

Sea the change

10 small actions that can help heal our ocean

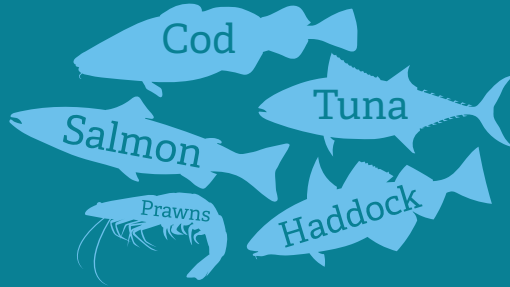


1. Be an Ocean Ally

Take action for water by getting involved in a campaign, or become a citizen scientist

2. Avoid the 'Big 5'

If you are going to eat seafood, avoid the 'Big 5' and switch to more sustainable choices



3. Connect with your blue space

Spend some time near water where you live, whether this is a river, lake, pond or ocean



4. Clean drain, clean seas

Avoid putting fats, oil, or grease down the sink



5. Make the switch

Switch to eco-friendly gardening, flea treatments and cleaning products



6. Don't let the rain go down the drain

Collect rainwater to water your garden

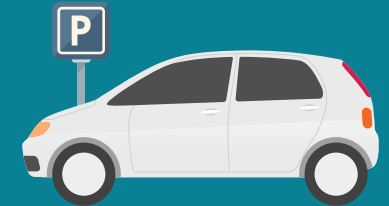


7. Reduce single use plastic

Switch to reusable products

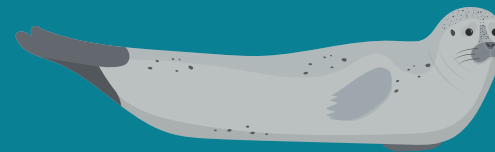
8. Park the car, save the sea

Try walking, using public transport or lift sharing



9. Give marine life some space

Keeping your distance from marine wildlife is essential to not disturb their essential activities. For example, feeding and resting.



10. Save water, save the ocean

Try taking four-minute showers and choose a car wash that responsibly recycles their water



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1. Be an Ocean Ally

Campaigning can really work, especially when it's strategic, persistent and rooted in community or public support.

Good examples of this are the plastic pollution campaigns that led to the plastic bag charge and the bans on plastic straws and disposable vapes.



2. Avoid the 'Big 5'

Avoiding unsustainable seafood makes a real difference because it helps protect ocean ecosystems, supports responsible fishing communities and ensures future generations can enjoy seafood too.

Avoid Cod, Tuna, Prawns, Salmon and Haddock.
Find a good swap: [Here](#)



3. Connect with your blue space

When people emotionally connect with a space we are more likely to protect it from harm, help in conservation efforts and advocate its preservation.

As David Attenborough says, 'if we save the sea, we save our world'.

Find a good spot: [Here](#)



5. Make the switch

Eco-friendly products like compost, organic feeds and natural pest control help maintain healthy, living soil and clean water.

Conventional products can degrade soil structure and fertility over time and leach into ground water, polluting rivers, streams and our oceans.

For help with your choices visit: [Here](#).



6. Don't let the rain go down the drain

Collecting rainwater reduces reliance on mains water, especially during dry spells.

This is particularly helpful in at risk areas, such as the South of England where water stress is increasing. Rainwater is naturally free from chlorine, lime and other chemicals that can be found in tap water.

Plants prefer rainwater - and it's free!



8. Park the car, save the sea

When cars are used, oil and other fluids can leak onto roads. Rain then washes these pollutants into drains, which often lead directly to rivers and eventually the sea.

By reducing car use, we reduce the amount of oil and toxic runoff entering our waterways - helping to keep aquatic ecosystems cleaner and healthier.



9. Give marine life some space

Finding marine life on the beach is common and our instinct may be to approach. However, this could interrupt natural behaviour and essential activities, like resting. Jellyfish sometimes wash up on shore and can sting even when dead. If an animal is stranded, it will need professional, urgent medical attention. Contact the appropriate authorities.

For more info visit: [here](#)



10. Save water, save the ocean

Saving water protects the limited supply of accessible freshwater, preserves aquatic ecosystems and wildlife, reduces energy consumption needed for water treatment and heating, saves money on utility bills, and builds resilience against drought and climate change.

For more info visit: [here](#).



4. Clean drain, clean seas

Oils, fats and grease travel down the drain, into the sewer system and ultimately end up in our oceans.

Dispose of oil, fat and grease by letting it cool and either putting it in your food recycling (small amounts), or bagging it up and putting it in the bin.

It can also be mixed with sawdust or cat litter and put into the waste bin.

For more info visit: [Here](#)



7. Reduce single use plastic

Plastic is still the main source of rubbish found on our beaches and in our seas. Approximately 11 million tonnes of plastic enters the ocean every year, and 80% of all studied marine debris is plastic.

Reducing your single-use plastics and switching to reusable, non-plastic alternatives can help prevent this and sends a strong message to corporations - that consumers demand sustainable alternatives.

