

Our Natural World

- see it, celebrate it, save it



CT5
PEOPLE'S FORUM

**A How-To Guide for
the CT5 community**



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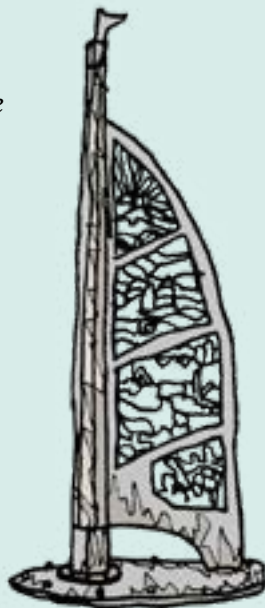
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This guide is printed on recycled paper and is carbon neutral.

Why have we written this guide?

The CT5 area is very special. It is particularly diverse, with complex eco systems stretching from the sea to the ancient woodlands of Blean and including the coast, the urban and suburban areas, the villages and farmland. All of these areas have value worthy of protection and all of them are vulnerable to the effects of climate and ecological changes such as flooding, drought and sewage spills in the sea. So how can we make changes that help and protect this special area?

There are many things that can help us work out our carbon footprint and what we could do to help reduce it. Some examples are included on page 14.

But these don't relate specifically to our local context in the CT5 area and that is what we're trying to address with this guide. Small changes can make a difference and there are choices that we can all make in many aspects of our lives. We realise these choices are affected by such things such as money available, mobility, health, age and family needs.

How to use this guide

This guide is a celebration of what makes the CT5 area special. There are many things happening locally to support anyone seeking to reduce their carbon footprint and promote nature recovery. We hope this guide has identified most of these and can provide some encouragement for all of us to make positive changes, small or big. Everything here is an invitation. We highlight the work of different environmental organisations and the links will help to keep information up to date. Thanks for taking part. We'd love to hear about other work and activities locally if not included in this guide - please let us know what you're group is involved in by emailing ct5.ecogroup26@gmail.com



A Town of Trees

Across the CT5 area there are many beautiful places full of trees such as Blean Woods, Victory Wood, Gorrell Valley Nature Reserve and Wraik Hill Nature Reserve. These are great places to visit for relaxation, exercise and for connecting with nature.

There are also significant benefits in planting trees in the more urban areas of CT5 and there are different ways we can achieve this. One way is by asking our council to plant trees in grass verges along the road- look at this guide to help you get started by using the QR code below.

QR for
CT5 GUIDE FOR
ROADSIDE TREE
PLANTING REQUESTS



POINTS TO CONSIDER

There are many benefits of having trees in towns:

- they provide shade
- they lower temperatures
- they take up water
- they remove pollution and carbon from the atmosphere
- they reduce soil erosion
- they look beautiful
- they enhance a neighbourhood
- they can have historical significance
- they support biodiversity



More information about planting and looking after trees is available locally: contact the Whitstable Tree Wardens on wtw@email.com

Whitstable Autumn

The golden seed pods pause mid rattle.

First the crimson petal

Then the white float

Unhinged.

Purple poison eyes of potato vine

Stare blankly.

Here the mushroom blooms

And acorns droop too early

To be oaks.

In starlit stillness

The deep pond plops

And berries fall in silence

From the laurel and damson.

Blasted walnut branches

Are etched against the blue sky

And quince is ready for the

Picking.

Gardening for Wildlife

Many people locally are lucky enough to have gardens and these are amazing spaces to help promote nature recovery as well as playing a role in reducing our carbon footprint. There are lots of things we can do that don't need to cost a lot of money.

Some people leave a section of their garden to 'rewild', allowing grass and wild flowers (including some weeds) to flourish.

Ponds, bird baths or small water containers can provide valuable drinking and washing spaces for wildlife to use.

Water butts are an easy way to collect rain water, the more the merrier. Rain water is best for plants but washing up water is also often fine to use.

Vegetable beds give us a chance to grow organically and encourage a natural system of pest control. A sunny window sill can be used to grow fresh herbs.

A hedgehog door in fences can allow hedgehogs, and other wildlife, to travel through urban areas.

For more inspiration locally about gardening for wildlife visit Enchanted Gardens

QR for
ENCHANTED GARDENS
enchantedgardens.co.uk



or become a volunteer at Stream Walk Community Garden.

QR for
STREAMWALK
COMMUNITY GARDEN
streamwalkgarden.com



There are several other groups in CT5 who are gardening for wildlife as community ventures. Please see page 15 to find out more.

