

# EASY ECO FOR ALL



How to get  
from A to B  
by public  
transport?

I have/need spare  
IT equipment or  
office furniture.

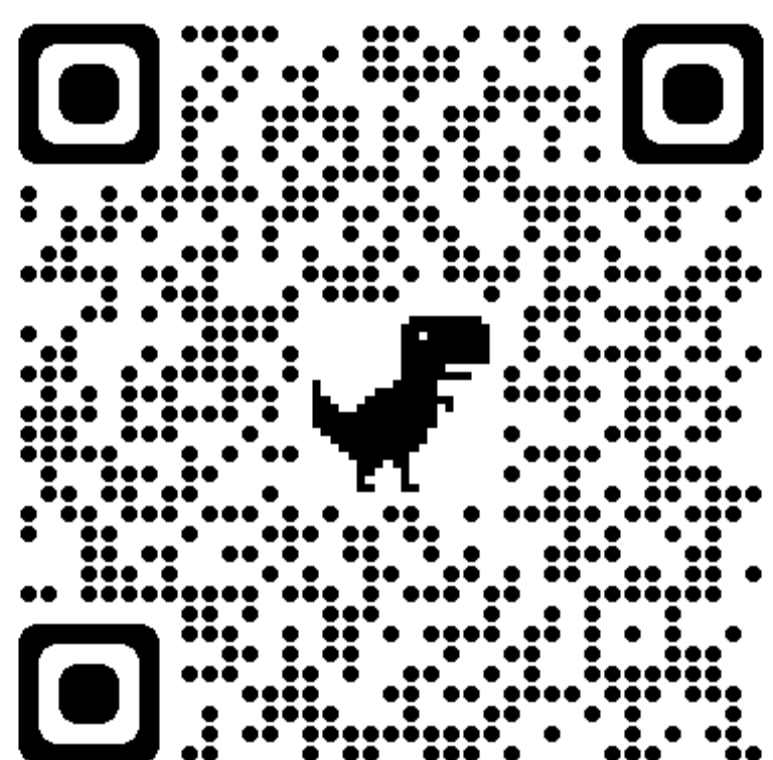
Where to report  
a dripping tap  
or faulty light?

Where to  
recycle CDs &  
light-bulbs?

Be the solution,  
not the problem!

Where to recycle  
a broken toaster  
on/off campus?

How can I use  
less plastic ?



← Scan the QR code or visit this link ↓ to download the eco-guide.  
Clickable links in the digital version.  
<https://documents.manchester.ac.uk/DocuInfo.aspx?DocID=44432>



# CONTENTS



## 3 Recycling



## 7 Waste Reduction & Ethical Purchasing



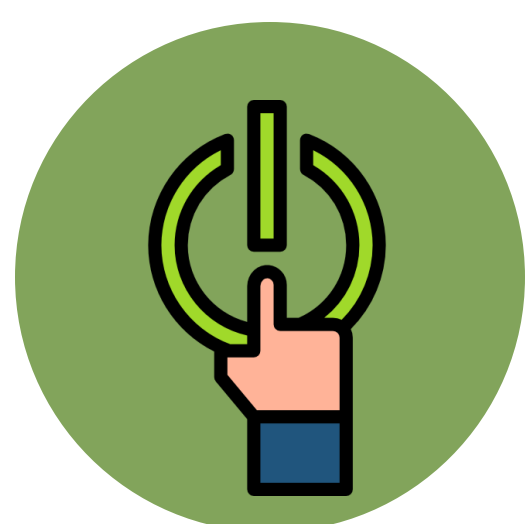
## 10 Offices & Events



## 11 Green Travel



## 13 Wildlife & Biodiversity



## 14 Get more involved

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Created & updated by Harriet Bickley from the Centre for Mental Health & Safety, Jean McFarlane Building, School of Health Sciences, University of Manchester, to signpost staff & students to eco-facilities on & off campus

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The [campus sustainability map](http://ow.ly/Mq4150yJ5Jp) can be accessed via <http://ow.ly/Mq4150yJ5Jp> or via this QR code ➡

Comprehensive UoM eco-information is available via <https://www.sustainability.manchester.ac.uk/> & <https://www.estates.manchester.ac.uk/>

