



Helford: a pilot area for the restoration of seagrass in the UK

The Helford River is part of an important research project into the restoration of seagrass meadows being carried out by marine scientists from Swansea University, which could see the deployment of seagrass mats into the estuary next spring.

In the UK vast areas of seagrass have been lost due to disease, boat anchors, land reclamation, mooring damage and poor water quality. Unfortunately this continues, as members of the Helford Marine Conservation Group are only too well aware, with losses of seagrass occurring widely in the Helford River over the last few decades.

A review of scientific literature and discussions with leading international experts in the field examined how seagrass meadows become established in the natural environment and how research leaders in the US and Australia have cultivated the seagrass. This determined that seed based restoration was by far the most appropriate method, due to the genetic diversity this creates in the restored population and its resultant resilience to environmental changes.

Two locations were picked as sites to undertake trials of seed collection and restoration, Durgan Beach in the Helford River, and one near Brixham in Torbay. These sites were picked as seagrass had previously been lost in both these locations, but the factors that caused the loss have now been removed (e.g. anchoring and fishing). The conditions at both these sites are also suitable for productive seagrass growth.

During late August the Swansea University dive team visited both locations and collected reproductive shoots from subtidal *Zostera marina*. By late summer the shoots are laden with heavy seeds after successful pollination. Due to the wide dispersal of the seeds as the shoots break off in the autumn, the majority of these seeds are naturally lost and don't ever germinate.

This over production of seeds creates a great opportunity as they can be used for restoration purposes. The shoots were collected by divers and taken back to Swansea where they are now in aquaria, bubbled with air and in clean sea water. The seeds will now fall out of their shoots as



Healthy seagrass from the Helford River



Seagrass reproductive shoots in aquaria at Swansea University.

the tissue breaks down and be available for collection and germination.

As the seeds germinate, experiments will be conducted to determine effective means of deploying seagrass plants into the natural environment.

Currently we are investigating ways of effectively growing seagrass 'mats'. It is our intention that by late spring 2014 we will have sufficient plants grown in mats to bring the seagrass back to Helford and deploy them in the field. The hope is that these will be deployed in areas of seagrass damaged by moorings and anchors.

Seagrass meadows are critical components of marine and coastal environments, providing key functions such as juvenile fish nursery provision, sediment stabilisation and filtration of nutrients. Juvenile fish living in seagrass grow bigger quicker, giving them a higher survival rate and therefore increased chances of spawning and replenishing our overexploited fish stocks.

But these systems are globally in decline as a result of anthropogenic activities, principally poor water quality and localised physical impacts (e.g. anchor damage). Recent estimates suggest this loss could be as fast as one football field an hour.

When seagrass is damaged or destroyed, a change in environmental or ecological conditions, or even limited recruitment means that seagrass often does not recover to its previously productive state. If it does start to recover this may take decades to occur.

Artificially assisting this process can be a means of overcoming these difficulties, resulting in a rapidly recovering system. Such seagrass restoration, although popular in many parts of the world remains largely in its infancy within the UK, and although restoration projects have been trialled, to date these have largely been unsuccessful.

SEACAMS and the Seagrass Ecosystem Research Group (www.seagrass.org.uk) at Swansea University are working with two local Welsh companies (Gower Wildflowers and Salix Bioengineering) on the project which aims to bring together existing international expertise on seagrass restoration (from the scientific literature) and the practical experience of restoring wetland and freshwater plant communities (Salix Bioengineering) to develop restoration solutions suitable for the UK.

The research project is paid for by the Welsh Government and the European Regional Development Funded project SEACAMS.

Editor's note: Dr. Richard Unsworth has provided this report on the seagrass project being carried out by Swansea University in the Helford. Dr. Unsworth is a seagrass ecologist at Swansea where he works on the SEACAMS project and teaches on the Marine Biology degree course. He has specialist knowledge of habitat connectivity, seagrass meadows and tropical marine ecology. He is to give a talk to the Group next year on the restoration project and how we are involved on the Helford.

HMCG Members Committee, Chairman's Report Autumn 2013

Whilst not too late for a late warm spell, as I write, on a wet day in mid September, it looks like this excellent summer appears to be coming to a close.

Having said that, it was not all good, as we were forced to cancel our annual 'Conservation Cruise' on 22 June due to the foul weather that day. Strong winds straight down the Helford would have made it horrible for the passengers and difficult for the boat. This is the first time the event has been called off and we were terribly sorry to have had to have done so. Many people look forward to this each year, myself included. Unfortunately we were unable to reschedule it this year because of the difficulty in getting it all re-organised with tides, boats and volunteers. However, there is always next year.

