

**RIVERS AND CANALS:**

# A RESCUER'S GUIDE



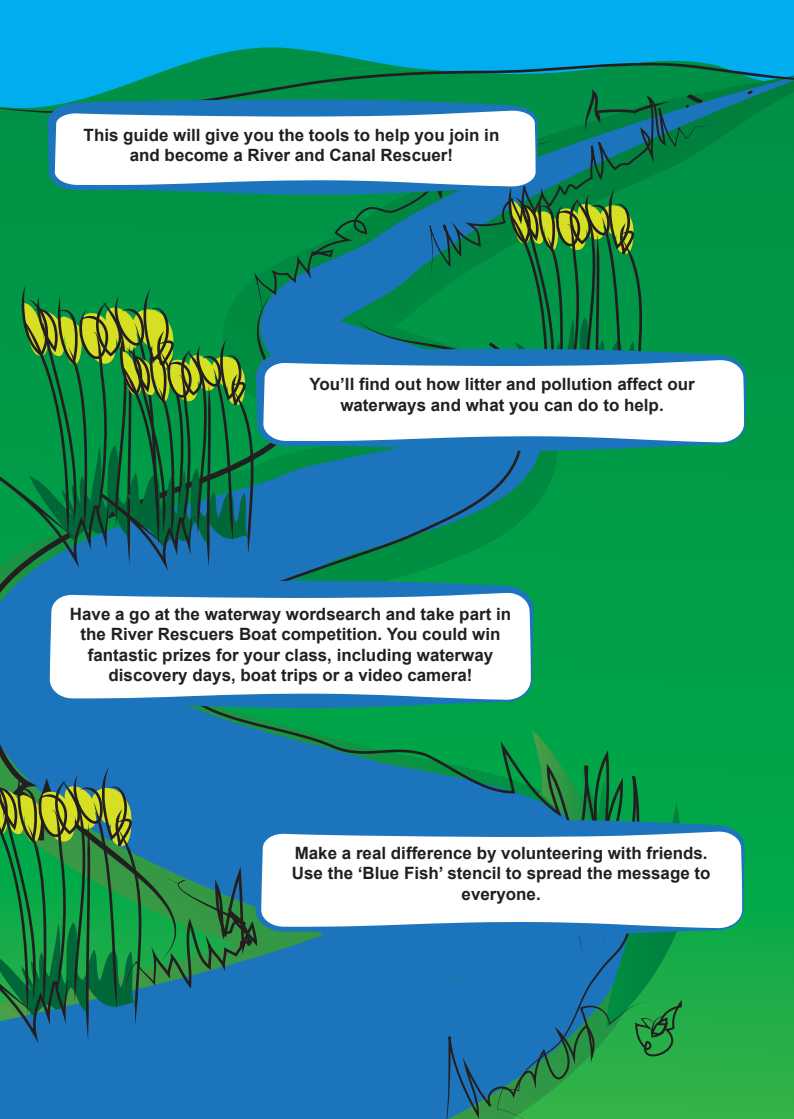
## **Competition!**

**Win a tour of the Olympic  
Park or a Waterway  
Discovery Day!**



**THAMES21**

Charity number 1103997

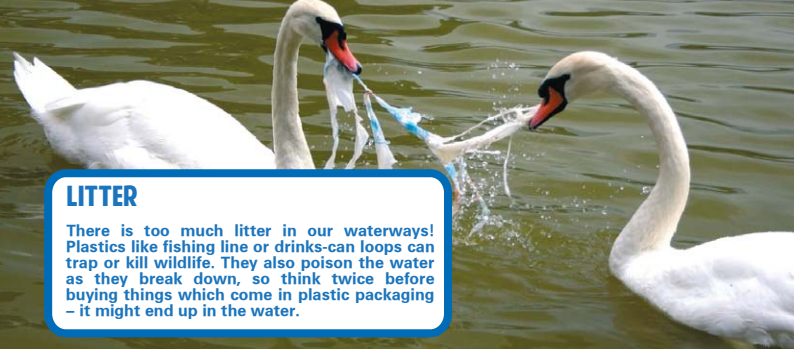


**This guide will give you the tools to help you join in and become a River and Canal Rescuer!**

**You'll find out how litter and pollution affect our waterways and what you can do to help.**

**Have a go at the waterway wordsearch and take part in the River Rescuers Boat competition. You could win fantastic prizes for your class, including waterway discovery days, boat trips or a video camera!**

**Make a real difference by volunteering with friends. Use the 'Blue Fish' stencil to spread the message to everyone.**



## LITTER

There is too much litter in our waterways! Plastics like fishing line or drinks-can loops can trap or kill wildlife. They also poison the water as they break down, so think twice before buying things which come in plastic packaging – it might end up in the water.



## PAINTS

When people pour paint down the drain it can end up trickling into rivers and poisoning animals and plants. Ask your family and friends to take unwanted paints to a waste and recycling centre where it can be treated properly.



## INVASIVE WEEDS

Weeds love pollution in our waterways and too many weeds means not enough natural plants to keep a healthy balance. Getting rid of weeds at clean-up events will help plants that are meant to be here grow more easily, which is better for the wildlife that need them to survive.



## DETERGENTS

When you wash the car or do the washing up did you know that the detergents you use can end up in our waterways? This can cause algal blooms, which are large amounts of tiny algae which give off toxins. These can kill fish and other water-life. Try to use environmentally friendly household products and wash the car at petrol station – where they have tanks to stop the waste water getting into the waterways.



## SEWAGE MISCONNECTIONS

In some parts of London the pipes from bathrooms and kitchens don't run to the sewers, but join up with the rainwater drainpipe instead. This means that all the dirty water ends up in a local river. This pollution can kill fish and make the river stink. It's a complicated problem but there are some checks you can do to see if the pipes from your home are connected properly.



