



## Eco-Tips March 2026

### The need for safe water and how to conserve it

Since 1993, March 22<sup>nd</sup> has been designated as World Water Day by the UN to educate the public globally and mobilise political will and resources. Worldwide, approximately 2.1 billion people are without access to safe water in 2026 (UN), while in the UK households use on average 140 litres of drinking water per person a day. The theme of the day this year is “Water and gender inequality”. Women and girls bear a heavier burden as they collect and manage water and suffer more in terms of sanitation and feminine hygiene. It is estimated that unsafe water sanitation and hygiene cause 1000 deaths per day in children under 5 (UNICEF).

If you have been watching “Dirty business” it seems that water borne diseases (in rare cases resulting in death) originate from bathing where untreated sewage has been discharged in the UK. The Environment Agency are promising restoration in affected areas. Agricultural run-off can also affect our rivers and water supplies.

Clean water is essential for the health of the bodies of both humans and animals. Our bodies need between 1.5 and 2 litres a day.

Differing weather patterns related to climate change result in extreme weather events such as droughts and floods. It is important that we all take steps, with prayer, to conserve water.

To help we can, with prayer and giving, support charities that provide boreholes, sand filtration and rainwater systems. They also build repair and manage sanitation to stop spread of waterborne disease. Water Aid, Tearfund, Compassion UK are examples.

### What can we do to conserve water?

Spend less time in the shower. 4 minutes is recommended. You can use a 4-minute song or timer and see how long you take. You could make a game of it trying to beat the timer!

Turn off the tap while brushing teeth

Reuse washing up and washing water with ecological products to water plants.

Wash vegetables in a bowl not under the tap

When running the hot tap and waiting for it to run hot, use the cold to flush toilet/ water plants

Heat dinner plates with hot water drained from vegetables

Have a water butt to collect rainwater

Only fill the kettle with as much water as you need

Wait for full loads when using washing or dishwasher machines

Fix leaks and descale shower heads although limescale reduces the water flow so you can make a choice on this as it would reduce water consumption

Use an Eco shower head

Lawns grow back after drought so no need to water them!

Use organic mulch under young trees and hedges to reduce the need for watering