Since June the weather has been good to us and to our outdoor activities. Conditions for the BBQ and snorkel safari on 14 September were idyllic in the sheltered beach at Durgan. The water was calm and clear under a sunny sky. Both activities were fully booked and it was a great success on the day. Its' popularity looks like making this an annual fixture.

The indoor programme of talks started in October. If you can't find your leaflet with the details then they are on the website, or just ask for another leaflet.

Next year's programme of events is almost confirmed and details will be available soon.



New Information Boards: It is a great pleasure to be able to report that we now have the new information boards up in all the locations that were previously occupied with boards. We also have some new boards for additional locations. This project has been ongoing for at least two years and it is good to see it completed. Response to the new designs has been positive and they have been really well received. Additional good news is that the project has been fully funded through the generous support of sponsors whose names are on the boards:

- Many thanks indeed to our sponsors for their support:
- Baileys of Bristol (Caravans) – 3 boards
- Budock Vean Hotel – 2 boards
- Duchy of Cornwall – 3 boards and also funding for



display and leaflet materials
Cornish Holiday Cottages
Fugro Seacore
Gweek Boatyard
Helford Passage Car Park
Helford River Moorings
Trebah Gardens

National Trust has done a great job in erecting the board at Mawnan Church, including new oak posts. So what happens to the old boards? Some members have said they would like one, so, we thought that for a modest contribution to funds anyone who is interested is welcome to one. Just let any of us know and we can take it from there. Also NT has been highly supportive in sponsoring a portable information panel and flag for use when we are exhibiting.

Talking of exhibiting: we attended local Helford regattas this summer to see if this might help awareness amongst locals and visitors. Durgan and Port Navas regattas in particular were well worthwhile, helped a lot by good weather. Helford was unfortunately a wet day. Thanks should go to volunteers for organizing and attending these events.

Our activities with local schools, in conjunction with National Trust, continues. We hope this will be ongoing as it helps involve local youngsters in the Helford.

We rely for our existence on people giving up time to volunteer in many ways, whether beach cleaning, undertaking surveys, or organizing and running functions etc. We also rely on the expertise of people within other organizations and groups. In particular we work closely with Cornwall Wildlife Trust who provide us with a great deal of help and co-operation.

The Your Shore project, run by CWT, came to a close this year to be superseded by the 'Panache' project. This organizes a great many events along the coast of the SW for public participation. The numbers of people who help us are too numerous to name but they deserve a big thank you.

Finances: our funds currently remain healthy, although the funding for our co-ordinator post comes to an end this month.

However, plans are underway to seek new funds for a further three years for our ongoing work with a focus on water quality and the Helford catchment. The high rainfall over the past few years has highlighted the problems with water quality in the Helford and I am sure visitors to the Helford have noticed the excessive algal growth.

The Helford Land and River Project will look at water runoff from both urban (our villages around the Helford) and farmland, looking for solutions at a local level, signposting where to go for help and education. Sue Scott is leading on this and is in talks with the Environment Agency who are supportive of this approach. 'Watch this space' as they say.

As ever, we are keen to include new people on our committee so if you are interested in finding out more, just say so.

Thank you for your support.

Dave Thomson
Chairman Members Committee



Frenchmans Creek. Photo by David Thomson

Spring, Bountiful Summer

Arrival of mackerel around Cornwall's shores heralds the start for many of spring in the sea. It's a welcome sign for inshore fishermen and holidaymakers. But May came and departed with little sign of mackerel.

The sea was behaving like the land. Spring was late. It was cold. Water temperature on my diving gauge fell to 7deg C in March. A year earlier it had been around 10deg C.

Traditionally around the time of the equinox spring tides top shells cluster tightly together on kelp and in rock crevices. Tiny mysid shrimps hang just above the seabed like clouds of midges. A bit later shoals of fry to small to identity also appear. They can be quite dense by the seabed amongst the rocks and they grow fast. For bigger life this is now becoming a well-provisioned banquet. Sometime in late April the gatecrashers arrive. The coastal reefs are repopulated. It's festival time. But not this year. It was almost another month before there were enough provisions to hold a banquet. But it seems things got better with the waiting.

In the first weekend in June the shore rocks were lined with anglers fishing for mackerel and doing very well. Spring had finally arrived with a bang and the good times were to last for several weeks.

