

Sustainability in the Blackets

Autumn 23

Welcome everybody to the 4th edition of the Sustainability bulletin.

Group Members: Anne Starsmeare, Jenny Dunbar, Peter France, Lindsay Johnson, Alan Paterson, Fiona Salzen, David Starsmeare.

The group was formed two years ago in response to the concerns raised at COP 26 in Glasgow about climate change. Since then, we have produced three sustainability papers which have all been included in the Blacket Association's bi-annual newsletter.

These are some of the topics we have covered:

- Support for shopping locally
- Performance of Supermarkets
- Low Carbon central heating
- Secondary Glazing
- Stoves and air pollution
- Energy costs at a time of rising prices

We are grateful to Alan Paterson who, having already provided interesting information on Electric Motoring now adds some guidance for anyone interested in taking up cycling in Edinburgh.

Cycling

Following on from the article on EVs this article provides some information on local cycling.

Buying/servicing bikes

If you don't already have a bike or have one that needs a once over, we are lucky to live close to the Bike Station, 250 Causewayside, next to the BP Garage. www.thebikestation.org.uk

The Bike Station offers refurbished 2nd hand bikes for all ages for sale, as well as running classes to teach how to repair your bikes. You can also donate unwanted bikes here.

There are many more options to find a bike to meet your needs, these include electric bikes - handy for all the hills in Edinburgh and cargo bikes for those who need to move extra loads.

Local bike shops offering sales and/or servicing include:

- Projekt Ride - 82 Newington Road
- The Bicycle Works - 29-30 Argyle Place
- The Bike Smith - 120 Causewayside
- Edinburgh Bike Co-op - 8 Alvanley Terrace
- Alpkit - 56 Causewayside
- Alpine Bikes - 61 Marchmont Road

Riding

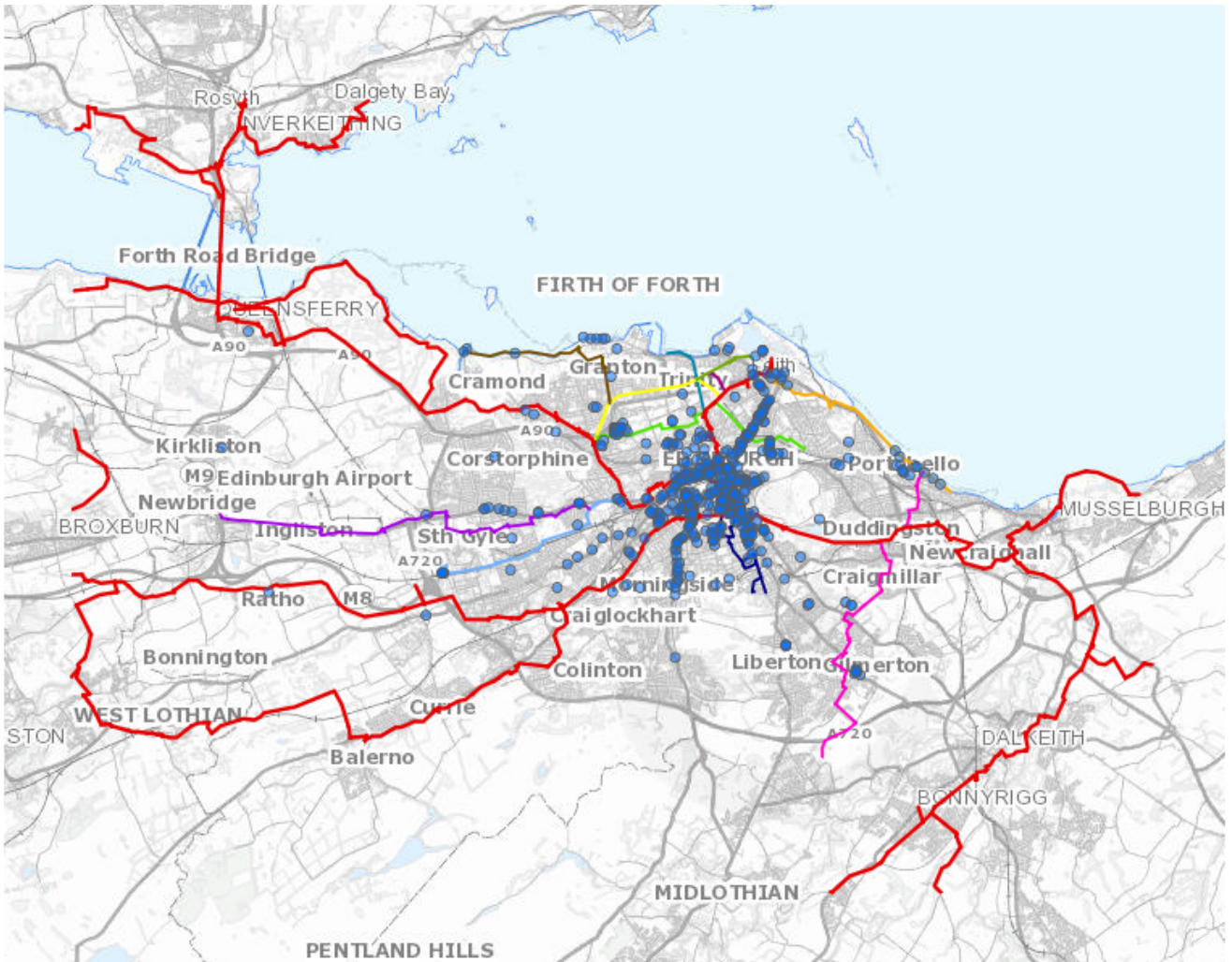
There are lots of traffic-free and light-traffic routes nearby to the Blackets. Mayfield Terrace is one way from Minto Street, but access is allowed for bikes - watch out for bikes if you are driving towards Minto Street. The top of Blacket Place has a cycle only exit to Pollock Hall for Holyrood Park (car free during daylight hours at weekends) and the Innocent Railway.

For those who want to travel a bit further the Innocent Railway is part of the National Cycle Network Route 1 - next stop North Shetland or Dover and beyond on the EuroVelo 12 as far as Norway.

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/national-cycle-network-routes-in-edinburgh-the-lothians-and-scottish-borders/

Local cycle maps, journey planners, and bike storage locations, are available via:

- Spokes www.spokes.org.uk or at many of the local bike shops
- edinburgh.cyclestreets.net
- www.edinburgh.gov.uk/cycling-walking/plan-route



Interactive Cycle Maps online

There is an excellent pump-track/mountain bike track behind the Craggs Sports Centre, Bowmont Place which is great fun for kids and big kids. If you haven't ridden before or want to get back into riding, there are training courses for all ages offered via Bikeability www.cycling.scot/what-we-do/training **AP**

For the Future

There are other topics we could cover in the future, and we would very much like Blacket residents to become involved.

People say, for example, that the walls of our stone-built homes are not suitable for insulation. But is that true? Has anyone an experience to share? We also have our shrubberies and many of us have beautiful gardens. Can anyone among our residents advise on pollination and how to protect the insect world in the current challenging environment? According to Dr Myers of Harvard University loss of pollen causes half a million deaths a year, whether from heart disease, diabetes or even some cancers. We hope that as members of the Blacket Association we can work together to raise awareness of the negative effects of Climate Change and continue the work of COP 26.