

Information Leaflets

Be like Michael and recycle!



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In your garden
and food waste bin

Garden Waste:

- ✓ Grass and hedge cuttings and leaves
- ✓ Dead plants and weeds
- ✓ Small branches (less than 7cm/3 inches diameter)
- ✓ Natural bedding (hay, straw, sawdust) from vegetarian pets



Food Waste:

- ✓ Fruit and vegetables
- ✓ Meat and bones
- ✓ Leftovers, tea bags and egg shells



No thank you!

- ✗ Plastic bags, flower pots/trays
- ✗ Stones, rubble, soil and turf
- ✗ Cat litter and animal waste
- ✗ Poisonous weeds eg: Japanese Knotweed and Ragwort
- ✗ Please do not wrap wet food waste in plastic or cornstarch bags even if degradable
- ✗ Anything not on the list of acceptable items



In your recycling bin

Recycling:

- ✓ Paper and cardboard
- ✓ Glass bottles and jars
- ✓ Food and drink cans
- ✓ Metal lids from jars and bottles
- ✓ Aerosols
- ✓ Aluminum foil and cartons
- ✓ Plastic bottles and hard plastic food containers
- ✓ Food and drinks cartons



No thank you!

- ✗ Plastic bags or film
- ✗ Polystyrene
- ✗ Food or garden waste
- ✗ Anything not on the list of acceptable items



CORONAVIRUS

Fact sheet for kids



WHAT IS CORONAVIRUS?

A coronavirus is a type of virus. Coronavirus (COVID-19) is a new strain of coronavirus, which means no-one has caught it before and our bodies are not immune (protected) from it yet. It spreads very quickly and is making a lot of people poorly at the moment.

HOW DOES A VIRUS WORK?

1. Your body is made up of millions of tiny cells.
2. Viruses can't survive outside the body for long, so they try to get into our cells.
3. When viruses get inside our cells, we get infected.
4. Once a cell is 'infected', the virus multiplies and can spread around the body.
5. Our body produces antibodies that fight the virus and help us get better.

Bridge End Garden Saffron Walden



Bridge End Garden was created around 1840 by Francis Gibson, a local Quaker businessman who also built the Fry Art Gallery. Francis' daughter Elizabeth married Lewis Fry of Bristol and in 1918 the Fry family leased the Garden to the local council. It has been open to the public ever since.

