest June globally](#).

Yet with extreme heat only set to increase, the UK is unprepared to deal with it – and that's [according to the government's own climate advisors](#). This is a threat to us all, particularly those most at risk from heat like the elderly, young children and hospital patients.

That's why we've identified the areas in England most exposed to extreme heat. Within these, we've also counted the number of care homes, nurseries and hospitals. Use our map to see if your area is dangerously hot. And find out how we can beat the heat together.

Source: [Friends of the Earth](https://www.friendsoftheearth.org)

How about checking these out ...

ecotalk

a Green Mobile Network

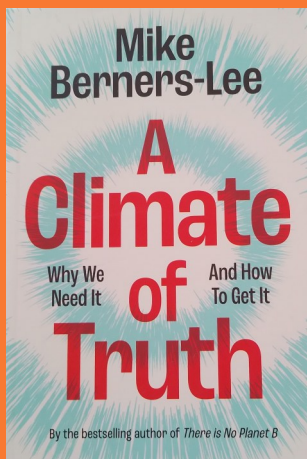


Join the world's greenest mobile network. You'll get a great deal, the best network coverage, super customer service and you'll help protect nature in Britain.



Ecosia's mission is to create simple ways for everyone to be climate active every day.

We dedicate 100% of our profits to the planet and produces enough renewable energy to power all searches twice over. That means you can plant trees, protect endangered animals, and uplift communities around the world simply by browsing.



"I was engrossed. It's now my go to book...hopeful and empowering...raising the challenges humans face and offering clear and straightforward action for individuals, organisations and governments. A must-read for well everyone."

Deborah Meaden, entrepreneur

WE HAVE TWO COPIES OF THIS READABLE AND INFORMATIVE BOOK TO GIVE TO BGL NEWSLETTER READERS. SEE HOW YOU CAN GET YOUR COPY IN OUR COVERING EMAIL.

And for those too late in the competition you can always borrow the book from the village library, donated by BGL.



Electrification of Midland Mainline stalled again!

"UK: Rail industry groups have expressed disappointment at the decision to pause the Midland Main Line electrification programme, and called on the government to ensure 'this is only a short pause so work can commence promptly within the next year.'"

Phase 3 of the programme would extend 25 kV 50 Hz electrification from the Leicester area to Derby, Nottingham and Sheffield. However, on July 8 the Department for Transport and HM Treasury said, 'given the existing trains in use on this stretch of railway and the costs and time needed to electrify the route, we are focusing our investment on other schemes over the Spending Review period. We will continue to keep the potential for full electrification of the route under review.' "

Read full article [here](#)



To become a BGL member, scan the QR code or click [here](#)