One senior local resident pottering amongst the rocks between Swanpool and Maenporth was amazed at the huge numbers of mackerel he could see. He determined to get some. He whipped open up his umbrella, placed some rocks inside, submerged it for a few seconds and

then withdrew it and repeated the process. Within a short time he had dozens of mackerel, enough to feed himself and his neighbours.

Out in Falmouth bay there were tales of dolphins, in some cases 100 or more, in a feeding frenzy and joined by hundreds of screaming gulls and cormorants. This even happened a few times in the Helford River, providing a wonderful spectacle for coastal path walkers.

What were the gulls, cormorants and dolphins after? The bay was full of sprat, pilchards, young herring and sand eels along with mackerel.

There were more exotic-looking fish: the John Dory for example, which I had not seen for a few years. During August I saw one on virtually every dive. They can look like plates, so thin and so round with the head part taking up a third of the body. To catch its prey the Dory's massive jaws shoot forward and back, sucking-in the unfortunate victim.

This was also a good time for sunfish – many more were about hunting for jellyfish and comb jellies that were at times very abundant in the bay. The sunfish's bizarre features – a lob-sided ball with small stuck-on fins and a squashed face – make them one of the most sought-after fish to see. This is possible because they are often found lying on the surface as if they are dead. Get close and they suddenly spring to life and dive, sculling to the depths.

Tony Sutton



John Dory



Cornwall's Good Fish Guide

Cornwall Wildlife Trust marine team have secured funding for an exciting new project called Cornwall's Good fish Guide.

Our Cornish fishing industry is something we should all be proud of but knowing what fish to buy is a complicated issue. We want to address this by supporting the industry, highlighting good practices and encouraging locals and visitors alike to Buy Cornish.

Over the next 2 years we will be gathering data, meeting partners and pulling together information to create a website that de-mystifies the fishing industry and allows us all to make well informed decisions when buying local sea food.

Cornwall Wildlife Trust has a long history of working with fishermen. Through projects such as Seaquest Netsafe, through Voluntary Marine Conservation Area advisory groups and by sitting on the Cornwall Inshore fisheries and Conservation Authority committee we have built, and are continuing to build good links with the industry. In just the same way as we work with farmers on land we appreciate that we need to work with fishermen and other marine users to ensure good stewardship of the seas. It is inevitable that we will sometimes agree to disagree on some issues but at the end of the day we are all striving for the same thing: Healthy seas supporting productive fisheries.



Outside our 12 mile limit we share our waters with all the nations of Europe and this makes fisheries management a complicated political issue. Although our current system; the Common Fisheries Policy has some big problems (and many critics), it can be argued that some management has been better than none, and many fish populations are reportedly healthier now than they were 10 years ago. Measures such as the mackerel box, the Trevose box closures and bass nursery areas have been particularly effective locally.

The Cornish fleet has been significantly reduced in capacity; there are fewer large vessels and a large fleet of small inshore boats. Issues such as fish discards are being addressed and increasingly fishermen are adopting less impactful methods and are seeking to improve the way in which they operate. There have been massive advances in the design of trawl nets to make them more efficient and to reduce unwanted catch (discards), and technological advances such as tracking devices and CCTV are moving us closer to a point where fishing is fully transparent and fishermen are able to prove that they are operating as carefully as possible.

Wild caught fish is good for us and healthy. It is madness that as a nation we are so unadventurous with seafood. Most of the fish we eat is imported from overseas at great



cost, often from environmentally damaging fisheries and fish farms, creating a huge carbon footprint in the process. Yet we have local sustainable fisheries that need our support and of whose catch the vast majority is exported to the continent, again creating a massive carbon footprint! Our dependence on continental markets makes the industry incredibly vulnerable, transport costs have increased and fish prices have suffered through the global financial crisis. It has never been more important to support your local fishermen.

Buying direct from the fishermen is a good way of ensuring you are getting good, local, fresh seafood and around the County there are more and more examples of fishermen working together and setting up cooperatives to market their fish directly.

What will the outputs of the project be?

1. Cornwall's Good Fish Guide website - Creation of a useful resource for the public, for restaurateurs, and for fish sellers.
2. A publicity campaign for Cornish Good Fish – through attending fish festivals and other County events, press releases and articles.

What will be included in the website?

- All existing information on fish stocks, fishing methods and management will be brought together and easily accessible via a cutting-edge responsive website.

