



★★★  
LITTER PICKING  
MINDFULLNESS  
★★★



# Litter Picking Toolkit

Your easy step-by-step guide to running a litter pick

#CleanupUK

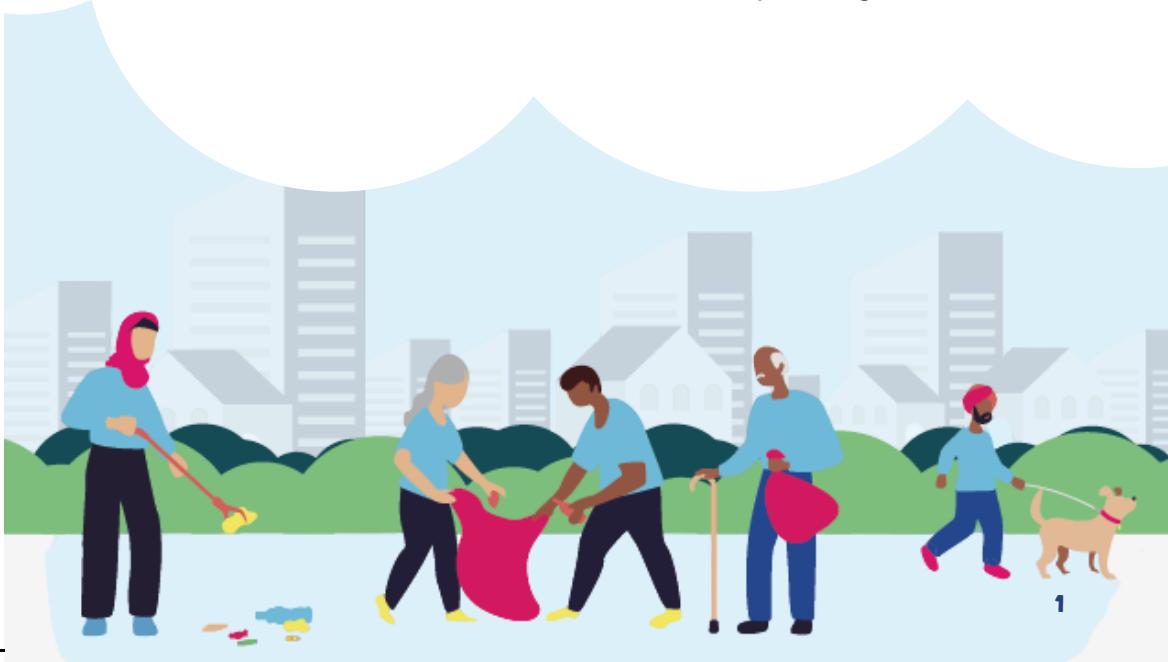


# Hey, we're CleanupUK!

We've been helping communities get together and clean up since 2007. Litter picking is a great way to keep your neighbourhood clean, safe and better connected – which is why we love encouraging more people to do it.

We help people come together to start their own cleanup groups and help organisations set up Community Cleanup Hubs, where local people can borrow litter picking equipment easily and get help to form their own cleanup groups.

Find out more about us at [www.cleanupuk.org.uk](http://www.cleanupuk.org.uk)





# Let's get litter picking!

Organising a group litter pick is as easy as **one, two, three**. If you're a Cleanup Hub or group this toolkit will help you get your first litter pick up and running.

**Before: Planning your event**

**Promoting: Spreading the word**

**On the day: Running the litter pick**

# Why Litter Pick?

Litter is a problem for our communities and our environment.

Every year, the UK estimates 2.25 million pieces of litter are dropped daily! That's enough to fill over 50 double-decker buses every single day.

This waste isn't just unsightly, it harms wildlife, pollutes our waterways and damages local pride.

**When we litter pick, we're not just tidying up – we're protecting the world around us.**



Every year, millions of animals in the UK are injured or killed because of discarded litter. Birds, hedgehogs and even marine creatures mistake plastics for food or become tangled in it.

Each piece of rubbish removed is one less threat to them.





Then there's our waterways. Around 80% of the plastic found in our oceans starts its journey on land.

If we stop it before it reaches drains, rivers, and eventually the sea, we're tackling plastic pollution right at its source.

## DID YOU KNOW?

25.2 billion pieces of litter are picked up each year!

That's a powerful reminder that small daily actions can create an enormous impact.



## Together We Can Make a Difference

Litter picking is more than tidying up – it's protecting wildlife, reducing pollution and making our communities safer, healthier and more beautiful.

# Before: Planning your event and getting everything in place.

Here are a few key steps:



Think of where you'd like to do your litter pick and follow these steps:

- Contact the landowner or local council to arrange a rubbish collection
- Remember to coordinate the litter pick with them in advance
- Consider when you'd like to litter pick and for how long
- Make sure that you've got all the right equipment
- Check for any risks and think about how best to mitigate them



# Planning the perfect litter pick.

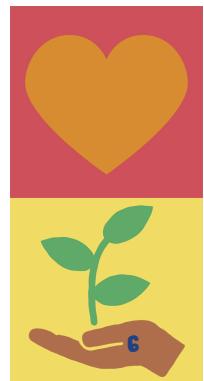
Most litter picks take 1-2 hours

It's a good idea not to make your litter picks too long and to hold them as regularly as possible. You can pick up a **huge** amount of litter in a short period of time, so don't feel like you need to be out for hours.