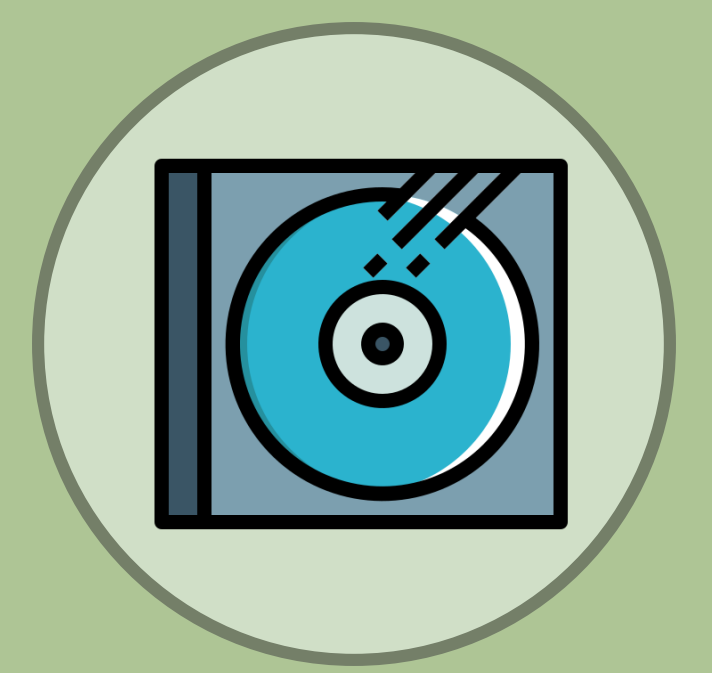
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# RECYCLING



## Lesser-known campus recycle bins

CD & DVD recycling box outside The Market Foodcourt in University Place;  
locations on the sustainability map: <http://ow.ly/Mq4150yJ5Jp>

The student-run Want Not Waste (WnW) shop recycles energy saving lightbulbs (& most B&Qs recycle all lightbulb types)

Tetrapak cartons - rinse & remove cap. Recycle cartons with cardboard.  
Recycle plastic caps via UoM plastic bottle recycle bins

Place non-food waste polystyrene next to any UoM indoor set of bins for recycling. See <https://estates.manchester.ac.uk/services/operational-services/envsvcs/waste/polystyreneepsrecycling/>

Please recycle vapes via retailer recycle bins; the Uni Place/library ones cost UoM £+ to empty. Never put in general waste as lithium batteries cause fires



On campus A-Z recycling list: <https://bit.ly/2jXc9tz>  
Off campus list: <https://www.recyclenow.com/>



## Small electricals



We no longer have a public small electricals recycle bin on campus.  
Contact the House Services staff in your building to arrange collection/  
recycling for campus non-IT pick-up or IT x65544 for IT waste.

For non-work small electricals, most B&Qs have recycle bins  
or see <https://www.recycleyourelectricals.org.uk/electrical-recycling-near-me/> for other recycling points or your local council tip



Find where to donate working electricals at <https://www.recycleyourelectricals.org.uk/donate-electrical-goods/>  
Learn to repair electricals at a Repair Cafe in eg Chorlton, Heaton Moor, Levenshulme, Moss Side & Stretford, see <https://www.recycleyourelectricals.org.uk/repair-electronics/>







## Terracycle recycling




The Want Not Waste shop near Manchester Academy has Terracycle recycling bins for difficult to recycle items & proceeds go to  Mind Manchester  
See 'Terracycle schemes' at <https://www.facebook.com/wantnotwastemcr>

