



# Living Well North Tyneside

Supporting Health and Wellbeing

From Monday, **12 May to Friday, 16 May 2025**, the UK will observe **Water Saving Week**, an annual campaign led by **Waterwise**. This year's theme, "**Small Waste, Big Impact: Be a Water Saving Hero**", emphasises how minor daily actions can collectively lead to significant water conservation.

## What is Water Saving Week?

Initiated by **Waterwise**, the UK's leading authority on water efficiency, Water Saving Week aims to raise awareness about the importance of conserving water and encourages individuals, communities, and organisations to adopt sustainable water habits.

## Daily Themes and Actions

Each day of the week focuses on a specific aspect of water conservation:

- 12 May – Laundry Legend:** Optimise your laundry routines to save water.
- 13 May – Tap Guardian:** Address dripping taps and promote efficient water use.
- 14 May – Shower Saviour:** Reduce shower times to conserve water.
- 15 May – Dishwasher Defender:** Use dishwashers efficiently and only when full.
- 16 May – Leak Buster:** Identify and fix leaks in your home.

Participants are encouraged to take daily pledges, engage in group activities, and perform simple yet effective water-saving tasks.

## How to Get Involved

- **Download Resources:** Access daily themes and tips from **Waterwise's** official website.
- **Share on Social Media:** Use the hashtag **#WaterSavingWeek2025** to share your actions and inspire others.
- **Attend Webinars:** Join free webinars hosted during the week to learn more about water conservation.
- **Community Engagement:** Organise or participate in local events promoting water efficiency.

## Local Initiatives in North Tyneside

Residents of North Tyneside can:

- **Participate in Local Events:** Join community-led initiatives focusing on water conservation.
- **Collaborate with Organisations:** Work with local councils and environmental groups to promote water-saving practices.
- **Educational Outreach:** Engage schools and educational institutions in activities highlighting the importance of water efficiency.

## Final Thoughts

Water Saving Week 2025 serves as a reminder that every drop counts. By making small changes in our daily routines, we can collectively make a significant impact on conserving this vital resource. Let's come together to be water-saving heroes and ensure a sustainable future for all.

## Related Links

- [Waterwise](#)

