



The groups listed below are in a loose order relevant to their focus areas.

## **Nature**

### **1. Herts & Middlesex Wildlife Trust**

The Wilder Watford project is all about providing support to people in Watford who want make the area better for wildlife. We are keen to support any local initiative, big and small that will benefit wildlife in Watford. If anyone has an idea about how they would like to take action for nature locally or would like support on an existing project, please get in touch with your Wilder Communities officer, Esme – [esme.stauntonhowe@hmwt.org](mailto:esme.stauntonhowe@hmwt.org)

- Website: <https://www.hertswildlifetrust.org.uk/wilder-communities/watford>
- Facebook page: <https://www.facebook.com/groups/1132317847394127>
- Contact: Esme Staunton Howe - [esme.stauntonhowe@hmwt.org](mailto:esme.stauntonhowe@hmwt.org)

### **2. RSPB : Watford Local Group**

As a local group we are all volunteers. We have a programme of monthly talks – mainly bird related, but also covering other nature. We also run trips to reserves and other sites. These are mostly shared transport. We also organize local walks and welcome newcomers. We strive to care for the environment by sharing transport and minimizing waste.

During the last year we have also participated in Great Big Green Week and WildFest as well as organizing an introduction to bird watching just before the Big Garden Birdwatch. We hope to repeat these activities in 2024.

We have recently introduced Wellbeing Nature walks. These are primarily aimed at people who may not be able to participate in other activities at the moment, but anyone is welcome.

We have also visited care homes, Brownies and Rainbows.

RSPB is currently running a campaign Nature Can't Wait <https://www.rspb.org.uk/nature-cant-wait> together with partner organisations to redress some of current problems. Please support this!

- Website: <https://group.rspb.org.uk/watford/>

### **3. Butterfly Conservation**

Butterfly Conservation is a national charity whose aim is saving butterflies, moths, and our environment. Our local Herts & Middx Branch covers the Watford area and has 1,600 members.

- We hold records of all butterfly sightings in the two counties and publish an Annual Report (attached) which shows local distributions and trends. We work closely with the Herts & Middx Moth Group which collects county moth records.
- We run an extensive programme of butterfly walks and moth trapping events.
- We provide site advice to landowners and managers on improving habitats for butterflies and moths. This includes advice on butterfly gardening and creating wildflower meadows.

- We campaign against inappropriate use of pesticides such as neonicotinoids and spraying for Oak Processionary Moths.

#### Local activities

- What we've done in Cassiobury Park – walks, talks, recording, site advice and wildflower seeding & plug planting and we have more proposed for 2024.
- Fishers Field – we attended and their Discovery Day with a stall and we will be providing site advice including the proposed wildflower meadow in 2024.
- Bricket Wood Common – Regular transect monitoring plus site advice to the landowner and council on management. We hold a regular guided butterfly walk each July to see Summer Woodland Butterflies, which is free of charge.
- Help with creating local Wild Spaces – resources on our new website and able to provide site advice on an individual basis.

#### Links

- Herts & Middx Branch Website <https://hertsmiddx-butterflies.org.uk/index.php>
- Herts & Middx Moth Group <https://www.hertsmothgroup.org.uk/>
- Creating Wild Spaces <https://wild-spaces.co.uk/>

#### 4. Friends of Fishers Field

- Facebook page: <https://www.facebook.com/groups/fishersfieldandpark/>
- Contact: [fishersfriends@outlook.com](mailto:fishersfriends@outlook.com)

#### 5. Friends of Cassiobury Park

##### Friends of the Park:

- Engage with members, other park stakeholders, the Park Manager and Watford Council to discuss and influence issues that affect Cassiobury.
- Contribute to the development and maintenance of the nature reserve by working with Herts and Middlesex Wildlife Trust.
- Create wildlife habitats, manage woodland and clear litter by working as volunteers.
- Encourage a wide variety of bird-life by filling the park bird-feeders with seed in the winter.
- Produce regular e-bulletins and a quarterly 'Park Life' e-magazine to keep members up-to-date with what's going on in Cassiobury'.