- A free, searchable directory of fishermen, fish sellers, and restaurants that makes it easier for the public and for restaurateurs to source locally caught fish.
- Features such as Fish of the Month, recipe ideas, fishermen's sightings and interesting records, recent news, and many more...

When will the website be going live?

The team will be meeting partners, gathering data and pulling together information ready for a website launch in spring 2015.

We would appreciate your feed back on this project and urge you to get in touch if you would like more information on what's happening and how you can get involved.

Cornwall's Good Fish Guide, part of our Living Seas Programme

Matt Slater, Marine Awareness Officer,
Cornwall Wildlife Trust, Five Acres, Allet, Truro,
Cornwall, TR4 9DJ
Email; matt.slater@cornwallwildifetrust.org.uk
Telephone; 01872 273939 extension 214

Commercial Fishing from the Helford

There are many small boats fishing from Helford, they all carry out day fishing. The larger of the vessels land to commercial markets, however there are a handful of the smaller boats that fish for more of a variable market; direct to the customer and commercial outlets, as well as the usual commercial markets when they have a glut of fish.

In his article on the Cornwall Good Fish Guide, Matt Slater states: "Buying direct from the fishermen is a good way of ensuring you are getting good, local, fresh seafood and around the County there are more and more examples of fishermen working together and setting up cooperatives to market their fish directly".

Just one example of this is Filmer's Fish who are based on the Helford. A sustainable environmentally friendly fishing venture, run by Simon and Lynda Filmer, they are just one of many small boats carrying out day fishing from the Helford, and dealing directly with customers. Lynda Filmer explains: "Because we are very small scale with the ethos of 'Buy from the Boat' and 'We Fish for You' we only supply the end user. We do have two or three commercial outlets, but the remainder are family, friends, or customers who know through word of mouth that they can buy direct from the boat". She added: "We are really excited by the idea of a Cornish Good Fish Guide website."

They work the tides, which means they only fish when the tides are neap. This is because there is less tidal movement, so the static nets they use stay a better shape as they sit on the sea bed therefore catching more fish as they swim by and less seaweed. Handlines are used to catch other seasonal fish such as mackerel and bass. The Filmers use sustainable fishing methods to catch the fish, and see locally and sustainably caught seafood as the way forward, providing a great fresh product, with as few "food miles" as possible. They love making a living fishing, and allowing visitors and locals alike to buy sustainably caught fish direct from them.



The fishing boat The Emily Jane, by Lynda Filmer

The Group plays an active role in the banning of seabird death chemical

Volunteer Jes Hiron, was among those who campaigned tirelessly to get PIB banned following the death of over 4000 seabirds on the south west coast earlier this year. And her efforts, and the support of the group, and that of other concerned wildlife charities and the public have been successful.

PIB, the so called seabird death chemical, is to be banned from 2014 following the largest marine pollution incident of its kind in the region since the Torrey Canyon.



From 2014 the International Maritime Organisation's (IMO) will ban ships across the world from discharging all forms of high viscosity polyisobutylene (PIB) into the sea during tank cleaning operations. It has been decided to change the classification of high viscosity PIBs, to require full tank prewash and disposal of all residues at port, and prohibit any discharge at sea from 2014. This will also apply to new "highly-reactive" forms of PIB, which are currently being transported un-assessed.

Between February and April over 4000 seabirds, mainly guillemots, were washed up on beaches from Cornwall to Dorset in two separate incidents. The majority were dead. The subsequent MCA investigation revealed that the birds had been smothered with high viscosity PIB.

The public response to the tragedy was significant, with more than 25,000 people signing petitions.

Alec Taylor from RSPB commented: "The huge support we received from members of the public, many of whom experienced the effects of this pollution first hand as they walked the beaches, was perhaps the clinching factor in achieving such a quick decision to prevent discharges of harmful PIBs."

Exciting new role offers great outdoor learning opportunities for local area

As part of the 'Linking the Lizard' Countryside Partnership a new Wild Lizard Ranger post has been created on the Lizard, funded through a unique partnership between the National Trust, Natural England, Helford Marine Conservation Group and Goonhilly Community Fund.

I have been lucky enough to have been recruited to deliver environmental learning, writes Claire Scott, with the aim to promote a joined up approach to nature conservation education on the Lizard. Through a series of public events and school visits held on the Lizard National Nature Reserve, National Trust land and the Helford VMCA I hope to increase awareness and understanding of the unique local natural environment. By combining partners' resources there will be some fantastic curriculum-linked opportunities to encourage schools to visit, explore and discover a real variety of sites and habitats.

