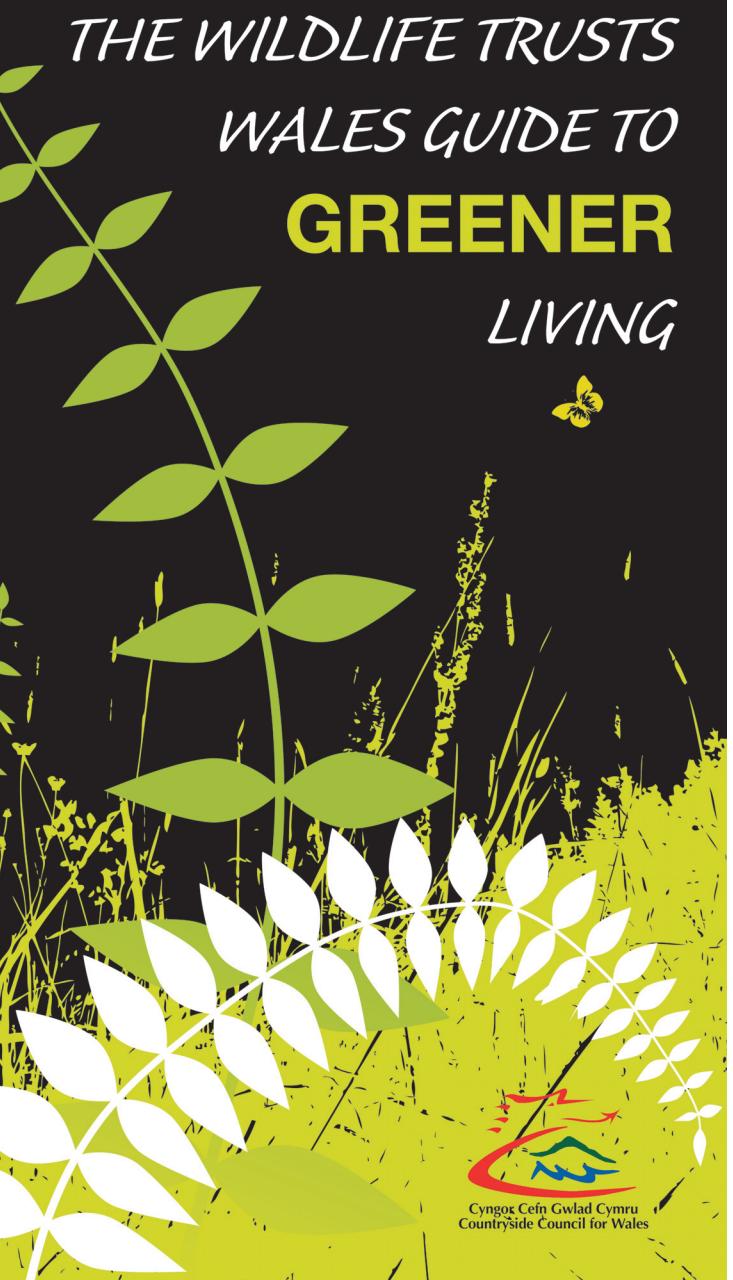




# THE WILDLIFE TRUSTS WALES GUIDE TO GREENER LIVING



## Sustainability begins at home

It's easy to say you want to do what you can to save the planet, but just where do you start?

The problem of climate change is one of the biggest dilemmas facing this generation, but it can only be addressed if we all take steps in our everyday lives to minimise the damage we are doing to the environment.

The average person in Wales needs an area the size of six rugby pitches to sustain their current lifestyle.

## About the Wildlife Trusts in Wales

There are six Wildlife Trusts in Wales Brecknock, Gwent, Montgomeryshire, North Wales, Radnorshire and South and West Wales. The six Trusts work together as Wildlife Trusts Wales (WTW).

Our VISION is 'an environment rich in wildlife for everyone. We want to restore the diversity of wildlife and get everyone closer to nature. Above all, we aim to be an active and influential champion of wildlife'.

