

# The West Lothian Zero Waste Guide

Reduce, Reuse, Recycle!

The best way to manage waste is to produce as little of it as possible.

The West Lothian Zero Waste Guide is all about the 3R's - Reduce, Reuse, Recycle and preventing as much material as possible from being discarded and ending up as litter, in landfill or floating around in the ocean.



West Lothian  
Council

# The waste hierarchy

## Reduce

Prevent waste. Buy less and avoid excessive packaging.

## Reuse

Repurpose or rehome items to be used elsewhere.

## Recycle

Turn waste either back into something new or back into the same product.

## Recover

Recover energy from waste materials, including anaerobic digestion and gasification.

## Disposal

Waste sent to landfill

The waste hierarchy puts different ways of dealing with waste into the best order for the environment. For example it is better for the environment to buy something without packaging, than to buy something with lots of packaging, even if you recycle it, due to the energy and resources used in its production and for recycling.

# Contents

## Reduce and Reuse

Charity Shops in West Lothian Page 1

Hire - Tools, Bikes, Nappies... Page 5

## Repair

Page 5

## Recycle

Page 6

Batteries

Glass

Inhalers

Phones

Spectacles

Wine corks

Recycling schemes Page 7

## Food Waste

Home Composting Page 8

Community Fridges Page 9

## Recycling Centres

## Other information

This guide is intended as a starting point to help you find places to donate things you no longer need; give a new life to good quality second hand goods; have broken items repaired or get crafty and turn them into something new and useful.

# Reduce and Reuse

## Charity Shops

Declutter your wardrobe and your home and donate to charity at the same time. What you may no longer have a use for could be just what someone else is looking for.

Or you could find a bargain! Buying second hand helps your pocket, your community, charity and the environment.

### Bathgate

#### Barnardo's

35 North Bridge Street (Homeware, clothes and bric-a-brac)  
01506 656572

#### British Heart Foundation

5-9 George Street (Homeware, clothes and bric-a-brac)  
01506 650512

#### Debra

37 George Street (Furniture, with some clothes, homeware and bric-a-brac)  
01506 340328

#### Home Aid West Lothian

12-14 Gideon Street - Furniture (collection and delivery available)  
18 George Street - Community Thrift Shop (Homeware and Bric-a-brac)  
01506 652230 - [donations@homeaidwestlothian.org](mailto:donations@homeaidwestlothian.org)

## Bathgate - cont...

### **Kidseco**

20-24 George Street (Children's Clothes, Toys and Equipment)

01506 815534

### **Marie Curie**

6 George Street (Homeware, Clothes and Bric-a-brac)

01506 630202

### **Sense Scotland**

89-91 South Bridge Street (Homeware, Clothes, Bric-a-brac and Furniture)

01506 654498

## Broxburn

### **Age Scotland**

25 East Main Street (Homeware, Clothes and Bric-a-brac)

01506 856840

## Linlithgow

### **Barnardo's**

2 Falkirk Road (Children's Clothes, Toys and Equipment)

01506 846442

Unit A2 Regent Centre (Homeware, Clothes and Bric-a-brac)

01506 840949

### **Cancer Research**

107 High Street (Homeware, Clothes and Bric-a-brac)

01506 846020

## Linlithgow cont...

### Chest, Heart and Stroke

220 High Street (Boutique Store)

01506 846020

### Debra

Unit B The Regent Centre (Homeware, Clothes, Furniture and Bric-a-brac)

01506 340314

### Oxfam

98 High Street (Clothes, Books and Homeware)

01506 671217

### Red Cross

217 High Street (Homeware, clothes and Bric-a-brac)

01506 671658 - [linlithgowshop@redcross.org.uk](mailto:linlithgowshop@redcross.org.uk)

## Livingston

### British Heart Foundation

Unit 18, Almondvale Shopping Centre (Homeware, Clothes and Bric-a-brac)

01506 435746

Unit 43, The Centre (Furniture and electricals) Collection and delivery available.

