

Ten things you can do this weekend

Every one of these is free or cheap, takes minutes, and keeps something out of the River Dart. Stick this on the fridge and work down the list.

The two rules everything else follows. Down the loo: only pee, poo and paper. Down an outside drain or road gully: nothing but rain, because those usually run straight to a stream, untreated.

1

Start a fat jar

Old jar or tub by the cooker. Cooled fat and oil in it, bin it when full. Nothing greasy down the sink.

2

Fit a sink strainer

Catches food scraps before they reach the plughole. A pound or two, fits any sink.

3

Put a bin in the bathroom

Then agree the house rule. Wipes and period products in the bin, every time.

4

Clear out old medicines

Round up the back of the cabinet and take it all to any pharmacy. Never flush them or pour them away.

5

Do a five-minute leak check

Listen for a hissing loo cistern. A leaky loo can waste 200 to 400 litres a day.

6

Order a water butt

Your roof water waters the garden instead of rushing off to the drain.

7

Wash the car on grass or gravel

Or use a commercial car wash. Soapy water soaks away instead of running into a surface drain.

8

Check your dog's flea treatment date

No swimming for at least four days after a spot-on treatment. Ask your vet if routine dosing is needed at all.

9

Bag it and bin it

Dog poo, any public or household bin. Never left in a hedge or hung on a branch.

10

Put the river in your pocket

Get the Safer Seas & Rivers Service app for pollution alerts, and save the hotline number below.

See pollution? Report it.

Pollution entering any watercourse, dead or gasping fish, an odd flow, smell or colour: call the Environment Agency's 24-hour hotline, or report it at gov.uk/report-environmental-problem. Keep your incident reference number.



0800 80 70 60



The full manual

Every action here explained, with sources, room by room.

care.friendsofthedart.org