

# From Beck To Beach

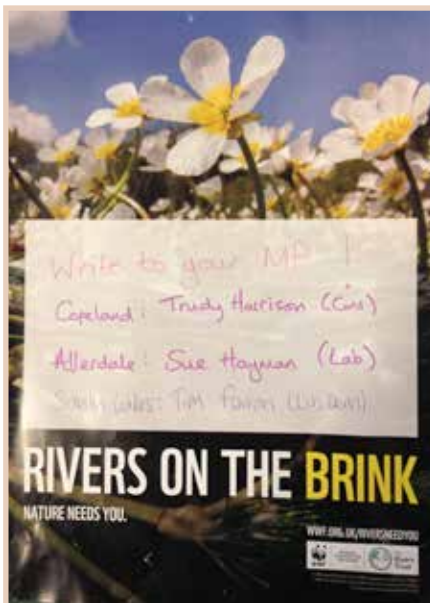
## News in brief...

### Ennerdale Mill Dam

The project to remove Ennerdale Mill Weir has been postponed until the summer of 2018. We will aim to start the works in mid-June 2018 to take full advantage of the regular in-river working season.

### Rivers on the Brink!

Currently, only one in five rivers in England and Wales is classed as being in a healthy state. The Rivers Trust has teamed up with WWF's 'Nature Needs You' campaign to ensure that as we withdraw from the EU, the Government takes this opportunity to introduce robust water legislation into the UK. We need you to write to your local MP's telling them why our rivers are so important to you.



### World Rivers Day

West Cumbria Rivers Trust celebrated World Rivers Day 2017 in Beckermeth this September, where we invited potential volunteers to a taster day. Participants took part in workshops on water quality testing by Freshwater Habitats Trust and biological recording by Cumbria Biological Data Centre, as well as helping conduct electrofishing surveys, and finding out about the Angler's Riverfly Monitoring Initiative. We launched our new campaign 'River Watchers' to highlight the different things people can do to help rivers. Find our simple river survey on our website, and let us know about your local beck or river.



### Charity of the Month

Open all hours very kindly said we could be their charity of the month for July. There was a nicely decorated bucket and customers very generously put their loose change in. By the end of the month £205.62 had been raised! Thank you to all the people who kindly donated.



### Loweswater Care Programme

The final report for the Loweswater Care Programme has now been issued outlining full details of the work and monitoring undertaken to restore the lake. The report can be found on our website and a community meeting is planned this winter to update the local community on the project to date.

### Thanks to United Utilities Managers for lending a helping hand

WCRT have been running a number of team building days for United Utilities staff and so far they have helped out with electrofishing, making Christmas wreaths, clearing invasive species at Mirehouse and litter picking. After the litterpick the group was asked to make a picture or sculpture with what they had found and some very interesting art works were made indeed!





## Want to get involved?

Here are our upcoming volunteer events. Please get in touch if you would like to come along!

15th Nov 2017 - Wasdale Wednesday

25th Nov – 3rd Dec 2017 - National Tree Week (various events)

Wednesday 6th Dec 2017 - Advent window opening with carols sung by St Herberts School choir at our office on 32 Lake Road.

8th Dec 2017 - Tree planting

13th Dec 2017 - Wasdale Wednesday (Tree Planting)

21st Nov and 20th Dec - Water chemistry sampling

For more information please email [info@westcumbriarivertrust.org](mailto:info@westcumbriarivertrust.org) or visit our website.

## Babbling about Rivers

This winter we'll be 'Babbling about Rivers' in a series of talks and events funded by Cumbria Community Foundation. Our first event was a bat walk and talk with local expert Rich Flight. Seventeen people enjoyed a walk along the shore of Derwentwater, spotting Daubenton's and common pipistrelle bats. Over the next six months we'll be hosting talks on topics from fish to flood management and otters to water industries. Details are still to be confirmed, so keep an eye out on our social media and website for all the info!



### Common pipistrelle

Pipistrelles are the most common of British bats, weighing around 5 grams (same as a 20p piece). A single pipistrelle can eat 3,000 tiny insects in just one night!

### Daubenton's bat

Known as the 'water bat', Daubenton's bats fish insects from the water's surface with their large feet or tail.



## Catchment Mapping Portal

Ever wanted to know more about your local river, what issues it faces and what's happening nearby? We have developed a Catchment Mapping Portal, available through our website, to display all the information we have about our lakes and rivers. The interactive map shows the characteristics of the area, data on the conditions of our watercourses and the problems we are trying to address, from flooding, to poor habitats, pollution and invasive species to name but a few.

