



Welcome to the Roseland!

Maybe you've been here many times, or maybe this is your first visit? It doesn't take long to realise what a special place this is. Our beautiful beaches, unspoilt countryside, sparkling seas and fascinating wildlife are our treasured assets. Sadly they are under threat.

Could you help us protect the Roseland? One of our biggest battles is with plastic waste, much of which ends up on the beaches, in the sea, in the rivers and on the land. There it stays for many, many years because it simply does not rot. Each piece of plastic you see on the beach could kill an animal or bird.

So here are a few simple steps you can take to help us Refuse, Reuse and Recycle plastic:

- ✓ Use a refillable water bottle and avoid single use plastic bottles – many local businesses are happy to refill your reusable bottles.
- ✓ Take a reusable drinks cup to avoid single use take-away cups.
- ✓ Take your own shopping bag to avoid single use plastic carrier bags, try to re-use plastic buckets and spades.
- ✓ Spend a couple of minutes on the beach picking up some plastic. Whether it's tiny plastic beads, fishing line and net, plastic bottles, food wrapping, abandoned plastic buckets and spades or any other plastic debris, everything taken off the beaches helps make them cleaner and safer for all of us and for our wildlife.

We'd love to see a photo on our Facebook or Instagram pages, or on #2minute beach clean

- ✓ Bring rubbish back to wherever you're staying or put it in a litter bin. Rubbish can then be collected and sent to the right recycling or incineration depots.
- ✓ Support local businesses in reducing the use of unnecessary plastics and avoid using plastic straws, cutlery and other single use items when you can.

Thank you for taking the time to read this and we hope you will have a wonderful time on the Roseland. If you can follow these suggestions you'll have helped to leave a great place even better. We look forward to seeing you next time.

Find out more about what we are doing on

