



What is going on for the environment here in Rainham



JOIN US

Hello everyone,

Welcome to this month's newsletter – created by the community, for the community. Everything here is possible because of what you all do, and we're so grateful to be part of such a vibrant, active group.

January and February has felt long (as it always does), but as we approach spring, we hope you're all finding moments of brightness. The daffodils popping up along the A2 are a lovely sign that longer days are just around the corner – even if it's earlier than it should be, thanks to climate change.

It's been amazing to see so many people taking action recently – coming up with their own projects, joining forces with others, and building on what's already happening. The energy and enthusiasm in our community are inspiring.

If you've got an idea brewing or want to connect with others, we'd love to hear from you. Whether it's brainstorming, finding collaborators, or just having a chat, we're here to help. It's always better together, and there are so many keen and willing hands ready to join in.

Here's to longer days and you guys continuing to be as awesome as you always are.

Kayleigh and Liz



Content summary:

Eco Warriors, Who we are talking to? A review of plant based meals in Rainham, Book a talk, Recycle your cartridge's, getting ready for Earth Day, Medway Champions Breakfast, Planting trees, Poor air quality, FREE climate courses, funding available and all the regular hints, tips and eco activities.

If you work in a local school, please feel free to distribute this newsletter on to students and parents. Or ask the boss to include it in your comms.

Same for companies, groups, churches etc. Please help us increase our reach

A new way for young eco warriors to connect locally



Kent Climateers: A Network for Young Environmental Enthusiasts run by Rainham Community Award Winner - Steph Clark

Do you have a young person in your family or friendship group who's passionate about the environment? Let us know, and we can help connect them with Kent Climateers—a WhatsApp group for young people (mainly older teens) locally who share:

- Environmental petitions
- Sustainability apprenticeships and job opportunities
- Ideas and actions for a greener future

If you think this could be useful, get in touch. This group offers a space for young people to network, learn, and act on environmental issues.

Please Note: Kent Climateers is not run or affiliated with Rainham Eco Hub, parent discretion is advised and please follow Whatapps terms of reference if u16 .

Who are we excited to talk to?

It may be cold and dreary out there but here at the hub it's been a hive of activity as so many of you connecting and talking about what you'd love to do and projects you'd love to get off the ground.

Just in the month we've had the honor of chatting to Emma Joy, a super inspiring volunteer, MASH and **Rainham Clever Breathers** volunteer and regular at Green Drinks. Exciting things coming from Emma soon

We also enjoyed lunch with the super **Medway Council** climate change gang, always a pleasure and collaboration and friendship is king

Last night we also had a walk with inspiring and award winning **The Rainham Community Awards** winner Steph Clark who launched **Rainham Mark Grammar School**'s eco club in 2023. Steph is a great champion for youth climate action and she's keen to start her next initiative for earth day in April.

If you have a community sustainability idea you're ready to get off the ground, give us a shout. x go for it!!

f Rainham Community Awards

Remember we have the Rainham Community Awards nominations opening soon.

The team are seeking sponsors for the remaining award and also also growing the organising team.

Head over to Rainham Community Awards on facebook to find out about sponsorship, volunteering and to hear when nominations open.

There are always eco award categories, so have a think who in your community needs recognising.



A review of plant based meals in Rainham

Reducing meat and dairy consumption is one of the most impactful actions we can take for the environment. A plant-based diet reduces greenhouse gas emissions, conserves water, and helps protect biodiversity. Luckily, Rainham has plenty of options for those embracing a more sustainable way of eating. We've reviewed three local highlights to help you on your journey!

The Greedy Banker Vegan Burger

Located at The Greedy Banker, their vegan burger is a standout choice. This plant-based patty comes with a generous helping of fresh salad, tangy vegan cheese, and a toasted brioche-style bun (also vegan-friendly!). The flavors are well-balanced, and the portion size is hearty. The only slight drawback is the limited vegan sides on offer.

★ 4/5 Stars

Best for: A satisfying dinner with friends.

Vegan Breakfast at Café Nucleus

Café Nucleus Rainham serves up a beautifully presented vegan breakfast that feels like a treat. Expect fresh avocado, roasted cherry tomatoes, sautéed mushrooms, and toasted sourdough. The addition of a plant-based sausage and perfectly seasoned spinach rounds out this wholesome start to the day. A great option for vegans and flexitarians alike, and the café's warm ambiance makes it even better.

★ 5/5 Stars

Best for: A relaxed morning with great coffee.