The map also shows the projects that are happening across West Cumbria and the project ideas being developed

not just by WCRT but from all our partner organisations including the Environment Agency, other environment charities, Untied Utilities and local councils. Using all this information we will be able to identify where we need to focus our efforts and coordinate work across our area.

You can submit project ideas to us through the portal, so let us know if there's something you'd like to see happening.

Find the mapping portal at <http://arcg.is/2gGDIO5> or on the Catchment Partnership page on our website.



# What is Forest School? By Rebecca Neal

I have the best job! Over the summer holidays I have been racing mini-rafts down the river, chatting with baby toads in the woods, and taking underwater photos with some lovely Copeland families. This was part of our Forest School programme funded by Copeland Community Fund.

Forest School is a way of working with people using nature, the outdoors, and practical activities to develop confidence, self-esteem and a sense of achievement. Sessions are often with young people and are particularly effective with people who have extra difficulties in their lives. All Forest School programmes follow these basic principles:

- They are a series of sessions with the same group of people

- They take part in a natural setting, often in a wood, to support connection with nature
- They are learner-centred, enabling choice
- They aim to develop participants' resilience, confidence, independence, team work, positivity, and creativity
- They allow supported risk-taking
- They are run by qualified practitioners

Thanks to our funders, during term time we are delivering sessions with a small group of children from Frizington Community Primary School and over the summer holidays we work with family groups. Below is a poem written by one family who took part in sessions at Low Gillerthwaite Field Centre this summer.



A space to play, an exciting day,  
Breathing fresh air, learning to care.

Looking after ourselves, our surroundings and others,  
Working together, friends, sisters and brothers.

Climbing trees, bumping knees, someone always looking out for me.

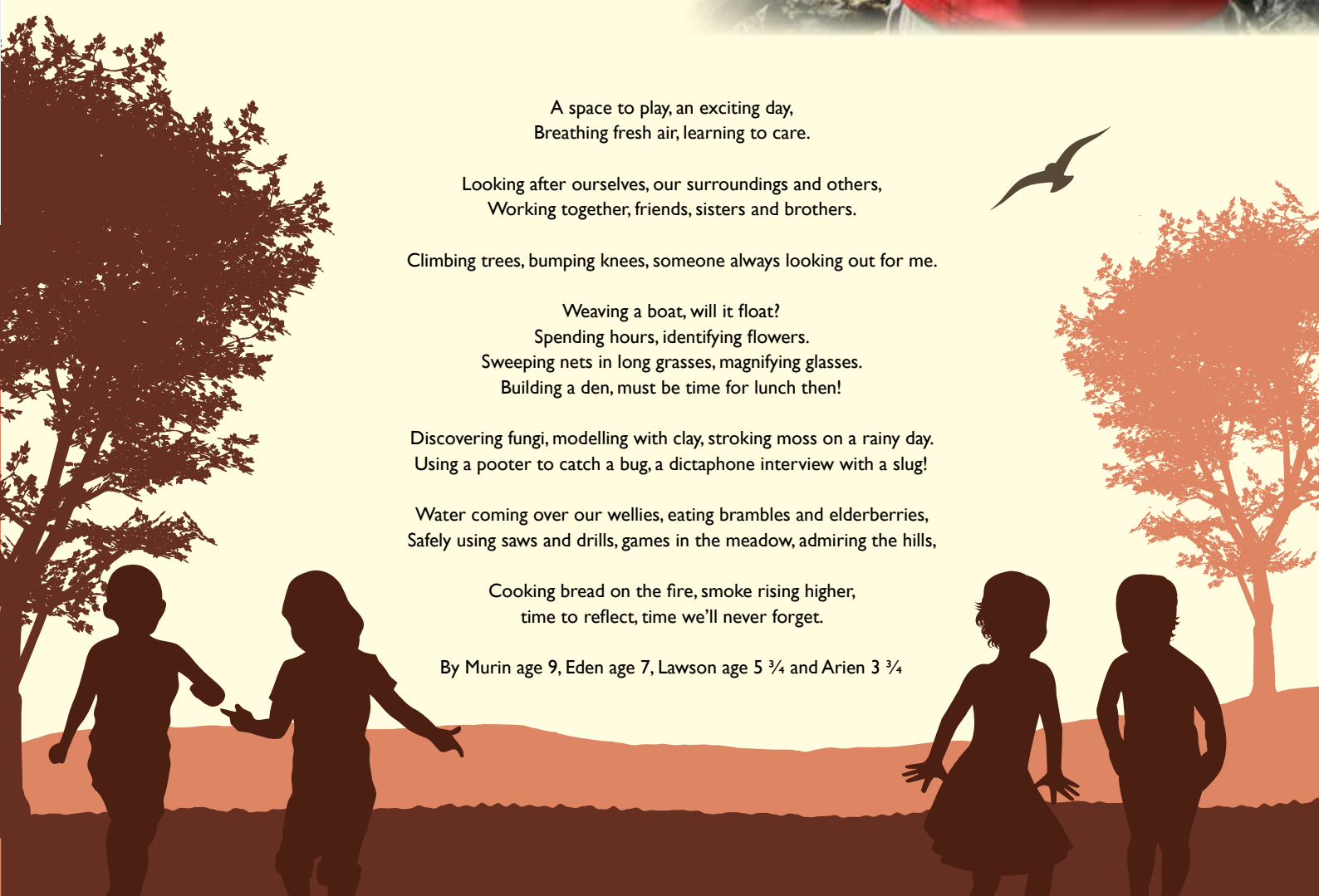
Weaving a boat, will it float?  
Spending hours, identifying flowers.  
Sweeping nets in long grasses, magnifying glasses.  
Building a den, must be time for lunch then!

