



Become a Member

How you can help

Blue belt kids activity

How you can help



You can help the marine

environment:

Say no to single use plastics. Over 80% of ocean debris is manmade plastics and have detrimental effects on marine wildlife leading to strangulation, starvation, intestinal blockage and injury. Reuse shopping bags; switch from plastic bottles to a reusable drinking bottle; put your lunch in reusable containers. And always recycle.

Check for Microplastics. Microplastics is a broad term used to describe any plastic by-product with a diameter <5mm; this could be through specifically designed materials and products, or through erosion of larger plastic items already in the oceans. Take the time to go through your products and check for the presence of Polyethylene and Polypropylene microplastics. Things such as body scrubs, cleaning products and abrasives all contain micro plastics.

Instead:

Use environmentally friendly detergents. Some washing detergents contain phosphates which can be damaging to marine animals and lead to poor water quality. When you're shopping, check the labels on your products and whilst you're doing the washing, wash at a lower temperature.

Reduce, reuse and recycle as much as possible. You can always do your part for the environment, and recycling is a big one. If you can reduce your waste, you can reduce the amount of plastics that end up in our seas. Dispose of rubbish carefully including taking old engine oil to a recycling centre.

Buy seasonal and locally caught fish. In the UK, our food travels 20 billion miles per year which has a thoroughly negative effect on our environment, with each mile equalling relatively huge quantities of carbon dioxide being released from ships, lorries and planes. Buying locally caught fish not only means a fresher product, but dramatically reduces the carbon footprint of the food and buying seasonal fish funds sustainable fishing practices that lead to the conservation of species. Avoid deep water fish such as orange roughy.

Don't buy ornaments or jewellery made from marine creatures. Never buy any souvenirs that have dried sea creatures (starfish, seahorses, coral, sponges or shells) stuck on them: often these are endangered species. Over 100 million (100,000,000) wild seahorses are removed from the oceans each year for sale, medicine and ornaments. Report any sales of dried sea creatures to illegaltrade@theseahorsetrust.org.

Take care of our beaches. In the last 15 years the amount of litter on our beaches has almost doubled. It is up to us to ensure that we prevent any more damage to our natural habitats. Whilst on holiday, you can do your part by taking any litter home or disposing of it carefully in provided bins.

Share our vision. Tell your friends, family and colleagues about Living Seas, and ask them to help us too.

Leave a legacy! Please contact us to discuss how you can support vital conservation projects around the UK.

Volunteer. Contact your local Wildlife Trust to find out how you can get involved in Living Seas.

Join your Wildlife Trust. Become a member of your Wildlife Trust and support conservation in your local area.

Become a Friend of a Marine Conservation Zone near you!

Thank you for your support!

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