

Ten things that every Londoner can do today with Thames21

- 1** Get down to the Thames foreshore when you can: it'll change your life.
- 2** Dispose of or reuse plastic – including bags. The rubbish you throw on the streets ends up in the Thames and once it's wet it can't get out on its own.
- 3** Avoid products which come in lots of plastic packaging – opt for brands which use recyclable materials.
- 4** Invest in a lovely reusable coffee cup or a glass reusable water bottle – coffee cups and plastic bottles are among the worst pollution offenders.
- 5** Bin wet wipes and cotton bud sticks, which are entering the Thames in their thousands. Better still, avoid them altogether and use plastic-free alternatives.
- 6** Check out the Thames21 calendar <http://www.thames21.org.uk/events/> and attend one of its Clean Up or restoration events.
- 7** Get involved in our Thames River Watch citizen science research programme – you only need to spare a couple of hours a month and it's a great excuse to get down to the Thames.
- 8** Find your local river! The Thames has many tributaries – find out which one is near you and how it connects to the Thames. Is it in good shape? They all feed rubbish into the Thames.
- 9** Nag your council for more green wetland spaces in your area – these are known as Rainscapes, and help trap pollution from roads and drains.
- 10** Check out these three other great campaigns: #OneLess, Cleaner Thames and Sky's Ocean Rescue campaign.