This summer saw several schools out on the VMCA for Seashore Safari days at Passage Cove. The project offers a tremendous resource to local schools and more bookings have been made for the autumn term. The project headed by the National Trust also supported attendance at the local regatta. While offering children's

activities and information the first foray into these types of events have proved that there is great interest in the Helford and the protection of this unique environment. If you are interested in volunteering or just want to find out more about school visits, then please get in touch by email: claire.scott@nationaltrust.org.uk



Isabelle and her father getting stuck into the rockpooling and finding a worm pipefish

Some Nice Records!

This summer Pamela Tompsett was out at extreme low tide looking at the eelgrass beds on the South side of the river, East of Treath when she found these fabulous cuttlefish eggs clinging to the blades of eelgrass. Proving the point that eelgrass is an excellent nursery for many marine creatures.

Gillan Creek was graced by the presence of this spectacular Glossy Ibis feeding in the creek channel on 6th October, Peter Ealey sent in this photo with the record to the Environmental Record Centre for Cornwall and the Isles of Scilly (ERCCIS). Glossy Ibis sometimes stray up from southern Europe at this time of year and there have been a few records dotted about the county this autumn.



Cuttle fish eggs on Helford Seagrass

We also have records of the human variety! Committee member and ex Helford Coordinator Rhiannon Pipkin gave birth to beautiful baby Ella earlier this year those of you who came to the Pirates and Privateers talk will have already met her.



And scientific advisor to Helford Group, Angie Gall has had a lovely baby girl Josephine in the summer.



Glossy ibis

Autumn is a Good Time

Autumn, time of preparation before the turn of the year, is a good time to reflect on the contribution made by volunteers, because this is such a vital role in the responsibility the HVMCG continues to have in the monitoring and management of our unique and special conservation area.

The members of our Advisory and Membership committees, involved in increasingly complex environmental consultations at all levels, and working with related organisations on major environmental projects, are volunteers, and almost everything that happens in a practical way along the river and its diverse communities has volunteer hands-on somewhere. Major visions, ongoing scientific surveying and individual watching all contribute to caring about the life of this constantly changing environment. Some years ago, John Green had a wish that every school child around the Helford could have the confidence that comes from learning to handle a boat, and he tirelessly worked with a few volunteers until funding began to come in and the HRCST could take off as it is now – and it still can't do its work without its volunteers.

Our ancient woodlands are being restored over years, local volunteers working with the National Trust. This year groups of volunteers have been involved in numbers of diving and snorkelling projects and shoreline and rockpool surveys with Cornwall Wildlife Trust, bass netting with Derek Goodwin, maintaining WEBS wader counts, beach cleaning, cetacean basking shark and seal watching with Seaquest and the Cornwall Seal Group – much of this faithful individual commitment. Thanks to support from Justin Whitehouse of National Trust, HVMCG was able to man a stall at the four annual regattas on the Helford for the first time. It was good to be supporting them for once, because the sailing clubs and boating communities of the river have such a significant role in managing and influencing the impact of the leisure trade on marine habitats. Being visible also

gave us a chance to chat about conservation issues here and those where people on holiday are from, and to talk to local people who've still never heard of us – in spite of our beautiful new boards!

At CWT's AGM we heard about the brilliant success of the latest Netsafe 2012-13 banana 'pinger' trials aimed at helping cetaceans avoid fishing nets – and the four fishing boats volunteering their help throughout were local boats – just one of many examples of business working with a conservation organisation.

The Your Shore Project launched by Abby Crosby and continued by Matt Slater is finished, but the Helford Strategic Guidelines 2010 and Work Programme 2010-2015 is still ongoing. A copy should be on the side at meetings, or ask for a copy.

Looking forward, with marine activity well established other projects need nurturing. Some birdwatchers have continued faithfully manning the Wetland Bird Survey, but a recent summary shows only six of the eleven registered sites are currently monitored. If you are a keen birder and would like to take on one of the sites then contact our coordinator and she will forward your details to the Helford Webs group and they will let you know which sites are available and explain how we enter our records with the BTO. Perhaps it is time to look again – and learn to look - at our wonderful bird life – on and around the river, and the equally unique habitats which sustain them and our small mammal and insect life, recording all these have their place in the Work Program.

