

Sustainable Living

These are the content of the group exercise exploring the concepts of sustainable living

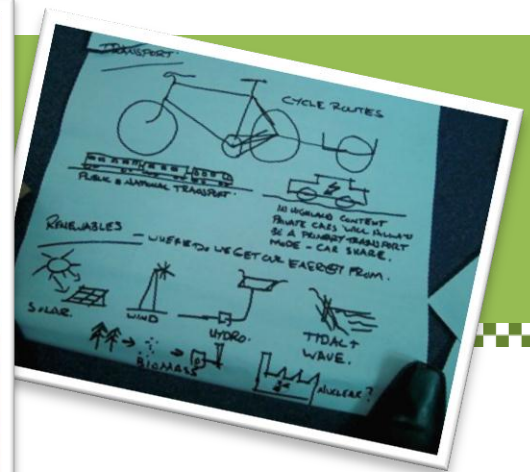
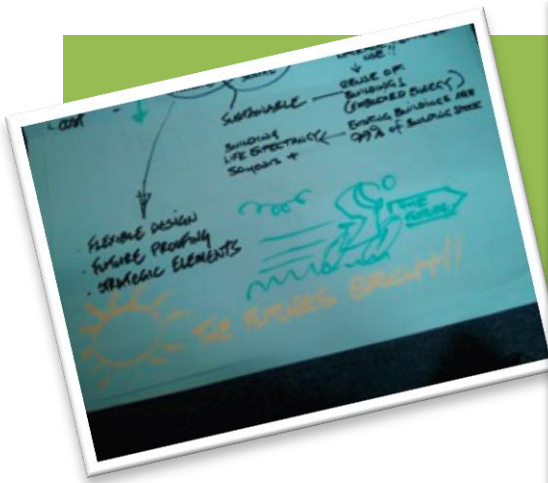


Ideas

- **Cycle to Work Scheme:** This should be promoted, why is The Highland Council not involved anymore?
- **Reduce Reuse Recycle:** Increased promotion, education of workforce and in schools, provision of equipment e.g. bins, conversion to renewable technology, increasing building life.
- **Implementation:** How do we help people achieve energy savings? Incentives, finance, research and development.
- **Sustainability Issues:** Using local materials, increased consumption of local produce. Increase recycling between projects, minimise construction waste. Encourage staff to adopt sustainability at home.
- **Encourage walking/cycling to and from work:** More facilities need to be made available, secure storage areas, showers/changing areas. Walking busses?

What is Sustainable?

- Living within your means
- Self-sufficient – the crofting way of life?
- Low maintenance
- Winter gardens
- Solar gain and building orientations
- Environmental impact of materials
- Co-operation
- Intelligent systems
- Work/live/play at home or nearby



The Bigger Question

The current model of governance / society in the developed world is not sustainable e.g. the lifestyles and consumption in and around Inverness requires the equivalent of 3.3 planets. How do we get back to one planet?

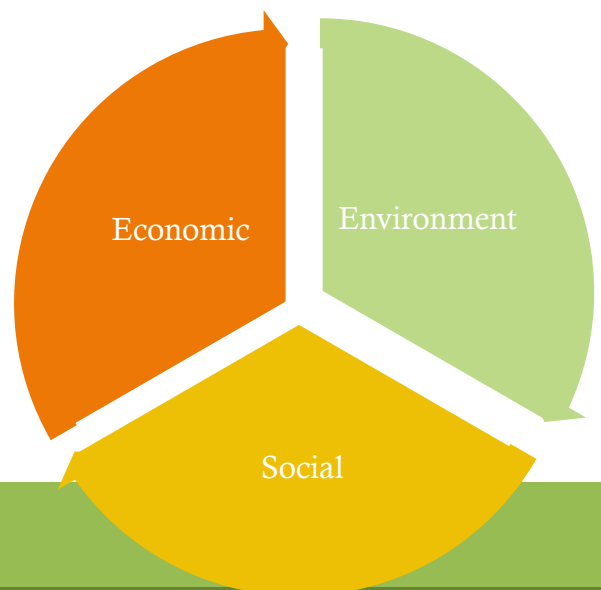
Decentralisation Patrick Geddes: Thick globally, act locally. Political solutions rather than technical solutions.

- **Resources:** Slow down consumption of new resources; make better use of what we have.
- **Maintenance:** Fix things don't automatically replace them
- **Self-Reliance:** This should be encouraged so that we are not dependent upon the big providers / suppliers.
- **Localism:** Resist centralisation and promote localism.
- **Achieving It:** Education, encouragement, taxation/punishment for environmental crimes (litter/emissions/tipping),

make people more aware of their actions, cost benefits for "E" schemes.

- **Facilities:** Increased visibility of local recycling facilities

- **Economic:** Design, quality, cost, flexible designs, future proofing, strategic elements, local economy, sustain local skills.
- **Environment:** Local materials, create allotments linked to large housing schemes
- **Social:** Sustainable buildings, increasing useful life, reuse of buildings, upgrading of building stock
- **Balance:** Reduce waste, recycle, renewable energy, high insulation.
- **Design Process:** Structured, good brief => known outcomes



Sustainable Living Summary

The most discussed topics during the session are summarised below. These are the issues that the majority of attendees felt were of the greatest importance and should be addressed and acted upon.:-

- **Recycling:** This was mentioned numerous times throughout the session. The general feeling was that that the council should be doing more to promote recycling and be providing more recycling facilities. It was also mentioned that there should be an increased effort to recycle and/or reuse equipment and materials between different departments and projects. The “Reduce, Recycle, Reuse” slogan featured heavily. There was a lot of attention given to the idea of reusing the resources the council already owns especially in regard to building stock.
- **Bike/Walk to Work:** This was another common theme throughout the day. It was felt that the council should be doing more to encourage staff to walk or cycle short distances for meetings, site visits, commuting etc. There was disappointment that the council no longer runs a cycle to work scheme. Discussion of some form of incentive/punishment for different modes of transport. Understanding that walking/cycling is not always a viable option in the Highlands.
- **Renewable technology:** There appeared to be good support for renewable technologies. The majority of attendees felt that the current renewables policy was successful and perhaps should encompass more technologies e.g. hydro, wave, tidal. Appeared to be good support for localised energy generation.
- **Local Resources:** It was felt that there should be increased consumption of local goods. This ranged from food produce through to building materials. There was strong feeling that local contractors should be utilised more. This was seen to benefit the local economy and keep skilled people in the Highland area whilst also reducing travel emissions associated with contractors. It was suggested that more gardening allotments should be set aside to encourage the public to be self-reliant
- **Education:** Should increase education of staff and in schools of what can be achieved through sustainability measures. Providing people with the knowledge and equipment that will allow them to make informed decisions on energy and sustainability measures. Should the Council be doing more to promote the work it is doing in energy and sustainability.
- **Design:** Energy and sustainability should be at the forefront of any Council design work. New designs should be flexible to accommodate any future changes, prolonging the life of the building. Future proofing current buildings to gain maximum use. A well-structured design process allows a strong brief to be developed which results in clear concise and achievable outcomes.