Discovering fungi, modelling with clay, stroking moss on a rainy day.  
Using a pooter to catch a bug, a dictaphone interview with a slug!

Water coming over our wellies, eating brambles and elderberries,  
Safely using saws and drills, games in the meadow, admiring the hills,

Cooking bread on the fire, smoke rising higher,  
time to reflect, time we'll never forget.

By Murin age 9, Eden age 7, Lawson age 5 ¾ and Arien 3 ¾



# Patten Beck Community Project

We have been working with Hayton Castle Fields and the local community to clean up the woods and beck in Hayton to create a haven for people and wildlife and reduce flooding downstream.

The project was kindly funded by the Greggs Foundation and supported by many others. We started by combining it into an existing weekly permaculture project attended by Mayfield School and Lakes College students along with many other volunteers. The woods in Hayton have been used as a dumping ground for years and the trees were very overgrown, so we have been removing fly-tipping and invasive plants from Patten Beck and preventing any further rubbish from being thrown over the wall and thinning the overgrown trees to safely benefit water and land habitats. We have also been caring for the new trees which were planted a year ago and creating

leaky dams in the wet woodland areas where flood waters can be safely stored to reduce flooding in downstream Allonby. In total we have had over 200 volunteers involved, including 60 local beaver scouts, school groups and international Workaway Volunteers.

In September we also held a big community day to celebrate all the work being done in the area. Over 400 people attended and enjoyed a day of activities including: river beastie dipping, making art from litter, craft workshops, woodcarving, a clothes swap shop, live music and of course lots of refreshments! Allerdale Borough Council



brought along a rubbish truck so locals could dispose of large waste items and learn about waste disposal options in the area. Tours of the woods and leaky dams proved a great hit and yellow fish stickers were put on freshwater drains in the village by LoveMyBeach to remind people that only rainwater should go down the drain. We also made a short film which you can see on our website.



## What is it?

Whilst out and about this summer we have seen some really cool creepy crawlies and thought we would include a few in this month's 'what is it?' Just goes to show what you can see when you keep your eyes peeled.

wood and therefore are rarely seen in their juvenile form, but as adults they become pollen feeders and are more often found on a variety of flowers, especially umbellifers.

3. Last up is a diving beetle larvae:

*Dytiscus marginalis*

Now this one caused some debate especially on our social media pages.

Quite a few staff members thought it was a dragonfly larvae, but a member of the public kindly pointed out they thought it looked more like a diving beetle larvae and on closer inspection we are inclined to agree. These creatures are vicious and are known to eat insects, snails, tadpoles, fish and each other! The adult beetles are just as vicious and their diet consists of anything it can subdue.



1. First up is a four-banded longhorn beetle: *Leptura quadrifasciata*  
This longhorn beetle was found whilst building bird boxes in Ennerdale, they are known to have an affinity to birch trees and will often be found on flowers near birch trees. They live their larval stage in dead



2. Second is a pebble prominent caterpillar: *Notodonta ziczac*  
This caterpillar was found whilst electrofishing on Black Beck near Beckermeth. When

they feed they stick the tail segment up in the air, just like this one is. It frequents a range of habitats, but has a preference for damper locations. The caterpillars feed on sallow, willow, aspen and poplar trees. This caterpillar turns into a beautiful furry moth – look it up!



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