

Round Hill - Reduce Reuse Recycle



Welcome to the second edition of Round Hill – Reduce, Reuse, Recycle. This time we focus on how you can **reduce** the amount of plastic and water you use. We hope you enjoy reading it - and putting our hints and tips into practice.

Where are we now?

Household Waste



Every year, each UK household generates an average **56kgs** of plastic waste, mostly from packaging. And this is just what we produce from our homes!



If you add in all the other plastic we produce at work, dry cleaning, at the hair dressers and other places, we are each responsible for far more..



As an example, Walkers Crisps produce **6 billion bags** of crisps a year - that's **16,438,356 every day**.



These crisp bags are not recyclable or compostable and will last for 100s of years at the side of the road or floating in the sea.

Surely Walkers and other manufacturers like them can come up with more sustainable packaging. We all can help reduce the amount of plastic we use. This will help to put pressure on manufacturers to change their packaging to fully recyclable or compostable materials.

After we have finished with it, plastic is either recycled, burnt, gets dumped into landfill or worse still litters our countryside and seas. Plastic has some really good uses, but we use far too much of it and recycle far too little (Don't forget you can only put plastic bottles in the council recycling). See inside this guide for ideas to help you reduce your use of plastic.

Water Usage



Did you know that the South East of England has less water available per person than the Sudan or Syria? It is important that we use this water wisely to protect our resources and the environment.



Do you know how much water you use? Most homes in Brighton have a water meter and your bill will show you how much you use per day on average.

Number of people in property	1	2	3	4	5	6
Est. use per year (cubic metres)	65	100	135	160	180	200
Est. use per day (litres per day)	178	274	370	438	493	548

How does your water usage compare? Southern Water offer free water efficiency home visits. A qualified engineer will assess water usage in your home and where needed can install products worth over £100. This can save you water, energy and money www.southernwater.co.uk/home-visit. Turn to page 3 for more tips on how to save water.





Ideas for working towards a (nearly) plastic free Round Hill

So what can we do? Presuming you've already got your personal water bottle and refillable coffee cup, here are some more ideas for reducing plastic in our homes. We hope you will try some of them out.



Instead of using cling film (it's single use and cannot be recycled), get some reusable beeswax wraps. They are great for wrapping cooked food, fruit and veg and for sandwiches.



Get some large plastic lidded food containers (BPA & BPS free) and take them with you when you buy fish or meat. Most suppliers are happy to put your purchases in these without plastic wrapping. You can then pop them straight into the fridge (no smells).



Refill your washing up liquid, laundry liquid and fabric softener bottles at the Open Market, Infinity, Hollingdean Wholefoods or Hisbe



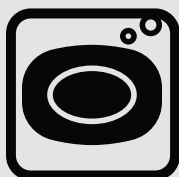
Bulk buy your loo rolls from a supplier like 'who gives a crap'. 100% recycled AND packaged in paper (not plastic!). They also donate 50% of their profits to build more toilets in developing countries.



Get your milk (and juice) delivered in glass bottles. Milk and More deliver in Round Hill three times a week and you can order up to 11.00pm the night before.



Get your veg and fruit delivered via a box scheme. Riverford, Barcombe Nurseries and Abel & Cole all deliver in Round Hill (there may be more). You can choose what veg you want with most schemes rather than receive the standard box.



Rather than buying soap, shampoo and hair conditioner in plastic bottles, try buying solid bars. They have far fewer chemicals and most are really good.



Collect large glass jars with well-fitting lids and then use them to store your dry food (beans, cereals rice etc) which you can buy loose in paper bags from Open Market, Hisbe, Hollingdean Wholefoods or Infinity.

What ideas do you have for reducing our plastic use? Please do use our social media groups to share your experiences, ideas or perhaps set up groups to bulk buy stuff like loo rolls....



It is easy to be water wise by making a few simple changes to your routine:



Due to the scarcity of water in our local area it is really important that we use the water we have in a more efficient way. What can you do?



Chill water in the fridge rather than running the tap until it runs cold.



