



**Canal &
River Trust**

Making life better by water

Find out about...

Water and Wellbeing



We care about your wellbeing

At the Canal & River Trust we believe life is better by water. Whether it's walking the dog, cycling to college or just looking for a place to relax, think or picnic, spending just 2 hours a week in blue spaces such as canal towpaths, river banks and reservoirs can help you feel happier and healthier.

Recognising and harnessing the role of the waterways as blue and green local spaces and the opportunities this presents are a vital part of a whole system response to COVID-19 recovery and beyond. Throughout the pandemic the health of the nation has been of paramount importance and as a waterways and wellbeing charity we re-focused our resources on the best ways to utilise the waterways to aid wellbeing during this challenging time.

We know that rising mental health issues is one of the top concerns affecting young people and we want to play our part in helping you look after yourself and your wellbeing. Health and wellbeing is one of the three key strands of our youth engagement work.

Spending time in the green and blue spaces that surround us can boost our mood and reduce anxiety. As the charity that looks after over 2,000 miles of canals and rivers, we encourage everyone to enjoy these amazing spaces, where you can get away from the noise, pressure and pollution of everyday life.

You can read on to find out more, but first let's have a look at the facts and you'll see why wellbeing is a topic we care so much about.



Did you know...

Giving your time and helping others is just one of the ways to improve your wellbeing.

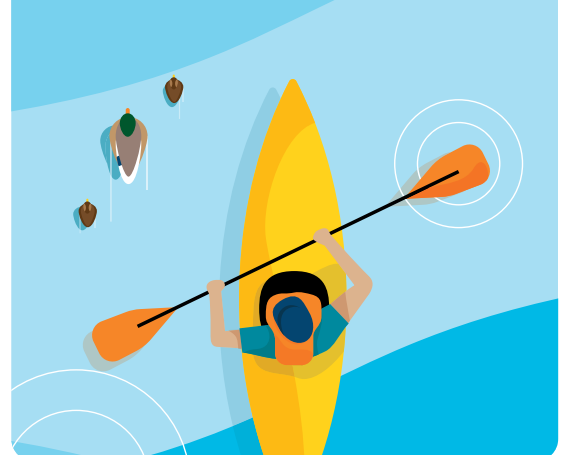
Wellbeing and water: Some facts

- The more time spent by waterways, the happier and more satisfied with life we can feel.
- Just 5 minutes of 'green exercise' or activity in nature can boost our self-esteem, and after 20 minutes the stress hormone cortisol is significantly lowered.*
- Accessing green and blue space is associated with better mental health and wellbeing and the benefit can persist over several weeks.†
- Improving access in deprived areas, leads to better health outcomes and reduced health inequalities.
- Regenerating urban blue spaces leads to improved community cohesion, life satisfaction, psychological wellbeing and better wellbeing across the community.
- Improvements to towpaths in the UK encourages active travel and significant improvements in health and wellbeing.

This is Well-B. Say hello!

Well-B is our little canalside friend who enjoys relaxing and recharging by our canals and rivers. Well-B's favourite place is by the water where Well-B spends time with people and animals.

Learn more about Well-B: search 'canal-recharge' now.



* The likelihood of reporting good health or high well-being became significantly greater with contact ≥ 120 mins, compared to no contact with nature (White et al. 2019. Spending at least 120 minutes in nature is associated with good health and wellbeing. Nature Scientific Reports (9); article number 7730. <https://www.nature.com/articles/s41598-019-44097-3>)

† Wildlife Trust. 2020. 30 Days Wild, Five year review <https://www.wildlifetrusts.org/30-days-wild-5-year-review>



Make a positive difference

Volunteering and Social Action and Skills Development/Employability are the other key strands of our youth engagement work. Every year, more and more young people are giving their time to the Trust and making a positive difference in their community.

Visit our [Youth Engagement pages](#) to see the range of projects and activities on offer and find out how you can get involved. canalrivertrust.org.uk/youth-engagement



About this pack

We believe that waterways have the potential to make people happier, reconnect with their local community, help improve their wellbeing, and address health and wellbeing inequalities.

This pack will help you **Learn** about how spending time enjoying our wonderful waterways can improve mental health and wellbeing. As well as facts, figures and top tips for you to **Watch and Read**, there's loads of things to **Create and Do** that will help you feel good and be kinder to yourself.

