

# What can we do?

Help hold back the tide of phosphates washing into the water....

We can all help by making a few simple changes to how we wash clothes and use dishwashers.

## Be a big softie

Cumbria is a soft water area so we can use the minimum recommended amount of detergent and get the same results. It'll save money too!



## Choose to be P-Free

There's now plenty of choice of phosphate-free brands with brilliant cleaning results for clothes and dishes. Use the pop out card opposite whilst shopping.



## Wash less often

Make sure we fill up our washing machines and dishwashers before turning them on.



## Check your septic tank

If you've got one, make sure it's working properly, isn't leaking and is emptied once a year to stop phosphates seeping into the ground.



Love Your Lakes

For a list of some phosphate-free products available see the back of this leaflet or go to [www.loveyourlakes.org](http://www.loveyourlakes.org) for more information and advice.



Love Your Lakes

## Get involved

The best way for you to Love Your Lakes is to tell everyone you know about the phosphate issue and to encourage them to go P-free too!

For more information contact [info@nurturelakeland.org](mailto:info@nurturelakeland.org)

Love Your Lakes is a Windermere Reflections project. Windermere Reflections aims to raise awareness of local environmental issues and works with the community to make a difference. There are 19 projects in total, each with opportunities for you to get involved.

For more details visit [www.windermere-reflections.org.uk](http://www.windermere-reflections.org.uk)

## Give it a go



Love Your Lakes

Some phosphate-free products for you to try...

Take me with you when you go shopping & remember to check the ingredients to avoid phosphates.

### Laundry

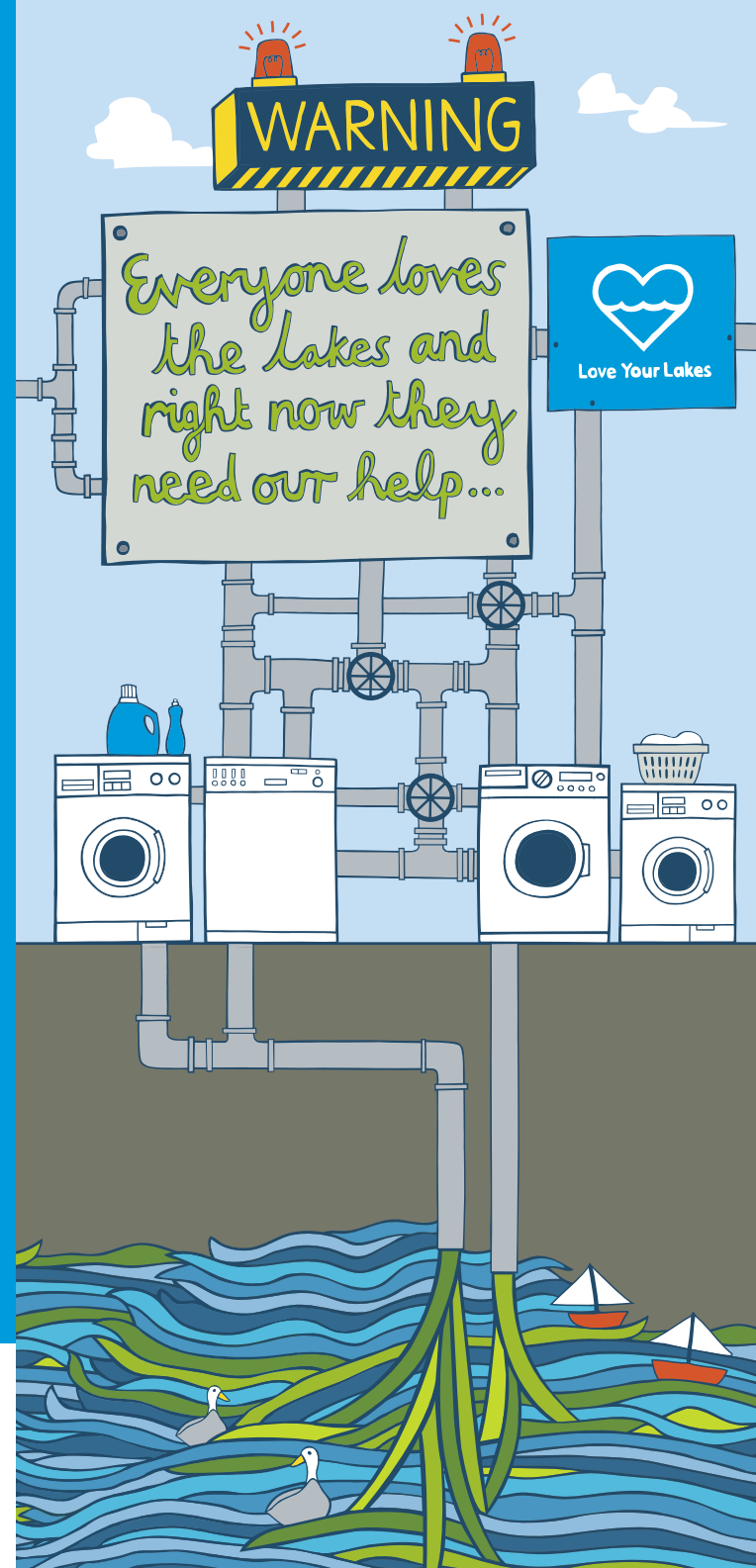
- Bio-D
- Bold 2in1 Gel
- Bold Liquitabs
- Daz Liquitabs
- Ecover
- Fairy Non-Bio Gel
- Faith in Nature
- Soap Nuts