HACKS TO SAVE MONEY

Going greener doesn't cost the earth

- eg leaving a part of the garden to 'rewild.'
- Compost vegetable waste from the house.
- Coffee grounds from local cafes are freely available and help fertilise the ground.
- Swap seeds and cuttings with neighbours.
- Plant in the ground where possible rather than pots- this uses less compost and water.
- You don't need to spend a fortune on expensive vegetable beds- many old containers will do.

Burning Day 14/8/24

The shadows dark and mossy
Dampness sweats from hidden roots
Purple euphoria salvia stinks
Alive with midge and hover flies
Browning leaves and wilting stalks
Flopping in the nothing breeze.

Our Sea and Coast

The CT5 area is home to a beautiful six-mile long coastline stretching from Swalecliffe in the east to Seasalter in the west. Its coastal habitats, beaches and surrounding water courses support a rich variety of life while from Seasalter to the Street the sea is part of the Swale Estuary Conservation Zone.

We all know there are sewage problems off the CT5 coast. Keep up to date with spills by using the Southern Water app:

QR for
SOUTHERN WATER



A very well organised local group, SOS Whitstable, is focused on holding Southern Water to account for the spills while leading a movement to help improve our water for future generations- for more information go to:

QR for
SOS WHITSTABLE
soswhitstable.com



Much of CT5 uses a combined sewage system meaning that rainwater and dirty water is combined and runs through pipes to the treatment works. When it rains heavily this can mean that the system is overloaded and 'spills' occur. We can all help- see the hack bar.

There are community groups that

have regular litter clears along the beaches helping to prevent rubbish getting into the sea. Everyone is welcome to come and help. Contact details for the Marine Environment Group (West Beach beach clear) are here:

QR for
MARINE
ENVIRONMENT
GROUP



The Friends of Tankerton Bay beach clear is the first Sunday of each month subject to weather; email pluminthebeachhut@talktalk.net for more info

The harbour is home to a very established fishing industry which is very keen to ensure the sea is healthy. They have a special plea to the local community- please don't use laundry detergent pods because they really harm the local sea life.

TO AVOID SEWAGE IN THE SEA

- Take a three minute shower rather than a bath.
- Don't leave water running when you're washing up or doing your teeth.
- A Hippo water saver in the loo system reduces the water use.
- Try to leave space in your garden for rain to soak away into the earth.

TO AVOID GARBAGE IN THE SEA

- Be careful with what you flush down the loo.

TO AVOID CHEMICALS IN THE SEA

- Big box soap powders are cheaper than detergent pods and more environmentally friendly

Travelling Around

Cars, and the infrastructure needed to help us travel around, have contributed massively to carbon emissions and the reduction in biodiversity. So while we all know people rely on cars in everyday life for work, family and leisure needs, we can still ask ourselves if its use is essential for each journey. One of the great advantages of the CT5 area is that many places can be accessed on foot by bicycle or on public transport.

Active travel

Two fun cycle routes to enjoy ...

Whether you prefer a gentle glide along our fabulous seafront or a spin along the former Crab and Winkle railway line, Whitstable has some great offerings for cyclists of all ages and abilities.

With miles of sea front promenade you can enjoy a safe and traffic free ride east and west of the town. Heading east towards Tankerton follow the coastal path through to Herne Bay and on to ancient Reculver.

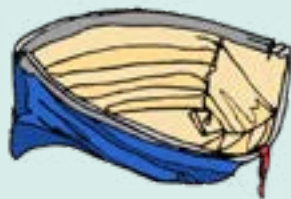
Or go west past the Horsebridge along Island Wall to cross the golf course causeway and circle back through the town.

Another great ride is the 'Oyster to Cloister' route following the path of the Crab and Winkle railway through Blean Woods. At the historic Winding Pond continue on to Canterbury or head for Clowes Wood and circle back to Whitstable for well-earned refreshment.

**QR for
STAGECOACH BUS
TIMETABLES**
stagecoach.com



Don't forget - there is plenty of cycle parking in town, especially at the harbour.



TO SAVE MONEY

- **Walk it!** Free and healthy.
- **Use public transport** where possible and save on parking charges (see Stagecoach QR below)
- **If you're driving, empty your boot and roof box- this uses less fuel.**
- **Slow down your driving speed- this uses less fuel.**
- **Take a staycation, easy and beautiful.**



Going Circular

See page 10 for links to relevant websites and Facebook pages.

