What Actions Can I Take?

As an Individual

1. Cut down on water and energy usage and use more efficiently at times when demand and/or rates are lower.
2. Follow the **Water Saving Guide** - fix leaks, turn off taps, electrical appliances and lights when not in use. Collect and reuse water where possible e.g. harvest rainwater for garden use, washing vehicles and flushing toilets.
3. Choose **renewable options** of energy over fossil fuels, replace any lead water pipes and fittings and stop using pesticides and chemicals that will enter our water systems.
4. Support and take part in local water initiatives and catchment projects such as the **Inishowen Rivers Trust.**
5. Engage with local **Sustainable Energy Communities** Initiatives.

How this helps

- ✔ Conserves water and energy resources.
- ✔ Prevents wastage and saves money.
- ✔ Protects the environment, reduces carbon being released into the atmosphere and protects public health by preventing pollution.
- ✔ Contributes to your community's effort to protect the local environment.
- ✔ Supports accessible and affordable sustainable energy options for everyone.

As a Community

1. Follow the steps in the **community pathway** to sustainable energy and engage with or develop a **Sustainable Energy Master Plan** for your community.
2. Establish local energy and water sustainability initiatives.
3. Review your own group's energy and water usage and reduce usage where possible.

How this helps

- ✔ Helps your community plan to collectively save and reduce energy usage and transition to more sustainable options.
- ✔ Provides your community with the opportunity to collectively protect water sources and be more efficient with energy use.
- ✔ Helps your group adopt more sustainable water and energy practices and saves money.

What Actions Can I Take?

As a Business/ Social Enterprise

1. Audit your business energy and water usage and **create management plans.**
2. Install energy and water saving systems and equipment and smart technology.
3. **Decarbonise** across your business - from transport and resources to the products and services you provide.
4. Ensure all wastewater from your business is properly treated before being released into the environment.

How this helps

- ✔ Identifies areas of most usage within your business and where you can make the most effective change.
- ✔ Ensures more efficient use of energy and water, saves costs, and protects the environment.
- ✔ Reduces your carbon footprint and emissions.
- ✔ Protects and improves the quality of the local environment, which supports local communities, healthy ecosystems and biodiversity.

Be part of the Sustainability Story in your community

Visit our website to get inspiration and see what others have done. Find out how you can participate, avail of mentoring and share your story.

We offer a free mentoring service to groups, businesses, and social enterprises.

Jot down some ideas...

All information updated July 2024

Route 1 -
Water and Energy

3 GOOD HEALTH AND WELL-BEING
6 CLEAN WATER AND SANITATION
7 AFFORDABLE AND CLEAN ENERGY
9 INDUSTRY, INNOVATION AND INFRASTRUCTURE
12 RESPONSIBLE CONSUMPTION AND PRODUCTION
13 CLIMATE ACTION
14 LIFE BELOW WATER
15 LIFE ON LAND

What is it?

1

Water is essential to life. It is a finite resource and is under increasing pressure from human use and the effects of climate change and pollution.

2

Energy is critical to our survival - it lights and heats our homes, businesses and communities. It fuels our transport, industries and economy.

3

Managing our water sustainably means improving our water environment and treatment facilities and reducing water pollution.

4

We can decarbonise our energy supply by ceasing fossil fuel use and switching to sustainable renewable sources (e.g. wind, solar, hydro).

5

Water and Energy in Ireland is regulated by environmental, health and economic regulators (Irish Water, EPA, HSE and CRU) and our local authorities.

6

Ireland has committed to increasing the contribution of renewable sources to meet our energy needs.

To find out more about the Sustainable Development Goals linked to Water and Energy visit the United Nations website.
sdgs.un.org

Did You Know...

Wastewater is one of the main threats to water quality in Ireland. Raw sewage from numerous towns and villages across the country still flow untreated directly into our rivers and seas - enough to fill 3 Olympic size swimming pools every day **(EPA Waste Water Treatment Report, 2021).**

Nitrogen levels are too high in 20% of Irish groundwaters, which provide a critical source of drinking water, posing a risk to human health **(EPA Water Quality Report, 2023).**

Energy is the dominant contributor to climate change, accounting for around 60% of total global greenhouse gas emissions **(UNEP).**

Ireland's homes are responsible for one quarter of our overall energy use and 10% of our overall greenhouse gas (GHG) emissions. Reducing the amount of energy and fossil fuels (Coal, Oil, Gas) we use in our homes is critical **(SEAI).**

Follow the link to register and gain access to resources and information about the programme.

www.changemakers.ie/sp

Change Makers

Sustainability Passport
A Guide to a more sustainable life

Irish Aid Rialtas na hÉireann Government of Ireland
Irishaven Development Partnership
IDP
CONCERN worldwide
TROCAIRE TOGETHER FOR A JUST WORLD
Self Help Africa
eth Eolas Dóchais agus Cabhrach Tíbhín na nGaeil Dóchas Éireannach Comhairle Trócaire and Trócaire Board

Embark on your Sustainability Passport journey today.

Open to Individuals, Communities, Businesses and Social Enterprises.

Route1:
Water & Energy

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A Guide to a more sustainable life