In addition, our most significant current project in conjunction with WBC & HMWT is the Wetlands Project which is the Restoration & Conversion of the old Victorian Watercress Beds in Cassiobury Park to a Wetland Nature Reserve. The area is about the size of 3 Football Pitches and will consequently need significant Volunteer support to develop the Habitat and Maintain the structure to ensure it doesn't become overgrown . We trust this will become a significant attraction and benefit to the Park and reward the effort that will be needed in it's creation.

- Facebook page: <https://www.facebook.com/FriendsOfCassioburyPark>

- Contact: [secretary@friendsofcassioburypark.org.uk](mailto:secretary@friendsofcassioburypark.org.uk)

## 6. Watford Green Gym

From weeding and pruning to digging and coppicing, something to suit all fitness levels. Come and join in the fun we would love to meet you.

Tuesday and Thursdays 9.45am-1pm, Meet at Knutsford Playing Fields, by Watford Rugby Club WD24 4LL

- Facebook page: [www.facebook.com/watfordgreengym](https://www.facebook.com/watfordgreengym)
- Contact: [watfordgg@outlook.com](mailto:watfordgg@outlook.com)

## Waste

### 7. Veolia

Veolia work in partnership with Watford Borough Council to provide the waste collections, street cleansing and parks for the borough. We are also pushing for ecological transformation in the area, by encouraging residents to recycling, reduce their waste and overall take on more sustainable behaviours.

- Contact: Romy Santer - [romy.santer@veolia.com](mailto:romy.santer@veolia.com)

### 8. Herts Waste Partnership:

Campaigns to help residents, schools, businesses and communities to reduce waste and recycle more. Happy to answer any waste-related questions, and we can provide talks / presentations to community groups of 20 or more on any of the topics below.

Food waste: #WorthSaving campaign to help reduce the amount of edible food entering the bin - all 40,000 tonnes of it in Hertfordshire annually. The campaign shares the 4 Steps to Save - easy tips to reduce wastage of edible food at every stage of the food journey. Please see the campaign here: <https://wasteaware.org.uk/WorthSaving>

This link shares a raft of resources (posters, social media, adverts etc) which can be shared in your community: <https://padlet.com/wasteaware/worthsaving-p80tm7nuhhqieytt>  
Items for events can be borrowed free of charge - we have banners, a beanbag game and trolley cut out, as well as 'goodies' for reducing food waste.

Clothes swaps: we hold our own around the county seasonally, but have the rails and hangers available for free hire if anyone wants to hold their own. Excellent fun and really valuable for reducing our carbon footprint as fast fashion is so wasteful.

<https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/recycling-and-waste/wasteaware-campaigns/textiles/textiles.aspx#fightfastfashion>

Our many other campaigns can be seen here: <https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/recycling-and-waste/wasteaware-campaigns/wasteaware-campaigns.aspx>

Those of note include:

- <https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/recycling-and-waste/wasteaware-campaigns/what-happens-to-your-recycling.aspx> - fabulous treasure trove of waste facts and info on the processing of materials and where our recycling goes
- <https://www.wasteaware.org.uk/confidentcontinence> - discounted washable incontinence products
- <https://wasteaware.org.uk/sustainableperiods> - discounted reusable period products
- <https://wasteaware.org.uk/reusablenappies> - discounted reusable nappies

- <https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/recycling-and-waste/wasteaware-campaigns/repair-cafes.aspx> - Directory of local repair cafes

I invite you to join our mailing list to receive a monthly email about waste and recycling campaigns, information, tips and events. Please select 'Rubbish and Recycling' and also consider my colleagues from 'Sustainable Hertfordshire'

<https://www.hertfordshire.gov.uk/statweb/webteam/updateme/>

Please do say if you have any questions or other details you wish to know, or if we can provide you with posters or leaflets, or a speaker to attend a community talk on waste in general or one of campaigns specifically.