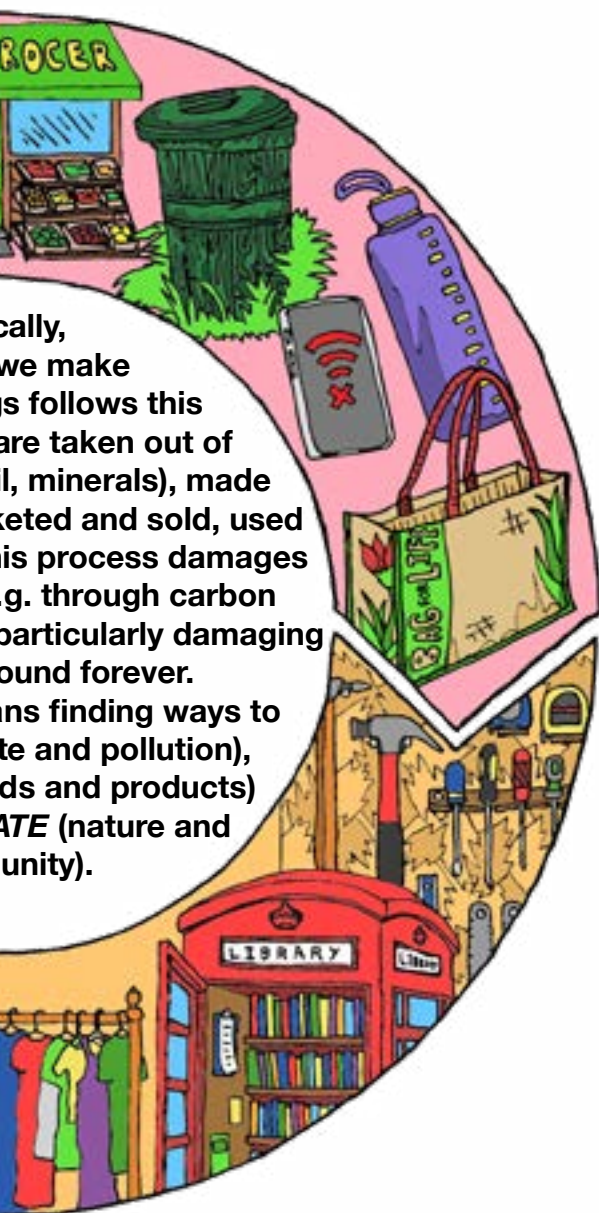
Regenerate nature and community

Hacks we can use:

- Buy local and/or organic
- Volunteer at Stream Walk Community Garden
- Volunteer at the different Friends groups across the district (addresses on page 15)
- Volunteer with nature promoting groups e.g. Kent Wildlife Trust
- Take part in beach clears - see page 6
- Return organic matter to the earth eg composting - see page 5
- Regenerate yourself with simple practices like walking in nature, meditation, yoga
- Visit Circular Kitchens businesses which aim to be organic and seasonal, using local produce and reducing waste
- Visit the fortnightly Farmers' Market which supports local organic producers
- Support your local Eco Churches e.g. St. Alphege, which promote LOAF (local, organic, animal friendly, fair trade)
- Grow food in our gardens or try an allotment



Typical
the way we
and buy things
model - things are
the ground (e.g. oil)
into a product, marketed
and thrown away. This
the environment and
emissions. Plastic is
as it stays around.
Going circular means
ELIMINATE (waste)
CIRCULATE (good)
and **REGENERATE**
communities



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g. through carbon
particularly damaging
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ns finding ways to
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ds and products)
ATE (nature and
unity).

Eliminate waste and pollution

Hacks we can use:

- Look for opportunities to avoid plastic e.g. use refillable water bottles, use reusable bags, go to shops such as Staines that sell many of their products with far less plastic or use the Refillable Van at the Foodies Market (Umbrella Centre)
- Reduce your energy waste at home see page 12
- Buy local eg Kent Veg Box
- Go offline for a part of the day to reduce energy use through our electronic devices

Circulate goods and products

Hacks we can use:

- The Whitstable Repair Cafe is on hand to help out with mending many items
- Visit one of the many pre-loved shops for clothes and household favourites
- Swap books at the many free book exchanges around Whitstable
- For pre-loved school uniform visit the Community Wardrobe
- Try sharing things in your street and with friends (build a 'library of things') eg gardening tools
- Try upcycling- bringing new life to pre-loved items