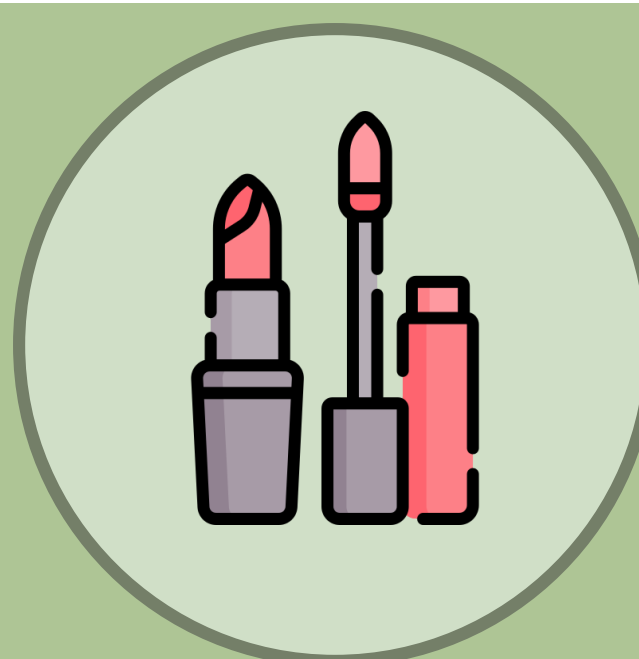


## Medicine blister pack recycling



All  stores with pharmacies recycle empty medicine blister packs

Unwanted medication & used inhalers can be safely disposed of +/- or recycled at any high street pharmacy



## Recycling make-up





recycle any make-up brand & empty toothpaste tubes via instore collection boxes; excludes make-up brushes, nail polish & aerosols. Can deposit without using the Boots App. recycle all perfume bottles, plant a tree for each & give 15% discount for that day



do refills in their special metal bottles



UoM WnW also recycle make-up



## Glasses



UoM Optometry no longer collects glasses for recycling/teaching purposes

Selected Specsavers stores eg Stretford, Mcr Arndale, have recycle bins for glasses, cases & contact lenses [www.specsavers.co.uk/glasses/recycling](http://www.specsavers.co.uk/glasses/recycling)

Or donate glasses' cases to charity shops & shelters, or repurpose as eg USB/charger lead/headphone carriers, mini 1st aid kit carriers etc






# Recycling hard & soft plastics



**NB You must clean these pre-recycling!**

The Want Not Waste shop recycles biscuit/cracker/sweet wrappers, razors, razor blades & make-up, & the proceeds go to  Mind Manchester  
\*but they no longer collect bread bags, crisp packets, cheese wrappers, toothpaste tubes, toothbrushes, contact lenses & medicine blister packs\*



Selected  &  &  & The **co-operative** &



&




stores have soft plastics recycle bins

The main campus' nearest participating store is the Co-op opposite the RNCM



Ask local foodbanks or independent charity shops if they want your spare plastic bags: <https://www.trusselltrust.org/get-help/find-a-foodbank/>



Fallowfield & Hazel Grove  have small plastics recycle bins reportedly for all types of plastic, near the tills

**pets at home**



selected stores collect clean empty plastic pet food pouches for recycling



Plastic Shed in Stockport recycle clean PVC Type 3 vinyl banners, plastic lids (only HDPE Type2, LDPE Type4, PP Type5) & LDPE Type 4 soft plastics, <https://www.plasticshed.org/plastic-drop-off>



Green Co-op bags made of potato starch (labelled 'EN13432') are compostable & can be used in domestic Greater Manchester council compost caddies, & their green food/garden waste bins.

**NB Never put into soft plastics recycling bins!**

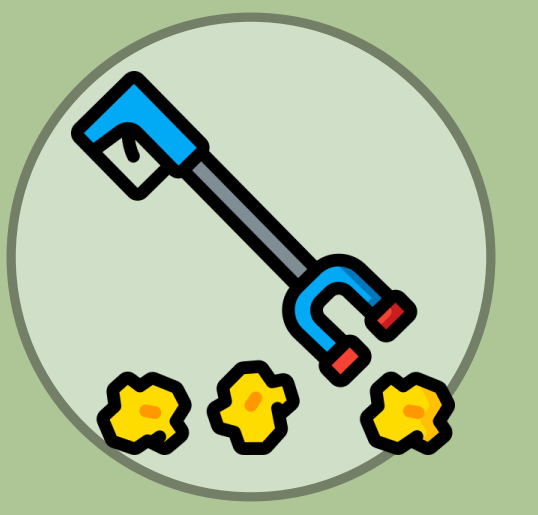
To order domestic Manchester City Council recycling bins/bags/caddies, check your bin day & learn what is recyclable at home/kerbside, visit <https://www.manchester.gov.uk/recycling>







## Litter pickers



<https://waterhaul.co/retaskthemask/> sell litter pickers made from recycled face-masks



## Cork & plant pot recycling



Reuse natural corks for plant pot drainage, mulching or recycle via <https://recorkeduk.org/>



Ask local community garden schemes if they want your spare pots <https://www.rhs.org.uk/get-involved/find-a-group>



Dobbies Garden Centres recycle any clean plastic plant pots & trays <https://www.dobbies.com/pot-recycling>. B&Q also recycle clean plastic plant pots. Both recycle clean broken plastic pots.



