



# CORPORATE ENVIRONMENTAL DAYS





## ABOUT US

West Cumbria Rivers Trust is an environmental charity working to restore and enhance the rivers, lakes, estuaries and surrounding countryside of West Cumbria.

The Trust's work includes improving water quality, enhancing habitats to improve wildlife diversity and reducing flood risk. We also run community engagement and education sessions to encourage people to learn about and connect with nature.



## WHY PARTNER WITH US?

The lakes, rivers and surrounding countryside in West Cumbria support a rich diversity of wildlife and provide a sense of calm and wellbeing to many communities. Yet these habitats are under intense pressure and threat from climate change, invasive species, vegetation overgrowth, litter, sewage and other pollutants.

By partnering with us your team will be able to undertake practical conservation work that will make a real difference for nature, whilst providing a wellbeing boost to those involved.

## WHAT YOU CAN DO

Our Corporate Environmental Days, offered at a range of locations throughout West Cumbria, are the ideal opportunity for you and your team to get physical and view things from a different perspective.

These practical days will allow your team to learn more about our natural environment, learn new practical skills, develop relationships, improve wellbeing, think creatively, and have fun!

Corporate Environmental Days are suitable for groups of 5-15 people who want to get out in to the great outdoors and learn new skills. All training, tools, risk assessments and supervision will be provided – and we even provide tea and biscuits! A typical day will run from 10.30am-3.00pm (but these hours are flexible and can vary depending on the task and location).

### ACTIVITIES INCLUDE:

#### CONTROL INVASIVE SPECIES

Himalayan balsam is doing untold damage to our riverbanks and wider countryside. This invasive, non-native plant may look pretty in pink, but it grows quickly and colonises the riverbanks, suffocating our native species and requires care and expertise to remove.



## **WILDFLOWER MEADOW MANAGEMENT**

97% of wildflower meadows have been lost since the 1970's. These habitats can be home to up to 100 species of plant, and support a complex web of invertebrates, mammals, birds and other wildlife. Managing the wildflower meadows that have been established is important work for maintaining this vital habitat and ensuring there is a home for nature. Management tasks can include raking, grass removal, scrub and bramble removal, planting and seed sowing.



## **TREE AND HEDGE PLANTING**

Trees and hedges provide excellent wildlife corridors allowing a variety of animals to move around our countryside. They also provide important habitat and a food source for a variety of species. Alongside this trees and hedges can help to keep our rivers cool, improve water quality and help to reduce flood risk. Tree and hedge planting will usually take place in the winter from December until March.



## **POND & WETLAND MAINTENANCE**

Ponds and wetlands provide an important habitat for wildlife but they also provide water storage opportunities, which can help to reduce flooding. Ponds and wetlands need to be constructed, invasive species removed and pond/wetland species planted.





## **FOOTPATH MAINTENANCE AND REPAIRS**

Well maintained footpaths make it easier for people to access green spaces and engage with nature. Good footpaths also protect wildlife by encouraging people to stay on the paths causing less disturbance. Footpath maintenance can involve surface improvements, clearing drainage channels and maintaining path edging..



## **CITIZEN SCIENCE SURVEYS**

Surveys and monitoring can provide important information about the health of our rivers and wider countryside and the impact interventions have made. Monitoring can take the form of wildflower quadrats, butterfly transects, kick sampling in the rivers and bee walks.



There can be the opportunity to do other practical activities too, so if something particularly takes your fancy then just let us know.



## **COMMUNICATIONS**

A press release around the volunteering event can be written on request and also social media posts with photographs of the activity can be posted.

## **SUSTAINABILITY**

We would hope that some of the corporate volunteers may like to become regular volunteers and will be invited to take part in the regular volunteering days.

## **COSTS**

The fees for a Corporate Environmental Day are £430.00 per day. Costs cover our staff time, a briefing on why the work is vital to help the environment, all equipment, full risk assessment and health & safety protocols, waste disposal, permissions and Public Liability Insurance cover.

## **AVAILABILITY & BOOKING**


For further information or to book a Corporate Environmental Day with us please email [sarahclarke@westcumbriariverstrust.org](mailto:sarahclarke@westcumbriariverstrust.org) and tell us about your group size and preferred dates. Book early as demand can be high.




## INDIVIDUAL VOLUNTEERING OPPORTUNITIES

If there are individuals within your organisation who would like to volunteer with us then our up to date regular practical conservation volunteer opportunities can be found here: <https://bttr.im/nyyvn>

Individuals can fill in an application form to register with us as a volunteer and then sign up to any of the events. We do request that no more than 3 employees from the same organisation sign up to one event to ensure there remain spaces for the other regular volunteers.

 [info@westcumbriariverstrust.org](mailto:info@westcumbriariverstrust.org)

 017687 75429



 [@WestCumbriaRT](https://twitter.com/WestCumbriaRT)

 [West Cumbria Rivers Trust](https://www.facebook.com/WestCumbriaRiversTrust)