All your Links for Going Circular

Canterbury Allotments

www.canterbury.gov.uk/leisure-and-commu-nity/apply-allotment

QR for
CANTERBURY - APPLY
FOR ALLOTMENT



Circular Kitchens

circularkitchens.com

QR for
CIRCULAR
KITCHENS



Kent Veg Box

kentvegbox.com

QR for
KENT VEG BOX



Kent Wildlife Trust

www.kentwildlifetrust.org.uk/support/volun-teering

QR for
KENT WILDLIFE TRUST



Refillable Van

www.refillablevan.com/find-us

QR for
REFILLABLE VAN



Staines Farm Shop

stainesfarmshop.com

QR for
STAINES FARM SHOP



South East Water water saving offers

www.savewatersavemoney.co.uk/southeast/free-water-saving-products

QR for
SOUTH EAST WATER
WATER SAVING OFFERS



Southern Water water saving home visits

www.southernwater.co.uk/help-and-support/water-saving-home-visits/

QR for
SOUTHERN WATER
WATER SAVING HOME
VISITS



Stream Walk Garden

streamwalkgarden.com/contact/

QR for
STREAM WALK
GARDEN



Whitstable Community Wardrobe

 [WhitstableWardrobe](https://www.facebook.com/WhitstableWardrobe)

Whitstable Farmers' Market

 www.facebook.com/groups/295037632563058/

Whitstable Repair Cafe

 [repaircafewhitstable](https://www.facebook.com/repaircafewhitstable)

Whitstable Seroptimists are a local group engaged with many activities supporting circular living

QR for
WHITSTABLE
SEROPTIMISTS



Whitstable Unplugged

www.whitstableunplugged.com/

QR for
WHITSTABLE
UNPLUGGED



Protecting Our Special Places

Across the diverse range of environments covered by CT5 are some places that are given a special status because of their unique situation. We want to engage with these special places to ensure they are protected, preserved and given the chance to flourish.

Our special places include:

- **Gorrell Valley Nature Reserve**, including **Duncan Down**, the largest village green in England.
- **Victory Wood**, which is managed by the Woodland Trust, and is a ‘Champion Site’ for the extremely rare shrill carder bee.
- **Blean Woods**, an ancient woodland spreading beyond CT5 which is regarded as a premier nature reserve.
- **Long Rock**, along the coast at Swalecliffe, is a Site of Special Scientific Interest and a Special Protected Area due to its importance for wildlife, especially migrating birds. There is a monthly free walk at Long Rock, second Sunday each month, 8am. All welcome.

- **Tankerton Slopes**, a Site of Special Scientific Interest, location of the Hogs Fennel which is the home of the extremely rare Fisher’s Estuarine Moth.

Each of these areas has a management scheme in place overseen by the relevant authority. We can all enjoy these special places while being aware of the needs of the wildlife.

Please take litter home (including dog mess) and follow any guidance on signs. Please be wildlife aware when exercising your dog in these protected places.

POINTS TO CONSIDER

- **Going green doesn’t have to cost, these places are all free.**
- **Use the bins and take litter home.**
- **Report any fly tipping you may see - go to this link [htsee QR code below.](#)**
- **Remember, the wildlife comes first in these special places.**

QR for
FLY TIPPING REPORT
canterbury.gov



Our Homes

Most of us in the CT5 area will not be living in modern eco-friendly homes and will rely on retrofitting to make our homes more energy and water efficient. Here is an account from a local resident in Swalecliffe who made the decision to explore many ways to retrofit a bungalow.

"The bungalow we moved into was renovated with efficiency and comfort in mind, so everything works together to keep the home warm and as cost-effective as possible. We now have solar panels/ batteries helping with electricity. An air source heat pump with underfloor heating provides steady, efficient and clean

heating. No more cold spots, just consistent warmth throughout the house.

"The biggest improvement, though, has been the insulation and glazing. Triple-glazed windows have made the space feel quieter and much better at retaining heat. Inside insulation has been added throughout, including the roof, which was a major source of heat loss in the old house. For the parts of the original bungalow that were kept, external insulation was added to wrap the outside walls, helping to lock in heat even further. Altogether, this has made the home feel warm, stable, and far more comfortable year-round.

"We did look into adding a complete water recycling system, but it wasn't an option due to the cost and complexity of the setup. Instead, we've set up a very simple system to recycle rain water from the shed for the garden. Going forward we may look to increase our solar panels/ battery and also look at more ways to recycle our water.

Overall, the move has made our everyday living easier, warmer, and much more affordable."



Local grant funding to improve home energy may be available, please go to

QR for
WARM HOMES GRANT
www.gov.uk



There is training for construction professionals to develop skills in the energy and retrofit sectors. Go to for more information.

QR for
ENERGY SAVING TRUST
energysavingtrust.org.uk



Obviously, not everyone is in the position to make these choices- but look at the Hacks to Save Money to see what else can be done.