- Our Facebook and Instagram pages are fabulous (I can say that as it's not me who does them!)
  - o <https://www.facebook.com/HertsWasteAware>
  - o <https://www.instagram.com/hertswasteaware/>
- Contact: Helena Jackson - [Helena.Jackson@hertfordshire.gov.uk](mailto:Helena.Jackson@hertfordshire.gov.uk)

## 9. REAP

REAP UK, a passionate charity dedicated to facilitating the recycling of plastics collected from aquatic ecosystems such as rivers, canals, lakes, and oceans. Our purpose is to actively reduce the amount of plastic waste in these delicate ecosystems and promote sustainable practices for a cleaner and healthier world.

Our mission is to encourage the collection of plastic waste from rivers, canals, lakes, and oceans, ensuring it is properly recycled and kept out of landfill. By doing so, we can help to reduce the harm caused by plastic pollution to our precious wildlife and ecosystems. We aim to be the central hub for all volunteers and groups that collect the waste and facilitate its route to recycling.

We understand that plastic waste is a global problem, and we are committed to raising awareness and promoting sustainable practices to tackle this issue.

Thank you for visiting our website, and we hope that you will join us in our mission to create a cleaner, healthier world for ourselves and future generations.

ReAP is a charity that acts as a conduit for local volunteer or perhaps corporate groups that have collected litter from or near to aquatic environments to have the fouled plastics and sent to our partner for the recycling process - that is My Group and ReFactory. <https://mygroupltd.com/> The process used allows for plastics that would not be recyclable through 'normal' methods and would go to incineration or land fill - simply because they are contaminated and filthy - silt, sediment, barnacle, sea weed encrustation etc etc.



Reap - We CAN  
RECYCLE

It also allows the recycling of products made from more than one type of plastic. We are often led to believe plastics will just go for recycling - not necessarily so. Think of a common drinks bottle. The bottle is made of one plastic, often the cap will be another and if it has a nylon seal in that cap that is yet another. It is highly unlikely that bottle could be recycled but we can.

Products made from the plastics are often used in the environment in the form of bird boxes, seats, otter holts etc etc. We hope to see that happen with product coming back for use in an area where the plastic was collected.

- Website: [ReAP UK \(reap-uk.org\)](http://reap-uk.org)
- Contact: [Tony.Booker@reap-uk.org](mailto:Tony.Booker@reap-uk.org)

### 10. Random Café

We are a local, non-profit café, educating consumers about how to be both sustainable and budget-conscious by saving food from landfill. If you are a business in the area, we also offer unique and rewarding experiences to collaborate with us. In the UK 15 million tonnes of perfectly edible food ends up in landfill each year, some of it before even reaching supermarket shelves. We have saved over 95 tonnes of food from landfill.

Our mission is simple – to feed bellies, not bins!! We do this by working with local supermarkets, businesses, shops, food producers and farms – intercepting food that would otherwise be thrown away, reducing needless landfill and feeding hungry bellies with delicious food instead.

Random Cafe is something really different for our town. It's about inclusion, community and sustainability. We are currently running a waste food shop and plant sales from plants grown in our community garden. We have a purpose built café built and outdoor café seating.

Random Café's aim is to reduce food waste, and its huge environmental impact. Around 15 million tonnes of food is wasted each year in the UK alone, and the vast majority of that food is perfectly edible. When we waste food we also waste land, water, diesel used in farming, packaging, energy to refrigerate and so much more. The lowest carbon, most sustainable thing we can do with food that is going to go to waste is put it in a belly, any belly, rather than a bin, any bin (landfill, anaerobic digestion or compost).

Saturday, Tuesday, Thursday	10am -2pm
Sunday, Monday, Wednesday, Friday	Closed

- Website: <https://randomcafewatford.com/>
- Facebook: <https://www.facebook.com/groups/SustainableWatford>
- Contact: [randomcafeuk@gmail.com](mailto:randomcafeuk@gmail.com)

### 11. Watford Recycled Arts Project (WRAP)

WRAP collects from industry, manufacturing, and individuals a huge variety of material that is useful in the hands of creative people. Our constitution includes a strong directive to educate children in the use of such materials which lead to creativity not always encouraged in bought supplies. We have a large group of volunteers and always keen to hear of new supplies. WRAP is able to run workshops in which participants have opportunities to learn how to make creative use of waste and scrap.