Local wildlife conservation is our core business and our main objectives are:

- To stand up for wildlife and the environment
- To create, restore and improve wildlife havens
- To interest and inspire people to find out more about the natural world
- To foster sustainable living

## Sustainable living

Many wider environmental issues ultimately affect wildlife. Some of these have been well-recognised for some time, e.g. air pollution destroying lichens or enriching grassland, water pollution causing species extinction and Wildlife Sites being lost to landfill or new roads to accommodate increasing traffic levels.

Furthermore there is now a growing acceptance of the immediacy of climate change, which looks likely to prove a major determining factor affecting the survival of our biodiversity, at all scales from the local to the global.

In light of the growing awareness of these crucial linkages, The Wildlife Trusts are committed to fostering sustainable living.

## Are You Burning Away Your Money?

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## Before throwing anything away,

take time to consider whether it could be repaired or refurbished, or if someone else might be able to reuse it. Give items to charity shops or join your local Freecycle group, visit: ([www.freecycle.org](http://www.freecycle.org))

Plastic carrier bags are just one example of how wasteful we are. More than 1.2 TRILLION bags are used across the world each year - about 300 for every adult and each bag is used for an average of just 12 minutes before being discarded.

## What we can all do to help

### Reduce, Recycle and Reuse

Recycle everything possible. Contact your local council if you are unsure what they will collect; lobby them to recycle items they don't currently collect.

Recycling one plastic bottle saves enough energy to run a 60watt bulb for six hours; recycling one aluminium can uses just 5% of the energy needed to make a new one. Check out: [www.wasteawarenesswales.org.uk](http://www.wasteawarenesswales.org.uk)

Use rechargeable batteries rather than disposable ones. If you can, use a solar charger. All batteries contain toxic chemicals and are also difficult to recycle.

Buy recycled products like paper and kitchen towels.

If you have a baby, buy reusable nappies. Around 3 billion disposable nappies are thrown away in the UK every year some 200 million just in Wales (that's almost 500 every minute!).

## Are You Burning Away Your Money?

Turn down heating and hot water thermostats a 1% reduction can cut heating bills by as much as 10%. Wear more layers if you feel the cold!

Replace light bulbs with low-energy ones and turn off lights when you leave a room. Just one could save you £100 over its lifetime!

## Flushing Away the Future

Shower rather than take a bath, but be aware that a power shower uses as much water as a bath.

Don't use peat, because peat bogs are disappearing fast. There are many excellent alternatives available. For more information visit: [www.wildaboutgardens.org](http://www.wildaboutgardens.org) or get a copy of the Wildlife Trusts' book, *Wildlife Gardening for Everyone*. Composting is a great way to recycle your garden, paper and kitchen waste. It provides a free source of nutrients for your soil and a water-retaining mulch.

Fix that dripping tap. It can waste 15 litres of water each day, which costs about £40 each year; a washer costs just 30p.

## A Truly Green Garden

Buy water butts for the garden. Never use a sprinkler, as they use as much water in an hour as a family of four uses in a day. For more water-saving tips, visit [www.environment-agency.gov.uk/savewater](http://www.environment-agency.gov.uk/savewater)

Consider whether you really need that tumble dryer; dry your clothes outside and save yourself money too!

## Getting About

Each car creates about 15 tons of waste and 75 million cubic metres of polluted air BEFORE it even leaves the showroom.

Avoid using the car for short journeys. Walk and cycle more it's better for your health too.

If you drive to work, try leaving your car at home one day a week and cycle or catch the bus or train. Alternatively, think about car-sharing.

If you have to drive, consider HOW you drive; 50 mph uses 30% less fuel than 70 mph and produces 40% less CO<sub>2</sub>. For more tips see: [www.dft.gov.uk/ActOnCO2](http://www.dft.gov.uk/ActOnCO2)

Find alternatives to flying. There is no way of eliminating the pollution from aircraft; we can only limit the amount we fly. If you can't avoid flying offset your carbon emissions by giving a donation to a project run by your local Wildlife Trust.

