

Water saving

Reduce water use to save energy and money

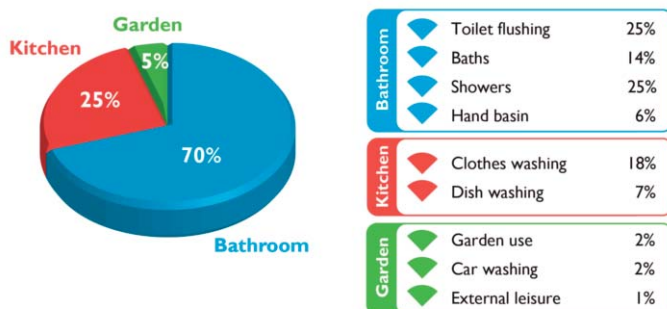
The average person in the UK uses 150 litres of water a day. But this can be reduced by using some simple water saving tips and devices.

By cutting our water consumption we can help make best use of this precious resource. We can also reduce the amount of energy required in its treatment and distribution, along with the associated CO₂ emissions. Water conservation can also save you money by reducing your water bills (if you're on a meter) and the cost of heating water in the kitchen or bathroom.

Most households will be able to find new ways to save water in the home. And many find that going on a water meter helps, as it means their water bill reflects their actual usage and encourages them to use less. People who choose to switch to a water meter typically cut their use by 6%.

Where we use water

The main area of household water consumption is the bathroom, followed by the kitchen and then the garden.



Bathroom

Around 70% of our domestic water use is in the bathroom. Water can be saved through a combination of a few simple changes in behaviour and through installing water saving devices.

For example, most people know that baths use more water and energy than showers. However even showers can use up to 16 litres of water every minute. That's 128 litres for an 8 minute shower. You



can cut this in half by taking shorter showers or by fitting an efficient shower head or flow regulator. You'll also save around £40 per year on your energy bills. If you prefer a bath, then lower the water level and save as much as 20 litres.

More ways to save water in the bathroom:

- 1) Check that your toilet cistern is working properly.
- 2) Fix any dripping taps as soon as you spot them.
- 3) Turn the tap off when brushing your teeth, washing or shaving. Leaving the tap running can waste up to 18 litres at a time.
- 4) Old single-flush toilets use 9 litres a flush. Dual flush toilets average 5 litres. If you don't have a dual flush and your toilet was fitted before 2001 then request a free water saving device for your cistern from your water supplier.
- 5) Collect water as it runs to hot and use it for watering your plants.



A shower timer will help you to shorten your shower time and save water



The kitchen

The most efficient new washing machines use 31 litres a cycle. This is about 20 litres less than the average. By making sure that you only use the washing machine when you have a full load you will be minimising the amount of water you use for clothes washing. The same applies for dishwashers.

More ways to save water in the kitchen:

- 1) Washing up in a bowl rather than in the sink uses much less water.
- 2) When washing fruit and veg, do this in a bowl rather than under a running tap.
- 3) And, of course, when boiling water only put as much water in the kettle as you need. This will not only save water but energy and money as well. The water will boil quicker too.

The garden

Water use in the garden increases in the spring and summer, which is when water can be scarce. A big water consumer in the garden is the hosepipe which can use up to 540 litres in an hour. That's more than most families use in a day.



For more water saving ideas, free water efficient products, to find out about switching to a water meter, or to report a leak, contact your water supplier:

anglianwater

03457 91 91 55
0345 850 5852 (request a water meter)
0800 771 881 (leaks)

www.anglianwater.co.uk



A good place to start is to think about what you are watering and whether it needs it. For example, you can choose drought resistant plants or those that simply need less water like juniper, hebe, lavender and allium. Watering your plants in the morning or evening and using mulch around them, will reduce evaporation. Watering with a can instead of a hose, or getting a hose trigger gun, will save you a lot of water. Fitting a water butt to collect rain water for your plants is a great way to save water, and many plants prefer rainwater to tap water.



When washing your car use a bucket and a sponge. If you do use a hose, fit a hose trigger.

Images: hose, istock.com/andrewburgess; washing car, Joe Schlabotnik; herbs, Tim Weisberg

Freebridge
COMMUNITY HOUSING

Freebridge Community Housing

Juniper House, Austin Street, King's Lynn, Norfolk
PE30 1DZ

For more support with energy efficiency
please call **03332 404 444** or email
enquiries@freebridge.org.uk



This leaflet was originally produced by the Centre for Sustainable Energy, a national charity (no. 298740) that helps people change the way they think and act on energy | www.cse.org.uk