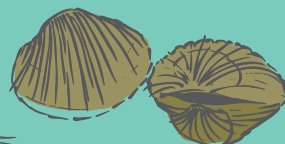
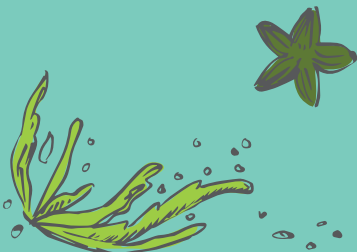
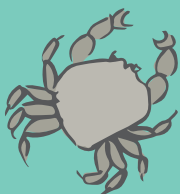
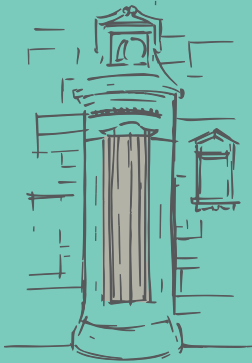


Interesting and fun activities, ideas, resources & contacts





The Edinburgh Shoreline Project

Over the past 12 months Edinburgh Shoreline has been working with community groups and individuals to explore the rich cultural and natural heritage of our coastline. From seaweed bioblitzes and beach cleans, to story telling and recording memories we have uncovered fantastic facts about its history. We also learned about the past and present species that inhabit this coast. This has enormously increased our appreciation of the importance of this landscape for everyone's health and wellbeing.

Now that the Edinburgh Shoreline project draws to the end of its first phase, we'd like to encourage you to keep up the good work! There is always more to see, do and learn on our coastline. By getting out and experiencing the Edinburgh shoreline you help to protect and preserve it for the future, as well as continuing to recognise its importance for the city of Edinburgh.

Go Forth and enjoy!



Much of our shoreline’s rich natural and social heritage has been lost or is under threat. This folder provides some ideas and suggestions for things for groups, families or individuals to do on their part of the shoreline. We have provided six project ideas focused on its history and six on its biodiversity. You can also come up with your own ideas and projects and add them to this folder. Importantly, think about finding out what other communities along Edinburgh’s coast are doing, learn from each other and join forces.

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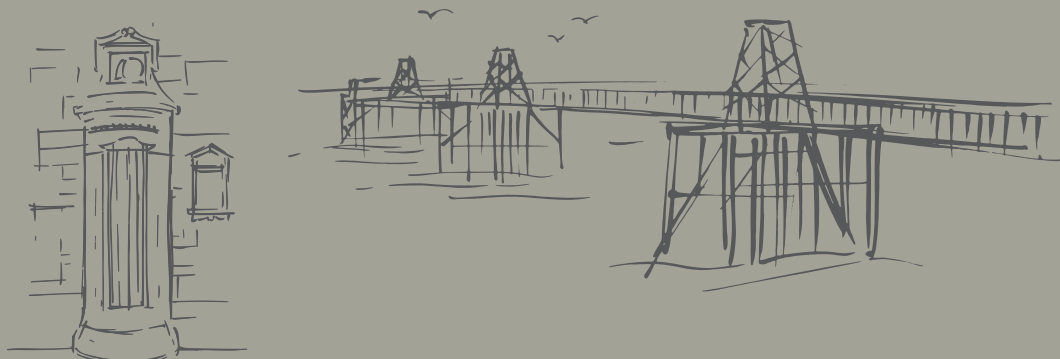
An introduction to **heritage**



Heritage is our legacy from the past, what we live with today, and what we pass on to future generations.

In the last century we have lost the piers at South Queensferry and Portobello, the Chain Pier at Newhaven, Newhaven Museum and the Leith Martello Tower is now inaccessible.

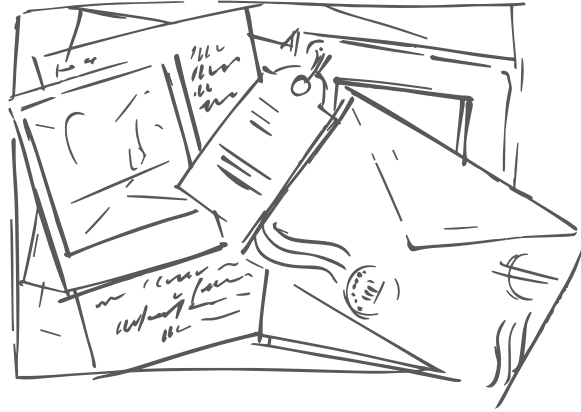
Fortunately some other important historical sites have found a new use e.g. the Newhaven fish market as a retail/restaurant area, old churches as houses and community centres, the former Northern Lighthouse Board training centre as rentable creative space in Granton and the Madelvic House as Granton Hub Community Centre.





We are also at risk of losing the less tangible – photographs, letters, keepsakes, memories.

We can't keep everything so we need to consider what we should preserve. We also need to keep in mind that what we are doing and building now will in a century's time be part of our heritage.



Our heritage, once lost, can't be recovered. In a world too often focused on short-term issues, we must make the effort to protect heritage sites.

The stories of our ancestors matter. Heritage matters. Our challenge is to recognise this before it's too late.



Host a walk on the history of your area

Beginning a historical walking tour is easy. Ask questions, visit local historic areas, go to libraries, museums, places of interest and begin your own online fact gathering.

It may be worth tying in with another local event and to go on a couple of existing tours in Edinburgh and see what you like / dislike. Talk to other groups who offer tours and see what you can learn from them.