When you're out and about take your water bottle with you and use the Refill App to find businesses who are happy to refill it for you Refill www.refill.org.uk/refill-scheme/refill-brighton-hove/ There are nearly 200 refill stations in Brighton & Hove!



Wash vegetables in a bowl, not under a running tap. Soaking vegetables makes them easier to peel and a running kitchen tap wastes more than nine litres of water a minute. Use your washing up water on your garden plants.



Fill the kettle with only the water you need - by not overfilling the kettle you can cut its energy use by a third. If everyone does this the UK could save more than £1 million a week.



Make it a full load when you use your washing machine and dishwashers. Miss just one wash a week and you'll save over 5,000 litres a year. New dishwashers use less water than washing by hand.



Use a bucket and sponge to wash the car - using a hose wastes water



A bath uses around 80 litres of water whereas showers use an average of 35 litres. Swapping a daily bath for a shower could save nearly £50 a year. Why not share a bath with a friend! Some people even collect their used bath & shower water to use on garden plants.



Save on showers - some showers use more water than others (e.g. electric showers are already efficient and power showers use lots of water). Choose a water efficient showerhead to save water and energy. Spending one less minute in the shower each day can also save £10 a year off water bills.



turn off the tap when you clean your teeth - leaving the tap running when brushing your teeth wastes 8,000 litres of water a year.



Install a save-a-flush Flushing the loo accounts for 30% of the water we use. Install a save-a-flush bag and you'll save one litre of water each time. Install one of these bags and you'll save one litre of water each time. Get one for free from www.southernwater.co.uk/save-a-flush-form



Taking care of our water supply

Having access to clean drinking is vital for our health. It is also essential that our sewerage system continues to operate well. What can you do to help?

Drinking water



Did you know that much of the water we drink comes from aquifers (natural underground reservoirs) underneath the South Downs? The Brighton Chalk provides public water supplies to 365,000 people in Brighton and Hove and beyond. It also provides baseflow to rivers and the marine environment.



The quality of this water is at risk from rising nitrate levels, as well as risks associated with pesticides, sediment, oils and solvents from both urban and rural areas. There is a project aiming to reduce these pollutants and to protect this vital water source.

<https://www.southdowns.gov.uk/care-for/water/brighton-champ-for-water/>

Waste Water



Sewers are only designed to take away **the three Ps – pee, poo and paper** www.southernwater.co.uk/keep-it-clear.

Anything else you flush down the toilet may end up in a river or on a beach. It may also cause one of the thousands of sewer blockages which in turn cause misery and distress for the people who suffer internal sewage flooding.



Over two-thirds of these blockages are caused by the disposing of fats and unflushable items down the toilet or the sink. Fats and oils collect inside the sewers and over time harden to a concrete-like material nicknamed 'fat-bergs'. These restrict the flow of wastewater in the pipes and cause blockages. When this happens, wastewater backs up through toilets and sinks into homes and businesses or escapes through manholes into streets and rivers. This is bad for everyone.

To help avoid blockages dispose of these items safely:

Fat, oil and grease (FOG) - solidify as they cool and block pipes and sewers. Don't wash these down the sink but collect in a fat trap (e.g. glass jar or plastic pot) and then put in the bin. Some oils can be collected and recycled at the local tip to make biofuel.

Wet wipes - must be put in the bin (even if they say they're flushable they are not!).

Sanitary items - wrap up and put in the bin (use a nappy bag). Or why not switch to a reusable menstrual cup.

Nappies - flush the baby's waste down the toilet, then wrap the nappy and put it in the bin. Supermarkets sell nappy disposal bags.

Incontinence pads - use special bags available from pharmacies.

Cotton buds, bandages, plasters and dental floss - throw in the bin.

Condoms - wrap up and put in the bin.

Medicines - return unused or out of date medicine to a pharmacy for safe disposal.

Syringes and needles - ask your local hospital or health authority for details of the nearest needle bank. Needles and syringes can cause injuries to refuse collectors or wastewater operatives.

Chemicals - contact your local council to find out arrangements for disposing of chemicals.