Holiday in Britain. By choosing to holiday in the UK you can help reduce carbon emissions, support communities, preserve our heritage and landscape and rediscover your culture, history and folklore.

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# CANLLAW YMDDIRIEDOLAETHAU NATUR CYMRU / FYW'N WYRDDACH



## Am yr Ymddiriedolaethau Natur

Ceir chwe Ymddiriedolaeth Natur yng Nghymru – Brycheiniog, Gwent, Sir Maldwyn, Gogledd Cymru, Sir Faeswyd a De a Gorllewin Cymru. Mae'r chwe Ymddiriedolaeth yn cydweithio fel Ymddiriedolaethau Natur Cymru (YNC).

Ein GWELEDIGAETH yw 'amgylchedd yn cynnig cyfeith o fywyd gwylt ar gyfer pawb. Rydym eisiau adfer yr amrywiaeth o fywyd gwylt a chael pawb yn nes at natur. Yn fwy na dim, ein nod yw bod yn hyrwyddwr bywyd gwylt dylanwadol a gweithredol'.

Cadwraeth natur lleol sy'n cael ein prif sylw a'n prif nodau yw:

- Gwneud safiad dros fywyd gwylt a'r amgylchedd
- Creu, adfer a gwella llochesi bywyd gwylt
- Creu diddordeb mewn pobl i ganfod mwy am y byd naturiol, a'u hysbrydoli
- Meithrin bywyd cynaladwy

## Bywyd cynaladwy

Mae nifer o faterion amgylcheddol ehanguach yn effeithio ar fywyd gwylt yn y pen draw. Mae rhai o'r rhain wedi'u cydnabod yn eang ers peth amser, e.e. Ilygred aeron, dinistrio cen neu gyfoethogi glaswelltir, Ilygred dŵr, yn per i rywogaethau ddfilannu a Safleoedd Natur yn cael eu colli er mwyn creu safleoedd claddu sbwriel neu ffyrdd newydd i roi lle i'r lefelau traffig cynyddol. Ar ben hyn, derbynir yn eang yn awr bod y newid mewn hinsawdd yn debygol o brofi'n ffactor allweddol o ran goroesiad ein bioamrywiaeth ar bob graddfa, o leol i fyd-eang.

Yng ngoleuni'r ymwybyddiaeth gynyddol o'r cysylltiadau allweddol hyn, mae'r Ymddiriedolaethau Natur yn ymroddedig i feithrin bywyd cynaladwy.

## Cynaladwyedd yn eich cartref

Mae'n hawdd dweud eich bod eisiau gwneud popeth allwch chi i achub y blaned, ond ble mae dechrau?

Newid mewn hinsawdd yw un o broblemau mwyaf y genhedlaeth hon, ond dim ond os bydd pawb yn cymryd camau yn eu bywyd bob dydd i leihau'r difrod rydym yn ei wneud i'r amgylchedd y gellir rhoi sylw i'r problem hon.

Mae pob person yng Nghymru angen ardal sy'n faint chwe chae rygbi ar gyfartaledd i gynnal eu ffordd o fwy bresennol. Mae ein gweithgareddau o ddydd i ddydd yn cynhyrchu llawer iawn o garbon deuoedd; defnyddir traean o'r holl ynni mewn cartrefi, gyda mwy nag 80% yn cael ei ddefnyddio ar wresogi.

Rydym hefyd yn creu gwastraff ffomenol yng Nghymru gan daflu 4m tunnell o sbwriel bob blwyddyn, digon i lenwi Stadiwm y Mileniwm unwaith bob 20 diwrnod. Mae bagiau plastig yn un enghraifft o ba mor wastraffus ydym ni. Defnyddir mwy na 1.2 TRILIWN bag ledled y byd bob blwyddyn – tua 300 am bob oedolyn, a defnyddir pob bag am 12 munud, ar gyfartaledd, cyn iddo gael ei daflu.

