



ECO BCoT NEWSLETTER

Issue 1 Spring/Summer 2016

Welcome to this first issue of our ECO BCoT newsletter. ECO BCoT is the name for our campaign to promote sustainability and care of our environment around the College.

Since the initiative started, we have measured some significant wins: In 2014, BCoT used over 10% less electricity than we did in 2013. We used 1,435,933 kilowatt hours of electricity last year, so it's still a very big number, but the fact that we've made such a significant reduction shows that everyone doing a little bit can make a big difference overall.

In 2013, we used just over 2.28 million kilowatt hours (kwh); in 2014, we used 1.67 million kwh – that is a reduction of more than 25%! The activity that uses the most gas is for heating and hot water in the College, as it probably is for most of us at home, so a combination of more efficient systems, better building insulation and turning the thermostat down a little will all have contributed to that. Well done everyone!

In the last two years, we have reduced our carbon footprint by 10%. This is due to a combination measures, like using low energy light-bulbs, more efficient heating and using less paper. Every little saving you can make adds up. With your help, perhaps we can save another 10% in the next two years?

News: Upcycling Success

Fashion Retail students at BCoT took part in a 'Garment Upcycling' workshop run by London-based stylist Sarah Cook. The aim of the session was to create an up-to-date look with clothing purchased from local charity shops.

During the workshop, Fashion Retail students worked alongside their Art and Design peers to update their designs using a range of techniques including fabric printing, embellishing and embroidery. They were also shown how to put coatings on garments and use basic sewing skills to give a fresh and up-to-date look.

Stylist Sarah Cook was impressed with the effort and enthusiasm shown by the students,

"My purpose in this workshop is to push the students to explore their creativity and encourage them to see their garments as a concept rather than a finished product at this stage. We are also helping them to refine their ideas so they have a real vision of what they are working towards. This is a great opportunity for students to try something they've never done before and take them out of their comfort zone."

One of the students taking part in the workshop was Emily Busby. She said the experience really tapped into her creative side.

"I have really enjoyed taking something old and updating it by using zips and joining two other garments together for a whole new look. It's great working with the Art and Design students as I'm learning lots of new skills from them which I never thought I could do!"

Students will take part in several more workshops and by the end of the project, will produce on-trend outfits ready to model at the annual Fashion Shows held at the College. Their work will also be judged by industry experts, including Sarah Cook.

Sarah Gallagher, Fashion Retail lecturer at BCoT added:

"This styling project offers fantastic opportunities for students to use their creativity and industry knowledge to create designs which consumers want to buy. They are benefitting from a cross-college collaboration with the Art and Design team and also gaining invaluable input from industry-expert Sarah Cook. Once they have completed their upcycled garments, students will have the opportunity to organise their own photo-shoot and sell

their products in college or online.

These new skills can then be used in the

students' Final Major Project which decides the final grade on the Level 3 Diploma in Fashion Retail. The more skills the students can develop the more successful they will be in making the next step into the Level 4 Diploma in Fashion Retailing which is a new and exciting course we have introduced to meet the growing needs of the Fashion industry."





News: Building for the Future

BCoT Construction students learned from the best when Associate Director for the BRE (Buildings Research Establishment), Andrew Sutton, came into college to talk about working in the industry.

Andrew has been lead architect for BREEAM rated commercial developments and is part of BRE's 'Building Information Modelling' (BIM) team. His work has won awards including The Royal Town Planning Institute Cymru Award 2013 for 'Maes Yr Onn', a completely off-grid farmhouse in the Welsh hills. Also, in 2008, his 'Green House' design for Barratt Homes was voted 'Zero Carbon Home for the Future' by a Sunday newspaper. He is currently working as the Client



Sustainable Design Advisor to Admiral Insurance Group for their new buildings project in Cardiff and Newport which are due to house 4,500 staff.

Andrew gave a detailed talk to BCoT students about how the industry works today. This included an overview of how a building goes from idea to completion, technology in construction, drawing plans for a building and much more.

"I was keen to share some industry knowledge with students looking to work in construction and the built environment," Andrew said. "I believe they have learned a lot of valuable information which will benefit their future careers."

