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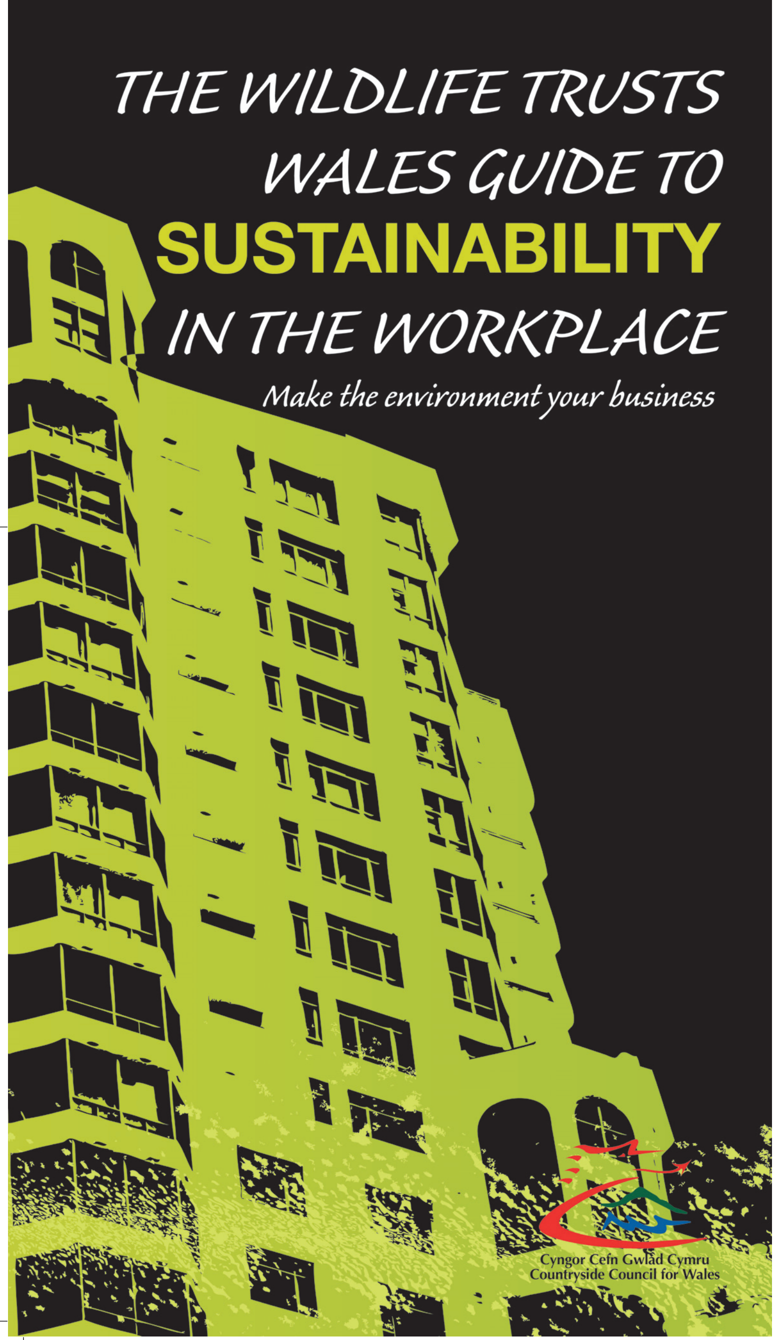
YMDDIRIEDOLAETHAU natur CYMRU WILDLIFE TRUSTS WALES



THE WILDLIFE TRUSTS WALES GUIDE TO SUSTAINABILITY IN THE WORKPLACE

Make the environment your business

Cyngor Cefn Gwlad Cymru
Countryside Council for Wales

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.

Your business

Whatever line of business we are involved in, we all have an impact on the environment. Some businesses obviously have more of detrimental effect than others but, as we all use energy and create waste in one way or another, we can all do something to help.

As well as helping to protect the environment, adopting a greener attitude can also help you cut costs and improve success and profitability. Reducing energy bills and waste is just part of it; research has shown that companies which adopt environmental policies are more likely to win business than those which do not.

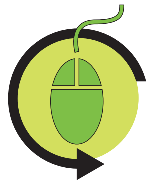
Quite simply, going green makes good business sense

The Welsh Assembly Government has says it has "a vision of a vibrant Welsh economy delivering strong and sustainable economic growth by providing opportunities for all"**.