01506 551980

### Kidzeco

103 The Centre (Children's toy's, clothing and equipment)

01506 238283

## Whitburn

### Debra

28 East Main Street (Homeware, Clothes, Furniture and Bric-a-brac)  
01501 740000

### Homestart

57 West Main Street (Clothing and Homeware)  
01501 229073

### West Lothian Food Bank Charity Shop

6 West Main Street (Clothes, Homeware, Furniture and Bric-a-brac)  
01501 229307

## Pass it on...

### The School Bank

[www.schoolbank-westlothian.org](http://www.schoolbank-westlothian.org) - accepts donations of second hand school uniform and the other equipment in good condition for children experiencing financial hardship in West Lothian.

### Reusing IT

[www.reusingit.org](http://www.reusingit.org) Based in West Lothian, Reusing IT refurbish old computers to give to low income families in Scotland and in developing countries.

When waste goes to landfill it produces carbon dioxide and methane - harmful greenhouse gases which contribute to global warming.

Passing your unwanted items onto charity to be resold is a great way to prevent waste going to landfill.

# Hire

Sharing resources is a great way to avoid buying new, save money and stop items that you only need for a short time cluttering up your garage, shed or cupboards.

## Transition Linlithgow Tool Library

Donate and borrow tools and equipment, or become a Tool Rescue volunteer and help with repair and maintenance of the library stock.

[www.transitionlinlithgow.org.uk/tool-library.html](http://www.transitionlinlithgow.org.uk/tool-library.html) - 01506 844182

Unit 5, Braehead Business Units,  
Braehead Road, Linlithgow, EH49  
6HZ

## West Lothian Bike Library

Bike hire, training and maintenance and also accept donations of used bikes.

[www.wlbikelibrary.co.uk/](http://www.wlbikelibrary.co.uk/) -  
07724 667321

## West Lothian Real Nappy Library

Provides loan kits for parents looking to try cloth nappies.

[westlothianrealnappies@gmail.com](mailto:westlothianrealnappies@gmail.com)

# Repair

There are companies across West Lothian who repair a huge variety of items. These are just some of the things you can have repaired locally -

**Bikes, Clothes, Upholstery, Hair straighteners, Jewellery, Musical instruments, Furniture, Computers, Laptops, Tablets, Games consoles, Phones, Sewing machines, Fridges, Washing machines, Ovens and other appliances.**

A quick internet search or recommendations from friends and family can help you find someone reliable. Look out for organisations who run workshops on how to carryout repairs yourself.



# Recycle

All of your clean paper, cardboard, cans, aerosols, foil, plastic bottles, lids, tubs and trays in your blue bin but there are many other materials which can be recycled through specialist collections...

**Batteries** – Any store that sells batteries will collect them for recycling. You could then replace your old batteries with rechargeable ones.

**Glass Points** – There are nearly 200 glass recycling points in West Lothian. Find your nearest one here. [www.westlothian.gov.uk/article/4903/Glass-Recycling](http://www.westlothian.gov.uk/article/4903/Glass-Recycling)

**Inhalers** – You can return inhalers to various local pharmacies around West Lothian for recycling. Check [www.pharmacyfinder.completethecycle.eu](http://www.pharmacyfinder.completethecycle.eu)

**Phones** – sell your old or damaged phone to them or buy a reconditioned one instead of buying new.

**Spectacles** – [www.visionaidoverseas.org/recycling](http://www.visionaidoverseas.org/recycling) - income generated from recycling glasses funds sustainable eye care in developing countries. Post or drop off at various opticians around West Lothian.

**Wine corks** – <https://recorkeduk.org/> post to Recorked UK, they resell and donate a percentage of their profits to charity. Or you could put sliced or ground corks in the bottom of plant pots to help retain water.

There are also other schemes and drop off points which collect various items for recycling.

