



# Charlton Village Monthly News

July 2021 [www.charltonvillage.org.uk](http://www.charltonvillage.org.uk) Facebook: Charlton Community Chat

The Charlton Village Monthly News is published on the Parish Council website and on Charlton Community Chat Facebook page. For those who aren't able to access it electronically, copies will be posted on the Village Notice Boards. If you have anything you wish to include in the Monthly News please send by email to [cilrcward@charltonvillage.org.uk](mailto:cilrcward@charltonvillage.org.uk) or post it into the letterboxes on the Notice Boards.

No apologies for focusing on Climate Change and the environment in this edition.

## Charlton Community Climate Change

### Call to Arms

The Charlton Community Climate Change Group is led by a resident - Mike Cripps. The Parish Council fully supports this work and would like to hold a meeting on 18 August at 6-8pm in the Church to confirm buy-in, add new ideas, turn our ideas into a prioritised Action Plan and **implement some of these good ideas now.**

### Mission Statement

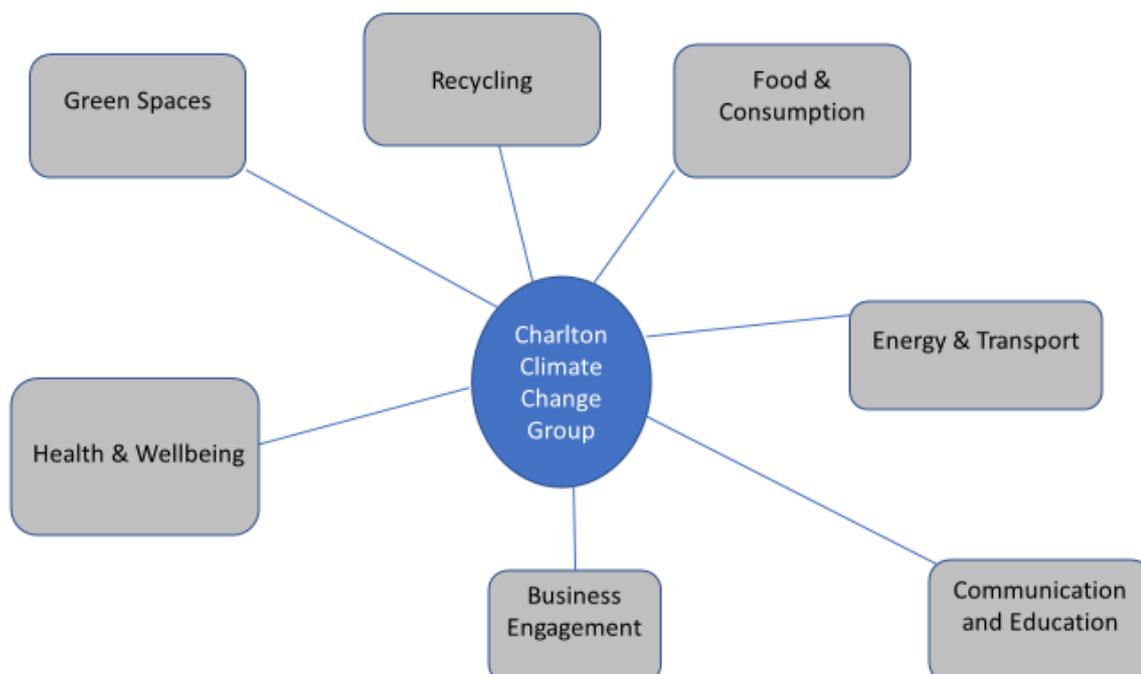
The Group seeks to educate and inform residents and to identify and implement good ideas that improve the environment in Charlton and more widely. It seeks to work with neighbouring parishes, TVBC and HCC and be seen as an exemplar parish within Test Valley.

The Parish Council website has a number of useful documents

<https://www.hugofox.com/community/charlton-parish-council-12680/climate-change/>

that I commend to you; more will be added in due course. And there lots of articles, facts and figures on the internet and elsewhere. For example: <https://www.futurelearn.com/info/blog/how-to-reduce-your-carbon-footprint-tips> I think most of us know and accept that something must be done.

Our early meetings back in March 2020 produced a range of ideas but, unsurprisingly, the Pandemic had an impact. Some improvements have been made in areas such as wilding (led by Test Valley) and our Speed Indicator is beginning to give us evidence of traffic volumes and speeds. This should allow us to enlist police enforcement to change the behaviour of serial offenders. Charlton News continues to champion the benefits of shopping local.



Some of the ideas collected in March 2020 with some updates as appropriate

<b>Ideas on how to go about it – unrefined</b>
Support re-wilding and biodiversity opportunities in conjunction with TVBC and HCC
Produce a Tree and Hedgerow Plan
Tend and mend the river flowing through Charlton to encourage biodiversity
Educate and inform using our FB page(s), Charlton News and Monthly eNews.
Conduct public meetings to raise awareness and gather good ideas
Clarify and publicise local recycling sites and what can be recycled.
Measure the traffic numbers coming into Charlton and peak and non-peak times; understand the true picture and consequence of pollution.
Produce a list of local providers and advertise
Tips on growing your own. Promote projects on grow your own; confirming any local areas available to plant or just from our homes?
Promote the use of buses
Lobby Tesco (and Convenience Store) to reduce plastic packaging in local shops.
Find areas and gardens that are possible to plant more flowers and trees
Help move to a plastic free environment by using multi use utensils
Finding areas to be rewilded within the parish/people gardens
Liaise with schools to promote and be involved with climate change projects
Investigate swapping the normal bins around the lakes and high usage areas for the 3-bin recycling system
Educate people on safe disposal of batteries – promote Tesco in-shop facility
Incentivise residents to adopt a greener home
Go meat free for a day a week and educate just how this impacts the planet
Keep what we own and reduce the throw away attitude to our belongings
Have a swap day in the village where people can swap their household items
Giving away unwanted food or food swap rather than put in the bin

## Something different – Nordic Walking

Nordic Walking is one of the best cross-training exercises using more major muscle groups than running, cycling and swimming. It gives a 40% better workout than normal walking as it uses the upper body. Suitable for any age, ability or goal and with the correct technique it helps posture, core strength, cardio vascular and endurance fitness. The poles help you to be lighter on your feet resulting in reduced impact on joints. Mobility, flexibility and general fitness are improved whilst it also aids weight loss. Sessions are outside, covid safe and sociable. Sign up for an introductory session and thereafter sessions scheduled are suitable for those whose mind is willing but the body is less so to sessions for the super fit looking for an active rest day! Sessions are very affordable and are at Charlton Lakes and Penton Mewsey with longer walks on Salisbury Plain. Build fitness into your routine whilst enjoying the outside.

For further information please contact: Philippa Firth, Tel: 07740 289 411  
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Contact Philippa: **07740 289 411**  
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 or book your sessions on-line through  
[www.nordicwalking.co.uk](http://www.nordicwalking.co.uk)