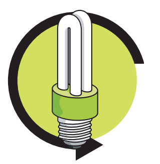
- Source: Waste and Resources Action Programme (WRAP), 2007 www.wrap.org.uk **Wales: A Vibrant Economy new.wales.gov.uk

Environmental certifications like the international standard ISO 14001 and Green Dragon are becoming increasingly important and can help you to gain recognition for your achievements. Organisations seeking certification need to improve environmental performance, so here are a few ways you can give your company a good head start:

Turn down the heating by a degree or two. This can reduce heating bills by as much as 10%.



Switch off all machines at night and make sure nothing is left on standby. A photocopier left on overnight wastes enough energy to make 5,300 A4 copies!



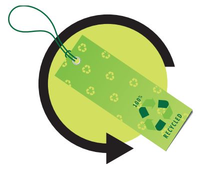
Install low-energy light bulbs and encourage employees to switch off lights not in use.

Consider sourcing green energy from companies such as Ecotricity or Good Energy.

When carrying out new building or refurbishment, design with a view to energy efficiency and sustainable resource use.

Think about the space outside your premises - consider developing green areas as a haven for wildlife. Ask your local Wildlife Trust for advice.

Reduce waste and recycle. Waste costs money, typically up to 4% of business turnover. (Source: Envirowise)



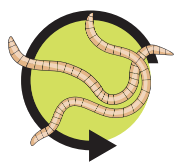
Use paper products which are recycled and/or certified by the Forest Stewardship Council (FSC). Buy print cartridges which can be recycled we use 6m a year, and half end up in landfill sites.

Print and photocopy on both sides of the paper.

Choose mugs rather than disposable plastic cups.

FAIRTRADE

Use local, organic, and Fair Trade foods in canteens.



Think about getting a wormery for waste such as tea bags and fruit skins.

Encourage walking or cycling to work by providing facilities such as bike racks and showers. Employees can buy a bike free of VAT if employers sign up to Cycle scheme www.cyclescheme.co.uk

Promote the use of public transport or car sharing. Display bus and train timetables in the office. Set up a car pool scheme.

Recycle unwanted office equipment and furniture which could be of use to others. Give local second hand furniture shops a call or visit www.wastewatch.org.uk

Useful contacts

- Wildlife Trusts Wales 029 20480070 www.wildlifetrustswales.org for details of your local trust
- Carbon Trust Wales 01443 845944 www.carbontrust.co.uk advice on saving energy and free posters for your premises
- Envirowise 0800 585 794 www.envirowise.gov.uk/wales
- EnSus (Environmental Sustainability) www.aber.ac.uk/ensus/business for advice on environmental efficiency and training courses.
- Network of Business Environment Co ordinators for advice on environmental management and training-related issues 01656 868886 www.arenanetwork.org
- WRAP 0808 100 2040 www.wrap.org.uk for advice on recycling