Vegan Options at Nutmegs Patisserie

Nutmegs Patisserie has made strides to cater to vegans, offering a small but thoughtful selection of plant-based treats. The vegan chocolate tart is a must-try, with a rich, velvety filling and perfectly crisp pastry. They also offer vegan milk alternatives for their hot drinks, although the savory vegan options are still limited.

★ 3.5/5 Stars

Best for: An indulgent afternoon tea. @

Rainham is clearly stepping up when it comes to plant-based eating, making it easier than ever to enjoy delicious food while reducing your environmental footprint.

Let us know your favorite vegan spots or dishes in Rainham and wider area—we'd love to hear your recommendations!



Book Rainham Eco Hub to talk to your group

Looking to talk all stuff eco to your school, group, or company on environmental issues? Did you know the Rainham Eco Hub offers talks, training, and facilitation.

Our community is pretty big and all really cool and covers a range of topics

Talking about environmental issues inspires change. Research shows that 68% of people feel more motivated to act after learning practical solutions, and eco-awareness increases community engagement by 70%.

Whether it's a school assembly, team workshop, or community event, we can help spark action in your part of Rainham or further afield. Email us or connect on socials to book or find out more.



Did you know The Circle Refill Hub now accepts used ink cartridges?

Used ink cartridges might seem small, but they have a significant environmental impact. Each cartridge can take up to 1,000 years to decompose in landfill, leaching harmful chemicals into the soil and water. With over 375 million cartridges discarded worldwide every year, rough innit!!

Recycling used cartridges is a simple solution. It reduces waste, conserves resources, and prevents pollution. Many cartridges can be refilled or refurbished, cutting down on the need for new materials like plastic and metals.

Thanks to The Circle Refill Hub, (find them on socials or on their website) Rainham residents now have a way to recycle their used ink cartridges.

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Medway Champion Breakfast at Cozenton Park

We were pleased to be part of a growing sustainability movement at Medway Champions Breakfast in January at Medway Park.

Lovely to network and meet new people that are interested in making Medway Greener and more sustainable!

MidKent College hands down win for being so brave and running with their heart on their Net Zero building plans

Did you know Rainham, has been identified as an area of concern for air quality?

... particularly regarding nitrogen dioxide (NO₂) levels. In 2010, Medway Council declared an Air Quality Management Area (AQMA) along Rainham High Street due to elevated NO₂ concentrations, primarily from road traffic

. Monitoring data from 2024 indicates that pollution levels in Rainham exceeded the government's Air Quality Strategy Objectives

. Poor air quality can have significant health implications, especially for vulnerable populations, underscoring the importance of ongoing monitoring and mitigation efforts.

An important local project run by local resident, Alan Stockey called 'Medway Breathes' are working with Medway schools to get a better understanding of students who are reliant on an asthma inhaler.

If you yourself use a inhaler or your children do they would love to connect with you please do send them a message (see Rainham Clever Breathers on FB) or drop us an email and we will connect you , we would love to ask you some questions to help us shape our engagement.

One aim of the project 'Medway Breathes' is with the very clever brains at **Future Coders** they will be creating an inhaler dependency map based on the data we are collecting.

Data is not everyone's cup of tea but what it will do is give them a good idea of where the hot spots are and help them to better understand what positive changes can be implemented.

The team have created a survey that would love for people to complete before the signs go up across 20 major roads in Medway

It's takes less than 3 mins

<https://www.menti.com/alfkw3vqy3xy>



B and M in Rainham precinct have good deal on fruit trees

Leon Roskilly from *Wild About Rainham* encourages everyone to explore the joys of planting fruit trees this winter. While premium options like Brogdale Collections in lovely Faversham offer a wide variety of heritage trees with long-term benefits (perfect for those looking for a higher-quality investment), local options like B&M in the precinct make fruit tree planting accessible and affordable for everyone.

At B&M, you can find fruit trees for as little as £10–£15. These include apple, pear, and cherry trees—perfect for starting your own mini orchard in your garden. Planting a fruit tree is not only good for the environment, but it also provides a sustainable food source, improves air quality, and supports local wildlife by creating habitats for pollinators.

And here's a fun fact: Did you know that if you have space, planting more than five fruit trees officially makes your garden an orchard? Thanks to local resident Maggie Francis for reminding us how achievable and exciting this goal can be!

So, whether you're starting small with one tree or dreaming of your own backyard orchard, planting fruit trees is a simple yet impactful way to contribute to a greener Rainham. Why not head to B&M, grab a tree, and get planting today?

And do send us your tree planting pictures!

