



Summer Pick-me-up

Summer Activity Guide



**LOVE YOUR
LOCAL
AREA**

Love your local area

Our environment needs looking after and this summer, we're dedicated to making a difference through our 'Summer Pick-me-up' campaign.

Our Pick-me-up activities are designed to deepen your connection with the environment. Whether it's picking up litter, planting seeds, recycling or upcycling, there's something for everyone to get involved in.

Why does our environment need help?

No matter where we live, whether in a city or in the countryside, nature has always been there for us. Most of us find comfort in sitting in a park, noticing a bumblebee, or spotting our favourite flowers.

However, Plastic pollution, climate change, habitat loss are all taking their toll on our planet. Litter in particular, remains a persistent problem with over 2 million pieces dropped every day in the UK alone.

Why not unite with your community and feel better connected to the environment this Summer, by taking part in some fun activities?!



One incredibly simple yet impactful activity you can do is litter picking. Not only does litter picking bring your community together, it also:

- Prevents animals and people from getting injured by broken plastics, metals and glass
- Helps prevent the breakdown of microplastics and harmful chemicals in our soil and waterways.
- Deters animals from venturing into urban areas and busy streets in search of food.
- Helps encourage a safer environment and can deter anti-social behaviour

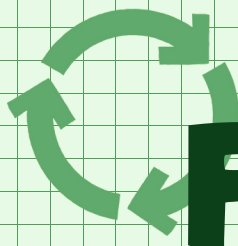
You have the power to make a difference this Summer!

Make litter picking one of your Pick-me-up activities this summer.

Click here to find your nearest hub

www.cleanupuk.org.uk





Fact File

Why the Environment Needs Our Help & the Importance of Community Unity

The Growing Litter Problem

Statistics: In the UK, an estimated 2.25 million pieces of litter are dropped every day. This not only spoils our communities and surrounding areas but also poses serious health risks to wildlife and people, especially children.

Impact on Wildlife: Animals often mistake litter for food, leading to ingestion of harmful materials.

Impact on Community: A littered community is often deemed unsafe or neglected and can lead to unsocial behaviour.

Pollution and Its Effects

Land Pollution: Littering contributes significantly to land pollution, contaminating soil and affecting plant growth. Chemicals from waste can leach into the ground, impacting the local ecosystem.

Water Pollution: Rivers, lakes, and oceans are not safe from litter. Plastics and other waste materials pollute our water, threatening aquatic life and disrupting marine ecosystems.

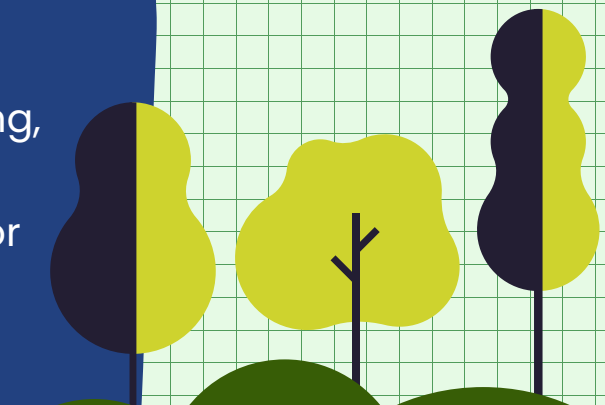
Air Pollution: Improper disposal of waste, especially burning, releases toxic fumes into the air, contributing to global warming.



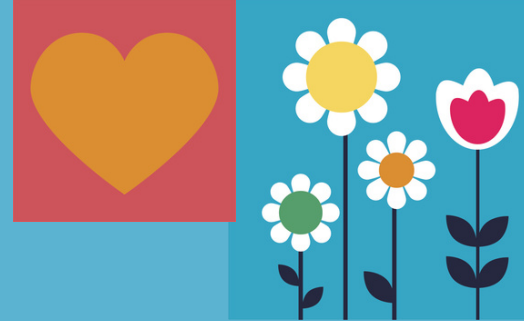
Health and Well-being

Clean public spaces inspire community pride and encourage community gatherings, whereas littered areas deter people from spending time outdoors.

A littered environment is visually unappealing, causing stress and anxiety, making people feel uncomfortable and unsettled. Littered parks and public spaces discourage outdoor activities and decrease social interaction.



Community Unity



There's Strength in Numbers

On the next page, you will find numerous links to activity sheets that can help you strengthen your connection with your local environment. Of course, you can do them by yourself, but we find doing them with friends is much more fun!

When communities unite, the impact is profound. Collaborative efforts in activities like litter picking and community gardening can create stronger relationships between people, making their areas nicer places to live. Cleaning up your shared communal outdoor space fosters a sense of responsibility and pride in them.

So, if you decide to take part in our Summer Pick-me-ups, why not try to get your family and neighbours involved too?



Activity Guides



If you want to take part in our Summer Pick-me-up, you can find some activity sheets and guides to inspire you below:

Click on an activity to download!



Plant Wildflowers



Upcycling Crafts



Litter Pick



Nature Inspired Recipes



Community Food Gardens



Make Seedballs

#summerpickmeup

**THERE'S NO
PLANET B**



Activity Guides

Click on an activity to download!



**Reduce, Reuse,
Recycle**



**Colouring &
Learning sheets**



Nature Photography



**Connect with local
wildlife**



Natural dyes



Community Walk



Nature Art



DIY bird feeders



Compost

Lets be planet protectors together!

What will your summer calendar look like this year?

Let us know what Summer Pick-me-ups you will be taking part in by emailing us at:

Info@cleanupuk.org.uk

or by using the hashtag

#summerpickmeup

