



DOING YOUR BIT AT HOME

Energy

Leaving a room? Don't forget to turn off the lights.

Turn off your television, radio and computer rather than leaving them on standby. If everyone turned off their television rather than leaving it on standby when they went to bed enough electricity would be saved to power a town the size of Durham!

Turn down your heating. Turning down your central heating by one degree could save your household as much as 10% a year on heating bills. Do the same for hot water and you could save even more.

Ask your household to switch to a green electricity tariff so that the energy in your home will be supplied from renewable sources such as solar, wind and wave power. See <http://www.greenelectricity.org/> for information on the range of green tariffs available.

You can get free and impartial information from your local Energy Efficiency Advice Centre (EEAC) on energy savings tips, energy efficiency installers in your area and any grants and offers available. Contact your nearest EEAC on 0800 512 012 or visit

Complete the Global Action Plan online Green Score Questionnaire to find out how green your home is and learn some practical 'no-cost' steps you can take which will improve your score and save you money: <http://www.greenscore.org.uk/>



Water



Save-a-flush? Using the toilet accounts for a third of domestic water use. Installing a save-a-flush or water-saving Hippo bag in your cistern could save three litres of water every flush. Look inside your 'goody bag' for a free Save-a-flush or order your free Hippo bag from Thames Water by ringing 0845 9200 800 or online at www.thames-water.com/waterwise

Close the taps when you are not using the water. For example, don't forget to brush your teeth with the tap closed. Get your household to fix leaks. A dripping tap can waste enough water in a day to run a shower for five minutes. Make sure your household replaces the washers on taps regularly.

Shower for the environment. Did you know that a bath takes up to 80 litres of water? A shower could take less than half this amount.



Waste

Take a backpack or a fabric bag (Creative art participants – here is a chance to use the bags you made) to the supermarket to do your shopping with, rather than using plastic bags, which can take a hundred years to degrade. The UK government is currently considering a levy on plastic carrier bags of 10 pence per bag, following the 'plastic bag tax' recently implemented in Ireland.

Put it in the right bin. Many UK local authorities now offer kerbside recycling schemes. Visit the Capital Waste Facts website at www.capitalwastefacts.com to find out what recycling services your local authority provides. The Recycle-More www.recycle-more.co.uk website also lets you search for the nearest recycling facilities to your post-code or street.



Get your household to buy re-cycled products. Buying recycled products helps to re-use material that would otherwise be thrown away. The Waste and Resources Action Programme (WRAP) has a searchable database of some of the recycled products available in the UK that you can buy and an online 'Recycled Products Guide' at: <http://www.recycledproducts.org.uk/>

Shopping



Buy seasonal organic food where possible and support the local economy by shopping at Farmers' Markets and locally owned stores.

Get boxes of seasonal organic produce delivered to your door from The Organic Delivery Company www.organicdelivery.co.uk and use Big Barn www.bigbarn.co.uk to find local food suppliers in your area. Visit the London Farmers Market website www.lfm.org.uk for times and locations of your local Farmers Market.

Ask your household to consider purchasing refurbished fridges and cookers from local charities such as Create UK that not only saves you money, but helps the environment and supports jobs in the local community. Contact Create UK on 0208 885 6209 or visit their website at www.createuk.com for more information.

Getting Around



Walking or cycling it helps to reduce air pollution and traffic congestion as well as its fun! A 10% increase in the number of people cycling regularly would lead to a 4% reduction in the number of people with heart disease, saving the NHS £200 million a year.

If you cycle around London, why not consider joining the London Cycling Campaign www.lcc.org.uk

Try to use public transport if walking or cycling is impractical. Ring the Transport for London Travel Information line to find out the current status of services or speak with a travel advisor to get advice on how best to reach to your destination on London public transport. Call 0207 222 1234 or email travelinfo@tfl.gov.uk



If you travel long distances and do need to use a car think about car sharing. London Car Share www.londonliftshare.com offers a free on-line service matching people offering and requiring lifts around London.



About London Sustainability Exchange

London Sustainability Exchange provides organisations and networks of individuals with the motivation, knowledge and connections they need to put sustainability into practice. Visit our website www.lsx.org.uk to find out more information.

Do you have any ideas and suggestions for practical actions people could take to improve their environmental impact at home and work? If so contact us and let us know on 0207 324 3636 or email info@lsx.org.uk

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