Tree Planting Party at Cozenton Tree Nursery Hedgerow Planting Party 10-12 Thur 13th March

Be One of the First to Step Beyond the Gates of Cozenton Tree Nursery!

Join us for a special tree-planting event as we replace the hedgerow with native trees generously donated by the Woodland Trust. This is a rare chance to see behind the scenes at Cozenton Tree Nursery while making a lasting impact on local biodiversity.

: Reintroducing native species strengthens our ecosystem, provides essential habitats for wildlife, and helps combat climate change. By lending a hand, you will be creating a greener, healthier Rainham.

: Bring your own spade or trowel and a drink to stay refreshed.

With 500 whips to plant in just 2 hours. This event is proudly supported by **Medway Council and the Trees of Rainham**.

Come along, get your hands in the soil, and be part of something truly special. See you there!



Fully funded climate change course in Rainham

Our fully funded Climate Course is coming back!!! We're super excited to be working with Rob's Tuition at Lux Education to deliver 3 new courses in Rainham, Rochester and Chatham. The course will cover the science of climate change in an easy to understand format. We'll look at the air quality in Medway with Karen & Liz from [@futurecodersse](#) and look at making our gardens planet friendly with the amazing Leon Roskilly from Wild About Rainham. To register your interest drop us a message or visit our website.

The course is completely free to attend and will include free teas/coffees and a light lunch/breakfast or afternoon snack PLUS those completing all course sessions will receive a certificate of completion.

Huge shout out to [@kent_communityfoundation](#) and A Better Medway for funding these fantastic sessions.

The logo for LUX EDUCATION, featuring the word 'LUX' in large, bold, yellow and red letters, with 'EDUCATION' in smaller red letters below it.

Getting ready for Earth Day - 22nd April 2025

Kent Climateers is run by **The Rainham Community Awards** inner and former Rainham Mark Grammar School Head Student and eco lead Steph Clark.

Steph and the team are looking for places to place these boxes as part of their young persons project on Earth Day 2025 and would love some support!

Basically they'll be collecting unwanted green fabric and turning it into Green Ribbons to wear on Earth Day (April 22nd).

Phase 1 will be getting collection boxes in place and having any willing/local volunteers to monitor and promote them, once they have enough fabric they will be planning a crafting meeting and doing some promo!



Volunteer Role - Sapling foster parents needed

Volunteer Role - can you be a sapling foster carer?

we will need all hands on deck to get the 140 saplings into pots, ready to go to the new community tree nursery at Cozenton.

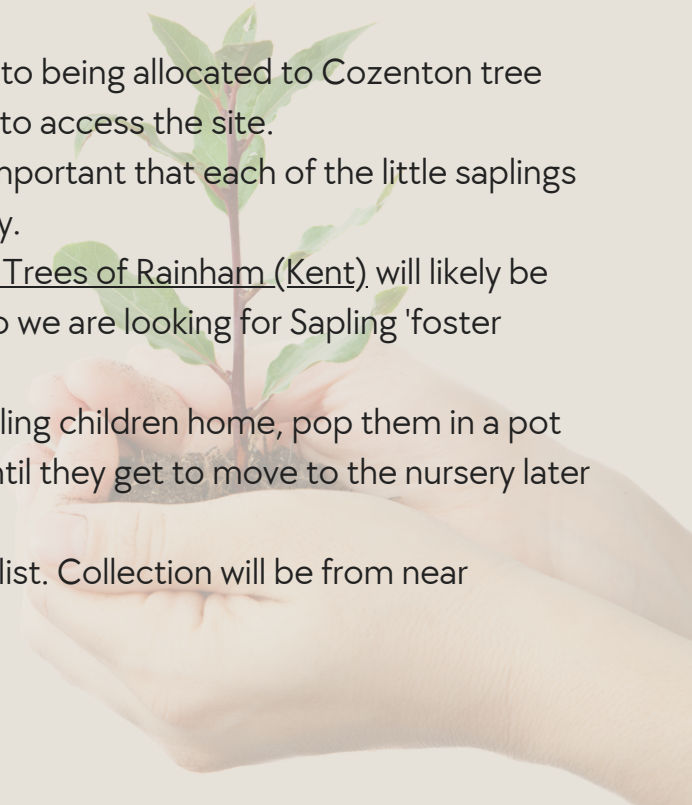
Because of the scale of the vandalism on the site, prior to being allocated to Cozenton tree nursery, there appears to be some delays in being able to access the site.

But.. the trees need to go in before the spring, so it is important that each of the little saplings are cared for BEFORE the doors open to the community.

