

# MAKING OUR DISTRICT CARBON NEUTRAL #CN2030



STROUD DISTRICT COUNCIL

## Thank you for recycling Help us to improve our recycling rates:

- Always **check before you chuck** - not all plastics are recyclable. Check the table below or use our Waste Wizard to find other recycling options.
- Put recycling loose into your bin or bag. Carrier bags can't be recycled and can get caught up in the machinery.
- Remove film from plastic containers such as microwave food trays. Check the Waste Wizard for your nearest soft plastics collection point.
- Batteries and vapes/e-cigarettes can cause fires in recycling trucks. Don't put them in house bins, bags, or communal bins - the Waste Wizard will tell you where to take them for recycling.
- Don't put soft plastic like carrier bags, wrapping and cling film in your recycling. The Waste Wizard will tell you where to take them.

### HOW TO RECYCLE THE 7 TYPES OF PLASTIC

Where you'll find it	Soft drinks bottles, food packaging such as punnets	Milk cartons, cleaning products, yoghurt pots, liquid soap dispensers	Blister packs, pipe fittings, window fittings	Food bags, shopping bags, magazine wrapping	Margarine tubs, microwave meal trays, soup pots	Rigid items: yoghurt pots, meat trays, aspirin bottles Foam items: packaging	Crisp packets
How to dispose of it	Kerbside recycling	Kerbside recycling	Not recyclable at the kerbside, visit waste wizard to for further options	Visit waste wizard to find nearest collection point	Kerbside recycling	Rigid items: at kerbside recycling Foam items: with general waste	Not recyclable at the kerbside, visit waste wizard to for further options
Next life	Usually used to make more PET products	Garden furniture and more milk cartons	Most often used to make PVC products	Bin liners, plastic furniture and floor tiles	Clothing fibres, food containers, speed humps	Insulation, foam packaging	Watering cans and outdoor furniture
	 PET	 HDPE	 PVC	 LDPE	 PP	 PS	 OTHER

To find other recycling options for items that can't be recycled in your kerbside bin/bag/box visit the **Waste Wizard**:

[www.stroud.gov.uk/wastewizard](http://www.stroud.gov.uk/wastewizard)





**4. Shredding**

Plastics are washed and shredded, with any fragments of metals/other material removed.

**3. Baling**

It is compressed and taken to a plastic reprocessing plant.

**5. Melting**

Shredded plastic is melted and filtered, then re-formed into fine strands.

**2. Sorting**

The plastic is separated from other material then sorted by polymer type (see overleaf).

**What happens to our plastic?**

**6. Pelletising**

The strands are formed into pellet shapes, cooled in water, dried and stored ready to be made into new plastic items.

**1. Collection**

Plastic, glass and metal is collected from green wheelie bins or bags and taken to a materials sorting facility.

# PROMOTING THE HEALTH & WELLBEING OF OUR COMMUNITIES

**The Healthy Lifestyles Scheme** delivers physical activity across the district in partnership with health professionals and instructors specially qualified to work with certain conditions. Our aim is to support people to be more active in a safe way to benefit both their physical and mental health.

**We offer the following interventions:**

- ✓ GP Exercise on Referral
- ✓ Strength & Balance Classes
- ✓ Cardiac Rehab
- ✓ Respiratory Rehab Living with & beyond Cancer
- ✓ Choose2move – Pilates, Tai Chi, Maintaining Mobility, Yoga & Dance
- ✓ Mummy & Me

**For more information on any of our initiatives, please contact Community Health & Wellbeing on 01453 766321 or [healthylifestyles@stroud.gov.uk](mailto:healthylifestyles@stroud.gov.uk)**