Weekends attract more support, particularly from families and working people

Long summer evenings are another good option for larger groups.





## USEFUL EQUIPMENT

Litter picking sticks

High-vis vests

First aid kit

Anti-bacterial gel

Gloves



**Please speak to your council about supplying:**

- Rubbish bags
- Sharps boxes

**You may also wish to bring:**

- Bag hoops
- Pens and paper (to write down people's contact details)

If you're near a Cleanup Hub you could borrow equipment from them or take a look at the resources section of our website for more information about where to source equipment.





SOMETIMES LOCAL  
SUPERMARKETS ARE HAPPY TO  
CLEANUPS BY PROVIDING  
REFRESHMENTS – IT IS ALWAYS  
WORTH ASKING!



POST-CLEANUP SOCIALS ARE  
A GREAT WAY TO DISCUSS HOW  
THE CLEANUP WENT AND  
MORE IMPORTANTLY, TO MAKE  
NEW FRIENDS.



# Boring but important stuff...

Let's be honest, no one likes paperwork, but we'll guide you through it.

Safety matters. It's essential to make sure that all litter pickers are kept safe and it's a good idea to think about safety in advance of your first session.

You should think about risks that might occur (sharp objects, slippery ground etc.) and how you can avoid or manage them.

**Make a note of the potential risks and let people know about them before starting.**



It's a good idea to do a Safety Matters Assessment using our template – scan the QR code or find a printout in your hub pack.

Scan Me  
→



[www.cleanupuk.org.uk/resources](http://www.cleanupuk.org.uk/resources)



# Insurance

You might also like to think about insurance (*independent cleanup groups aren't covered by CleanupUK's insurance*) - or your group may already have this.

If you are considering taking out insurance, there is some helpful information on our website. *Scan the QR code to find out more.*



Scan Me



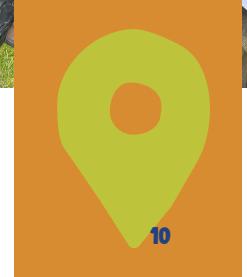
CAN WE  
PICK IT?  
YES  
WE CAN



**You can find lots of useful resources on our website.**

**visit:**

**[www.cleanupuk.org.uk/resources/insurance](http://www.cleanupuk.org.uk/resources/insurance)**



# Safeguarding children and vulnerable adults

Safeguarding is everyone's responsibility - including those leading volunteers.



It's vital to protect children and vulnerable adults (anyone 18+ who may be unable to protect themselves from abuse, neglect or exploitation due to age, illness or disability).

Always get a parent or guardian's permission before a child or vulnerable person joins an activity and before taking photos.



## You should always aim to create a safe, respectful environment.

- Treat everyone with dignity, kindness, and respect
- Be aware of the signs of abuse or neglect (visit [www.scie.org.uk](http://www.scie.org.uk) to learn about these signs)
- Respect people's autonomy while recognising when safeguarding action may be needed
- Maintain boundaries and avoid overly personal relationships
- Understand that safeguarding concerns must be reported even if asked not to
- Know who your local Safeguarding Lead is and how to raise concerns

You can find more practical volunteer-specific advice from NCVO here:

**NCVO guidance: Safeguarding and Volunteers**

You can also find CleanupUK's safeguarding policy **by scanning the QR code.**



[www.cleanupuk.org.uk/policies](http://www.cleanupuk.org.uk/policies)



# Promoting: Spreading the word

**THE MORE  
PEOPLE KNOW,  
THE MORE  
★WILL JOIN★  
YOUR LITTER  
PICK!**



**Promoting your litter picks  
is a great way to get more  
people involved.**

Your community will already have networks that you can tap into to promote your litter pick.

Speak to people who live in the area or try joining 'friends of' groups to encourage people to come along.

You could also invite your local Ward Councillor to join in. You can find them here: [www.gov.uk/find-your-local-councillors](http://www.gov.uk/find-your-local-councillors)



# Posters and Flyers

It's a good idea to put these up where people will see them in local spots such as libraries, community noticeboards, in local businesses, on supermarket notice boards and in local parks and cafés.



# Social Media

One of the easiest ways to spread the word about your litter pick is on Facebook – either by creating an event or posting in a local community group.

Many litter picking groups also run Facebook or Instagram pages to promote their activities and attract new volunteers.



# On the day: Running your litter pick

Here's a handy to-do list to prepare for your litter pick:

## Before the session

- **Prep early:** Arrive ahead to set up equipment
- **Find facilities:** Locate nearby toilets for convenience
- **Count in:** Have attendees sign in, pens are a must!
- **Safety first:** Brief everyone on precautions and potential risks
- **Time & hygiene:** Communicate end time and toilet / handwashing facility locations
- **Snap consent:** Confirm photo willingness from everyone. In the case of children make sure you obtain their parent's permission before photographing them and make it clear the photos will be shared publicly
- **Refreshments after the cleanup:** Consider post-event refreshments, like a well-deserved tea and cake session!



