

## A message from Plastic Free Lyme Regis

Lyme Regis is joining communities around the country to tackle plastic pollution and earn the title of 'Plastic Free Lyme Regis'. This is part of the Surfers Against Sewage Plastic Free Coastlines initiative. We invite you to support our campaign while you are visiting. Already many local businesses and organisations are reducing the amount of single-use plastic items they use. Please support them and visit their shops. Thank you!

### What can you do to help? Remember the 4 R's

#### Reduce

Say 'No, thank you' to plastic straws or stirrers, cups or bags. This way we can all reduce single-use plastics.

#### Reuse

Remember to carry your own shopping bags, so you don't need to buy or use a new plastic bag. If you take your own drinking bottles or cups, you can use these instead of using single-use cups offered at cafes.

#### Refill

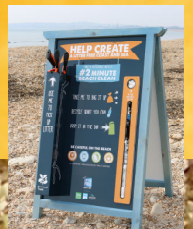
Over 20 friendly cafes, shops and pubs in the area are members of the national Refill Scheme – look out for the logo on their shops. They will welcome you and refill your water bottle with tap water- for free! Names are on our web site or you can use a phone app to find locations [www.refill.org.uk](http://www.refill.org.uk).



#### Recycle

Follow recycling instructions carefully provided by your host, and when you are about town and on the seafront, please use the recycling & waste bins. It helps to squash bottles, cups and containers and be sure the bin lid is closed so seagulls are not tempted to launch a raid. Costa in Broad Street will recycle those plastic lined takeaway coffee cups – wherever they have been bought. There is also a recycling container in Holmbush Car Park (top of Pound Street) for these cups and plastic lined juice and drink cartons.

As a seaside resort we take special pride in our beaches. There are regular beach cleans to join and look out for the '#2minutebeachclean', outside SWiM on the beachfront.



Do join Plastic Free Lyme Regis in the coming months at events, films, talks & Carnival. We can all take simple steps to reduce our dependence on plastic. Together, we can keep our beaches, sea and town cleaner and greener for everyone to enjoy now & for the future.

[www.plasticfreelyme.uk](http://www.plasticfreelyme.uk)



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