Focus on unusual historical characters, locations of murders and mysteries etc. Locals often tell great tales; these are the best stories to find and learn. If going into or close to private property seek the owner's permission.

Choose your most extrovert member to lead the tour. A good memory and ability to tell an engaging story are important. Some guides dress in

“gothic” clothing to maintain the dark, mysterious atmosphere. Remember a guide who can pluck tales out of thin air is more impressive than someone who only knows what they've read out of a book. Don't worry about having all the answers. If you don't know the answer, rather than guess, admit that you don't know but will find out and take the person's details. Remember to follow this up.

1 heritage

Host a walk on the history of your area

A great tour should last around 1-2 hours, and visit at least 8-10 different places, all with different characters and stories associated with each location. The better tours always mix a few spooky stories with colourful but accurate tales of local history, famous people or strange real life characters and folklore.

Always have a good pair of walking shoes as a one to two-hour tour involves lots of walking. Most tours are usually no further than 1 mile in actual travelling distance. Think about safety and check out the walk before you take people with you.



Consider making a small charge for the tour – they don't have to be free.

Advertise to attract people along! Your local community centre, library or Edinburgh tourist information office could display leaflets advertising the walk and share the info on their web site.

Get people to sign up using Eventbrite. Social media is also great to reach lots of people. You can create an 'event' on Facebook which will advertise and tell potential attendees all they need to know.

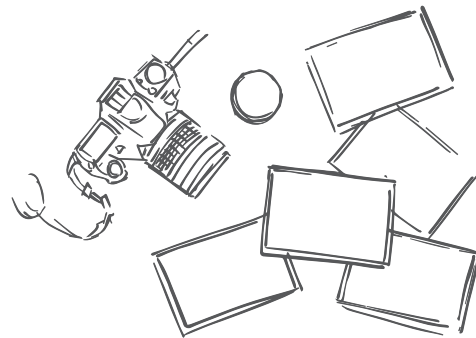
Lastly, check out training providers like The Storytelling Centre and The Living Memory Association.



Share old photographs in your community

Your photographs are very valuable and should be treasured and shared. They offer a window on the past.

Photos should be recorded and numbered. Record as much info as possible e.g. date when taken, what the buildings are, who the people are. Check what information professional organisations like SCRAN collect about photos. If someone donates photos, sit down with them and record the memories associated with each photo. There are commercial photo recording software packages, or a spreadsheet or Word document will be fine.



Check the copyright position, especially if planning to use a photo in an exhibition, book or website.

If owned by a private individual record their details including a contact address for future reference. If supplied by a library or commercial organisation check out copyright and how they wish the photo to be acknowledged. Most charge not only for copyright if relevant but also photo reproduction fees.

They may reduce/waive the fee if it is for a community based organisation or for purely educational purposes. Remember that someone will own most of your photos and old postcards – so check them out rather than just scan them from a book. Seek advice on your collection from a photo librarian.



2 heritage

Share old photographs in your community

Photos can be printed and displayed in your library or community centre.

Speak to the leader there and ask about some space and time for a photo display. Advertise for photographs first with a poster, then get organised for your display, leaving a whiteboard or notebook beside the display for feedback and stories.

Photos can be shared with local groups.

You could develop a talk based around some of your photos and deliver it to any interested group or even Edinburgh-wide organisations like the Old Edinburgh Club.

Photos can be digitised. You don't have to lose the original copy of a photograph. You can get it copied (digitised) so that the copy can be shared with others. You'll be able to get help from your local photography group or commercial digitisation companies.

Significant photos can be shared more widely with SCRAN, the National Portrait Gallery, Capital Collections, The Living Memory Association and EdinPhoto.

Community photos can also be shared online using Flickr, a useful online platform.

Useful Links

Edinphoto

Amateur website of photos, maps and memories of Edinburgh.

www.edinphoto.org.uk

Edinburgh Collected

A website for photos and memories of Edinburgh.

www.edinburghcollected.org

Edinburgh Living Memory Association

An Edinburgh based group that aims to bring people together through reminiscence and oral history work.

www.livingmemory.org.uk

comhist@googlemail.com

07714 783 726

The Living Memory Association
Unit 31
Ocean Terminal
Ocean Drive
Edinburgh EH6 6JJ

Facebook

There are lots of Facebook pages and groups dedicated to local history.

Try searching 'Spirit of Leithers' or 'Lost Edinburgh'.

Flickr

A shared site where groups or communities can share photographs.

www.flickr.com

Granton History Hub

Local history compiled by volunteers at Granton Hub.

www.grantonhistory.org

Storytelling Centre

A vibrant arts venue with a seasonal programme of live storytelling, theatre, music, exhibitions, workshops, family events and festivals.

www.scottishstorytellingcentre.com



Conduct some history research on your area

Historical research can begin with any subject or piece of historical evidence that inspires you – perhaps a photograph, a letter, your own home or a building near home.

This is an enormous topic but once you have found a lead it is remarkable where it will take you. The first step is to think carefully about exactly what it is you want to find out. Try and be as precise as possible to help you undertake focused research.

Make sure you record what you find and where you've found the information. Also check if anyone has already done your work for you. It could save you a lot of time and effort!

You may find some local books in your library. You can also check out the Edinburgh Room at the Edinburgh Central Library on George IV Bridge, where you will find census records and press cutting files. Another important searchable collection is held by the National Records of Scotland. Some newspapers e.g. the Scotsman (but not as yet the Edinburgh Evening News) can be searched online by place, person or topic. Check out the online section of the National Library of Scotland's website to find out how to register. Search the Scottish Archive Network to find out where archives from large companies or churches are held. Make an appointment with the Edinburgh City Archives to find out what they hold e.g. they have Dean of Guild Records for individual buildings as well as Council committee reports.

