



**Havering**  
LONDON BOROUGH

# Reduce, reuse and recycle

A guide to recycling in Havering





# Reduce, reuse and recycle in Havering

We can all cut down on how much waste we produce by remembering the 3 Rs:

Reduce  
Reuse  
Recycle



## Reduce .....

Cutting down on what you use so you have less to throw away not only reduces waste, it saves money!

- Avoid disposable products such as nappies, cameras, razors and tableware;
- Buy rechargeable items – did you know it takes 50 times the amount of energy a single battery gives out, just to make it in the first place?
- Use a 'bag for life' when shopping, rather than carrier bags;
- Stop junk mail – see page 3 for details.
- Buy well made products which will last;
- Buy in bulk to cut down on packaging – plus you'll need fewer trips to the supermarket!

## Reuse .....

With a bit of thought, it's possible to use things again and again:

- Reuse envelopes;
- Use both sides of paper and make sheets used on one side into a scrap notebook;
- Donate old items of clothing, furniture, toys and books to charity shops;
- Donate old magazines to a local surgery's waiting room;
- Take unwanted stuff to a car boot sale – you may even make some extra cash from your junk!

## Recycle .....

Recycling has never been easier or more convenient. There are lots of ways you can recycle:

- Use the orange sack collection service at home;
- Use a local Reuse and Recycling Centre, such as Gerpins Lane;
- Use the wheeled bin garden waste collection service, or compost at home;
- Use recycling bring banks close to where you live, work or shop.

Also, products made from recycled content are every bit as good as their 'from new' counterparts, and can sometimes be cheaper. Read on to find out about recycling paper and card, plastic bottles, cans and tins,

glass, textiles and garden waste; how they are recycled, and what products they are recycled into.

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# Paper and cardboard

**Where would we be without paper?** Well, you wouldn't be reading this for a start! Every tonne of paper we use can be recycled and recycling it makes good sense.

## Paper .....

### How to recycle paper

- Put paper in your orange sacks and we will collect it from your home.
- You can recycle paper and card at your local Reuse and Recycling Centre.
- You can take paper to your local recycling bring bank.

### Tips to save paper

- If possible, set your computer printer to 'duplex' – printing on both sides of the same sheet.
- Do you really need to print out that email?
- Scrap paper? Turn it over and use it for shopping list.
- Stop junk mail – the Mailing Preference Service can remove your name from up to



95% of direct mail lists, significantly reducing the amount of unsolicited mail you receive. Contact them by calling 0845 703 4599 or visit their website at [www.mpsonline.org.uk](http://www.mpsonline.org.uk).

- Not reading your free newspapers? Got enough pizza menus to last you a while? Put a note near your front door saying 'no free newspapers, advertising or takeaway menus'.

### What types of paper can be recycled from home?

- Newspapers and magazines;
- Brochures;
- Office and writing paper;
- Junk mail;
- Envelopes (even the ones with windows);
- Telephone directories (including Yellow Pages);
- Thin card such as greeting cards and cereal boxes.

### What about liquid food and drinks cartons?

These are usually made from about 75% paper, with the other 25% being plastic and aluminium. This means they cannot be recycled with paper. There are five recycling points where you can recycle food and drinks cartons – see [www.havering.gov.uk/recycling](http://www.havering.gov.uk/recycling) for a list of sites.

## Cardboard .....

### How to recycle cardboard:

Households which have their orange sacks collected on a separate vehicle from their rubbish can place cardboard out next to their orange sacks. All households can take cardboard to their local Reuse and Recycling Centre.

### What is my paper and cardboard recycled into?

Paper is recycled in to newspapers, kitchen towels, toilet paper and stationery.

Cardboard is recycled into boxes and packaging, but other uses include stationery, animal bedding – and even coffins!

### How is paper recycled?

The paper is sorted, graded and taken to a paper mill. It is then made into a pulp with non-recyclable items removed (staples, ribbons etc), screened, cleaned and de-inked. It's then ready to be remade into paper.

### How is cardboard recycled?

The cardboard is recycled in much the same way as paper. It's turned in to a pulp, cleaned, pressed in to sheets and dried.



## MYTH BUSTER

**THE MYTH** You can only recycle paper a few times.

**THE TRUTH** This is only partly true. The fibres in the paper start to break down after the fifth or sixth time. But this lower grade material can still be used to make things like egg cartons, packaging, loft insulation and even new roads.

