



The Eden Rivers Trust  
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Newton Rigg College  
Penrith, Cumbria CA11  
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Tel: 01768 866788

## NEWS RELEASE

20 June 2013

### Have a great day out on your local river!

There are lots of ways to enjoy your local river for free – while also helping river wildlife to thrive. Eden Rivers Trust is offering a variety of volunteer opportunities over the summer for anyone interested in having a great day out on the river.

Examples of the activities on offer include surveying fish and crayfish populations in the tributaries of the River Eden. Helping with surveys does not require any special skills or experience and all necessary training is provided. It just requires a willingness to spend all day outside and a general level of fitness. It involves wading in shallow waters, with waders provided by the Trust if you don't have your own!

Surveys of native wildlife show how these animals are faring and give an indication of the health of the river. They also identify where work is needed to improve the condition of the river for its wildlife.

Removing invasive plants such as Himalayan balsam from around lakes and rivers is another of the voluntary tasks on offer. This takes place at different locations in the Eden Valley including around Ullswater and in Carlisle. Again no specialist knowledge is required and great satisfaction can be gained from knowing you have cleared a nuisance from the countryside.

David Greaves, Cumbria University student, said, "Volunteering with Eden Rivers Trust is great! You go to beautiful places on the river and see wildlife close up. You meet some really interesting people and feel like you are doing something worthwhile for the environment. I love it!"

To get involved you can contact the Trust office at Newton Rigg College, Penrith on tel. no. 01768 866788 or via email [office@edenrt.org](mailto:office@edenrt.org). For more details of the Trust's volunteering opportunities visit <http://trust.edenriverstrust.org.uk/events.html>

### ENDS

Getting our feet wet; researching, conserving and educating

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*Volunteers David Greaves and Ian Kane with Joanne Backshall, Conservation Officer at Eden Rivers Trust, surveying for crayfish on the River Leith near Penrith*



*Volunteers on a Crayfish Survey Training Day on the River Lowther with Joanne Backshall, Conservation Officer at Eden Rivers Trust*

**Getting our feet wet; researching, conserving and educating**

## Notes to Editors

### Eden Rivers Trust

1. Eden Rivers Trust is a charity dedicated to conserving the beautiful River Eden in Cumbria and its hundred of miles of tributaries.
2. It was set up in 1996 and has completed over 200 projects to improve the condition of the river for its wildlife and for people to enjoy.
3. The River Eden is a Site of Special Scientific Interest and is classed by Europe as a Special Area of Conservation.
4. The Trust has been working with more than 200 farms to help them manage their land in the most environmentally-friendly way for the river.
5. To protect the Eden from erosion and pollution fences have been installed along more than 90 miles of the river and in excess of 20,000 trees have been planted. This has not reduced access for people but it has stopped animals trampling the river banks and polluting the water.
6. In the last five years staff from the Trust have met more than 10,000 people, half of them school children from 50 different schools.
7. Annual surveys use electronic devices in the water which momentarily stun the fish, allowing experts to assess their numbers and whether the population is improving. This is carried out at hundreds of sites and allows the Trust to identify any problems.
8. The Trust relies on fund raising and grants to carry out this vital work. It needs sponsorship and donations from individuals and businesses. People can donate, become a Friend of Eden Rivers Trust or volunteer.
9. Contact details for the Trust are Eden Rivers Trust, Dunmail Building, Newton Rigg College, Penrith, Cumbria CA11 0AH, tel: 01768 866788 or email: [office@edenriverstrust.org](mailto:office@edenriverstrust.org).
10. Further information on Eden Rivers Trust is available at [www.edenriverstrust.org.uk](http://www.edenriverstrust.org.uk).

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