



Sustainable Minds Action Team #1

Action Team Update

Scottish Freshwater Group Meeting 103

24th of October 2019



Who are Sustainable Minds?

- Our action team is made up of the following SFG members:
 - Anna Griffin (SEPA)
 - Lisa Avery (James Hutton Institute)
 - Andy Morris (SEPA)
 - Elliot Hurst (Hydro Nation Scholar)
 - Laurence Carvalho (Centre for Ecology and Hydrology)
 - Scott Ferguson (Seven Lochs Partnership)
 - Kerr Adams (Hydro Nation Scholar)

What is our aim?

- We believe there is large gap between the way in which society operates and how it needs to operate to live in a sustainable world.
- Narrowing this gap is a great challenge and at times can seem like an impossible task.
- By addressing both personal and collective action we believe the SFG community can play an important role in enabling a mind-set.
- Enabling this mind-set will lead to actions which help sustain the ecology of our freshwaters and the health of the wider environment.

What have we been doing?

Project 1: Plastic Actions

- We each identified personal actions we could take to become less reliant on single-use plastics in our everyday lives.
- We've created interactive poster highlighting these actions (see next slide).
- SFG members are encouraged to contribute any actions they take, or are willing to take, to reduce the use of single-use plastic at the latest SFG meeting.
- Keep Scotland Beautiful are also here today to demonstrate the impacts plastic is having on water wildlife and ecosystems.

**How can SFG Members
live with less plastic?**

Feel free to add your own suggestions.

For Younger Children

Reduce the use of baby wipes.
Source bio-degradable plastic-free
glitter.
Use re-useable nappies.



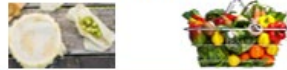
In the Bathroom

Use soap, shampoo and conditioner
bars instead of liquid bottles.
Buy reusable fabric sanitary pads.



In the Kitchen

Buy loose fruit and veg.
Don't buy ready meals (black plastic).
Use cereal packets as freezer bags.
Bake your own bread.
Re-fill washing up liquid bottles.



Other suggestions

Whilst Out and About

Take a refillable cup for coffee or water.
Use paper bags and beeswax wraps for sandwiches.
Buy ice-cream cones instead of a tub.



Project 2: Radical Ideas

- As a group we've created a safe space to share any radical ideas we have that could enable a sustainable mind-set.
- Ideas so far include:
 - composting toilets to close the human nutrient loop
 - allocated time in the work-place for sustainable living
 - a contactless carbon card that tracks your carbon footprint at the point of purchase.
- We aim to share these ideas in more detail at future meetings.

Project 3: Future Visions

- We're creating a project to involve the wider SFG community to detail a vision of what a sustainable freshwater environment in Scotland would look like.
- SFG Members will identify the steps we need to take to get there to help steer future actions for our AT.

Collaborating with other Actions Teams

- We see an opportunity to connect with **optimising citizen science** opportunities through a potential citizen science day with the River Leven Partnership.
- We hope some of our radical ideas could be of interest with the development the SFG's **innovation hub**.

We look forward to developing our actions over the coming months which will seek to promote participation from the wider SFG community.