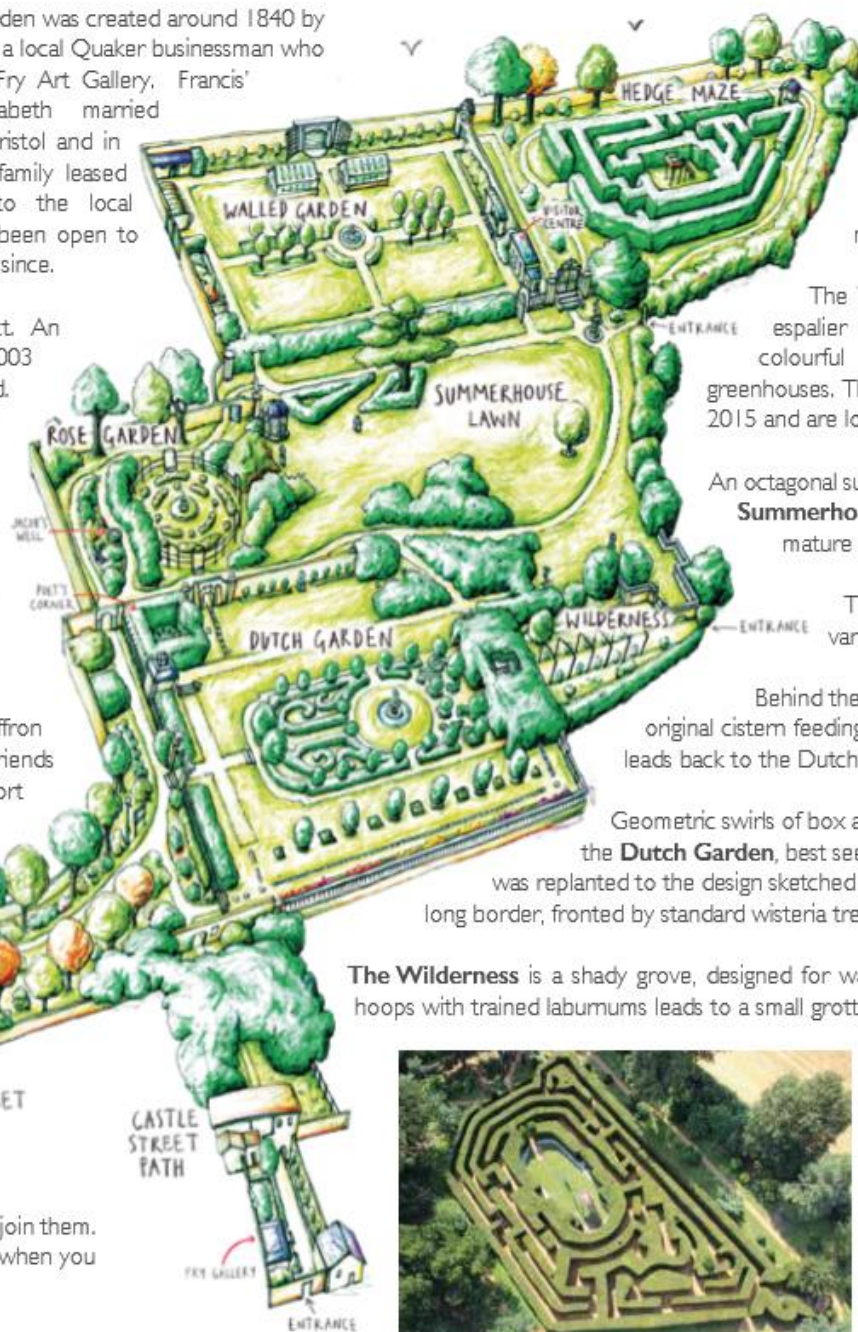
Over time, Bridge End Garden fell into neglect. An ambitious restoration project took place between 2003 and 2008. The Garden is now Grade II* Registered. You can learn more about the history and restoration in the Visitor Centre, located in the Walled Garden.

Bridge End Garden is a popular spot for visitors and locals alike. It is the perfect place for a summer picnic or to provide a quiet escape from modern life. Theatre and live music are regular features within the Garden.

Since 2010, the Garden has been managed by Saffron Walden Town Council, with support from The Friends of Bridge End Gardens, a charity formed to support the restoration, management and future development of the Garden.

The Friends welcome newcomers and volunteers to join them. Look out for our noticeboard near the Eagle Gates when you visit or via www.bridgeendgarden.co.uk.

© Garden Illustration, 2019



Francis Gibson designed the Garden as a series of interlocking 'rooms', each with its own unique character.

The **Hedge Maze** was replanted in 1984 with over a thousand young yews. In its centre is a viewing platform. The Maze is surrounded by native and ornamental trees.

The **Walled Garden** contains Victorian varieties of espalier and cordon-trained fruit trees together with colourful herbaceous borders and two reconstructed greenhouses. The **Visitor Centre and toilets** were opened in 2015 and are located within the Walled Garden.

An octagonal summerhouse nestles beneath an old cedar on the **Summerhouse Lawn** which is surrounded by leafy beds of mature shrubs and trees.

The formal **Rose Garden** is planted with Victorian varieties and is the oldest part of the Garden.

Behind the Rose Garden is **Jacob's Well**, thought to be the original cistern feeding the fountain in the Dutch Garden. An archway leads back to the Dutch Garden and the secluded **Poet's Corner**.

Geometric swirls of box and closely clipped yew form a sunken parterre in the **Dutch Garden**, best seen from the viewing platform or the long walks. It was replanted to the design sketched by Gertrude Jekyll when she visited in 1912. The long border, fronted by standard wisteria trees, is a vibrant backdrop in summer.