## Coffee cup recycling



Food on Campus are soon launching a reusable coffee cup scheme

Reusables are preferable, but Pret a Manger, Costa Coffee, Caffe Nero & McDonalds recycle any brand of disposable paper coffee cup in-store: <https://www.cuprecyclingscheme.co.uk/where-to-recycle-paper-cups>

The 3rd floor of the Core Technology Facility on Grafton Street set up their own collection point. Set one up yourself or use reusable cups.

**DECATHLON** stores have recycle bins for bicycle inner tubes, tennis balls, trainers & textiles



Hire items e.g. DIY, gardening, camping, cooking equipment via Manchester's new 'Library of Things' <https://mcrlot.com/> based in Levenshulme

Donate spare paint via <https://communityrepaint.org.uk>





## Waste Reduction & Ethical Purchasing



### Waste-Free Refill shops

Dried food basics, cleaning & fair-trade products etc - take your empty jars & tubs to the student volunteer-run waste-free shop, Want Not Waste, by The Academy, opening times vary & are posted on <https://www.facebook.com/wantnotwastemcr/>

Similar waste-free shops include <https://www.thegoodlifeheatons.com> in Stockport & <https://www.lentilsandlather.co.uk/> in Withington & Marple

Nearby shop '8th Day' sells refills on selected food, toiletries & cleaning products, & sells other ethically sourced items <http://8thday.coop/>



## Give it, don't bin it!



### Moving accommodation?

This is a city-wide charity involving Manchester students, giving items to the British Heart Foundation & Manchester Central Foodbank

Donate clothing, shoes, books, CDs, DVDs, kitchenware & small working electrical goods to the British Heart Foundation collection points

Donate unopened, non-perishable, in-date food items eg long-life milk, pasta, rice, soup, beans to the food donation points

For drop-off locations & more information, visit <https://www.giveitdontbinit.co.uk/university-of-manchester/>



NB Neither charity takes duvets or pillows - but Dunelm Mill shops do as part of their textile reuse/recycling scheme

<https://www.dunelm.com/info/about/take-back-scheme>

Dunelm also recycle usable & unusable bedding, towels, accessories & shoes, but not fur. They also pass on useable homeware.





## Clothing



Unwearable but clean clothes can be bagged, labelled 'rags only' & put in the on-campus red British Heart Foundation clothing bins, locations on the campus sustainability map <http://ow.ly/Mq4150yJ5Jp>

**DECATHLON**

stores also collect trainers & textiles for recycling



Wearable & unwearable running shoe recycling/reuse bins are in the Want Not Waste shop & the Armitage Sports Centre, for <https://www.jogonagain.com/>  
Jog On can also help you find a running partner  
<https://joggingbuddy.com/>



Donate smart business & smart casual women's workwear & accessories to Smartworks in Stockport <https://greatermanchester.smartworks.org.uk/>

Donate bras to Bravissimo in aid of breast cancer charity Coppafeel.org, or to zero-waste shop EarthFriendlyRocker in Afflecks Palace for the charity Against Breast Cancer or see <https://www.againstbreastcancer.org.uk/recycling/bra-recycling/> for other bra bank locations

M&S clothing stores have Schwop instore recycle bins for clothing & soft furnishings of any brand/condition in partnership with Oxfam

