JULY/AUGUST 2026

Summer Sustainability – why not give it a try



Try to use Less Plastic

Summer is a great time for picnics or family barbecues. Please don't use plastic utensils and disposable plates. They end up in landfills, breaking down slowly and releasing greenhouse gasses that pollute the air. They can also end up in the oceans. Use metal water bottles, melamine plates, and your own fork, knives and spoons. Ok you'll have to wash up but it's better for the planet.

Visit local exhibitions and parks.

Travelling to far-off places uses tons of fuel. You can have lots of adventures nearer home. Take the bus, train or tram – a great start to an exciting adventure.

- In **Stockport** you can visit the Hatworks Museum, Air Raid Shelters, Bramhall Hall, Staircase House, Vernon Park, Woodbank Park, Bruntwood Park, Etherow Country Park, Marple Locks, Lyme Park, Cinema, or a show at the Plaza
- In **Manchester** visit the Science and Industry Museum, Lowry 360 exhibition at Salford Quays, Heads -Shoulders -Knees and Goals at the National Football Museum, Wild Things at the Lowry, Manchester Day (26.7.2026)

Just some of the things you can check out online that are running over the summer.

Paddleboarding, sailing or kayaking

These activities can help you beat the summer heat in a more sustainable way. They're also a perfect excuse to get outside and off your phone or computer. It's an excellent sport you can do solo or bring along some friends.
Try Debdale Outdoor Centre – you'll find them online. It's only a bus ride away. For age 6+





Get gardening - Plant Some Flowers for the Bees.

Flowers are great for pollinators, like bees. One third of the Worlds crops rely on bees for pollination.
Here's some flower ideas - Sunflowers, lavender, buddleia, honeysuckle, snapdragons, cornflower, Heather, Scabious, Aster and Dahlia.
Plant a section of your garden with wildflowers as these will attract Bees and other insects as well



You could build a bee house to provide a safe place for them to rest, or a small bug hotel for your garden. Try https://homegrail.com/diy-bee-house-plans or check out the internet for ideas.

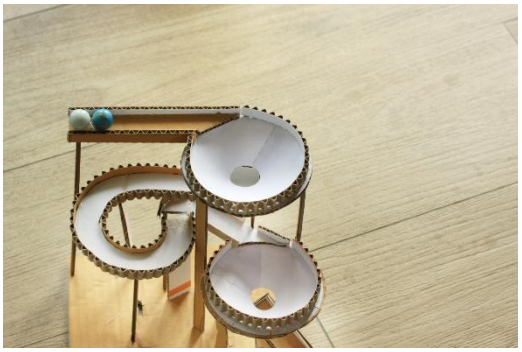
Gardening is also an activity that's good for your health. Consider planting some vegetables and fruits to save you a trip to the grocery store, later in year.

Do Your Chores During Off-Peak Hours

Any energy-hungry chores, like laundry or vacuuming, could be completed during off-peak hours. This means in the evening instead of the middle of the day. Just be mindful of your neighbours.
Doing chores at off peak times reduces your energy bills, which in turn lowers your carbon emissions. Win, win all round.

For Fun Make a marble run using items from your recycling.





Gather up empty cereal boxes, cardboard tubes, water bottles and other recyclable packaging and give them a new lease of life by creating a marble run. Get creative and see how long a run you can build, then put a marble at the start and watch it roll! Once you're done, just put the items into your recycling bin.

Ideas from www.unsustainablemagazine.com, https://awesomejelly.com, www.livewest.co.uk/my-community/sustainable-summer-holiday-activities, Gardeners World.