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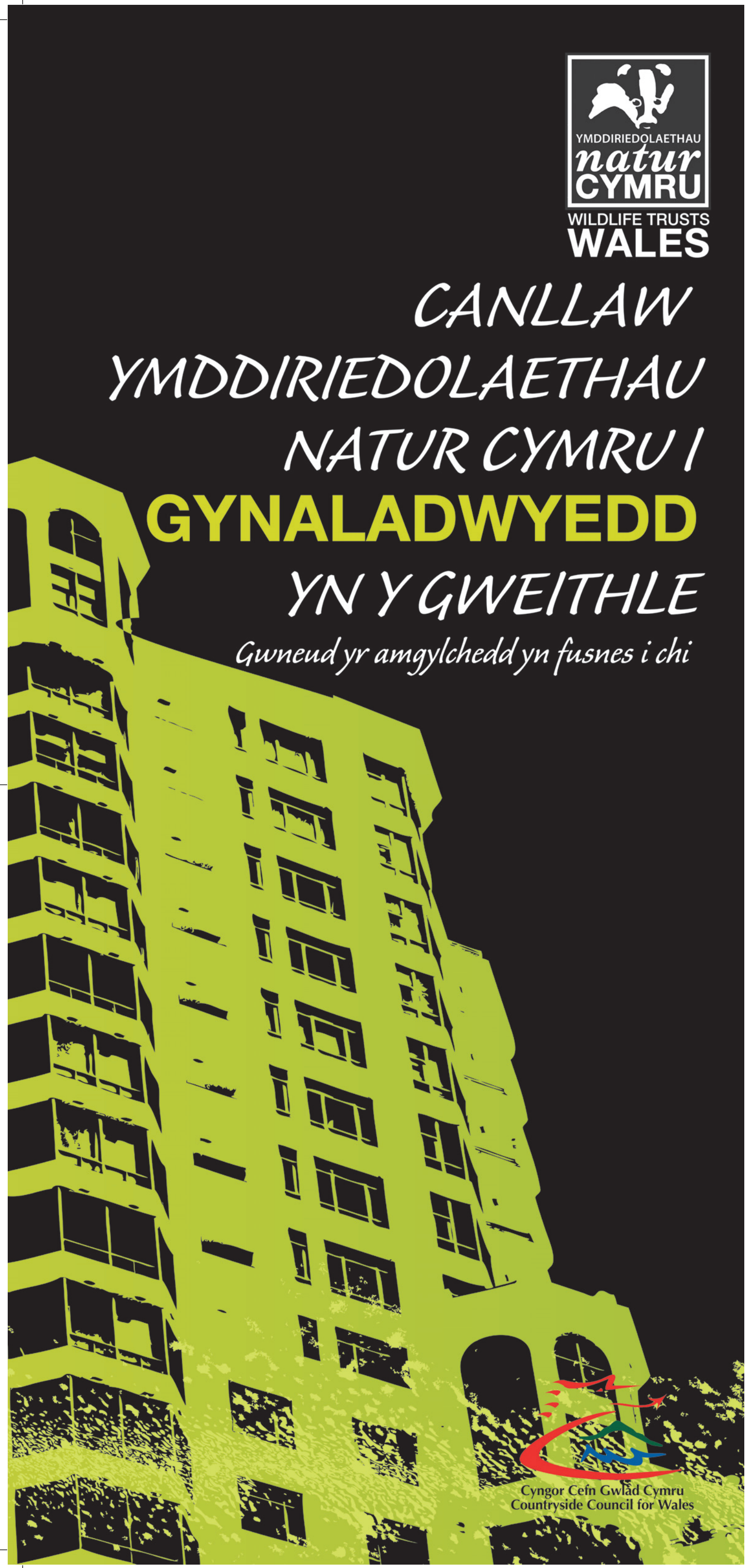


YMDDIRIEDOLAETHAU natur CYMRU
WILDLIFE TRUSTS WALES

CANLLAW YMDDIRIEDOLAETHAU NATUR CYMRU I GYNALADWYEDD YN Y GWEITHLE

Gwneud yr amgylchedd yn fusnes i chi

Cyngor Cefn Gwlad Cymru
Countryside Council for Wales

Am yr Ymddiriedolaethau Natur

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

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

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

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

Bywyd cynaladwy

Mae nifer o faterion amgylcheddol ehangach yn effeithio ar fywyd gwyllt yn y pen draw. Mae rhai o'r rhain wedi'u cydnabod yn eang ers peth amser, e.e. llygredd aer, dinistrio cen neu gyfoethogi glaswelltir, llygredd dŵr, yn peri i rywogaethau ddiflannu 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, derbynnir 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.

Eich busnes

Waeth pa fath o fusnes sydd gennym, rydym i gyd yn cael effaith ar yr amgylchedd. Mae rhai busnesau, wrth reswm, yn cael effaith fwy niweidiol nag eraill ond, gan ein bod i gyd yn defnyddio ynni ac yn creu gwastraff mewn rhyw ffordd neu'i gilydd, fe allwn i gyd wneud rywbeth i helpu.

Yn ogystal â helpu i warchod yr amgylchedd, gall mabwysiadu agwedd wyrddach fod o gymorth i chi i leihau costau a gwella llwyddiant ac elw. Dim ond elfen o hyn yw gostwng biliau ynni a lleihau gwastraff; mae gwaith ymchwil wedi dangos bod cwmnïau sy'n mabwysiadu polisïau amgylcheddol yn fwy tebygol o ennill busnes na'r rhai nad ydynt.

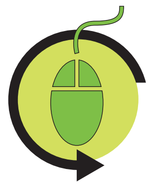
Yn syml, mae troi'n wyrdd yn gwneud synnwyr busnes da.

Dywed Llywodraeth Cynulliad Cymru bod ganddi "weledigaeth o economi ffyniannus yng Nghymru yn cyflwyno twf economaidd cryf a chynaladwy drwy ddarparu cyfleoedd i bawb"**.

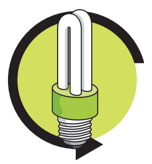
- Ffynhonnell: Y Rhaglen Gweithredu Gwastraff ac Adnoddau (RhGGA), 2007 www.wrap.org.uk **Cymru: Economi Ffyniannus new.wales.gov.uk

Mae ardystiadau amgylcheddol fel safon ryngwladol ISO 14001 a'r Ddraig Werdd yn dod yn fwy a mwy pwysig a gallant eich helpu i sicrhau cydnabyddiaeth am eich cyflawniadau. Mae'n rhaid i sefydliadau sy'n ceisio ardystiad wella eu perfformiad amgylcheddol, felly dyma rai ffyrdd i chi roi cychwyn da i'ch cwmni.