Take wearable clothes, shoes & accessories to a swap-shop or swish



## Water refills



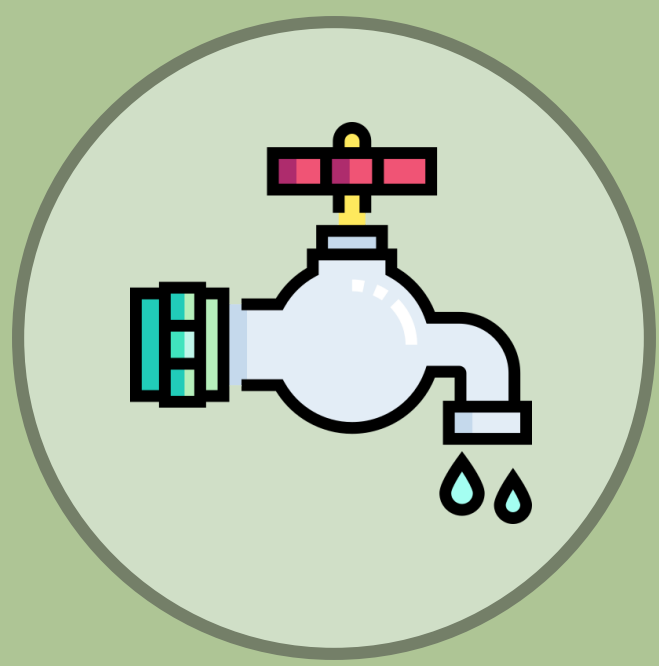
← See window stickers for participating locations

Refill water bottles at campus water coolers, see map <http://ow.ly/Mq4150yJ5Jp>, or get free water refills at UoM **FOODONCAMPUS** outlets

Find water dispensers & microwaves on the campus sustainability map

Download the <https://www.refill.org.uk> refill app to find free water bottle refill locations & find coffee refill, lunch-box refill & zero-waste shops





## Repairs



Dripping tap, faulty light or faulty shower at UoM?  
Contact estates via [estates@manchester.ac.uk](mailto:estates@manchester.ac.uk) or 0161 275 2424



## Stationery surpluses



Individual unused printer toner cartridges for re-use can be sent via internal mail to the Furniture Store, Room B31, Simon Building. For larger amounts, email [Peter.Liddell@manchester.ac.uk](mailto:Peter.Liddell@manchester.ac.uk) to arrange collection.

They also have a stationery recycle scheme <https://www.staffnet.manchester.ac.uk/news/display/?id=31517>. [Harriet.Bickley@manchester.ac.uk](mailto:Harriet.Bickley@manchester.ac.uk) also redistributes spare stationery each September via the School of Health Sciences Environmental Sustainability Welcome Week stall.



The Want Not Waste shop recycles used pens, propelling pencils, highlighters, Tippex & used tea-lights



## Event planning & food surpluses



See <http://www.sustainability.manchester.ac.uk/food/> for food sustainability & food waste initiatives & for our sustainable food policy.

UoM food waste reduction info <https://documents.manchester.ac.uk/display.aspx?DocID=33452>. All staff kitchens now have food waste caddies

↓ food poverty & waste by donating spare food to WnW 'community fridge'  
Some you register with 'olio' (<https://olioex.com/>) & are reservable, others are for anyone to take. State allergens & use-by date when donating

See <https://www.facebook.com/wantnotwastemcr/> for more info, or email [wantnotwastemanchester@gmail.com](mailto:wantnotwastemanchester@gmail.com)

Events guidance: <https://documents.manchester.ac.uk/protected/display.aspx?DocID=72970> . Try eg hiring glasses etc instead of using disposables





## Office moves & clearouts



Useful checklist & youtube video on <https://www.estates.manchester.ac.uk/services/operationalservices/envsvcs/waste/movingclearingoffices/>



## Furniture & IT reuse



If you have or need spare office furniture, check the UoM Furniture Store website [www.estates.manchester.ac.uk/services/operationalservices/envsvcs/waste/furniturerecycling/#d.en.287713](http://www.estates.manchester.ac.uk/services/operationalservices/envsvcs/waste/furniturerecycling/#d.en.287713) & [twitter.com/UoM\\_F4R](https://twitter.com/UoM_F4R)



collect sellable furniture donations from your home for free

If you have or need spare IT equipment, see <http://www.itservices.manchester.ac.uk/aboutus/sustainability/disposal/>

Watch out for UoM IT kit amnesties, to responsibly reuse/recycle IT kit

Use these digital clean up tips <https://blogs.manchester.ac.uk/bmh-sr/2024/06/14/tips-for-a-digital-clean-up/> to lower your carbon footprint



## Food growing & planting projects



The UoM student Botany Society & Manchester Food Partners: Commit to Community project (MFP C2C) grow food at Firs Botanical Gardens <https://www.ees.manchester.ac.uk/research/facilities/firs-environmental-research-station/> for an affordable veg box scheme.

