

# Cornwall Sustainability Awards



Gill Jenkins

## Bedknobs Bed & Breakfast was the overall winner in 2004's Sustainability Awards

### **Bedknobs on Waste:**

At Bedknobs, cans, glass and plastic bottles, newspapers, magazines, telephone directories, junk mail, brown paper and cardboard are all recycled. Clothes and unwanted household items go to local charity shops. All vegetable matter and garden waste is composted. Re-chargeable batteries are used other than in smoke alarms. This year we were forced, for safety reasons, to fell a 50ft tall Cyprus tree – every part of the tree is being re-cycled and we have sufficient sawn timber, currently seasoning, to make pergolas and garden furniture. Each time you throw something away, just ask yourself the question. *Could this go somewhere other than to the landfill site? 9 times out of 10, the answer is "yes"*

### **Bedknobs on Energy:**

With diminishing oil stocks and concerns about climate change, it is vital that we conserve energy wherever and whenever possible. Over the last 4 years, we have replaced an ancient gas boiler with one that is energy-efficient, fitted thermostatic valves to all radiators in the house, had a minimum 10" of insulation laid in the loft, and installed 6 square metres of solar panels on the roof to provide hot water. We're currently in the process of replacing most of our light bulbs with low energy bulbs.

### **Bedknobs on Purchasing:**

We try to avoid buying food in plastic packaging wherever possible and re-use plastic carrier bags, jiffy bags, envelopes and egg boxes. We buy locally wherever possible to help the local economy and avoid "food miles" and encourage our guests to do similar. For products such as Tea and coffee, we use Fair Trade goods. We use financial services of companies that have good ethical policies.

### **Bedknobs On Pollution:**

We minimise the use of household chemicals and use "environmentally friendly" cleaning products. We encourage our guests to walk, cycle and use public transport once they are here and offer a range of discounts to guests who do so. We have recently been awarded "Walkers and Cyclists Welcome" status by VisitBritain.

### **And Finally:**

We feel there are huge opportunities for all involved in tourism to adopt environmentally friendly practices; to support and promote small businesses and to persuade Cornwall's visitors that "sustainability" is the only way forward - for the good of our environment and our economy. The list of issues we want to tackle is endless, and the question we always ask ourselves is "Is there a more sustainable way of doing it?"

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