# Fantastic plastic!



## The different types of plastic:

Ever wondered what those little triangle and number symbols are that you find at the bottom of plastic containers? They show what type of plastic the container is made from.

There are seven types:

1. **PET** – Polyethylene terephthalate. Commonly used for transparent bottles – fizzy drinks, cooking oils and cordials.
2. **HDPE** – High density polyethylene. Commonly used for opaque and transparent bottles – milk, fruit juice and washing liquids.
3. **PVC** – Polyvinyl chloride. Commonly used for cordials, toiletries, and cooking oils.
4. **LDPE** – Low density polyethylene. Commonly used to make carrier bags and bin liners.
5. **PP** – Polypropylene. Commonly used to make margarine tubs and meal trays
6. **PS** – Polystyrene. Commonly used to make yoghurt pots, foam trays and boxes.
7. **Other** – Plastics which do not fall into any another category.

Each of these categories of plastic can be mixed together to form hundreds of different variants. This is what makes plastic so difficult to recycle.



## How to recycle plastics

All plastic bottles can be recycled in your orange sacks. Please take the lids off and squash the bottles. Plastic bottles can also be taken to some recycling banks and to Reuse and Recycling Centres.

## How is plastic recycled?

The plastic is sorted into different types and colours. It is then either shredded into flakes, which can be used to create fibres for industry, or it is melted and moulded into new products.

## What is plastic recycled into?

- Polyethylene bin liners and carrier bags;
- Plastic bottles;
- Video and CD cases;
- Fencing and garden furniture, water butts, garden sheds, composters and seed trays;
- Fleece jumpers, jackets, hats and scarves;
- Fibre fillings for sleeping bags and duvets.



## What plastics can be recycled in Havering?

Currently, we can only collect plastic bottles made from types 1, 2 and 3 (PET, HDPE and PVC), such as bottles for drinks, detergents, and milk.

## MYTH BUSTER

**THE MYTH** All plastic gets shipped off to China where it ends up in landfill.

**THE TRUTH** There's a huge demand in China for plastic, and many processors there are keen to get as much of it as they can. They pay for the plastic, and it's delivered in ships returning to China from the UK, which would otherwise return empty. Having paid for the plastic and shipped it to China, there would be little point burying it in landfill rather than using it to make new products.

# Super steel and amazing aluminium!

We use loads of metal packaging in the UK, but there is some good news. Put a can out for recycling and it could be back on the shelves within as little as six weeks!

## How to recycle steel and aluminium cans and tins

Recycle your cans in your orange sacks and we'll collect them from your home. Had a party? Got a few too many cans for the orange sack? You can also take them to a recycling bank or to your local Reuse and Recycling Centre. Please rinse and if possible, crush them before putting into your orange sack.

## How is aluminium recycled?

The cans are shredded, and any coloured coating removed. The shreds are then melted down, poured into casts and chilled. The metal is then rolled out and made into new cans.

## How is steel recycled?

The waste steel is melted down into iron ore and limestone. The molten metal is poured into moulds, cooled, then chopped into blocks ready to be used again for new cans, cars, and buildings.



WEEE

## MYTH BUSTER

**THE MYTH** Recycling metal uses more energy than extracting the raw material in the first place.

**THE TRUTH** Recycling aluminium drinks cans saves up to 95% of the energy needed to make new cans from fresh raw material. The energy saved from making just one aluminium can from recycled materials is enough to power a TV for three hours.

## What are cans turned into?

In as little as six weeks, your recycled can could end up as part of an aeroplane, a car, a bike, or even back on the shelf as a new can.



## Clear about glass

**Glass is a brilliantly versatile material made from sand, soda ash and limestone.** First used over 5,000 years ago, it can be used again and again and again and again...as long as it doesn't end up buried in landfill.

### How to recycle glass

#### **PLEASE DON'T PUT GLASS IN YOUR ORANGE SACKS!**

Take your glass bottles and jars to a recycling bring bank or to your local Reuse and Recycling Centre at Gerpins Lane. Blue glass should be put into the green glass banks.

Please remove lids, bottle tops and corks.

Please give your glass bottles and jars a quick rinse but don't worry about removing the labels.

### What glass can you recycle?

- Glass bottles – all types, all colours;
- Glass jars – jam, pickle, sauce, in fact pretty much every type of glass jar you can think of.