Staff can arrange away days at The Firs, including tours & teambuilding activities. Community groups can visit & hold wellbeing events at The Firs.

Incredible Edible Manchester <https://www.incredibleedible.org.uk/find-a-group/manchester/>, grow fruit & vegetables in eg nearby Platt Fields Park.

Join student societies eg The Botany Society ([www.instagram.com/mcr.botanists/](https://www.instagram.com/mcr.botanists/)), The Tree Musketeers (<https://uomtreemusketeers.wordpress.com/>)

Read Professor Sarah Bridle's book 'Food & Climate Change'





# Green travel



## Cycling & running

\*Avoid brain damage or worse: please always wear a bike helmet & high-vis clothing, stop at red lights, indicate & use bike-lights at night\*

UoM sometimes subsidises good D-style bike locks for staff & students. See <https://www.estates.manchester.ac.uk/services/security/ourservices/crimereduction/cyclesecurity>. Oil locks every fortnight to stop rust!

Staff & postgrads can access all campus bike shelters if they visit the Car Parking Office (Room G.002 Beyer Bldg) & get their staff card activated

Staff can buy a bike tax efficiently & spread the costs: <https://www.staffnet.manchester.ac.uk/people-and-od/benefits/travel-to-work/cycling/>

Staff can expense some cycling business travel. See mileage rates etc at <https://staffnet.manchester.ac.uk/finance/travel-expenses/expenses>



Find quick, quiet & balanced cycle routes on <https://www.cyclestreets.net> using start & end postcodes

Get free local cycle maps covering each local authority area in Greater Manchester from <https://tfgm.com/cycling-district-maps> or at TFGM Travelshops



Nearby bike repair shops include [www.bicyclegarage.co.uk](http://www.bicyclegarage.co.uk), Biko bikes, [www.bicycledoctor.co.uk/](http://www.bicycledoctor.co.uk/), <https://revolvemcr.com>, or use a mobile bike mechanic from [www.nevermindthebikeshops.com](http://www.nevermindthebikeshops.com)



Meet other UoM runners via the run commuters <https://www.sustainability.manchester.ac.uk/travel/staff/running/> or a run/walk group: <https://www.sport.manchester.ac.uk/sport-and-activity/activeanywhere/running-and-walking/>

To join the run commute group, email [UMRun@manchester.ac.uk](mailto:UMRun@manchester.ac.uk)

Find campus showers via the sustainability map: <http://ow.ly/Mq4150yJ5Jp>

Report cycling issues & potholes via [www.manchester.gov.uk/info/500283/road\\_and\\_pavement\\_problems](http://www.manchester.gov.uk/info/500283/road_and_pavement_problems)

Watch out for staff Active Travel Breakfasts







# UMBUG

University of Manchester Bicycle Users' Group



Staff & postgrads can join UMBUG, the UoM Bicycle Users' Group, by emailing [umbug@manchester.ac.uk](mailto:umbug@manchester.ac.uk). Visit <http://umbug.manchester.ac.uk/> for info on cycle marking, bike buddies, bike locks, campaigning & more. Cycle shelters are available to staff & postgrads



Biko Bikes is the Student Union bike hire scheme. Abandoned bicycles are donated by Security, refurbished & then hired out to students. Bike repairs also available. See <https://www.facebook.com/umsubikes/>  
<https://beeactive.tfgm.com/cycling/bike-libraries/> also loan out bikes



## Public transport & electric vehicles



Discover how to travel from A to B by public transport in Greater Manchester using <https://tfgm.com/plan-a-journey#/planner/>

For UoM travel info: <https://www.sustainability.manchester.ac.uk/travel/>  
& <https://www.staffnet.manchester.ac.uk/people-and-od/benefits/travel-to-work/>