## Beth allwn ni i gyd ei wneud i helpu Arbed, Ailgylchu ac Ailddefnyddio

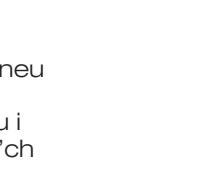
Ailgylchwch boeth posibl. Cysylltwch â'r cyngor lleol os nad ydych yn sicr ynglych beth maent yn ei ailgylchu. Ewch ar eu holau i gasglu pethau nad ydnt yn eu casglu ar hyn o bryd.

Mae ailgylchu un potel blastig yn arbed digon o ynni i redeg bwlb 60 watt am chwe awr; bydd ailgylchu un can aliwminiwm yn defnyddio dim ond 5% o'r ynni sydd ei angen i greu un newydd. Ewch i [www.wasteawarenesswales.org.uk](http://www.wasteawarenesswales.org.uk)

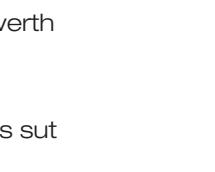
Defnyddiwr fatri y gellir eu hailwefru yn hytrach na rhai tafladwy. Os allwch chi, defnyddiwr wefrwr solar. Mae pob batrî'n cynnwys cemegau gwenwynig ac yn anodd i'w hailgylchu.

Prynwch gynhyrchion wedi'u hailgylchu fel papur a lieiniau papur.

Os oes gennych fabi, defnyddiwr glytiau y gellir eu haildefnyddio. Mae oddeutu 3 bilinn o glytiau tafladwy'n cael eu taflu yn y DG bob blwyddyn a rhyw 200 miliwn yng Nghymru yn unig (mae hynny'n bron i 500 y munud!).



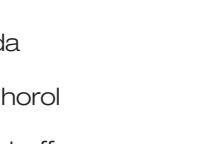
Cyn taflu unrhyw beth i ffwrdd, ystyriwch a oes modd ei adnewyddu neu ei atgyweirio, neu a fyddai rhywun arall yn gallu ei ailddefnyddio. Rhwch eitemau i siopau elusen neu ymunwch â'r grŵp Free-cycle lleol. Ewch i [www.freecycle.org](http://www.freecycle.org)



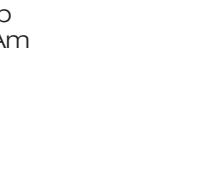
Ceisiwch leihau faint o bost diwerth rydych yn ei dderbyn. Bydd y Gwasanaeth Dewis Post: [www.mpsonline.org.uk](http://www.mpsonline.org.uk) neu [www.itsmypost.com](http://www.itsmypost.com) yn dangos sut i chi.



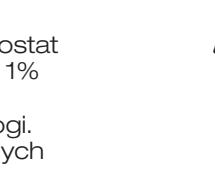
Ailddefnyddiwr fagiau plastig neu, yn well fyth, defnyddiwr fagiau y gellir eu haildefnyddio wrth fynd i siopa. Pe bai pawb yn y DG yn unig yn newid i ddefnyddio bagiau ailddefnyddiadvy, fe allem wneud heb 14 bilinn o fagiau plastig a'r 1.7 milinn o fareli olew sydd angen i'w cynhyrchu.



Ceisiwch osgoi prynu bwyd gyda gormod o becynnau amdanio a cheisiwch brynu bwyd lleol, tymhorol ac organig lle bo modd. Dylech siopa'n fwy gofalus i osgoi gwastraff – tefflwr gwreth hyd at £8 gan bob person yn y DG bob wythnos. Am siopau organig yng Nghymru, cysylltwch â Chanolfan Organig Cymru neu ewch i [www.organic.aber.ac.uk](http://www.organic.aber.ac.uk)



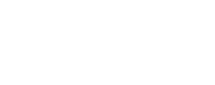
Mae tegellau trydan yn defnyddio llawer iawn o ynni felly dim ond y dŵr rydych ei angen ddylech chi ei ferwi.



Wrth goginio, gwnewch yn siwr bod eich padell neu eich sosban yr un maint â'r cyllch yr ydych yn coginio arno (dylai'r gwaelod orchuddio'r cyllch yn gyfforddus) a defnyddiwr gaead hefyd.