If you're researching something local to home take a walk around the area and look out for interesting features, such as dates on buildings or old street signs. Contact Museums Galleries Edinburgh to check out what they have of interest to you in their collection. If you have an object whose history you are interested in, they may also be able to help. Telephone or email a named curator first rather than go straight to a museum.



If your research subject is within living memory, you could also talk to someone of the right age who remembers it. There are lots of local history societies along the Edinburgh shoreline. They offer talks and courses and often produce publications for the local area. Some history societies have their own collections of material as well and they can be a wealth of information and advice. You can find out about some of these societies on: www.edinburghshoreline.org.uk/find-out-more

3 heritage

Conduct some history research on your area

Useful Links

Cramond Heritage Trust

Information on the local heritage of Cramond.

<http://cramondheritage.org.uk/index.php/archive>

Forth Ports

Archives relating to Forth Ports, who operate Leith Docks amongst others.

<http://discovery.nationalarchives.gov.uk/details/c/F230831>

Granton History

Information on the local heritage of Granton.

www.grantonhistory.org/index.html

Granton History Hub

Local group collecting archival material relating to Granton.

<https://grantonhub.org/history-hub>

Leith Local History Society

Information on the local heritage of Leith.

www.leithlocalhistorysociety.org.uk

Museums Galleries Edinburgh

www.edinburghmuseums.org.uk/contact-us

National Library Scotland

www.nls.uk/guides/donors

National Museum Scotland

www.nms.ac.uk/support-us/donate-an-object

Newhaven Heritage

Information on the local heritage of Newhaven.

www.newhavenonforth.org.uk

Portobello Heritage Trust

Information on the local heritage of Portobello.

<http://portobelloheritagetrust.co.uk>

Portobello Online

Community website including old photographs of Portobello.

<http://porty.org.uk>

Queensferry History Group

Information on the local heritage of South Queensferry.

www.queensferryhistorygroup.org

Treasure Trove (archaeological donations)

info@treasuretrovescotland.co.uk

The Edinburgh Shoreline

www.edinburghshoreline.org.uk/find-out-more



Kids History I-Spy

Know your audience. Different types and ages of kids will enjoy different types of clues. Don't make them too difficult. It is worth talking to a class teacher if designing one for a primary school.

Choose an age-appropriate location. For younger kids, it may help to do the hunt as a group and make sure they always have adult "buddies".

Figure out how long you want the hunt to take. Anywhere between 5-15 clues is generally a good length.

Make a great ending. The very last clue should lead to some sort of reward or fun activity to say well done to everyone for finishing.

When writing clues, work backwards from your final point. Once you know how it all ends it's a lot easier to get people there.

Create a simple rule sheet. Pass out the rules at the beginning: any places that are off-limits, or places that definitely have no clues, what to do if you get stuck, emergency contact numbers if anyone gets lost, any time limit or time to return, even if you haven't 'won' yet.

Use pictures as clues. Draw or take photos of places they should investigate, figuring out where the actual location is.

Use a map instead of classic 'clues.' Write out a map with illustrations.

Test the trail with two volunteers first to make sure the questions are clear.

On the day

- Let the guests know appropriate clothing for the i-spy hunt in advance.
- Decide on some fun way to present the first clue to the kids.
- Be available for help and guidance if kids get stuck.
- Provide water, snacks and sunscreen if it's going to be a long hunt.
- Buddy up a responsible adult with any kids younger than 10.
- Make sure everyone knows in writing where and when they are meeting at the end, with an adult contact number in case there are any problems.
- Have fun!



4 heritage

Kids History I-Spy

Some cool things to 'spy' to get you started



Black Castle

Which is the oldest house in South Queensferry? Did it once have a smugglers' tunnel?



Cramond Kirk

How long has there been a kirk at Cramond?



Leith Citadel

Which old building was once on the Leith Shoreline?



North Leith Burial Ground

Have a look at the old grave stones. Are there any merchants or sailors?



Coade Stone Pillars

Can you find three tall pillars that date from the 19th Century and stand in Portobello just off the Promenade?

Useful Links

The Edinburgh Shoreline

www.edinburghshoreline.org.uk/find-out-more

Hold some oral history interviews

Oral history involves gaining an understanding of the past by talking to people to collect memories and personal experiences. It's a great way to find out about the everyday lives of ordinary people and can help us understand how big events have affected people on a personal level.

First choose a subject or theme that interests you. Oral history can be useful for finding out more about your family history, an old photo or local historical event.

Who you choose to talk to will depend on your subject. If you are exploring local history, you may want to visit local clubs or groups, churches, or speak to friends or relatives.

Choose some recording equipment for your interview. This could be a dictaphone, a video camera or even a mobile phone, as many have recording tools. Remember – always test your equipment before starting the interview! Some people may not wish to be recorded. In this case you may just need to take notes.

Find a quiet location where you will both feel comfortable and where you can create an environment that feels like you are having a friendly chat. Give reassurance to help people understand what you are collecting, and explain how you are going to use it. Give explicit written information about how you wish to use the material recorded (such as in a book or film) and ask the interviewee to sign it if they agree.

