

Transport: Minimising use of cars, trying public transport, and walking or cycling to get from A to B.

Holidays, leisure and travel: Choosing locations, activities and transport modes to help the environment.

Rubbish: Minimising waste, recycling, composting and disposing properly of unwanted goods.

Food purchasing: Buying local produce, choosing organic items, avoiding depleted wild foods, adopting 'seasonality', choosing vegetarianism and growing food at home.

Energy use in the home: Turning down heating, using low-energy lighting, switching off appliances, reducing energy demand through less 'home mechanisation', insulating and sourcing greener energy.

Chemicals: Reducing release of damaging or polluting chemicals through use of detergents, bleaches, garden chemicals, etc.

Sourcing materials: Refusing items made from depleted resources, eg tropical timber, while actively seeking those made from recycled materials, eg waste paper.

Water use: Cutting consumption, cutting waste, home gathering and reusing.

Consumer hardware: Repairing rather than replacing, passing on unwanted goods, disposing of items at the end of their life properly.

Green investment: Choosing environmental savings accounts, mortgages, etc.

Active participation: Donating to or joining environmental organisations or taking part in green/conservation activities.

1. How do you think your day-to-day energy consumption impacts on the environment?

You don't think about it at all - you're not going to be around in 50 years time, so what's the point?

You could save a bit more energy, but big factories cause the most damage!

You know that your home's energy consumption is damaging to the environment so you do your bit - however small.

Your home's energy consumption has an important effect on the environment and we all need to change our behaviour and cut down on excess energy munching.

2. You decide to pop to the gym just 10 minutes down the road. Do you...

Jump in the 4X4. You're already doing enough exercise!

Share a lift with your friend - neither of you would ever get there if you walked!

Walk there - it's only 10 minutes! You only use the car for short journeys if it's raining.

Run to the gym! Who needs a car? You always travel by foot, on bike or by public transport.

3. When it comes to switching off the television do you...

Often leave the TV on when not in the room, and when you do remember you only switch it to standby.

Usually leave the TV on standby -it doesn't make that much difference, does it?

Try to remember to switch the TV off properly, and feel guilty if you see the red standby light.

Always ensure that all appliances are switched off at the mains.

4. Which of the following best describes the appliances in your home?

You wouldn't know if any of the appliances in your home had the energy saving recommended logo, let alone what it meant.

You have at least one energy saving recommended appliance, but are more concerned with cost when buying new products for your home.

You've a mix and match of product ratings, but would definitely choose energy saving recommended products when purchasing new appliances.

Every energy-rated appliance in your home is energy saving recommended and is only responsible for a minimum amount of energy use, helping you to save your 20%.

5. How would you best describe the lighting in your home?

There are no energy-saving recommended light bulbs in your home and you often leave lights on in unoccupied rooms.

You don't buy energy-saving recommended light bulbs but you try to remember to turn lights off when you leave the room.

There are at least 2 - 3 energy-saving recommended light bulbs in your home, and you intend to replace the ordinary ones when they run out. You also generally switch off lights in unoccupied rooms.

Every light fitting in your home sports an energy-saving recommended light bulb and you always switch off the lights when you don't need them.

6. In the run up to winter, it's slowly getting colder both in-doors and out.

How do you cope with the cold?

You turn the heating on at the first sign of autumn, then off again come spring. But your house is so poorly insulated and draughty that it still gets cold.

You think there's some loft insulation laid down, but you're not sure how much.

You switch the heating on and off, as and when you need it - sometimes forgetting to turn it off when you leave the house in the morning.

You've had loft insulation laid within the last 5 years, and the heating is timed to only come on when you need it. There's no need to keep the heating on when you're not there.

Your house is so well insulated, having installed both loft and cavity wall insulation, that hardly any heat escapes from your cosy home, and your heating bills and energy wastage are much lower than before.

Here are some simple measures you can put into action today.

1. Turning your thermostat down by 1°C could cut your heating bills by up to 10 per cent and save you around £30 per year.
2. Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C/140°F.
3. Close your curtains at dusk to stop heat escaping through the windows.
4. Always turn off the lights when you leave a room.
5. Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily.
6. If you're not filling up the washing machine, tumble dryer or dishwasher, use the half-load or economy programme.
7. Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).
8. A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off!
9. Replace your light bulbs with energy saving recommended ones: just one can reduce your lighting costs by up to £78 over the lifetime of the bulb - and they last up to 12 times longer than ordinary light bulbs.
10. Do a [home energy check](#). Just answer some simple questions about your home and we'll give you a free, impartial report telling you how you can save up to £250 a year on your house hold energy bills.

Q1 Please indicate the number of people in your home:

Q2. In total, approximately how many baths are taken in your household each week?

None

1-3 each week

4-7 each week

8-14 each week

15-21 each week

22-29 each week

More than 30 each week

Q3. In total, approximately how many showers are taken in your household each week?

None each week
1-3 each week
4-7 each week
8-14 each week
15-21 each week
22-29 each week
More than 30 each week

Q4. Roughly how long would you say the average shower takes in your household?

Less than 5 minutes
5-10 minutes
10-15 minutes

More than 15 minutes Q5. Is your shower a power shower? (A power shower has its own pump fitted to increase pressure) Yes No Don't Know

Q2. On a weekly basis, approximately how many times do you use a washing machine?

