



## Book Review - **No. More. Rubbish. Excuses.**

(**Martin Dorey** Published by Penguin £3 from branches of Oxfam)

For those interested in making a contribution to saving the planet this is a starter-level manual to help you appreciate the challenges we face when creating or disposing of waste. Beginning as a surfer and beach lover, he got involved in cleaning beaches before turning his attention to what we can do as ordinary consumers. In a short book he explains about plastics, food waste, fashion textiles and electronic equipment, helping you to dispose of everyday items in an environmentally-friendly manner.

You are expected to read this simple book and then pass it on to another reader. Environmental action is all about increasing the number of people who

want to act in the right way so you are encouraged to read the book and then gift it to someone else.

The book pre-dates the 2021 Environment Act which will enforce kerbside collection of food waste and will simplify recycling of plastics. However, the book still helps us to understand what we are trying to achieve as a society and tells you what individual actions you can take.

Martin Dorey tells us how we might reduce our waste or even avoid it by reusing or upcycling. There is often scope to remove material from going to waste by finding an alternative use, and he discusses methods of home composting, etc. which reduce waste the local council has to deal with. Your local council is happy to take waste and incinerate it as an 'environmentally-friendly' or 'low carbon' source of community heating, leading to a low level of ambition to tackle climate change. This book steers you in the right direction to make the right decisions.

The author devotes a lot of space to discussing plastics so you appreciate where it is found (virtually everything!) and help you avoid buying it. However, the alternatives such as compostable cups and bioplastics are not straightforward, so you need to be aware of the 'end of life' issues for all the different products. We don't want to simply replace one problem with another.

He concludes with a section on choosing environmentally-friendly products and a table to help identify the different grades of plastic from the codes and symbols printed on them.