HACKS TO SAVE MONEY

- Put draft excluders around doors.
- Put curtains on windows (Try the Curtain Exchange for second hand curtains <https://thecurtainexchange.co.uk/buy/second-hand/>).
- Follow the four o'clock rule in winter; close curtains to retain the warmth as it gets dark.
- Turn the heating down by one degree; wear a jumper indoors.
- Heat the person (hot water bottles) not the room.
- Prioritise insulating the loft space.



To make an apple crumble

Take a comfortable spade
Dig deep into rich dark dirt
Position two apple trees
Back fill and surround with
Three kilos of mixed mulch.
Fill the green watering can
Three times and water in.

Wait.

In the dry season

Add more water.

Wait.

Remove the spurs and gently

Prune.

Wait.

Pick off the crowding fruit

Let the tree breathe

Let the fruit swell.

Wait.

Pick. Peel. Core. Slice.

Simmer.

Layer apples and crumb

Bake.

Eat.

Pick. Peel. Core. Slice.

Simmer.

Layer apples and crumb

Bake.

Eat.

Three years to fruiting.

Will serve for fifty.

Wider engagement & emergency advice

Assess your carbon footprint by using one of the following links:

- World Wildlife fund - takes approx 15 mins and covers Diet, Travel, Energy use and buying habits - www.footprint/wwf.org.uk

QR for
WORLD WILDLIFE FUND
FOOTPRINT



- Climate Hero - takes 5-10 mins and covers housing, travel and consumption

QR for
CLIMATE HERO
CARBON CALCULATOR



Advice from the government to prepare for emergencies including food shortages, flooding, power outage:

QR for
GOVERNMENT
PREPARE CAMPAIGN



Recycling

To go circular, we need to try to reduce, repurpose and reuse and as the last resort before throwing away, recycle. We are fortunate to have an effective kerbside recycling service provided by the Council covering paper, card, plastics, metals, glass, food waste and garden waste.

QR for
CANTERBURY CITY
COUNCIL BINS AND
RECYCLING INFO



However, there are other items that are not recycled kerbside and these may be recycled in other places locally. Plastic Free Whitstable has compiled a comprehensive list here:

QR for
CT5 RECYCLING
INFORMATION



Our Natural World

- see it, celebrate it, save it

A How-To Guide for the CT5 community

Local contacts

A town of trees

Whitstable Tree Wardens

wtw@email.com

To request trees from Kent County Council
go to the KCC fault reporting page and select
Trees Planting Request

QR for
KCC ONLINE
REPORTING APP



Gardening for wildlife

Enchanted Gardens

www.enchantedgardenskent.co.uk

QR for
ENCHANTED GARDENS
enchantedgardens.co.uk



Stream Walk Community Garden

streamwalkgarden.com

QR for
STREAMWALK
COMMUNITY GARDEN
streamwalkgarden.com



Friends of Columbia Park



www.facebook.com/
groups/879667834160473/

Friends of Prospect Field



www.facebook.com/prospectfieldwhitsta-
ble/?locale=en_GB

Friends of West Cliff Bank



whitstablewestcliff

Our sea and coast

Marine Environment Group

www.facebook.com/MarineEnvironmentGroup

QR for
MARINE
ENVIRONMENT
GROUP



SOS Whitstable

www.soswhitstable.com

QR for
SOS WHITSTABLE
soswhitstable.com



Travelling around

CT5 People's Forum Traffic and Active Travel Group

www.ct5peoplesforum.org/traffic-and-active-
travel-ct5

QR for
CT5 TRAFFIC AND
ACTIVE TRAVEL GROUP



Red Zebra community car scheme

www.redzebra.org.uk/aboutcarservice

QR for
RED ZEBRA
COMMUNITY CAR
SCHEME



Continued on the
back page

A How-To Guide for the CT5 community

Local contacts - continued from previous page.

Our homes

Local grant funding to improve home energy use
www.gov.uk/apply-warm-homes-local-grant

QR for
WARM HOMES GRANT
www.gov.uk



Recycling

Plastic Free Whitstable

www.ct5peoplesforum.org/post/recycling-locally-whitstable-and-tankerton-november-2025

QR for
CT5 RECYCLING
INFORMATION



Protecting our special places Kent Wildlife Trust

QR for
KENT WILDLIFE TRUST



BirdWise

birdwise.org.uk

QR for
BIRD WISE



If you would like to donate to the CT5 Eco Group to help support future work, please use the QR code.

All donations are really very welcome.



If you have any questions about the content of this guide, or would like to find out more about environmental work in the CT5 area, please email:
ct5.ecogroup26@gmail.com