I know Leon Roskilly and the amazing volunteers at The Trees of Rainham (Kent) will likely be able to pot a few of the saplings in, but there are 140, so we are looking for Sapling 'foster parents'.

Wait for the call *in Feb or March*, take a handful of sapling children home, pop them in a pot with some soil, water and love and take care of them until they get to move to the nursery later in the spring?

If you can help, give us a shout and we'll add you to the list. Collection will be from near Cozenton Park.



Tesco Recycling

Did You Know?

Tesco in the precinct and business park offer a range of recycling options.

Larger Store - Gillingham Business Park:

- Soft Plastics: Bread bags, crisp packets, biscuit wrappers, and carrier bags.
- Batteries: Drop off your old household batteries for safe recycling.
- Clothing & Shoes: Many larger stores have donation bins for clothes and shoes. (not sure we still do but there's some in precinct)
- Electrical Items: Some stores accept small electricals for recycling.

Precinct Tesco:

Plastic Bags and Packaging: Most Tesco stores accept carrier bags and packaging for recycling.

- Ink Cartridges: Recycle your used printer cartridges.
- Make up recycling
- Food donations



Ongoing stuff for each month for reminders

The Tread Lightly Podcast

Have you listened to the Tread Lightly Rainham Eco Hub podcast yet? Seasons 1 and 2 are now available for you to stream and download!

Tune in on KMFM's I'm Listening platform or wherever you find your podcasts to hear stories, practical advice, and updates on local and UK wide sustainability initiatives. From tips on eco-friendly living to insights from community leaders, there's something for everyone looking to make a positive impact.

Check it out today and let us know your favourite episode!



Holy Trinity Church Eco Fair

Save the Date: Holy Trinity Church Eco Fayre
Just a stone's throw from Rainham, Holy Trinity Church in Twydall is hosting its second annual Expo Fair on Saturday, 31st May, from 11 AM to 2 PM. Don't forget to mark the date in your diary—it's an event not to be missed!

Blister packs

Seeking Local Solutions for Blister Pack Recycling



A small group of residents, led by award winning Michaela Cull of Thames View School, is working on a local solution to recycle blister packs from pills, a significant yet often overlooked source of waste. In the UK, it's estimated that over 20,000 tonnes of pill blister packs are sent to landfill each year due to the challenges in recycling their mixed materials.

If you have advice or feel passionate about tackling this issue, please send us a direct message. We'd love to add you to the group and work together to find a sustainable solution!

Get fit and enjoy Rainham's nature

Did you know Rainham is home to an Overcome, Achieve, and Prosper group, helping retirees stay fit, as well as two incredible walking groups*? These groups meet every Wednesday and Friday, offering a wonderful way to explore our local beautiful nature while staying active and well.

If you'd like to join in and connect with these fantastic walks, send us a direct message—we'll happily hook you up! 🌿👟



The Circle Refill Hub - reduce your single use plastic

We are so lucky to have our own Refill Hub here in Rainham

Refill Your Plastic: Reduce single-use plastic at The Circle Refill Hub. Visit www.thecirclerefill.com to learn more about how plastic pollution impacts our communities and refill your bottles instead of buying new.



Ongoing eco activities here in Rainham

Monthly Community Action (share yours here too!)

Here's what's happening in our Rainham every month:

- Green Drinks: First Tuesday of the month, 7:30pm at The Railway Pub. A relaxed social for climate-conscious locals—new faces always welcome.
- Tree Drinks: Third Tuesday of the month, 7:30pm at The Railway Pub. A social group focused on supporting the new community tree nursery.
- Borrow our wildlife camera and see what is in your garden - just DM us
- Recycling Points: Small appliance recycling at all libraries, battery and beauty recycling at Tesco in the precinct.
- Just Say Hello Food Bank: St Margaret's Church—check out their socials for details on how to donate and get food and get involved.
- Charity Shops in Rainham: Support local causes and reduce the environmental impact of buying 'new' clothes and accessories:
 - Demelza Hospice
 - Sense
 - Debra
 - Gillingham Street Angels
 - Marie Curie
 - The second-hand bookshop on Station Road
- Litter Picking: Join the Rainham Litter Heroes by borrowing community litter picks (see Facebook for details and get out there collecting litter and saving wildlife).

If you have an event to add to this list, please let us know! We'd love to include it in next month's newsletter.



Let's connect!

DM us on socials or send us an email

Join us on socials, tik tok, insta, linkedin, whatsapp and facebook or drop us an email therainhamecohub@gmail.com

Kayleigh and Liz

Co-founders