Do some background research on your subject first, for example in a library or online. Before the interview write down exactly what you want to find out and structure the interview round this. You have to go with the flow of what the participant wants to chat about, but a few prompts helps you to keep the interview on track. Think about asking 'open questions'. Be sensitive. Memories can be powerful things.

After the interview review the information you have collected. Make a transcript, by listening back to your recording and writing down what was said. This will be a useful backup to your recording. Look at the information you have collected and see what it can tell you. Use follow-up research to see how the interview is backed up by other historical sources by referring to books and websites. You may even want to undertake more interviews to gather different points of view and build up a broader picture.

If you are going to make the interview public (for example publishing on a website) you need to make sure the interviewee is happy for you to do so. Allow them to review the interview; either the transcript, sound or video recording. If they decide that there are any parts they wish to be removed you must do so.



5 heritage

Hold some oral history interviews

Some fascinating things we learned when we interviewed people

"They decorated the whole of the Fisherman's Church in Newhaven for harvest festival with nothing but fish. Pure and simply fish"

"If you had a sore or a blister your mum would just tell you to go and stick it in the sea"

"We weren't allowed in the fish boxes but we were stinking after playing in them so our mothers always knew"

"Gypsy Brae was where they did their courting. We used to go down there with a bicycle lamp and spy on them"

"One of the tenement stairs in Couper Street had 100 children living up it"

"All along the shoreline you had netmakers and boxmakers"

"We were sent out to get seagull eggs to take home to be cooked. They were oily and salty"

"There were lots of trains. Primary and secondary children went to school on them. Their smoke ruined the Monday wash"

"One woman was birlled into the water doing Strip the Willow on Newhaven's smaller pier. She was known as "Birl" after that"

"There was only one car in Granton - owned by one of the skippers. He used to give kids a run round the block"

Useful Links

British Library

Oral Consent Forms <http://www.ohs.org.uk/wordpress/wp-content/uploads/Oral-History-Consent-Form-BL-5-2018.pdf>

Edinburgh Living Memory Association

<http://www.livingmemory.org.uk/>

Edinburgh Shoreline Interview Films

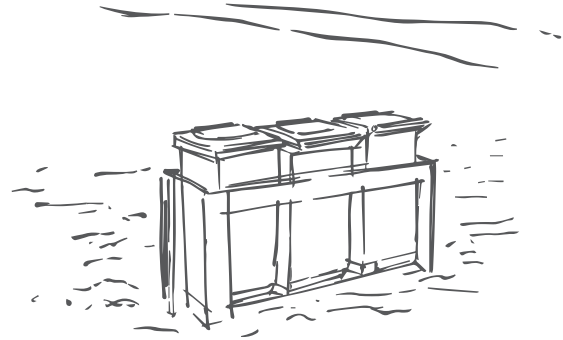
www.edinburghshoreline.org.uk/updates/edinburgh-shoreline-memories

Clean up round a local heritage site

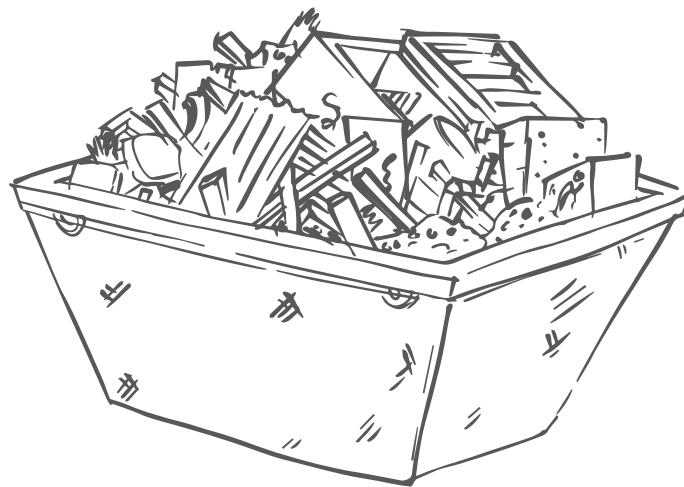
As well as beaches, it's good to clean up rubbish around local heritage sites which are of great cultural importance. Sadly, quite often, their surrounding areas become a dumping ground. Please don't touch the building itself, just tidy the local vicinity to help improve access.

Get permission from the owner of the site. Approaching the owner may even be enough to encourage them to do this themselves. Contact Historic Environment Scotland if you are unsure of who the owner is.

Arrange a date and time, and suggest suitable clothing. You can arrange for a local skip if there will be lots of rubbish, and a sharps box in areas where you are likely to encounter needles. The Council will provide the kit for free if you explain what you plan to do.



Divide into teams, with bags and gloves. Split what you collect into what can be recycled and waste. Warn people not to touch anything dangerous e.g. needles or very sharp glass. Keep a note of what you find so that it can be traced back to a source if possible to prevent rubbish forming in future.



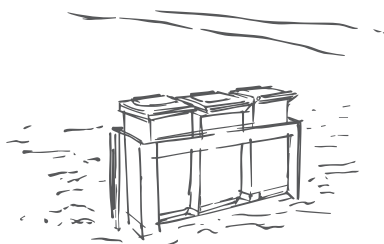
6 heritage

Clean up round a local heritage site

Clean up Supply Checklist

Please check this list to ensure you have the supplies you need for your heritage clean.