- WRAP facebook page: <https://www.facebook.com/profile.php?id=100090138390475>
- Website: <https://wrapwatfordscrap.wixsite.com/wrap>
- Contact: WRAP WatfordScrapStore - [wrapwatfordscrap@gmail.com](mailto:wrapwatfordscrap@gmail.com)

### 12. Stork and the Bees:

Local lending library for slings (baby carriers) and reusable nappies. We have free monthly 'library' sessions where we offer advice and support on choosing and using the items - which reduce waste (nappies) and are a fabulous parenting aid (Slings). During our friendly sessions aiming to support new families, we hire out items at low cost to keep it accessible to all, and can help with fitting your own items.

A trained carrying consultant and also offer 1-1 sessions which allow for more time to answer questions or look at more options than the library sessions. We also attend baby groups to give talks and demos.

Recent addition is party kit hire - sets of reusable bowls, plates, cups and service items for parties, priced to cost less than the alternative disposable items. Excellent for children's parties to cut the waste.

- Website: <http://storkandthebees.com/>
- All our items available for hire are listed on our portal: <http://hire.storkandthebees.com/>
- Facebook: <https://www.facebook.com/storkandthebees>
- Instagram: <https://www.instagram.com/storkandthebees/>
- Contact: [hello@storkandthebees.com](mailto:hello@storkandthebees.com)

### **13. Refillabell**

- Watford's first Zero Waste Store
  - Herts SME Gold Winner for Sustainability
  - Based on Haydon Road, walking distance from Bushey Station and easy links for Arriva Click and 142 Bus Route
  - Open Monday Tuesday Wednesday and Friday 10am to 5pm
  - Thursday late night shopping 12pm - 7pm
  - Saturday open from 10am - 4pm
  - Sunday Closed (day of R and R)
  - Can bring your own coffee cups for a coffee.
  - We'd like to offer members of the groups that attended a free coffee refill or two if they bring their own mugs in!
  - Telephone number was close: 078 456 89 432
  - Space for workshops
  - - Do talks / etc
- Website: [www.refillabell.co.uk](http://www.refillabell.co.uk)
  - Contact: [refillabell@gmail.com](mailto:refillabell@gmail.com)

### **Travel/ transport**

#### **14. SPOKES**

Founded in 1996, SPOKES S W Herts Cycling Group encourages cycling by organizing rides and campaigning for better and safer cycling routes.

Current success is HCC agreement to improve the currently hazardous Water Lane/High Street Junction, work due to be carried out Jan to Mar 2024 and the safer junction will benefit Cyclists and users of mobility scooters etc. On the display table there are maps of the Watford Green Ring 7-mile walking and cycling route we have been campaigning for. Now approved in principle, Watford Council have produced a consultation virtual reality ride through video of the Eastern Loop (Town Hall to Oxhey Activity Park) which is the section identified as the first part to be constructed. The complete route, which we hope will be signposted without delay, will provide safe walking access to or near key locations such as the various Railway stations, hospital and Croxley Business Park as well as the Town Centre.

This year we organised an alternative transport event at Watford Cycle Hub – West Watford which included a cycle gathering and involved various groups such as Shop Mobility, Hertfordshire Disability Sports Foundation, Watford Cycle Hub and the Police.

On 1 June Next year our Cycle Gathering will be in tandem with the Willesden Cycling Club Tour De Ricky and the Woodhall Farm Team, at Woodhall Farm Maple Cross.