Very soon, there will be notice of a Beach cleaning meeting to plan next year's diary. Plenty to get stuck into – and one thing we all agree – once you get out there there's nothing like it!

Elizabeth West Volunteer





The snorkelers get ready to take to the water

Snorkels, hot dogs and rock pools

Spring may have come late this year, but it was followed by a brilliant summer, and during the year members and supporters of the Group got out and about enjoying the Helford River environment.

And what better way to see a view of the Helford than through a snorkel mask. A very popular snorkel safari was led by CWT marine experts over the eelgrass beds in the Helford in July, and come September it was back into the water for the annual late summer beach barbecue and snorkel at Durgan organised by the Group.

A group of snorkelers were led on a guided safari in the Helford by Matt Slater from Cornwall Wildlife Trust. Visibility was good and the group spotted a number of species, in particular some quite large wrasse.

Barbecue organiser Jes Hiron described the event on Durgan Beach as brilliant and Tony Sutton and Charles Richardson were kept busy cooking the food, much of which was provided by Sue Scott, Group Co-ordinator. The barbecue had attracted far more interest than in previous years and the snorkel safari was fully booked.

Other popular outdoor events during the summer included a rockpool ramble at Prisk Cove with Ruth Williams from the Cornwall Wildlife Trust. It was a great day for looking under rocks and in the pools, and discovering all types of crabs, sea anemones and star fish, just to mention a few species. Butterfish, squat lobsters, velvet swimming crabs.... the discoveries were endless. Families scrambled over the rocks with their buckets to discover all sorts of secret lives and hidden gems.

Marine conservationist Ruth Williams from CWT shared fascinating facts about the discoveries.... did you know that spiny starfish can grow up to 80cm across and anemones fire tiny barbs to sting and stun their prey?

This fun day event which attracted a number of children, was followed later in the year with a further rock pool survey of Prisk Cove as part of the Panache project and organised by Matt Slater from CWT. Once again Prisk proved itself to be an exciting place for rock pool discoveries.

Upcoming Events

Saturday 18th January
A FISHY TALE (OR TAIL!)

Gweek

7.30pm

Meet at Gweek Village Hall opp. Seal Sanctuary, TR12 6UG (SW709266)

David Muirhead MBE has a lifetime of fishing stories to tell. There will be a wealth of interesting anecdotes and information on species found, fished and seen. £2. Members & children free. Contact: Charles Richardson 0779 5845696 or Sue Scott (01326) 340961 or coordinator@helfordvmca.co.uk.

Saturday 15th February 2013

HELDFORD WILDLIFE-FROM WOODLAND TO WATER

Gweek Village Hall, Gweek TR12 6UG

7:30pm

This slide illustrated talk involves a journey from the mouth of the Helford up to Gweek. The journey looks mainly at the Sub-littoral and shore, in the lower reaches and then enters the primary and secondary woodland in the upper reaches to look at some of the terrestrial species present to finish with the amazing fungi species found in the saltmarshes at Gweek. Place names and their meanings will also feature.

£3, members and children free

Dr Paul Gainey

Saturday 29th March

BOTTLENOSE DOLPHINS AROUND THE BRITISH ISLES AND OUR AGM

Gweek Village Hall, Gweek SW 709 266

7.30pm

TR12 6UG

Studying and protecting these coastal specialists, Simon Ingram has been involved in studies of coastal bottlenose dolphins for the last twenty years and will present some of his findings from long-term studies that help us to understand the ecology and conservation needs of these vulnerable and beautiful animals.

£3 members and children free

Sunday 13th April

HERON AND EGRET SURVEY

Helford River (North Side)

9:30 am to 12pm

Entrance to Road To Calamansack (between Port Navas and Constantine). SW 746 281

Join Martin Rule in the annual Heronry survey on the Helford. Please bring binoculars if you have them and be dressed for whatever the weather throws at us.

Free



Aim: To safeguard the marine life of the Helford River by any appropriate means within its status as a Voluntary Marine Conservation Area, to increase the diversity of its intertidal community and raise awareness of its marine interest and importance.

For further information relating to the Helford Voluntary Marine Conservation Area please contact the HMC Group Co-ordinator: Sue Scott Tel: 07772323502 Email: coordinator@helfordvmca.co.uk

Newsletter Editor Sue Scott coordinator@helfordvmca.co.uk Chairman: David Muirhead

Design: Sheila McCann-Downes, Cornwall Wildlife Trust Illustration: Sarah McCartney, Cornwall Wildlife Trust