- Rubbish Bags
- Recycle Bags
- Liability Waiver Form
- Pencils
- Data Cards
- Gloves
- Water
- Snacks
- Sunscreen
- Closed Toe Shoes
- Safebox and named handler for sharps



Useful Links

Edinburgh Council

(for kits and skips)

http://www.edinburgh.gov.uk/info/20001/bins_and_recycling/645/help_us_tackle_litter

Historic Scotland

<https://members.historic-scotland.gov.uk/contact>

Longmore House
Salisbury Place
Edinburgh EH9 1SH

Listed Buildings

<https://www.historicenvironment.scot/advice-and-support/listing-scheduling-and-designations/listed-buildings/>



An introduction to **biodiversity**

There are millions of plant and animal species on Earth; they continuously evolve and adapt to the environment around them.

Biodiversity is used as a measure of the health of a landscape, and the Edinburgh coast has seen much change over the past few centuries. Though many species have been lost, including over 100 types of seaweed and our once famous 'silver darlings' herring, there have been recent improvements and species cling on despite increasing coastal development.



Here are some examples of the biodiversity on the Edinburgh shoreline.



Seaweed



Waders

Image courtesy of Chris Jeffree



Fish



Butterflies

Image courtesy of Chris Jeffree

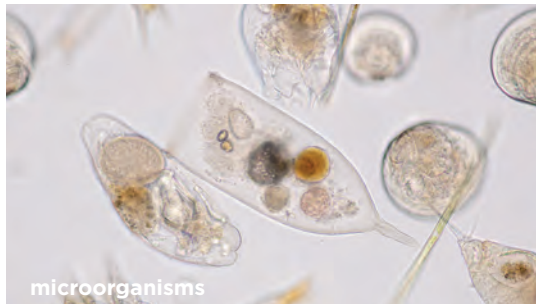


Plants

Image courtesy of Chris Jeffree



Otters



microorganisms

If you want to know more about biodiversity in Scotland take a look at:

City of Edinburgh Council Biodiversity Action Plan

www.edinburgh.gov.uk/downloads/file/7669/edinburgh_biodiversity_action_plan_2016-18

Scottish Biodiversity Strategy

www2.gov.scot/Publications/2004/05/19366/37239

Scotland's 2020 challenge

www.gov.scot/publications/2020-challenge-scotlands-biodiversity-strategy-conservation-enhancement-biodiversity-scotland



Take your family on a shoreline hunt

It's great to investigate our shoreline and rock pools. There are lots of interesting sea creatures to discover.

What equipment do you need?

A small fishing net

Bucket

Seaside picture guide

A beach with mudflats or rock pools

Tide times checked

Make sure that your feet are suitably covered - wellington boots or jelly shoes are recommended. Once you arrive at the beach it's time to explore - fill up a bucket with water from the pools and then dip the net in and explore.

The sand at the bottom of the pool is often one of the best places to find small shrimps and small fish. Use a picture guide to help you understand all the animals and plants that you find. Good guides are available from organisations such as the Field Studies Council.

In order to help others understand what lives on our coast you can submit your findings to iRecord online or via their App.

SEASHORE & SAFETY

- **PLEASE** always take photos and not live specimens.
- **LEAVE** animals where you found them.
- **ALWAYS** carefully replace overturned rocks and seaweeds as you found them.
- **AVOID** removing seaweed from the rocks. It can take many years to grow back.
- **MAKE SURE** a shell is empty before taking it home.
- **PLEASE** take your litter home with you, or place in rubbish bins.
- **REPORT** anything unusual washed up on the beach to the coastguards.
- **LOOK OUT** for your safety at all times; check tide timetables before you start. Remember - you want to go rockpooling when the tide is at its lowest.
- **STAY** close to the adult who is with you.
- **ROCKS** are slippery so be very careful.
- **NEVER** go onto the rocks when the tide is coming in and check constantly.
- **CAREFULLY** handle sea creatures. Some can sting and cause severe reactions.

1 biodiversity

Take your family on a shoreline hunt

Some cool things to look out for during your hunt to get you started



Image courtesy of Scottish Natural Heritage

Image courtesy of Chris Jeffrey

Image courtesy of Leonie Alexander

Useful Links

Marine Biological Association

Rocky Shore Fact Sheet
www.mba.ac.uk/fact-sheet-rocky-shore

Local Tide Times

www.tidetimes.org.uk/leith-tide-times

List of rockpool life

https://en.wikipedia.org/wiki/List_of_British_Isles_rockpool_life

The Edinburgh Shoreline

<http://edinburghshoreline.org.uk/find-out-more>

Field Studies Council

You can buy guides from:
www.field-studies-council.org/publications/fold-out-charts.aspx

Organise a Bioblitz

A Bioblitz is an intense period of surveying plants, wildlife and insects to record as many as possible, normally over a limited time period, e.g. a morning or 24-hours. They are great to help communities connect to their environment and gather data on species present. As you do this, consider how the beach is zoned and what is present and not present in each zone.

1 Select a site.

Try a Bioblitz from the lower shore to the upper shore and see the change from the low tide up to the top of the beach. Start just before low tide and search for serrated wrack on the lower shore, bladder wrack and egg wrack on the middle shore and channeled wrack on the upper shore grading into lichens in the splash zone.

2 Select a date.

Early June is a good time when most plants are up and people are wanting to get outdoors! Make sure you check tide times before you finalise.

3 Get organised over the winter

if you are planning a spring event.

4 Decide how to advertise.

What is the best way to get the word out? Do you need to pre-register to participate? Are children welcome and are there any age limits? Are dogs welcome? Include the date, time and location in the publicity. Also include a name and phone number in case potential participants have questions.

9 easy steps!