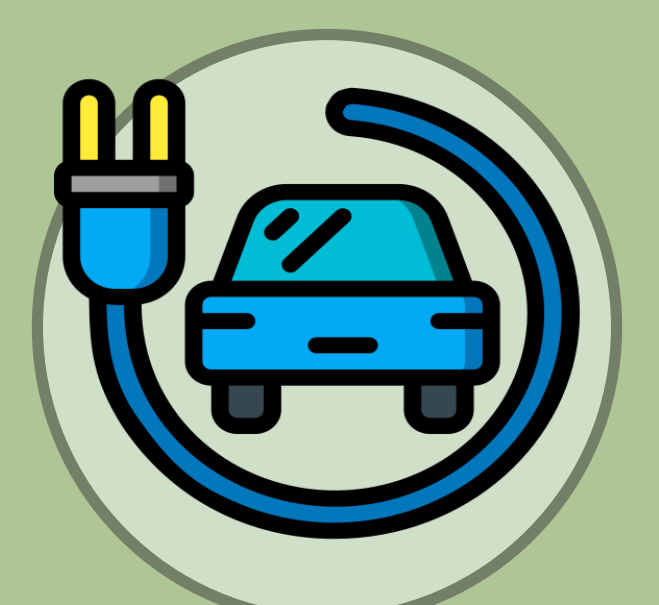
The UoM sells discounted bus tickets & gives interest-free loans for season tickets. See <http://www.sustainability.manchester.ac.uk/travel/staff/buses/>

Greater Manchester has flexible ticketing options to reflect flexible/hybrid working: <https://www.staffnet.manchester.ac.uk/news/display/?id=26828>

& <https://www.stagecoachbus.com/regionaltickets/greater-manchester/manchester/flexibletickets>

& <https://www.nationalrail.co.uk/tickets-railcards-and-offers/ticket-types/flexi-season-tickets/>

For electric car charging points on campus, see <https://www.estates.manchester.ac.uk/services/operational-services/carparking/evcharging/>







## Wildlife & Biodiversity



- Even in our urban location, we have plenty of wildlife to watch & document across the campus & beyond
- Help local wildlife & biodiversity, & do your bit for Citizen Science by adding your wildlife sightings to a database, helping to create a valuable resource. Think of it as crowdfunding but you give data not money



Documenting plants, fungi & animals on campus helps us understand our campus biodiversity

See the campus project on iNaturalist, a free & easy to use app for identifying & recording species: [www.inaturalist.org/projects/biodiversity-on-campus-the-university-of-manchester](http://www.inaturalist.org/projects/biodiversity-on-campus-the-university-of-manchester)



Scientists use these databases to inform actions to increase biodiversity & the conservation of species



Any Greater Manchester wildlife sightings can be added via Excel, MapMate or Swift to [https://gmlrc.org/wildlife\\_recording](https://gmlrc.org/wildlife_recording), Greater Manchester Local Record Centre's public access database, which informs local planning decisions, the National Biodiversity Network, & biodiversity/conservation measures

Get the Sustainable Futures newsletter <https://bit.ly/sustainablefuturesuom>



Walk the interactive UoM Tree Trails, see [www.visitmanchester.com/listing/university-of-manchester-interactive-tree-trail/41140101/](http://www.visitmanchester.com/listing/university-of-manchester-interactive-tree-trail/41140101/) & <https://uom.treetrail.co.uk/about.html>



Manchester  
City of Trees

Greater Manchester is planting 3 million more trees. Learn more at [www.cityoftrees.org.uk/](http://www.cityoftrees.org.uk/)



Read how the UoM values nature [www.manchester.ac.uk/about/social-responsibility/environmental-sustainability/sustainability-on-campus/valuing-nature/](http://www.manchester.ac.uk/about/social-responsibility/environmental-sustainability/sustainability-on-campus/valuing-nature/)



**Environmental  
Sustainability**

**Want to get more  
involved?**



UoM lab based teams use LEAF (Lab Efficiency Assessment Framework)  
<https://documents.manchester.ac.uk/protected/display.aspx DocID=55087>  
to help make our labs more sustainable



1st year undergrads can complete a 'Sustainability Challenge' as an Ethical Grand Challenge, part of the UoM Stellify programme [www.stellify.manchester.ac.uk/](http://www.stellify.manchester.ac.uk/)