Trowch y gwres i lawr, a thermostat y dŵr poeth. Gall gostyngiad o 1% arwain at gymaint â 10% o ostyngiad yn eich biliau gwresogi. Gwisgwch fwy o haenau os ydych yn teimlo'n oer!



Newidiwr fylbiau golau am rai ynni isel a throwch y goleuadau i ffwrdd wrth adael yr ystafell. Gallai dim ond un arbed £100 i chi yn ystod eich oes!

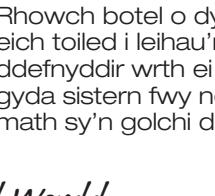


Diffoddwch bob darn o offer a chyfarpar pan nad ydych yn eu defnyddio a phediwrch â'u gadael ymlaen yn y soced yn y wal. Bob blwyddyn yn y DG, mae cyfarpar o'r fath heb eu diffodd yn y wal yn gwastraffu gwerth £740m o ynni ac yn rhyddhau 3m tunnell o CO<sub>2</sub>.



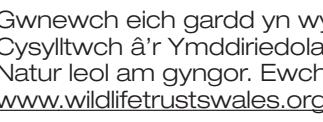
Rhowch botel o dywod yn sistern eich toiled i leihau'r dŵr a

ddefnyddir wrth ei dynnu (ond dim gyda sistern fwy newydd, neu'r math sy'n golchi ddwywaith).

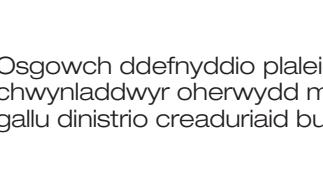


Gardd Gwbl Werdd

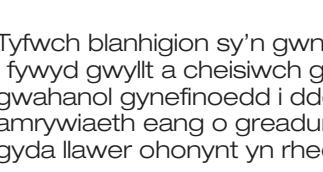
Prynwch gasgenni dŵr ar gyfer yr ardd. Peidiwrch byth â defnyddio chwistrellwyr oherwydd maent yn defnyddio cymaint o ddŵr mewn awr â theulu o bedwar mewn diwmod. Am fwy o awgrymiadau ynglych arbed dŵr, ewch i [www.environment-agency.gov.uk/savewater](http://www.environment-agency.gov.uk/savewater)



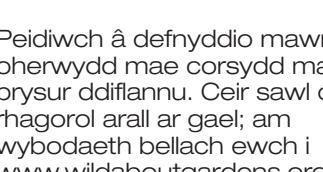
Gwnewch eich gardd yn wyrddach. Cysylltwch â'r Ymddiriedolaeth Natur leol am gyngor. Ewch i [www.wildlifetrustswales.org](http://www.wildlifetrustswales.org)



Osgowch ddefnyddio plateiddiaid a chwyladdwyr oherwydd maent yn gallu dinistrio creaduriaid buddiol.



Tyfwch blanhigion sy'n gwneud lles i fywyd gwylt a cheisiwch greu gwahanol gynefinoedd i ddenu amrywiaeth eang o greaduriaid, gyda llawer ohonynt yn rheoli plâu.



Peidiwrch â defnyddio mawn, oherwydd mae corsydd mawn yn prysur ddfilannu. Ceir sawl opsiwn rhagorol arall ar gael; am wybodaeth bellach ewch i [www.wildaboutgardens.org](http://www.wildaboutgardens.org) neu sicrhewch gopi o lyfr yr Ymddiriedolaethau Natur, *Wildlife Gardening for Everyone*. Mae compstoï'n ffodd wych o ailgylchu eich gwastraff gardd, papur a chegin. Mae'n darparu ffynhonnell am ddim o faethynnau ar gyfer eich pridd a'ch mwlets, sy'n dal gafael ar ddŵr.