9 Review your results.

Have a post-Bioblitz meeting to review and record your results. Species lists can be organised in a table with common and scientific names. Write a short report documenting the Bioblitz and add some photos. Post this on your community's website so others can see what the fun was all about.

5 Identify and invite local experts in wildlife, plant and insect identification to lead the Bioblitz groups.

Decide on a time that they will meet up with you on the specified date. Make sure someone is there to meet them when they arrive.

8 Set up a Bioblitz headquarters.

Designate a central meeting place where everyone can gather on the day of the event. Let people know when to meet. Have some drinks and light snacks available. Set a time to meet up at the end of the Bioblitz time period. Have one person from each group do a rough tally of species to report back to participants over lunch.

7 Each group will need:

a leader with expertise in the topic, a person to record the species observed either with pen and paper using a template or using the iRecord app on your phone or smart device. The rest of the team can help to observe, take photos and/or identify species. Each group should have some field guides for that topic area to help with identification.

6 Plan the walking route for each group BEFORE the event.

You need to know where you are going and the lie of the land ahead of time.

2 biodiversity

Organise a Bioblitz

Look out for:

You will find a surprising number of plants, insects, lichens and seaweeds on different zones of the beach. For very small things take a hand lens to see lichens etc. on rocks as it is not always obvious that it is a living organism.



Channeled Wrack on the upper shore



Serrated Wrack on the lower shore



Grading into lichens in the splash zone.



Bladder Wrack on the middle shore



Egg Wrack on the middle shore

All Images apart from 'lichens' courtesy of Chris Jeffree

Useful Links

Local Tide Times

www.tidetimes.org.uk/leith-tide-times

Marine Biological Association

Rocky Shore Fact Sheet

www.mba.ac.uk/fact-sheet-rocky-shore

Scottish Natural Heritage Coastal\ plant ID

www.nature.scot/plants-animals-and-fungi/flowering-plants/coastal-and-marine-plants

The Edinburgh Shoreline

<http://edinburghshoreline.org.uk/find-out-more>

What is a seaweed: This gives a brief general intro into brown, red and green.

<https://thisisseaweed.com/pages/what-is-seaweed>

Yellow & Grey lichens

www.marlin.ac.uk/habitats/detail/96/yellow_and_grey_lichens_on_supralittoral_rock

Conduct a beach clean (part 1)

Clean up Supply Checklist

Please check this list to ensure you have the supplies you need for your beach clean.

Rubbish Bags

Recycle Bags

Liability Waiver Form

Pencils

Data Cards

Gloves

Water

Snacks

Sunscreen

Closed Toe Shoes

Safebox and named handler for sharps

Volunteers taking care of our community are vital. Marine debris endangers, maims, and kills ocean animals as well as making beaches an unattractive place to visit. Animals and birds get trapped in fishing nets, fishing lines, and sixpack rings and mistake other debris for food. What you do today will make a real difference.

The simplest way to get involved in a beach clean is to join one of the Great British Beach Clean days which are already organised for you. You can look for nearby cleans that are already organised on: www.mcsuk.org/beachwatch/events

If you do want to organise your own beach clean then the information on the following pages should help you.

Contact the City of Edinburgh Council to organise delivery of the kit you will need and to arrange the uplift of any rubbish collected on **0131 608 1100**.

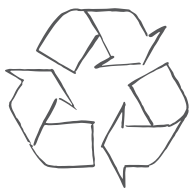


3 biodiversity

Conduct a beach clean (part 1)

What to Pick Up?

Pick up only foreign matter (plastics, metal, glass etc.). Natural debris (algae, driftwood, shells etc.) is part of the ecosystem that we are working to restore and should be left alone. Please avoid disturbing plants and animals. Remember to pick up even small pieces of rubbish, which animals mistake for food.



What is Recyclable?

YES: Glass, aluminum cans, tin cans, plastic drinking bottles.

NO: Everything else! (sharps, paper, plastic wrappers, dirty items, etc.).



Data Cards

Some volunteers worry that recording data takes away from collecting rubbish. By collecting data we can help identify the sources of pollution and work towards developing permanent solutions. Sheets for recording what rubbish you find can be downloaded from the beach clean section of the Marine Conservation Society website (see page 26), where you will also find how to submit the data once your beach clean is complete.



Filled Bags

When your cleanup is over, please make sure to close your bags securely by tying the top into a knot to make sure the rubbish stays in the bags. Please place bags NEXT to a rubbish bin for pickup, so that beachgoers can still use the bins.

**FOR ANYTHING THAT LOOKS DANGEROUS
WHEN IN DOUBT - DON'T TOUCH IT!**

Conduct a beach clean (part 2)

For organised groups each person should sign a liability waver. Without it they cannot participate.

DO wear gloves and closed-toe shoes at all times and have clothing and sun block to protect you from the sun.

DO make sure all children are supervised by an adult.

DO stay in teams. Let everyone know the time to return to the start point.

DO NOT pick up dead animals or attempt to move an injured animal – call the SSPCA.

DO NOT pick up syringes, needles, any sharp objects, condoms, tampons, waste materials or anything that looks like it comes from a hospital. Mark the area with a ring of sticks or stones and notify your named Beach Clean Captain.

DO NOT clean in any flowing storm drain outlets.

DO NOT pick up any weapons. Notify a beach captain or lifeguard if there is one.

DO NOT go in any locations that appear to be unsafe.

BE CAUTIOUS OF overexertion, sunburn, heat exhaustion and dehydration. When in doubt, come in early. It's better to be safe than sorry.