BCoT is committed to giving students opportunities to meet and communicate with people who work in the industry they are training to work in. Claire Sutton, Marketing Manager at the College, organised this talk for the construction learners.

"I invited my brother into the College to see if we could pick his brains for any sustainability ideas. When my colleagues from our Construction departments heard he was in, they asked if he'd be prepared to share his experiences with the students – and of course he said yes! The College believes it has an important role to play in preparing students for the world of work, so hearing from people already working in industry can play a really helpful part in that."

DIARY DATES	
JULY	
28	World Nature Conservation Day
SEPTEMBER	
8	Sustainable House Day
16	International Day for the Preservation of the Ozone Layer
17	Basingstoke Green Week
22	World Car Free Day
26	FSC Friday
OCTOBER	
1	International Walk to School Month
NOVEMBER	
1	World Vegan Day



ECO TIPS



Each week we put a 'tip' on our Staff email; here are some of the interesting tips we've collected.

- Please remember to switch off your computer at the end of the day, don't just log out (that goes for other equipment like printers, projectors and fans too). About 75% of the UK's electricity supply is still generated using fossil fuels so saving energy is helping preserve our planet as well, (the University of Sheffield have calculated that switching off a computer and monitor saves nearly £40 per computer per year; do you switch off your computer at home?)
http://www.shef.ac.uk/polopoly_fs/1.305137!/file/Energy_Matters_Infographic_Uni.pdf
- Did you know houseplants in offices can help reduce stress and improve the air quality? (Not to mention making the place look nicer!). There are plants to suit almost any conditions – here are some ideas <http://tinyurl.com/m2rn2qg>
- Did you know that iPod and cell phone chargers draw electricity when plugged in, even if not in use?
- Don't just recycle – reuse! Most of us are getting better at recycling our waste but have you thought about reusing things too? The following blog has some great ideas for reusing plastic milk bottles, just to get you thinking: <http://thriftyjinx.com/10-uses-for-plastic-milk-jugs-dont-just-recycle-reuse/>
- Did you know that some households use twice as much energy in winter as they do in summer? Do you know what your energy usage is? Perhaps it's time to plug in that smart meter – or, if your energy supplier hasn't sent you a free one, prices start from around £12 for a basic model.
- As a nation of obsessive coffee and tea drinkers, we generate plenty of used coffee grounds and tea leaves that could be useful even after your mug is empty. Both coffee grounds and tea leaves are brilliant to mulch around acid-loving plants plus they can deter ants, slugs and snails. Dry, used tea leaves are great at absorbing odours – sprinkle some in the cat litter tray or leave some on a saucer in the fridge. Finally – and this is perhaps only for the dedicated – dried coffee grounds make a cheap but effective exfoliator (perhaps mixed with a little coconut or olive oil); beauty doesn't have to cost the earth!
- Think about the impact of your holidays do on the environment. Try and keep flights to a minimum maybe once per year at the max. On a flight with a round trip of 1000 miles will produce 1.4 tons in Co2 where a car doing 50mpg (diesel) produces 0.24 tons in Co2.
- Do you recycle your office printer cartridges? Many charities will accept them to recycle, saving money and keeping them out of landfill. If you don't already have a 'good cause' to support, the following website allows you recycle your cartridges and nominate a charity of your choice to benefit: <https://www.recycle4charity.co.uk/Home>
- Decide what you want BEFORE you open the fridge! When you open the fridge door, about 30% of the cooled air can escape so it saves energy and money if you open it as little and for as short a time as possible.
- Reduce your fuel consumption by up to 40% by becoming a hypermiling www.hypermiling.co.uk
- According to the 'Love Food Hate Waste' website, the UK throws away 7 million tonnes of food and drink each year which we could have eaten, averaging £470 per household per year (but nearer £700 if you're a household with kids!). Using this food instead of throwing it away would have a really positive environmental impact, the equivalent of taking 1 in 4 cars off the road.
 - Christmas is traditionally a time for over-indulgence, with fridges and larders stocked to bursting, so you've got another good excuse to break out the turkey curry recipe! If you need some other tasty ideas, try these <http://www.bbcgoodfood.com/recipes/collection/leftovers>