And we'll help you take your **Next Steps** to better wellbeing, by making changes to your lifestyle or getting involved in a volunteering project.

Why do we need to look after our mental health?

Our mental health is the health of our mind. It affects our thoughts, feelings, mood and behaviour. It also has an impact on how we think about ourselves, how we cope with life's ups and downs, and our relationships with family and friends.

It's important that we look after our minds as well as our bodies. Our wellbeing may even be the most important ingredient for living longer!



A compelling body of evidence has linked happiness with all sorts of psychological, social and economic benefits. These include better mental and physical health, stronger relationships and living a longer and more fulfilling life. Sounds pretty good!





5-a-day for our minds

The way we think and feel is as important to our health as food and exercise. Sometimes life can feel challenging. We have so much going on in our heads it's easy to feel disconnected and stop doing many of the things that make us feel better.

Researchers have come up with **five** things that we should focus on, that are proven to help our wellbeing. Think of them as 5-a-day for your mind.



Waterways for wellbeing

Research shows that spending time in green and blue spaces can have a positive impact on

Wellbeing reminder

Why not create a poster and use it as a reminder to think about your wellbeing every day. You could even make one to display at your school, community centre or youth group. We'd love to see your designs – you can share them with us by post, email or via social media. All our contact details can be found at the end of this pack.

5 Ways to wellbeing

These '5 Ways to wellbeing' are simple to do and we've come up with a familiar watery acronym to make them easy to remember! As well as making you feel better in the moment, they'll help you build better mental health for the future.



- C Connect:** Connections enrich our lives – take time to connect with others
- A Active:** Being active improves mental health as well as physical health
- N Notice:** We feel better when we take time to notice things and enjoy the present moment
- A Assist:** Helping others improves our own wellbeing too
- L Learn:** Lifelong learning keeps our minds healthy

wellbeing but many people do not have access to private open space or gardens. Our canals and rivers run through the heart of our nation's towns and cities, providing accessible green and blue space right on the doorstep for millions of people.

Whether it is to enjoy a sport, take a walk, watch the wildlife, volunteer on a community project or to simply admire the landscape, for many of us spending time by water is not only hugely enjoyable, but it has a welcome impact on our wellbeing too. Our nation's canals and rivers provide access to these benefits for millions of people across the country, and help to strengthen communities through active participation & volunteering.

How can we help?

Here at the Trust we take pride in making sure there's something for everyone to love on their local canal or river. Our exciting and vibrant 'Let's' programme includes lots of activities with health and wellbeing as a focus. You can find out more about all the events and activities happening locally by visiting our website.

Read on...

There are so many ways of making you feel better next to water. We've come up with lots of ideas to choose from, which will help you connect with these wonderful waterways and focus on your wellbeing.

Connect

Learn: The power of connecting

1 Connecting with nature and spending time in the outside world is one of the best ways to boost your mood. To see what we mean try this simple test below.

Read the words and phrases written below and notice how they make you feel and the images they conjure up. These

feelings are even stronger when we physically experience these things.

Nature-rich canalsides act as vital 'wildlife corridors' helping to connect isolated natural habitats, so wildlife can spread and recover again. Our canals and rivers have a unique role in promoting urban wildlife,

ensuring over 8 million people who live with 1km of a canal can live and breathe in a natural environment a stone's throw away. No other UK wildlife charity has reserves or sites so close to so many people. The Canal & River Trust is bringing wildlife into the city – bringing the wonders of nature to our doorsteps.

sunrise	sunset	rainbow	beach	river
moonlight	stars	waterfall	sea spray	meadow
Seeing a beautiful garden or countryside	Smelling a beautiful flower	Listening to birdsong	Listening to gentle rain	Holding hands with someone we care about

Look at the words and phrases below. Close your eyes and imagine each one. Make a note of the positive ways they make you feel in the space below.

A tree in full bloom perfectly reflected in the surface of a lake	
A river running over stones as it winds its way downstream	
Mist rising off the surface of a lake early in the morning	
A slow walk along the canal towpath on a sunny day	

2 Connecting with people around you and investing time in developing and building connections will support and enrich you every day. Take time to get to know your friends, meet new people, join a new club or talk to someone about a shared interest.