### What glass can't you recycle?

- Pyrex or similar. This is made from a different type of glass than normal glass jars or bottles;
- Plate glass (windows) and mirrors;
- Drinking glasses;
- Light bulbs;
- Spectacles. Instead, find an optician or organisation that collects spectacles and sends them to developing countries for reuse.

### How it is recycled

Glass is first screened to remove anything which is not glass, before being either crushed or melted.

### What's it used for?

Most glass is remoulded to make new jars and bottles. Crushed glass is used widely in the building industry. Fully crushed glass has similar properties to sand and can be used for a wide variety of uses including new road surfaces and decorative finishes.



## MYTH BUSTER

**THE MYTH:** Recycled glass is worse quality than new glass.

**THE TRUTH:** Glass can be recycled endlessly with no loss of quality.

## Be fashionable - recycle your fashions!



at local markets. Stall holders sell the clothes to their community, benefiting the local economy and providing clothing at an affordable price.

The textiles that are not suitable for reuse are shredded to make wiping rags, felt or packaging material. Wool textiles are often pulled to make new yarn.

**Green is the new black!** Fashions come and go and in a fast paced consumer society, what's in one week is often out the next. We've all got stuff in the back of the wardrobe that's never likely to see the light of day again so why not do something useful with it? Recycle it!

### How to recycle textiles

There are a number of textile recycling bring banks across the Borough or why not take your old clothes to a charity shop?

All Reuse and Recycling Centres also accept old textiles.

Please place your shoes and textiles in carrier bags and ensure shoes are paired and tied together.

Be careful who you give your clothes to! Check the credentials of door-to-door 'charity bags' before you use them.

### What textiles can you recycle?

- Clothes;
- Belts;
- Bags;
- Towels;
- Hats;
- Soft toys;
- Curtains;
- Linens (no duvets or pillows);
- Shoes (tied in pairs).

None of these textiles need to be good quality so don't worry about stains or damage – everything can be recycled.

### What happens to the textiles?

Each item is checked by hand with the good items separated from the bad as well as separating out different material types. The reusable clothes are exported to developing countries, to be sold at

# Be green with garden waste!

If you have a garden, green waste can make up as much as 30% of the waste your household produces. Even if you don't have a garden, other 'organic' waste can still make up a large part of your waste. So why not do something great with it?

## How to compost garden waste

Why not compost at home? It's cheap, easy, and you'll be helping to improve your garden.

You can take garden waste to any of the Reuse and Recycling Centres. From here, it's taken to a local composting facility where it's shredded and composted on a large scale. Havering Council provides a wheeled bin garden waste collection service. Please contact us for more information.

## What can you compost?

- » Grass cuttings;
- » Twigs and small branches;
- » Prunings and hedge clippings;
- » Flowers and plants;
- » Weeds.



## Why can't we accept fruit and vegetable peelings through the RRC site or green bin service?

Due to a law introduced following the Foot & Mouth outbreak, any fruit or vegetable matter that comes from a kitchen and therefore could have been in contact with uncooked meat products, cannot be commercially composted in open air systems. You can, however, compost these at home.

## What happens to green waste taken to the RRC or collected by the council?

Green waste is taken to local composting sites where it is composted in heaps known as windrows. These windrows are watered and turned to aid the composting process.



## DID YOU KNOW?

Each person in the UK throws away around 194kgs of garden waste each year – the equivalent of 2,800 banana skins.

## Home composting

Composting at home is a great way to manage your garden and kitchen waste, plus you will have a ready supply of soil improver whenever you need it! If you compost at home, you can also compost:

- Fruit and vegetable peelings;
- Tea bags and coffee grounds;
- Egg shells and cardboard egg boxes;
- Cardboard tubes from toilet and kitchen rolls;
- Small amounts of torn up paper and cardboard.

**Find out more...**

For information about local recycling services

Call **01708 434343**

Visit

[www.havering.gov.uk](http://www.havering.gov.uk)

Write to

**London Borough of Havering**

Town Hall

Main Road

Romford

RM1 3BB

United Kingdom

You can also find out more about recycling in Havering at [www.recycleforyourcommunity.com](http://www.recycleforyourcommunity.com)

#### DID YOU KNOW?

**Over 60% of all household rubbish can be recycled or turned into compost.**

