

Water saving

Reduce water use to save energy and money

Water use can represent a significant part of your monthly bills.

The average person in the UK uses 150 litres of water a day and over a quarter of this is hot water for showers and baths. Add to this the energy it takes to heat water for washing-up, doing the laundry and cleaning the house and you get an idea of how much water and water heating contributes to your fuel bills.

Reducing your hot water with aerated showers and taps

Domestic water heating is responsible for 10-25% of a typical household's energy bills. By reducing the demand for hot water in your home you will therefore reduce your energy bill.

New water-efficient showerheads and taps can help you do this. They force air into the water stream which reduces the volume of water passing through, but not the pressure. They typically cut the flow of water by about half, and can save as much as £50 per year on your fuel bills.

If you don't want to replace your taps and shower heads you can still fit an aerating device to your existing ones. Tap aerators cost less than £5 each and aerated shower heads about £15. Be aware that aerating devices are unlikely to be compatible with electric showers.

An efficient showerhead or flow regulator can save up to £50 a year on bills.



Everyone loves a bath!

More ways to save on water heating

- 1) Taking a shower instead of a bath saves around 40% of the water you use. Use a timer if you want to monitor how long you spend in the shower.
- 2) Only turn on dishwashers and washing machines when they're full. It is much more cost-effective to do a full wash once every two days, than a half-full wash every day. If the appliance has an economy setting this will use less water and less electricity as well.
- 3) Insulate your hot water cylinder, if you have one.
- 4) Turn down the temperature of your clothes wash.



Go to savewatersavemoney.co.uk to find out if your water company gives out free tap aerating devices like this one!



More...

See all our energy advice leaflets at www.cse.org.uk/advice-leaflets

Cutting your water consumption

Cutting your water consumption is particularly important if you pay for your water using a meter. A water meter reflects your actual usage and your bills will therefore be lower if you use less water.

In the 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.

A running tap uses more than six litres of water a minute, so turn off the tap while brushing your teeth, shaving, or washing your face.

Check that your toilet cistern is working properly.

Fix any dripping taps. Taps can drip around 90 litres of water every week, or 4,680 litres a year!

If you don't have a dual flush toilet consider installing a water saving bag (sometimes called a 'hippo').



In the kitchen

Wash up in a bowl, not the sink.

Wash fruit and veg in a bowl instead of under a running tap.

Thinking of a new washing machine or dishwasher? While all new appliances use much less water (and energy) than old ones, some are better than others, so check the small print to find the most efficient model.



In the garden

Water use in the garden increases in the spring and summer, which is also when water is scarcest.

The main 'culprit' is the hosepipe which can use up to 540 litres in an hour - that's more than most families use in a day. So get a water-saving trigger for your hosepipe or use a watering can instead.



Fit a water butt to collect rain water. Many plants prefer rainwater to tap water, and some water companies can provide water butts quite cheaply, from around £20.

Watering your plants in the morning or evening and using mulch around them will reduce evaporation.

When washing your car use a bucket and a sponge.



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Charity: 298740
Founded: 1979

The Centre for Sustainable Energy is a national charity that helps people change the way they think and act on energy.

Our Home Energy Team offers free advice on domestic energy use to people in Bristol, Somerset, Wiltshire, South Gloucestershire and Dorset.



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