### Dishwasher

- Planet Clean
- Ecover
- Sonett
- Tesco Naturally

[www.loveyourlakes.org](http://www.loveyourlakes.org)

Love Your Lakes is a Windermere Reflections project, funded by the Heritage Lottery Fund and delivered by Nurture Lakeland. Nurture Lakeland is a registered charity No. 1130453





# What's the Problem?

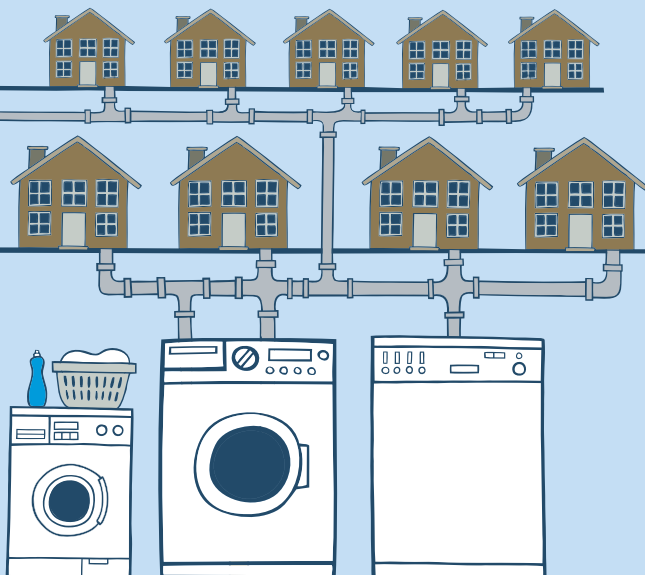


Love Your Lakes

Too many nutrients, called phosphates, are getting into our lakes causing too much of the wrong thing to grow - blue-green algae. This is bad news for wildlife and a big problem for people and pets who enjoy using the lakes for fun and recreation.

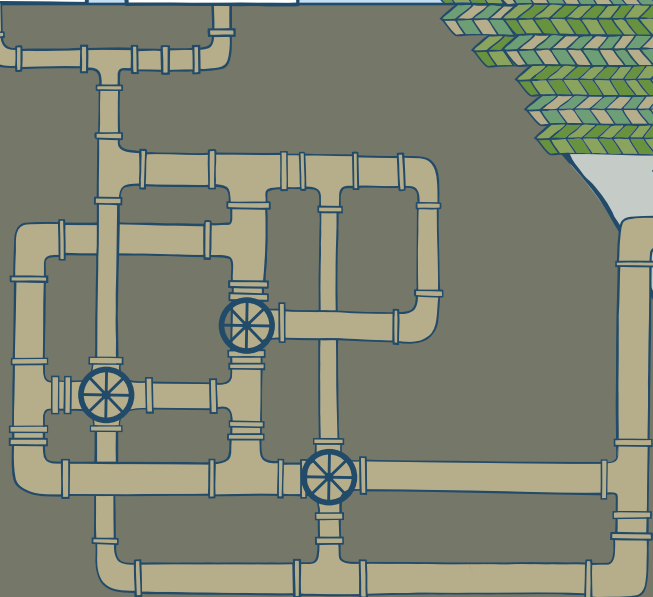
## How are phosphates getting into the lakes?

Phosphates are accumulating in the lakes from lots of different sources, including detergents, sewage and fertilisers. The waste water systems in place are overloaded with phosphates. Farmers are working hard to reduce their phosphate impact and now you too can do your part to help by using phosphate-free laundry and dishwashing products.



## Phosphates

Phosphates are used in detergents to soften water and stop dirt settling back into clothes and dishes in the wash. Cumbria is a soft water area and therefore we do not need harmful phosphates to soften the water. We can all make a real difference to the health of our lakes by choosing to use phosphate-free products when we wash our clothes and our dishes.



## Effect of Algal Blooms

Excessive growth of algae, due to too many phosphates, stops sunlight from reaching other plants in the lake. As a result, plants die and use up oxygen as they decompose. This change in oxygen levels means that fish and insects can suffocate and the birds and mammals that feed on them suffer.

Blue-green algae is unsightly and can also be toxic to humans and pets. It's a sorry story. If left unchecked, algal blooms could lead to the closure of the lakes threatening local jobs and livelihoods.