5 Cam at Gartref Gwyddach

Mae cartrefi'n cynhyrchu 27% o nwyon CO<sub>2</sub> yn y DG ac os byddwn ni i gyd yn gwneud ymdrech, gyda'n gilydd galwud gwahaniaeth. A bydd gwneud eich cartref yn fwy ynni-effeithlon yn arbed arian i chi hefyd.

1. Cewch "brawf ynni cartref" ar-lein – ewch i [www.est.org.uk](http://www.est.org.uk) neu [www.bestfootforward.com](http://www.bestfootforward.com) neu [www.resurgence.org/carboncalculator](http://www.resurgence.org/carboncalculator)
2. Dylech inswleiddio mwy ar eich nenfydd a'ch waliau. Byddwch yn arbed mwy na £250 i flwyddyn ar filiau gwresogi drwy lenwi a'rr tyllau o amgylch eich ffenestri, eich drysau a'ch sgriften. Hefyd, gosodwch leinin adlewyrchol y tu ôl i'ch rheiddiaduron. Ystyriwch ffenestri gwydr dwbl i leihau'r gwresogi a gollir – yn yr ystafelloedd a ddefnyddir fwyaf o leiaf. Cofiwch dynnu eich llenyddiau a'ch gwydr a'nos, a rhowch leinin amnyt os allwch chi.
3. Arbedwch ar ynni – os yw eich boiler yn fwy na 15 milwydd oed, ystyriwch ei newid am ymwyaf effeithlon i galwch chi ei fforddio. Ewch i [www.boilers.org.uk](http://www.boilers.org.uk) Gwnewch yn siwr bod eich silindr dŵr poeth a'ch peipiâu wedi'u lagio'n dda.
4. A beth am fynd yr ail ffordd – ystyriwch i galwch chi ei newid i ddŵr gan defnyddio ynni solar. Efallai fod grantiau ar Arbed Ynny, ffôn 0207 2220101, [www.est.org.uk](http://www.est.org.uk).
5. Dewiswch glynwyr ynni gwyrdd, fel Ecotricity, [www.ecotricity.co.uk](http://www.ecotricity.co.uk), neu Good Energy, [www.good-energy.co.uk](http://www.good-energy.co.uk) i'ch helpu i leihau eich ôl troed carbon.

## Symud o Gwmpas

Mae pob car yn creu ryw 15 tunnell o wastraff a 75 milinn metr ciwbio o aer Ilygredig CYN iddo adael yr ystafell arddangos yn y garej sy'n ei werthu hyd yn oed.

- Osgowch ddefnyddio'r car ar gyfer siwmieau byr. Cerddiwrch neu felciwrch – mae'n well i'ch ieichyd hefyd.
- Os ydych yn mynd i'ch gwmpas yn eich car, ceisiwch adael eich car gartref un diwmod o'r wythnos a belcio neu ddal y bws neu'r trén i fynd i'r gwmpas. Fel dewis arall, meddylwrch am rannu ceir.
- Os es raid i chi yrur i'r car, meddylwrch SUT ddych yn gyrru. Mae 50mya yn defnyddio 30% yn llo i danwydd na 70mya ac yn creu 40% yn llo i CO<sub>2</sub>. Am fyw o awgrymiadau, gweler: [www.dft.gov.uk/Act\\_OnCO2](http://www.dft.gov.uk/Act_OnCO2)
- Ceisiwch ganfod opsiwn arall yn lle hedfan. Does dim un ffodd o ddiell i'lygredig achosir gan awyren; y cyfan allwn ni ei wneud yw cyfyngu ar faint ydym n'ihedfan. Os na allwch osgoi hedfan, ceisiwch wneud yn iawn am y carbon a rydheir gennych i'r ffynhonnell am ddim o faethynnau ar gyfer eich pridd a'ch mwlets, sy'n dal gafael ar ddŵr.
- Treulwch eich gwyliau yn y DG, galwch helpu i leihau'r carbon a rydheir i'r amgylchedd, cefnogi ein cymunedau, gwarchod eich treftadaeth a'n tirlun ac ailddarganfod eich diwylliant, eich hanes a'ch llen gwerin.