

Transition Streets
Facilitators guide for session 3
Water



What do we want to achieve and why?

Key aim: To allow the group to give themselves permission to share their habits and explore issues deeply honestly and openly.

Facilitator Tips:

- Send a reminder to the group 1 week in before the meeting.
- Take 2 mins just before you start to ask yourself ‘what do I want to achieve in this session and why?’
- Spending time warming the group up first makes brainstorming objectives more productive and running through the workbook less dry.
- Some groups already know each other well and may need less time warming up.
- The confines of a living room often mean breaking rules about good workshop practice. For example, breaking into sub groups and moving around doesn’t work so much. If people feel they are back at work or school, they may resist engaging.
- We suggest that you have the group agreements from the previous meeting written up and posted on the wall during the meeting. You may want to review them as a group at the beginning of each meeting.
- Try to draw everyone into the conversation. Give everyone a chance to speak.

To bring:

- Your own TS workbook
- Flip chart & pen – at least 3 sheets:
- 1 titled ‘actions & progress from last session’;
- 1 ‘chapter highlights’;
- 1 ‘bigger picture’

Please note: All timings are suggested. Feel free to adjust to best suit your group.

<p>Gather, welcome, warm-up</p> <p><i>One idea for a short warm-up activity that helps neighbors get to know each other is Head, Hands & Heart. Give each participant a sheet of paper and a pen. Ask everyone to depict their Hands, Head and Heart on the paper in any way they want (as a word, drawing etc.). Then, next to each category, participants list or illustrate the following:</i></p> <ul style="list-style-type: none"> • <i>Hands = things they are good at doing,</i> • <i>Head = things they know a lot about,</i> • <i>Heart = things they are passionate about.</i> <p><i>When everyone has finished, let each person have an opportunity to share something from his or her page (or if less time, they can share with a partner).</i></p>	<p>10 min</p>
<p>Review actions & progress from previous session</p> <p>What actions have you taken since the last group session to minimize your household’s use of water?</p>	<p>15 min</p>

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<p>Facts & Actions: 'Water'</p> <p>This chapter covered the following topics:</p> <ul style="list-style-type: none"> • Know how much water you are using (3.3) • Feeling flushed (3.7) • Drips and leaks (3.10) • Showers & baths (3.12) • Washing clothes (3.14) • The kitchen sink (3.16) • Outdoors (3.18) • Harvesting rainwater (3.20) • Greywater (3.21) <p>Some suggested actions included:</p> <ol style="list-style-type: none"> 1. Read your water meter and keep a record. 2. Consider installing a water displacement device (if your toilet was made before 1994) 3. Consider upgrading old inefficient toilets to a more efficient, WaterSense® model. 4. Flush less often. 5. Check that the water level in your tank is set correctly. 6. Check regularly for drips and leaks and take steps to stop these. 7. Turn off the tap water while you brush your teeth. 8. Reduce your shower water use by taking shorter showers (consider using a shower timer) or replacing your showerhead with a more water-efficient model. 9. Take a cooler shower. 10. Use a bucket to save the cold water while the water heats up. Use it for flushing toilets or watering the garden. 11. Research landscape-friendly soaps so you know if you can reuse wash water in your garden. 12. Consider how often you need to wash your clothes. 13. Replace an old washer with a water efficient model appropriate for your living situation. 14. Wash only with full loads. If you must do a half load, see if you have a half load feature on your machine. 15. Familiarize yourself with your washing machine cycle and dishwasher options. 16. Avoid pre-washing. 17. Consider installing more water-efficient WaterSense® faucets or faucet aerators. 18. When washing dishes by hand use a tub or plug the sink instead of running water. 19. Avoid thawing by running frozen foods under water. 20. Consider composting instead of using a garbage disposal. 21. Run the dishwasher only with a full load. 22. Consider native plants when planning your landscaping. 23. Use water-efficient gardening practices. 24. Use a hose nozzle and watering can. 25. Give your plants more water each time you water them, but water them less frequently. And water underneath the foliage. 	<p>60 min</p>
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<p>26. If you must use sprinklers, use early in the morning or late in the evening. 27. Mulch the soil around your plants. 28. Install a rainwater catchment system. 29. Set up a greywater system. 30. Use a bucket and sponge, instead of a hose to wash your car.</p> <p><i>Some potential questions to guide the conversation:</i></p> <ul style="list-style-type: none"> • What information stood out for you from this chapter? • Was there anything new and surprising? • Are there things you're doing to use less water that aren't mentioned in the chapter? 	
<p>Your Personal Action Plan</p> <p>Now that we've talked about the facts and actions to save water, let's fill in our own water action plan (section 3.22 of the workbook). What are the actions that you'll commit to doing?</p> <p>The action table in your workbook has room for you to include actions that you will be doing, along with a deadline. It also has room for you to note actions that you're already doing to save water.</p> <p><i>Give people a few minutes to write down their actions. If there's time, the group could go around to share one action that they're committing to take.</i></p> <p>Are there any group actions that you want to take that you'd like help with from others in this group?</p>	10 min
<p>The Bigger Picture <i>Refer to Section 3.24 of the workbook.</i></p> <p>By the year 2030, experts predict that global demand for water will outstrip supply by 40 percent. Over the last decade, extreme weather events such as heat waves, floods, and droughts occurring at greater frequencies. Though many parts of our country are lush and rainy, those regions are not immune from water scarcity problems. We, too, can run out of water.</p> <ul style="list-style-type: none"> • What are the most important water use issues in your area? • How well are regulations protecting your water resources? • What is the connect between our individual and household behaviors and bigger water issues? • What changes can we make to reduce our own water footprint? • What can we do on a larger scale? 	20 min
<p>Re-confirm Next Meeting</p> <p><i>Before ending the meeting, the group should re-confirm the date, time, location, and facilitator of the next meeting.</i></p>	5 min