- [Spokes Cycling Group - South West Herts | Facebook](#)

### **Area focus**

#### **15. OVEG (Oxhey Village Environment Group)**

OVEG is a local non-political, non-profit residents' group run by volunteers since 1974, whose main objectives are to:

- maintain, protect and enhance the character and environment of Oxhey Village and its surroundings
- foster the community spirit in the village
- protect and support the services to the area
- record the history of the area

The organise local events to bring the community together and monitor planning developments (having input where relevant)

- The website address is here: <https://oxheyvillage.wordpress.com/>

#### **16. St Mary's Climate Group:**

Our ancient and very diverse town-centre church of 120+ people is committed to not just reach Gold Ecochurch and reduce our own carbon footprint BUT also to play our part together with the Watford community to tackle the climate emergency. We are keen to partner up with local organisations to add to YOUR work. We also have convening power, meeting space and prayer. Open for conversations including but not limited to what to do with the "Green Heart of Watford" (the green space around the church).

- Website: [Climate Emergency Group — St Marys Watford](#)
- FB Page: <https://www.facebook.com/StMarysClimate>

### **Overarching/ multiple themes**

#### **17. Watford and Three Rivers Friends of the Earth (W3RFOE)**

Watford and Three Rivers Friends of the Earth is part of a movement creating a safer climate, flourishing nature, and healthy air, water and food, now and for future generations. We campaign for change in our community, to make a difference to the environment locally, nationally and globally.

For the last three years W3RFOE have coordinate the Great Big Green Week event across the districts. This national campaign aims to draw attention to climate change and destruction of the natural world, while also making a connection with these issues and actions locally in Watford and Three Rivers. Through the week we promote as many local groups and activities as possible to get as many people involved in green actions as possible – **the aim is to ensure there is something for everyone** – and through doing so grow and strengthen the "greenness" of our area.

For more information on the events that took place last GBGW go to:

<https://greenwatford.uk/greenweek/>

- Contact: [sustainableswherts@greenwatford.uk](mailto:sustainableswherts@greenwatford.uk)

#### **18. Watford Fairtrade Town**





Watford has been a Fairtrade Town since 2007. Five Goals set by the Fairtrade Foundation were achieved by March 2007 and we have renewed status every two years since then.

Fairtrade is a global system which raises farmer producers out of poverty in developing countries, by guaranteeing fair prices are paid for their produce. Farmers are members of Fairtrade Co-operatives. Inspectors and mentors help farmers to improve their methods and become organic and sustainable. Thus they are able to plan their work, put food on their families' tables, send their children to school and access healthcare for all. The Fairtrade co-operatives are also paid a premium which enables them to build infrastructure, storage facilities, clean water supplies, schools, education courses for adults, build houses for teachers and many other projects to enhance the lives of members.

The FAIRTRADE Mark on products guarantees they are genuine. There are over 4000 Fairtrade products on sale in UK, each with the Mark.

- [www.fairtrade.org.uk](http://www.fairtrade.org.uk) <https://watfordfairtrade.org>

### 19. Watford Quakers

Watford Quaker Meeting is a worshipping community, with sustainability as one of its core values. We take part in various green initiatives, including campaigning, publicising local opportunities and events, inviting speakers and managing our buildings and our activities to increase sustainability. We have room available for local green groups to use.

- Contact: [clerk@watford.quakers.org.uk](mailto:clerk@watford.quakers.org.uk)

### 20. HEART

#### Introduction to HEART Community Group



HEART stands for Humans Enabling and Adapting with Resilience Together.

The acronym used to be Hertfordshire...and we just changed it to Humans. Over the five years we've been going, it's become increasingly clear that Hertfordshire is both too big and too small! Too big to wrap our arms around entirely, but too small to include the many 100's of people who we can and are supporting and serving who don't happen to live in this corner of the South East of England.

We believe it's important that each one of us finds what is 'ours to do' as we face the meta-crisis unfolding around us. And the shape that this takes will evolve and change over time.

We face a meta-crisis (or poly-crisis, or 'omni-shambles'!) – a whole series of interconnected predicaments that mean our current ways of living are unravelling – and possibly even collapsing entirely. Indeed, we would argue that this collapsing process began some time ago, and we have so far been very fortunate here in the UK.