BE CAUTIOUS OF fragile dune areas.

BE CAUTIOUS OF the waves and water. Do not go in the water, turn your back on the ocean or leave children unsupervised. Check tide times in advance so you remain safe.

BE CAUTIOUS OF rocky or unsafe terrain.

Notify your volunteers of any dangerous places to avoid.

Tell them the boundaries of the site and the time to be back.

Place TIED bags NEXT to rubbish bins. Please do not put the bags in the rubbish bins.

Assign someone to take the recyclable items home.

3 biodiversity

Conduct a beach clean (part 2)



Useful Links

Local Tide Times

www.tidetimes.org.uk/leith-tide-times

Edinburgh Council

(for kits and skips)

www.edinburgh.gov.uk/info/20001/bins_and_recycling/645/help_us_tackle_litter

Marine Conservation Society Beach Cleans

www.mcsuk.org/beachwatchgreatbritishbeachclean



Do some wildlife planting

The focus of a wildlife garden is to provide food, water and shelter in an attempt to imitate nature and help local wildlife. It is not just an aesthetic flourish: it responds to real ecological needs. This doesn't have to be in your garden – wildlife patches can include window boxes, the base of street trees, planters or a neglected patch in your locality.

Step 1

Find the right space. Look out for unoccupied space in your neighbourhood which would benefit from some enhancement planting or seeding. Find out who owns the site before you organise any intervention – City of Edinburgh Council Parks and Greenspace is a good place to start.

Step 2

Find some local residents who are good growers and organise a start up event growing wildflowers from seed to plant out in your local area.

Step 3

Buy seed from Scotia Seeds – the only Scottish origins and provenance seeds available: www.scotiaseeds.co.uk

Step 4

Get some help. Your local nursery or council parks department can perhaps send a gardener to supervise the planting and help understand what you are doing.

Step 5

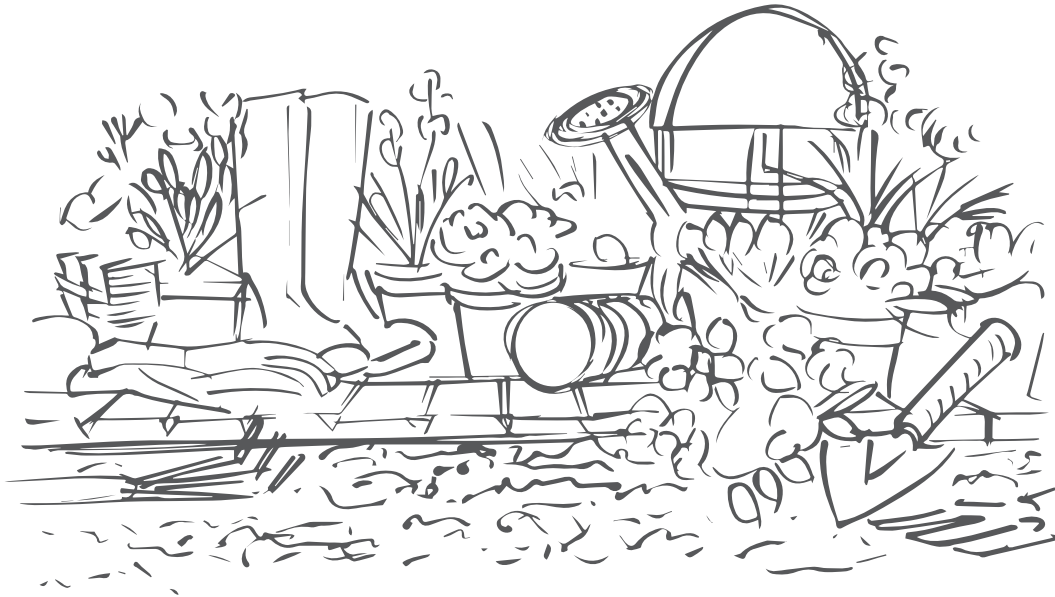
Plant it. Let both adults and kids take turns to dig and plant. Planting should be planned ahead and closely supervised by adults: both parents and professionals. The planting should ideally be a structured teaching moment which people can repeat, not a free-for-all.

Step 6

Maintain it. Once you plant the garden, agree who is responsible for maintaining it for the rest of its natural life. In some ways, committing to the year-round growth of the garden should be step one, so we urge you to think first about your goals and long-range commitment to the project. A wildlife garden is actually an excellent choice for this kind of activity, since it doesn't need as much maintenance as a groomed garden. Your kids will learn about nature and your community wildlife garden is also a great way for them to feel an investment in that corner of their neighbourhood, and for them to grow with the plants.

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Do some wildlife planting



Useful Links

Granton Hub wildflower nursery

<https://grantonhub.org/wildflower-nursery>

How to start a wildflower meadow:

http://plantlife.love-wildflowers.org.uk/wildflower_garden/how_to_grow_a_wildflower_meadow/need

www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/startawildflowermeadow/

Poyntzfield Herb Nursery

www.poyntzfieldherbs.co.uk

Scotia Seeds Seeds of Scottish provenance

www.scotiaseeds.co.uk



Hold a nature photo competition

Establish the details of your contest, and any subcategories. Decide whether or not there is a required donation to enter. Decide what prizes will be awarded, if any. Contact local businesses to support the competition and provide a prize.

Choose judges that are respected and well known by the majority of the people who entered the contest. You also want to make sure that the judges you choose will be unbiased and fair.