The **Wilderness** is a shady grove, designed for wandering and reflection. The central archway of hoops with trained laburnums leads to a small grotto.



A Victorian
Garden reborn...

8 how many ways are you changing?

change
4 life
Eat well Move more Live longer

1 sugar swaps



I'm swapping sugary drinks for water, milk or unsweetened fruit juice.

2 meal time



I'm eating 3 meals a day - including a healthy school lunch.

3 me size meals



I'm eating meals that are the right size for my age - not as big as a grown up's.

4 snack check



Lots of snacks are full of fat, sugar and salt, so I'm eating healthy snacks!

5 5 a day



I'm trying to eat 5 portions of fruit and veg every day.

6 cut back fat



My family are changing how we cook to make our meals more healthy.

7 60 active minutes



I'm spending at least 60 minutes walking, playing sport, running around or playing outside every day.

8 up and about



After I've been sitting still for a while, I'm jumping up and doing something more active.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

For a **HEALTHY, BALANCED** packed lunch, choose something from **EACH FOOD GROUP 1, 2 & 3...**

1. Fill-you-up foods

Have a **BIG PORTION** of **SLOW-RELEASE ENERGY FOODS** (starchy carbohydrates).
Wholegrain is best.



Choose
**BREAD, ROLLS,
PITTAS**

MAKE A SANDWICH

or **PASTA, POTATO,
COUSCOUS, LENTILS,
CHICKPEAS, RICE**

MAKE A SALAD



TODAY'S SANDWICH FILLINGS

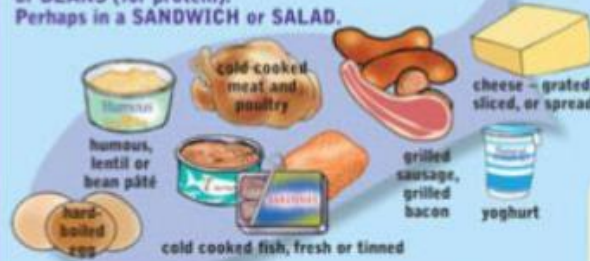
- tuna & sweetcorn
- cottage cheese & peppers
- cottage cheese & pineapple
- hummus & celery
- sausage & tomato
- cheese & pickle
- ham & coleslaw
- chicken & salad
- mackerel & cucumber
- sardine & cress
- cold meat & salad
- egg & tomato

ON wholemeal, seeded, rye, pitta
bread - sliced, rolls, baps,
chapattis, muffins
EXTRAS: low-fat mayonnaise,
low-fat spread, lemon juice, salad



2. Help-you-grow foods

Have a **SMALL PORTION** of **MEAT, FISH, EGGS** or **BEANS** (for protein).
Perhaps in a **SANDWICH** or **SALAD**.



...plus a **SMALL PORTION** of **DAIRY** foods (for calcium).



SALAD SUGGESTION
CHOOSE a fill-you-up BASE

• rice • lentils • pasta •
couscous • beans • potato

ADD salad VEGETABLES

• mushrooms • celery • carrots
• cauliflower • cabbage • peppers
• tomatoes • cucumber • aubergines

• sweetcorn • beansprouts

ADD a little DRESSING

• low-fat mayonnaise
• salad cream • French dressing

LOVELY!



Put the lid on
TIGHT - and
don't forget your
fork or spoon!

3. Fruit and vegetables

Pack **TWO+ PORTIONS**
- in a **SALAD** or
SANDWICH, or just to
eat **ON THEIR OWN**.



*But check
if your school
is a 'nut-free
zone'.



Take a drink

Use a carton or
leak-proof plastic bottle

- water
- milk
- smoothies
- diluted real fruit juices

From time to time

- a slice of fruit or carrot cake
- cereal bar
- fruit bun
- scone
- fruit loaf
- flapjack



TOP TIPS

Keep your packed
lunch **Clean, Cool** and
well-Contained