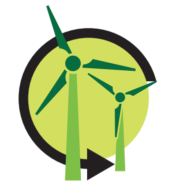
Trowch y gwres i lawr radd neu ddau. Gall hyn ostwng biliau gwresogi cymaint â 10%.



Diffoddwch bob peiriant yn ystod y nos a gwnewch yn siwr nad oes unrhyw beth yn cael ei adael ymlaen. Mae llungopïwr sy'n cael ei adael ymlaen dros nos yn gwastraffu digon o ynni i wneud 5,300 o gopïau ar ddalennau A4.



Gosodwch fylbiau golau ynni isel ac anogwch y gweithwyr i ddiffodd y goleuadau nad ydynt yn eu defnyddio.

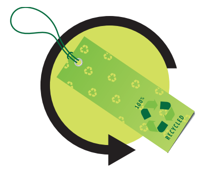


Ystyriwch ddefnyddio ynni gwyrdd gan gwmïau fel Ecotricity neu Good Energy.

Wrth adeiladu o'r newydd neu adnewyddu, cynlluniwch y gwaith gan feddwl am effeithlonrwydd ynni a defnydd cynaladwy o adnoddau.

Meddyliwch am y gofod y tu allan i'ch eiddo – ystyriwch ddatblygu mannau gwyrdd yn lloches i fywyd gwyllt. Gofynnwch i'ch Ymddiriedolaeth Natur am gyngor.

Ceisiwch leihau eich gwastraff ac ailgylchu. Mae gwastraff yn costio arian, hyd at 4% o drosiant busnes fel rheol. (Ffynhonnell: Envirowise).



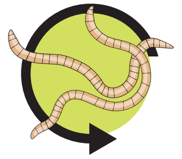
Defnyddiwch gynhyrchion papur sydd wedi'u hailgylchu a / neu wedi'u hardystio gan y Cyngor Stiwardiaeth Coedwigoedd (CSC). Prynwch flychau inc y gellir eu hailgylchu i'ch cyfrifiadur – rydym yn defnyddio 6m y flwyddyn, ac mae eu hanner yn cael eu rhoi mewn safleoedd claddu sbwriel.

Argraffwch a llungopïwch ar y ddwy ochr i bapurau.

Dewiswch fygiau yn hytrach na chwpanau plastig tafladwy.

FAIRTRADE

Defnyddiwch fwydydd lleol, organig, Masnach Deg yn eich ffreutur.



Meddyliwch am greu mwydfa ar gyfer gwastraff fel bagiau te a chroen ffrwythau.

Anogwch gerdded neu feicio i'r gwaith drwy ddarparu cyfleusterau fel raciau beicio a chawodydd. Gall gweithwyr brynu beic heb TAW os bydd y cyflogwyr yn cofrestru gyda'r cynllun Cycle, www.cyclescheme.co.uk

Hybwch y defnydd o gludiant cyhoeddus neu rannu ceir. Dylech arddangos amserlenni bws a thrên yn y swyddfa. Dylech sefydlu pŵl o geir.

Ailgylchwch offer a dodrefn swyddfa nad ydych ei angen ac a allai fod o ddefnydd i eraill. Ffoniwch siopau dodrefn ail law lleol neu ewch i www.wastewatch.org.uk

Cysylltiadau defnyddiol

- Ymddiriedolaethau Natur Cymru 029 20480070 www.wildlifetrustswales.org am fanylion am eich ymddiriedolaeth leol
- Ymddiriedolaeth Carbon Cymru 01443 845944 www.carbontrust.co.uk am gyngor ynghylch arbed ynni a phosteri rhad ac am ddim ar gyfer eich eiddo
- Envirowise 0800 585 794 www.envirowise.gov.uk/wales
- EnSus (Cynaladwyedd Amgylcheddol) www.aber.ac.uk/ensus/business am gyngor ynghylch effeithlonrwydd amgylcheddol a chyrsiau hyfforddi
- Cydlynwyr Amgylcheddol y Rhwydwaith Busnes am gyngor ynghylch rheolaeth amgylcheddol a materion cysylltiedig â hyfforddiant 01656 868886 www.arenanetwork.org
- WRAP 0808 100 2040 www.wrap.org.uk am gyngor ynghylch ailgylchu