Create flyers and posters to hang up, and get them approved as well (if necessary). After those are hung up, spread the word! Tell as many people as you can about your contest.



Collect all entries. As the entries come in, keep them organised and make sure you have the participant's name and information, possibly on a form.

Announce the end of the contest and call for last minute submissions.

Organize the entries. Total all donations received with submissions. Collect any owed money. After you have all entries divided into predetermined categories, narrow each category to the top three photos.

After judging, find a location where you can post the winning pictures.

Display the pictures so they draw attention to them and are noticed.

Locate the winners and award them their prizes.



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Hold a nature photo competition



Useful Links

Edinburgh Living Landscapes Photography Competition

[https://edinburghlivinglandscape.org.uk/
tag/photo-competition/](https://edinburghlivinglandscape.org.uk/tag/photo-competition/)

Make a home for wildlife

If you're interested in wildlife, making a safe haven for creatures can be a fun DIY project. This can include insect hotels, bird boxes, bat boxes and spaces for hedgehogs.

Bees are popular guests. Rolled up bits of paper and leaves can be used to provide hive-like holes for solitary bees which will use hollow tubes to create nest cells using mud or bits of leaf. They may be of use for queen bumblebees to overwinter.

Dry materials, like straw, hay and leaves, are great for invertebrates. Invertebrates include worms, millipedes, centipedes, spiders and woodlice. Keep close to other wildlife features where bugs linger. Invertebrates often prefer dark and damp places, while bees and butterflies like sunshine. Place your hotel where it gets both sun and shade.

To help and encourage bats remember that they need insects for food, places to roost and hibernate. They need the dark so please avoid artificial lighting in your garden. You can help by building bat boxes from untreated wood, head to bats.org.uk for more info.

Birds need food, places to nest and safe places to roost. Food is best provided by creating the right habitat with lots of structure e.g. trees, mixed hedges of hawthorn, holly, honeysuckle, dog rose and rowan cut to create a tall wide hedge which is undisturbed during the nesting season - March to August. Allow tall grass and flowers to establish at the edge and wildflowers and other

flowers to attract pollinators and other insects which will feed the birds.

Hedgehogs are present in north Edinburgh but are declining nationally. They need food (a whole range of invertebrates), safe shelter and safe over-wintering sites and a large territory - ranging from 22 hectares to 82 hectares for males (so a lot of gardens!). Key to encouraging hedgehogs is to allow access to a run of gardens so if fenced create a 5 inch hole at the base of the fence and persuade your neighbours to do the same. The best thing you can do is to plant hedges and create piles of sticks and dead leaves which are left completely undisturbed. If you have a pond then make sure you have a way out for young hedgehogs - a ramp. Carefully check your garden rubbish pile before burning it or binning it - someone may be hibernating in there!

A pond or even a sink/bucket with water will also colonise with algae, insects and aquatic plants and is one of the best habitats to establish in your garden. Forget fish which will eat insect larvae and frog and toad tadpoles.



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Make a home for wildlife



Useful Links

For info about helping bats

<https://www.bats.org.uk>

For info about building bug hotels

www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/build-a-bug-hotel

For instructions on making your own bird boxes, and info on where to site them

www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities

For info on how to help and encourage hedgehogs

www.hedgehogstreet.org

Don't have room for a pond? Why not make a hover fly lagoon?

www.thebuzzclub.uk





While it will be fun to try a few of these ideas in your own family group or local interest group, the thing that will make the biggest difference to our Edinburgh shoreline is for us all to collaborate; working together to improve the environment for nature, heritage, ourselves and future generations.

To check out what groups are active in the area:

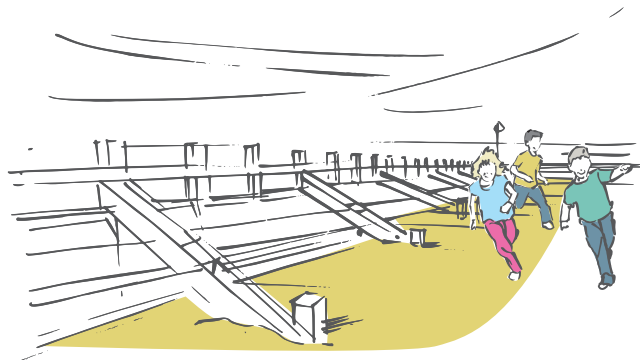
<http://edinburghshoreline.org.uk/find-out-more>

To find out about upcoming community activities:

<http://edinburghshoreline.org.uk/events>

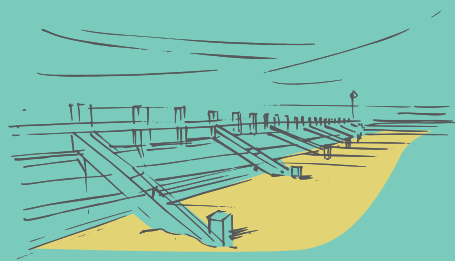
To scan the shoreline map for interesting places to visit and see where local groups meet:

<http://edinburghshoreline.org.uk/map>



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Scottish Natural Heritage
Dualchas Nàdair na h-Alba
nature.scot

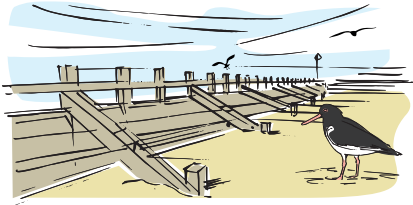


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