Don't use
Less than 1
1 - 2 times
3 - 4 times
5 - 7 times
8 - 10 times
More than 10 times

Q3. On a weekly basis, approximately how many times do you use a dishwasher?

Don't use
Less than 1
1 - 2 times
3 - 4 times
5 - 7 times
8 - 10 times
More than 10 times

Q4. How many times a week do you wash dishes in the sink?

None
1 - 7 times
7 - 14 times
14 - 21 times
More than 21 times

Q5. When you wash dishes or vegetables by hand, do you generally leave the tap running?

Yes

No

Q2. Do you have a Hippo water-saver (or a similar device) installed in your toilet cistern?

Yes

No

Q4. When the people in your household are cleaning their teeth, do they generally leave the tap running? Yes, they leave the tap running

No, they turn the tap off

Q2. On a weekly basis, for how long do you use a hose to water the garden during the summer?

Don't use a hose

About 15 minutes

About 30 minutes

About 1 hour

About 2 hours

3 - 4 hours

5 hours or more

Q3. Do you use a garden hose with a trigger spray nozzle, which shuts off the water when you release the trigger?

Yes

No

Don't use a hose

Q4. On a weekly basis, for how long do you use a sprinkler to water the garden during the summer?

Don't use a sprinkler

About 15 minutes

About 30 minutes

About 1 hour

About 2 hours

3 - 4 hours

5 hours or more

Q5. On a weekly basis, how many watering cans full of water do you use to water plants in your garden?

Don't use them

1 - 5 watering cans

- 6 - 10 watering cans
- 11 - 15 watering cans
- 16 - 20 watering cans
- More than 20 watering cans

Q6. Do you have any method of collecting rainwater for watering your garden, such as a water butt?

- Yes
- No

Q2. How many cars are usually washed at home by members of your household?

- 0
- 1
- 2
- 3
- 4 or more

Q3. Which of the following best describes how you usually wash your car(s)?

- Using a garden hose
- Using a bucket
- Using both

Q4. On average, how often do you wash your car(s) at home?

- More than once a week
- Once a week
- Once a fortnight
- Once a month
- Once every 2 months
- Less frequently

Lifestyle choices, population growth and climate change are placing increasing demands on our water supplies. It's important that we do not take this precious resource for granted and that we all use water wisely to ensure that there is enough for everyone in years to come. Water saving habits started now will become a way of life for the future.

Your household can really make a difference by following the water wise tips below:

Fitting a Save-a-flush (a bag of harmless crystals) in your toilet cistern can save up to 1 litre per flush. That's a saving of nearly 2,000 litres per person per year.*

Installing a Hippo (designed to work in toilet cisterns with a 9 litre flush or greater) could save up to 5,000 litres per person per year.*

Have a refreshing shower instead of a bath – this can save over 300 litres of water a week. Be careful though – a power shower can use more water than a bath!

Turn off the tap when brushing your teeth. Brushing your teeth with the tap running wastes 6 litres per minute.

Fix leaking taps. A dripping tap can waste up to 140 litres a week.

When buying a new dishwasher, choose one that is energy efficient as this saves on water and electricity. Machines with an 'A' rating are most economical.

Wait for a full load before using the washing machine – a full load uses less water than 2 half loads.

Cool water in the fridge means you don't have to run the tap for ages to get a cold drink.

Only fill the kettle with enough water for your needs, this will reduce your fuel bills too.

Lag your pipes and leave your heating on a low setting when you are out to avoid bursts in cold weather.

A water butt in your garden can collect rainwater that can be used on your plants and lawn.

If you have a water meter, check for leaks by turning off the water and taking two readings several minutes apart. If the readings are different there may be a leak.

How much do we use?

- In the UK, every person uses 155 litres of water a day
- In developing countries each person uses only 20 litres a day
- 1/3 of household water is used to flush the toilet

Bath	80 litres	16 buckets+
5 minute shower (not power shower)	35 litres	7 buckets
Brushing teeth with tap running	6 litres/min	1.2 buckets
Brushing teeth with tap off	1 litre	0.2 buckets
Dripping tap	140 litres/week	28 buckets
Washing machine	65 litres	13 buckets
Dishwasher	20 litres	4 buckets
Washing car with bucket	10 litres	2 buckets
Hosepipe/sprinkler	540 litres/hour	108 buckets

+ Figures based on bucket with 5 litres capacity

9. Even when driving is a necessary to get around, there are ways to minimise the pollution caused. Do you:

a) keep the car tyres properly inflated?

Yes - always

Yes - often

Occasionally

Never

Don't know or doesn't apply

b) keep the engine properly tuned?

Yes - always

Yes - often

Occasionally

Never

Don't know or doesn't apply

c) where possible, share journeys with others and combine trips?

Yes - always

Yes - often

Occasionally

Never

Don't know or doesn't apply

d) avoid keeping unnecessary loads in the boot of the car or on the roof?

Yes - always

Yes - often

Occasionally

Never

Don't know or doesn't apply

e) Consider fuel efficiency and appropriate engine size when buying a car?

Yes - always

Yes - often

Occasionally

Never

Don't know or doesn't apply