SPORT...

More than 500 injured servicemen and women have gathered to compete in 13 sports in Sydney, Australia. It is the fourth Invictus Games to be held, following London, Orlando and Toronto.

Invictus has become about the example of service and dedication our competitors have provided to the world,' Prince Harry said at the opening ceremony.

'Our Invictus family has turned these Games into a symbol of strength, honour and optimism for a new generation'



VICTUS

FOUNDATION

Archery Road Cycling Sitting Volleyball Swimming Track and Field Wheelchair Rugby Wheelchair Tennis

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Supporters cheer Australia and French players in action in the sitting volleyball event.

The games are named after Invictus, Latin for "unconquered" or "undefeated".

INSPIRING STORIES









PLASTIC HOW WE CAN HELP TO REDUCE THE PROBLEM?



Plastic is really useful and we use it every day. However what happens after we throw it away is causing a big problem for our planet.

It's thought more than five trillion pieces of plastic are in the world's oceans and it can take years for it to break down. The crisp packet that was found on Bamburgh beach is a good example - it's been on this planet for 30 years.

What is plastic?

Plastic is in lots of things we use from clothing to crisp packets, and bottles to buckets, the new £5 and £10 notes are also made from plastic. People can pretty much do whatever they want with plastic. It can be coloured or clear, thick or thin, strong or weak. This means a lot of different things can be made from it. Plastics are man-made and can be produced from natural materials like coal and oil. The first plastic was created over 100 years ago. It was called Bakelite and was invented by Belgian chemist Leo Baekeland in the early 1900s.

Why has plastic become such a problem?

- About 8.3 billion tonnes of plastic has been produced since the 1950s the weight of roughly a billion elephants or 47 million blue whales. Only about 9% of this plastic has been recycled, 12% has been burned and the remaining 79% has ended up in landfills or the environment.
- Up to 12.7 million tonnes of plastic enters the oceans every year. The equivalent of a truckload of plastic enters the oceans every minute.
- A 2008 study found that approximately 44% of all seabirds have eaten plastic. Plastics are also passed up the food chain when predators, and humans, eat meat and fish that has been contaminated.
- Every year drink companies alone produce over 500 billion single-use plastic bottles.
- Starbucks produces 4 billion coffee cups each year.
- Tens of billions of bags of chips are sold each year.

These are just a few examples of the damaging and disastrous ways plastic has become such a problem.

How can we help?

- 1. Talk to people about plastic pollution. The fight to protect our planet is one that's going to involve everyone, and everyone has a good reason to treat the Earth better.
- 2. Use paper not plastic bags, they are able to break down over time and naturally biodegrade.
- 3. Pick up litter! Even if you're inland, picking up litter can help keep it from reaching the ocean. If you live on the coast, volunteer for beach cleanups.
- 4. Recycle your plastics.
- 5. Consider all the items you purchase regularly and find out if there are plastic alternatives available for you.
- 6. Choose reusable bags. Cloth bags last a long time when made well and stop quite a bit of plastic bag pollution from entering the atmosphere. Just remember: these bags are like clothes. Throw them in the wash every couple uses. They can grow bacteria that'll make you sick!
- 7. Refuse any and all single-serve packaging. Don't use plastic utensils from takeout restaurants. Avoid disposable food packaging.
- 8. If you do get a plastic item, reuse it as many times as you can. If you have to buy a bottle of water, refill that bottle of water as many times as you can. Or find a use for it, like storing seeds or as a small flower planter.