

Blue/Green mental health environmental ideas

There are numerous opportunities for anglers to get involved in volunteering. Here are some of the ways you can take part in activities which will also help to improve the environment.

Get involved in practical management.

Invasive non-native species

Invasive non-native species are animals, plants or diseases that have been introduced outside of their native range, either intentionally or unintentionally by humans, and are having major negative impacts on the environment, the economy and/or human health in their introduced location. Examples of these include Floating Pennywort, Signal crayfish and Chinese mitten crab which have established in waterways in the UK and are having devastating impacts on fish populations and other wildlife.

Throughout the country there are a number of local action groups (LAGs) that actively get involved in managing invasive species, through organising Himalayan balsam 'bashing' days, to removing thick mats of Floating Pennywort. This could be something that you could later organise with your local club, but first we would suggest attending one of these groups to see best practice in managing a species and also ensuring best practice to ensure that the invasive species is not accidentally spread elsewhere.

A list of action groups are available at <http://www.nonnativespecies.org/index.cfm?pageid=382> so if you interested in a hands on day, where you can meet new people in your local area and help to restore our waterways then have a look for your local group.

Habitat improvement/ conservation days

As well as invasive species management, there are plenty of other ways you can get involved in hands on work to help to protect and conserve local wildlife. Keep an eye out on environmental organisation pages such as the [Wildlife Trust](#), [Canal and River Trust](#) and [Marine Conservation Society](#).

Litter picking

Litter picking is a great way of getting outside, meet new people and a form of exercise. As well as this, by removing litter from the bankside, beach or waterway you are helping to protect wildlife from harm. We have had numerous stories from angling clubs over the last few months who have taken part in litter picks and how positive the response has been from those that have taken part as well as the general public. By taking part in a litter pick you are showing pride for your area, and will encourage others to take part too.

There are different ways you take part and be part of our Anglers Against Litter campaign. You can:

- 1) [Organise a litter pick](#) at your local water
- 2) [Pledge to Take 5](#) and pick up litter when you are out on a walk, or after you have been fishing

Species surveys

Another great way to get involved in environmental work is through species surveys. There are loads of options available out there depending on your interests. For example, you could get involved in:

- The Angler's Riverfly Monitoring Initiative (ARMI) which is a national scheme where volunteers survey their local river bed every month and record the presence and absence of pollution-sensitive invertebrate groups
- Keep an eye out [for particular species](#), such as water voles or hedgehogs.
- Report invasive non-native species. There are free ID resources available on [the Angling Trust invasive species page](#), as well as the [GB NNSS website](#). If you are out for a walk and come across a species then take a photograph and report it through [iRecord](#) which is available online or as a mobile app. This will help to get a better idea of the distribution of species within the catchment, and inform action for priority invasive species.