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Microfibres and Plastic Clothing

Hopefully you have heard in the news recently, about the danger microbeads pose to our marine life, and that they have been banned from cosmetics. However, did you know that microfibres (smaller than 5mm) shed from our synthetic clothing each time we wash them? They cannot all be filtered by our machines because they are so small: some get filtered by water treatment, but the rest absorb toxins when they pass through water treatment facilities, then wash out to sea. Being plastic they do not bio-degrade, and can get ingested by marine life, making their way into the food chain.

So what can we do about it? We could swap our synthetic clothes for natural fibres. Wool in this country should be valued more as it can often be a waste product. Viscose is actually made from wood pulp which will degrade. But no fabric is without its environmental impacts: cotton contributes to up to a fifth of the world's pesticides.

It is unlikely that we will all want to swap our cosy winter fleeces, and disposing of useful clothing is a waste anyway, as the fibres do not degrade in landfill either. Some synthetic clothing is durable and functional. Buying good quality that will last, is always better for the environment. Some clothing brands such as Adidas are now making a range of sports clothes out of recycled plastic.

If you want to keep washing and wearing your synthetic clothes, you can rest assured you don't add to the pollution problem by getting a www.en.guppyfriend.com. Designed by two German

scientists, you can put your clothes in this bag, wash as usual, and the fine mesh fabric will catch all the microfibres inside, which you can later remove like drier lint. Problem solved!

written by Helen Gillingham