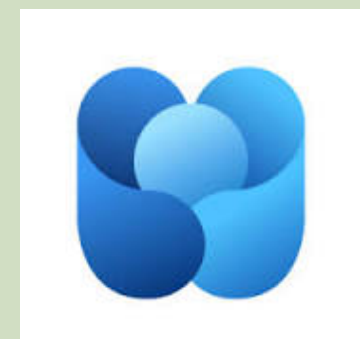


For Masters students, see [www.stellify.manchester.ac.uk/stellify-masters/](http://www.stellify.manchester.ac.uk/stellify-masters/)

The 'University Living Lab' partners students with organisations to help meet real-world sustainability challenges: [www.universitylivinglab.org](http://www.universitylivinglab.org)



UoM Yammer/Viva Engage is an online networking site for staff to share ideas & knowledge. UoM groups include Climate Network, Environmental Sustainability & Social Responsibility.



<https://www.yammer.com/live.manchester.ac.uk#/home>



There are similar groups on MS Teams.  
Join via <https://bit.ly/3fmoKwA>

Donate blood eg at nearby Plymouth Grove site [www.blood.co.uk/](http://www.blood.co.uk/)

Donate hair over 17 cm long to [www.littleprincesses.org.uk](http://www.littleprincesses.org.uk)

### Additional sources of information

[www.manchester.ac.uk/about/social-responsibility/environmental-sustainability/](http://www.manchester.ac.uk/about/social-responsibility/environmental-sustainability/)  
[www.estates.manchester.ac.uk/](http://www.estates.manchester.ac.uk/)  
[www.ethicalconsumer.org/](http://www.ethicalconsumer.org/)  
<http://plasticisrubbish.com/>  
<https://reuse-network.org.uk/>  
<https://recycleforgreatermanchester.com>

The UoM is committed to being:






UoM's Maggy Fostier, Ruth Grady & team encourage UoM staff & students to reduce single-use plastic in the labs, on campus & at home




"The 6R method (review, reduce, replace, reuse, refill, recycle) was developed to reduce single use plastics in our practical classes, but we are now adapting it to research labs, home and campus."  
Maggy Fostier & Ruth Grady

More info at <https://docs.google.com/document/d/1PBHZzpCqedexWnwd8WtCeYIxzVzCamUqrVRrmKg-iBo/edit#heading=h.gjdgxs>




## Reduce plastics in the lab




SCAN ME

Full approach




### Review

- Procurement.** Use sustainable products or suppliers, negotiate the purchase of kit components separately, and packaging options.
- Take stock and share:** only order what is needed .
- Protocol.** Are all steps needed? Could a new protocol be more sustainable?
- Layout.** Optimise sharing of material, reduce waste opportunities, optimise recycling.




### Reduce Replace

- Can you create reagents/kits in house?
- Can you use products or equipment that reduce plastic?
- Can you downsize plastic containers?
- Do you need all these samples, dilutions, gloves?
- Could more be shared between classes/labs?
- Consider replacing with alternatives (paper, wood, glass), but check sustainability.



### Reuse Refill

- Consider reusing gloves, tips, tubes, cuvettes, pipettes, weighing boats and refilling containers.
- Can you rinse or wash between uses? Could someone else reuse it?
- Consider in house protocol/equipment to decontaminate, wash, sterilise.
- Could you repurpose it?



### Recycle

- Packaging:** Do we recycle it? If not, can it be sent back? Benefits from bulk buying?
- Are you following the guidelines for management of contaminated/non contaminated plastic?
- Could you recycle more with more organisation?

See <http://bit.ly/46Vg9xP> for a list of free lab goods for UoM reuse

See <https://www.sustainability.manchester.ac.uk/teaching/> for embedding sustainability, including the UN SDGs, into the curriculum





A pdf of this booklet containing clickable links is downloadable from <https://documents.manchester.ac.uk/display.aspx?DocID=44432>



Any comments, feedback or suggestions for future versions? Email [Harriet.Bickley@manchester.ac.uk](mailto:Harriet.Bickley@manchester.ac.uk), with subject heading 'eco-booklet'

Plastic Shed used 80,000 plastic bottle caps to create the UK's biggest recycled bottle cap mural (Image-Merseyway)



Many thanks to Dr Sally Freeman, Dr David Allison, Dr Maggy Fostier, Centre for Mental Health & Safety colleagues & School of Health Sciences Environmental Sustainability Group members for advice & encouragement, & UoM Environmental Sustainability & Estates for knowledge sharing

