

PROTECTING OUR RIVERS

Everyone's Evenlode



Reduce Your Chemical Footprint

Many of the products you use everyday contain chemicals which frequently end up in our rivers and oceans. It is important to consider which products you use, and how to properly dispose of them. Follow these easy steps to help do your bit.



A pet is for life. Many pet flea treatments poison our waterways and the insects that live in them. A safer option for wildlife is to choose an ingestible flea repellent or don't let your dog enter a river immediately following treatment. Consider, do you even need to treat your pet for ticks & fleas in the winter months?



Go organic. Avoid using chemicals in the garden, and buy organic food if and when you can.



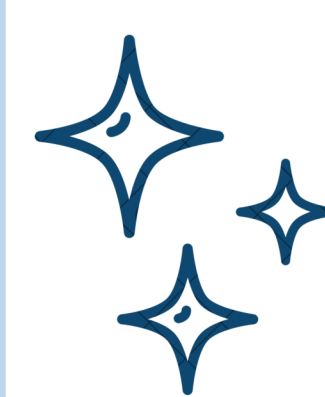
Buy plastic free clothing & fabrics. Many man-made fabrics release microplastics and chemicals. Where possible, choose natural fibres and materials, for clothing and textiles. Cotton (organic or recycled), linen, hemp, bamboo and wools are all good options.



Use chemical-free cosmetics & perfumes. Many beauty personal care products, including perfumes, shampoos, soaps and make-up are frequently laden with chemicals. Consider using more natural products. The natural ones often smell nicer too!



Be picky when you paint. Choose paints that are volatile organic compound (VOC) free - these are a major source of indoor pollutants.



Use natural cleaning products. Switch to natural cleaning products. Many washing-up liquids and detergents contain ingredients that are "harmful to aquatic life". Read the label on the back of your washing up liquid. What does it say? Could you switch to a more eco-friendly brand? Common ingredients like baking soda, citric acid, lemons, and white vinegar make very good cleaning agents, helpful when unclogging drains and cleaning kitchen countertops. Look up natural recipes online.



Dispose of pharmaceuticals safely. Reduce the number of pharmaceuticals reaching our waterways by disposing of any unused, unopened and out-of-date medicines properly. Never dispose of any medicines down the toilet or in the bin, instead, return unwanted prescriptions to a chemist for safe disposal.



Remember the 3-P's. Only flush the three-Ps down the toilet - pee, poo and toilet paper. NO wetwipes - particularly those containing plastics which don't breakdown and cause blockages. Remember, everything you flush down the toilet ends up in the sewage system, and quite frequently in our rivers and oceans.

To find out more about the Everyone's Evenlode project, visit:
www.cotswolds-nl.org.uk/looking-after/engaging-with-evenlode



**Cotswolds
National
Landscape**



**Evenlode
Catchment
Partnership**

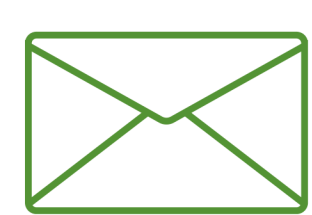
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Take Action and Stay Informed

In the UK our rivers are currently under pressure from a range of threats, including pollution from sewage outlets, poor land management, chemical spills, over-use of plastics, invasive species, over-extraction, and plain ignorance. It is a sad tale, but there lots of things you, as an individual or part of a community group, can do to help.



Write a letter. Write to your local MP and / or water company asking them to prioritise action on river health and water quality.



Litter pick. Join a river clean-up day or organise your own. Many national and local organisations coordinate river clean-up days.



Stay safe. Before visiting your local river, check out the latest information on water levels and sewage discharge up river from your location. The Rivers Trust sewage discharge map can be found here: www.theriverstrust.org/sewage-map

The UK government provides information about river conditions here: www.gov.uk/check-river-conditions-and-closures/river-thames

Always wash your hands with soap and clean water following contact with river water, and shower following a river swim, even if it is spill free.



Keep up with the latest news. To be sent a weekly email update with links to all national and local water quality news articles and programmes, contact: imogen.jolliffe@greenhouse.agency



Become a Citizen Scientist. There are numerous ways in which you can help local, national and international environmental groups to gather important data including water quality, water vole monitoring and habitat surveying. With your help we can gather all the pieces to create a greater picture and identify the need for action. EarthWatch leads on water quality within the Evenlode Catchment Partnership.



Report a pollution incident. If you spot a river pollution incident:

1. Call the Environment Agency - 0800 807060 Remember to get an incident number.
2. Call Thames Water - 0800 3169800. You can also log an incident online:
3. www.thameswater.co.uk/help/report-a-problem.
4. Email: water@earthwatch.org.uk



Prevent the spread of invasive species. Check, clean and dry all equipment and boots after visiting a watercourse.



Be a conscious consumer. Reduce your use of chemicals and plastics, many of which end up in our waterways and are harmful to aquatic life.

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