## OILS

Like paint, oils from cars and cooking are poisonous to river and canal wildlife even in small amounts. Find out where your local oil bank is at [www.oilbankline.org.uk](http://www.oilbankline.org.uk) so that you can take leftover oil there in the future.

# What You Can Do!

## VOLUNTEER WITH THAMES21



Have you ever volunteered before?

Thames21 have got loads of great events all year round. We want you to come and make a difference with your friends. You could help us collect litter from along the towpath, or even collect floating litter by using a canoe. You could help us do a spot of waterway weeding too. Check out the Big Waterways Clean Up Website to find out about events near you.

[WWW.THAMES21.ORG.UK/PROJECT/BWCU2012](http://WWW.THAMES21.ORG.UK/PROJECT/BWCU2012)

## THE BLUE FISH STENCIL

Another fun way to tackle the problem of river pollution is our Blue Fish stencil. Many of the drains in London lead to rivers and canals. If paints or oils are poured down these drains, the effects can be devastating for wildlife. By using the Blue Fish stencil (placed beside your nearest drain) you will not only bring the issue of river pollution to the attention of others, but you will also leave an excellent reminder that only rainwater should go down the drain.

To download the Blue Fish stencil and guidelines please visit:

[WWW.THAMES21.ORG.UK/BLUEFISH](http://WWW.THAMES21.ORG.UK/BLUEFISH)





## PLEDGE TO LOVE THE LEA

Pledge to Love the Lea. The Lea is East London's biggest river. Unfortunately it is also one of the most polluted rivers in Britain because of the sewage, chemicals and run-off from roads and oil that flow into it. Thames21's Love the Lea campaign wants to make the Lea healthy again. Pledge your support by visiting:

[WWW.THAMES21.ORG.UK/PROJECT/LOVE-THE-LEA/](http://WWW.THAMES21.ORG.UK/PROJECT/LOVE-THE-LEA/)

 [.COM/LOVETHELEA](https://www.facebook.com/LOVETHELEA)



## RESPECT WATERWAY WILDLIFE

London's waterways are bursting with wildlife. Did you know that as well as ducks, coots and moorhens, you might also spot cormorants, herons and kingfishers along your nearby river or canal? To fill them with energy and keep them warm during winter you can feed these birds nuts, seeds and dry fruit. But remember, do not feed the birds bread! This is bad for birds, as is salty food and bacon fat, which can damage their natural waterproof feathers! And remember, once you have fed the birds, take away any rubbish with you.

## CALL THE ENVIRONMENT AGENCY

Distressed or dead fish are often a sign that the river or canal is being affected by pollution. Look out for anything unusual and if you think you can see signs of an environment incident report it immediately to the Environment Agency by calling **0800 80 70 60** (24 hour service). Ask for a reference number and to be called back.

# THE RIVER AND CANAL RESCUER'S WORD SEARCH

D G A O N N R F Q D Z O L A X  
T R I D O H E F R E C J F G E  
D L A R J S T D L T W E E D S  
B P E L Y Y T C T E E X G L K  
M H A A L A I O K R L L B M C  
T H S I J A L O Z G F F H O G  
O X I P N C M T G E H A R U B  
L C X X O T T S W N V M P O I  
R S R D K L K A X T O Q H W X  
E F W A B G L R W R V H Y N W  
N E H R O O M U A K D F C C D  
G B D P L Z C N T X M I X D U  
K W Q L M T T E P I T A G V Z  
U V Z E J T G M S L O G I O P  
K I N G F I S H E R U N D I H

COOT

CORMORANT

DETERGENT

HERON

KINGFISHER

LITTER

MALLARD

MOORHEN

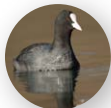
OIL

PAINT

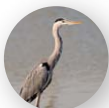
POLLUTION

WEEDS

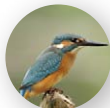
**ON YOUR NEXT VISIT TO A RIVER OR CANAL, SEE IF YOU CAN SPOT THESE BIRDS!**



Coot



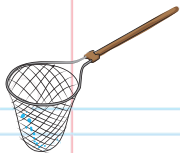
Heron



Kingfisher



Mallard



**BIG** *waterways*  
**CLEAN UP**  
2012



# Competition

As part of Thames21's Big Waterways Clean Up we would like you design us a fantastic futuristic boat which is specially designed to tackle the problem of litter and pollution on London's waterways!

The most inspiring designs will win one of these amazing prizes:

- A tour of the Olympic Park
- A narrowboat trip along the canal or a waterway discovery day
- Five handheld video cameras are also up for grabs to record all the action



So fire up your imagination!

Stuck for ideas? Have a think about what people already do to clean up their waterways. You could also look at:

**[WWW.THAMES21.ORG.UK](http://WWW.THAMES21.ORG.UK)**

## The rules



- One entry per person.
- Designs may be created in any two-dimensional medium: crayons, coloured pens, pencil, collage etc.
- Entries should be made on A4 paper along with your full name, teacher's name and school.

Please mark your entry 'River Rescuer's Boat Competition' and post to:

**Ben Fenton,  
Thames21, Bow Lock Office,  
Gillender Street,  
Bromley by Bow,  
E3 3JY**



**.com/Thames21**



**@Thames21**

The Big Waterways Clean Up is made possible through a unique partnership between: London Waterways Commission, Thames21, Environment Agency, London 2012 Changing Places, Greater London Authority, British Waterways, Olympic Park Legacy Company, Port of London Authority, London Councils, City of London Corporation, and the Inland Waterways Association.