Business as usual – by which I mean globalised neo-liberal capitalism with its insistence on infinite economic growth - cannot, and will not continue for much longer.

Staying within the 'safe limit' which was promised to us by the Paris agreement – no more than 1.5 degrees is now completely off the cards, and the climate science tells us we're heading for 3 – 4 degrees, maybe more. It is no longer 5 to midnight, it's well past that.

Despite 40 years of action and campaigning, greenhouse gas emissions are still rising and, to date, renewables are not replacing the energy we get from hydrocarbons – but rather adding to it.



The people we serve are those who are already awake to the meta-crisis and are collapse-aware. This means we don't do the kind of work that many fabulous organisations are doing, which could be called "Business as Usual – but Greener". It's just not what we're about.

Our focus is on supporting collapse-aware communities and individuals to find the courage to face reality and stand tall and look it all in the face from a place of resilience, courage and compassion. These people are still a minority in the UK – but numbers are growing daily. We realise we are rather niche – at least for the moment!

As people wake up to the seriousness of our situation, their dominant question is usually

***"Yes, but what can I DO?"***

Going way beyond the usual mainstream recommendations about individual behaviour change, signing petitions, or even activism and protest, we support people in answering this question for themselves.

There can be a big difference between doing 'good work' and 'your work'. The first tends to be motivated by 'shoulds', and often leads to burnout and frustration.

The latter imbues your human experience with sustained joy, meaning and agency.

- "What is MINE to do? And who can I do it with?"
- "How can I tell a story with my life that I'm proud to tell – no matter what happens?"
- "What's the sweet spot between what the world most needs (including more-than-human Life), my skills, passions and strengths, and what brings most joy and meaning?"

Here is the graphic on "what column are you in" that Kim shared on the evening:

- <https://heartcommunitygroup.org/which-column-are-you-in/>
- [4-Columns-April-2022-v6.pdf \(heartcommunitygroup.org\)](https://heartcommunitygroup.org/4-Columns-April-2022-v6.pdf)

For most people, this inquiry requires profound psychological, emotional and spiritual inner work.

We offer regular 4-day free retreats called "The Edge", where people explore all this in great depth. I'm also writing a book about the same topic which will be published in 2024.

- Kimberley Hare [kim@heartofthriving.com](mailto:kim@heartofthriving.com)
- Our website: [www.HEARTCommunityGroup.org](http://www.HEARTCommunityGroup.org)
- Our YouTube Channel: <https://www.youtube.com/@heartcommgroup/videos>

## **21. Watford Rotary**

- [Rotary Club of Watford - welcome. \(rotary-ribi.org\)](http://Rotary Club of Watford - welcome. (rotary-ribi.org))
- Contact: [environment@watford.rotary1260.org](mailto:environment@watford.rotary1260.org)

## **22. Watford BC**

"Watford Borough Council has recently adopted its [Environmental Strategy](#), formalising a series of measures that will bring its own activities to net neutral by 2030 – but a huge part of the strategy is also about further working with the community, schools and groups to help secure the sustainability agenda.

The council runs [a sustainability forum](#) where it presents on themed topics and reports back on its sustainability action plan – we’d love to see you there. We also maintain a list of [green groups](#) which we’d love to add your group to if not already.

There are lots of ongoing major projects ongoing between the council and volunteers mainly the [Cassiobury Wetlands renovation](#) (with Friends of Cassiobury Park, HMWT), [Rediscovering River Colne](#) programme (with Groundwork, HMWT). Please advertise to your networks as the opportunities for citizen science. And finally, the council is partnered with [Better Homes Better Health](#), an independent charity, to give advice on energy efficiency measures you could take at your home. WBC also has some additional offers available in terms of financial support – please do share!”

- Contact: Maddie Liver - [Maddie.Liver@watford.gov.uk](mailto:Maddie.Liver@watford.gov.uk)