Tag us on  
social media

f @CleanupUK  
o @Cleanup\_UK  
in @cleanupuk

## After the session

- **Showcase your success!** Snap some before-and-after pics or group shots with collected litter, to share your success on local social media
- **Keep count:** Tracking progress boosts motivation!
- **Record your litter pick on the CleanupUK website:** Log the litter you collected on your local hub profile, to earn badges and to track your achievements!
- **Clean hands - clean mission:** Prioritise hygiene – sanitise after litter picking
- **Treat time!** Enjoy tea, cake, and chats for a rewarding break
- **Stay connected:** Gather contacts for future coordination
- **Share your story:** Tag CleanupUK to highlight your litter picking events
- **Report the collected waste:** Contact your local authority to arrange the collection of the bags



Create a group on  
our website to  
get your star on  
the map!

## Using our website

Our website is designed to unite litter pickers and waste warriors across the UK.

If you create a litter picking group or Community Cleanup Hub in your area, you can create a profile on our website and get your star on the map!





# Maintaining the momentum \*

Communities that litter pick regularly, notice the most positive change. So here are some ideas for keeping the momentum going...

**Spread the word:** Inform others about your cleanup efforts.

**Stay in touch:** Collect people's contact details, use a sign-in/contact sheet if needed (you can find a printout enclosed) and inform them about upcoming events.



**Plan:** Create posters with upcoming dates – we have lots of useful templates and examples available online. Find them at [www.cleanupuk.org.uk/resources](http://www.cleanupuk.org.uk/resources)



**Set dates early:** Announce your next litter pick at your current event so that everyone can save the date in their diaries and help spread the word.



**Post-pick engagement:**  
Reach out to litter pickers post-event, gather feedback and encourage people to help organise future picks.

**Expand your group:**  
Attract new members by promoting online and in community organisations such as cafes, libraries, community centres and parks.



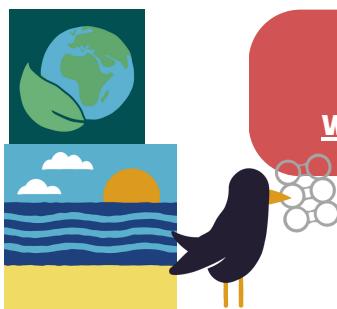
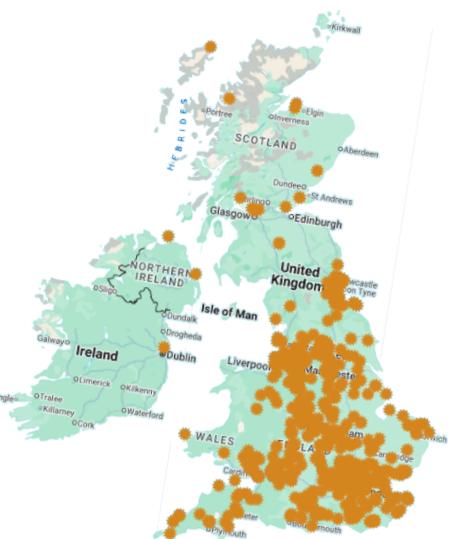
# Join our network of litter picking groups

If you're not connected to a Cleanup Hub, get your group on the CleanupUK website map and help other people find you.

## You can log your achievements!

Every time you and your group collect litter, remember to record it on our website.

Logging your efforts is quick and simple, and it makes your hard work visible.



Create a group online by visiting  
[www.cleanupuk.org.uk/get-involved/groups](http://www.cleanupuk.org.uk/get-involved/groups)

## Earn Badges and Certificates

- Collect digital badges to celebrate your milestones
- Download certificates for your group's achievements
- See your live total of bags collected climb higher and higher

## Support your local Cleanup Hubs

If you've borrowed litter picking equipment from a Cleanup Hub, logging your collection is especially important.

Each entry log helps us show the value of hubs and makes it possible to create more of them across the country – so even more groups can join in!

## Track your impact

Log your litter collection by visiting [www.cleanupuk.org.uk/log](http://www.cleanupuk.org.uk/log) enter the postcode of your area, select the Cleanup Hub you borrowed kit from and record your litter pick.



## Log litter pick

Which hub are you logging litter for?

Postcode

A light blue rectangular input field with a placeholder text 'Enter Town/Postcode'. To the right of the input field is a small grey square icon with a white question mark.A dark blue rectangular button with the text 'Find hub' in white. To its right is a white arrow pointing to the right. Below the button is a pink speech bubble containing the number '25' in white.

# Notes



# #CleanupHub #CleanupUK



LITTER PICKING IS GREAT  
FOR LOCAL COMMUNITIES  
AND THE ENVIRONMENT,  
IT'S ALSO A FANTASTIC WAY  
TO MAKE NEW FRIENDS.