**Terracycle** - Collect and recycle various items that aren't included in kerbside recycling schemes, like **crisp packets, contact lenses and coffee pods**. Find collection points at [www.terracycle.com/en-GB/brigades](http://www.terracycle.com/en-GB/brigades)

**Tesco** in Bathgate have a collection point for **Ink jet cartridges, batteries, water filters and energy saving lightbulbs**.

The charity '**Against Breast Cancer**' collects **stamps, bras, printer cartridges, clothes and mobile phones**.  
[www.againstbreastcancer.org.uk/recycling/](http://www.againstbreastcancer.org.uk/recycling/)

## Food waste

The easiest way to stop food waste is to only buy what you need and to use up everything you have before it goes off, but a third of space in the average grey bin is taken up by food waste!

Most people in West Lothian get a food waste collection and so any left overs of cooked or uncooked food can be recycled, but you could try home composting or donate food you won't use...

### Community Fridges

A community fridge allows fresh food to be shared among a community instead of going to waste. The fridge will be in a public place, anyone can put food in and anyone can take food out. At the moment there are two community fridges in West Lothian

- **Riverside Community Wing, Craigshill, Livingston**
- **The Dale Hub, Armadale**

For advice on home composting check out -

[www.westlothian.gov.uk/article/32067/Home-Composting](http://www.westlothian.gov.uk/article/32067/Home-Composting)

# Recycling Centres

Blackburn - East Mains Street, EH47 7QU

Broxburn - Greendykes Industrial Estate, Broxburn, EH52 6PG

Linlithgow - Braehead Road, Linlithgow, EH49 6HF

Oakbank - Oakbank Roundabout (A71), Livingston, EH53 0TP

Whitburn - Dixon Terrace, Whitburn, EH47 0LQ

## Opening hours

Recycling Centre	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oakbank, Livingston	8am – 2pm	Closed	8am – 2pm	Closed	8am – 2pm	10am – 4pm	10am – 4pm
Whitburn	8am – 2pm	Closed	8am – 2pm	Closed	8am – 2pm	10am – 4pm	10am – 4pm
Blackburn	Closed	8am – 2pm	Closed	8am – 2pm	Closed	10am – 4pm	10am – 4pm
Broxburn	Closed	8am – 2pm	Closed	8am – 2pm	Closed	10am – 4pm	10am – 4pm
Linlithgow	Closed	8am – 2pm	Closed	8am – 2pm	Closed	10am – 4pm	10am – 4pm

### **Recycling Centres accept -**

Batteries

Bikes

Blue bin materials

Electrical equipment and appliances

Garden Waste

Gas bottles

Glass bottles and jars

Light bulbs

Rubble and bricks

Scrap metal

Wood

Check <https://www.westlothian.gov.uk/article/40147/Recycling-Centre-Information> for more information.

## More information on reducing your waste...

[www.greenerscotland.org](http://www.greenerscotland.org)

<https://scotland.lovefoodhatewaste.com>

[www.loveyourclothes.org.uk](http://www.loveyourclothes.org.uk)

[www.keepscotlandbeautiful.org](http://www.keepscotlandbeautiful.org)

[www.zerowastescotland.org.uk](http://www.zerowastescotland.org.uk)

### get crafty...

Think creatively and recover a chair, give a tired set of drawers a coat of paint, make teacups into candles and an old suitcase in to a wall cabinet. The possibilities are endless! Search 'upcycling' for inspiration.

This guide is by no means conclusive and we hope to regularly update it. If you come across any organisations that you feel should be included, please contact us at [wasteaware.council@westlothian.gov.uk](mailto:wasteaware.council@westlothian.gov.uk)

WLC does not endorse any of the goods or services listed. It is up to readers to make their own decisions on suitability for their own needs. Suggestions contained in this guide are purely advisory in nature.

We can also give talks to community groups on how to recycle and what happens to our recycling and have various activities for children. Just get in touch at the email address above to book.