We are social animals and have a primitive need to feel part of something. We enjoy spending time and doing things with others, particularly those that share our interests. Having someone to talk to and confide in makes us feel accepted and respected, which can reduce stress and boost mental health.



Create & Do: Ideas to help you make or build connections



Connect with friends

Our waterways are perfect for a walk with friend(s). Put your phones away while you walk so you can talk, laugh and really listen to each other and connect by finding common ground. Make sure you smile and greet everyone else you meet along the way too!

Walking with friends and family can be a great way to share 'do-it-yourself' tips for happiness – find out what works for someone else. It might be worth a try!

Reflect on your connections

Download our simple **connections** grid to reflect on the wellbeing benefits of connecting with others. Think about how you feel before setting out, the things you notice and enjoy while you are together and how you feel after spending time with others.

Download our worksheets at canalrivertrust.org.uk/youth-resources

Picture perfect thank you

We all love receiving something nice through the post. Why not send your friend(s) a postcard, card or letter to thank them for a wonderful time. Here's some creative ideas:

- Turn your favourite photo into a postcard – print and fix your photo onto card and write a special message on the back
- Design your own postcards or writing paper with sketches, paintings or messages that remind you of the time spent together
- Create a collage effect from photos, sketches, leaflets, tickets or other items

See [page 11](#) for other ideas to create an interesting display for your photos and pictures.



Canal photo challenge

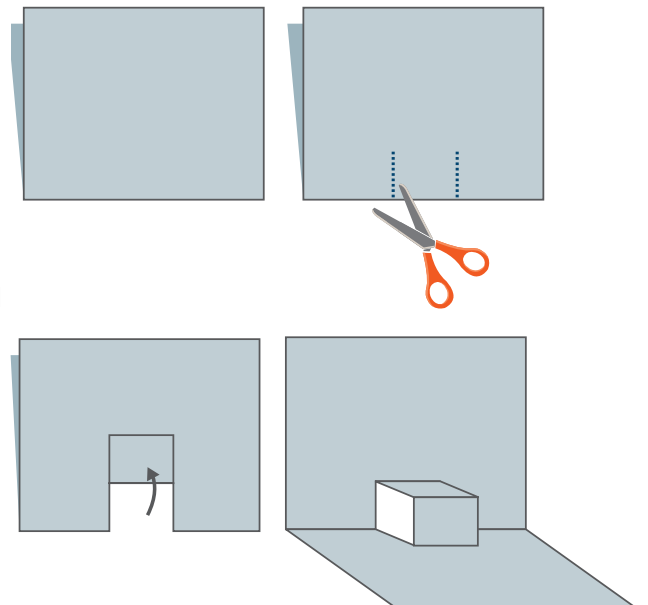
Share your photos with friends and take a vote on your favourites or share with us on our social media channels. You could use the photos to make posters for your room or to display in your school or youth club and encourage others to visit our waterways.

Keep connecting

You could make your own scrapbook to record the time you spend by water.

Have fun with a pop-up design

Fold a piece of card and cut two parallel slits on the folded side. Fold the tab up and crease, open the card and pop the tab out. Fix a waterways-themed cut-out onto the tab – so that it pops up when the card is opened – and decorate the card.





© Jack Perks



© Jack Perks

Cooking up connections

Eating together is a great way to connect. Pack a picnic and find the perfect spot to enjoy all the goodies or take a well-earned break in a pub or restaurant nearby. Sitting and chatting over a meal is a great time to demonstrate to friends that you are available to listen to them and give them support.



Picnic food doesn't get much better than a show-stopping picnic pie! It's a complete, healthy picnic in one. And it's easy to serve so you can concentrate on connecting with family or friends and enjoying the beautiful surroundings. Why not [download the recipe worksheet](#) and have a go.

Connect with wildlife

Our canals and rivers provide vital habitats for hundreds of plants, birds and animal species. Take time to spot wildlife as you walk and share your knowledge with others.

Take photos of new things you find. Photos make great memories, and they can also bring you closer to nature and the surrounding world. Use the photos as a prompt to research and find out more.

You could even record the sounds of the waterways to help you relax at home.

Remember, it's not just wildlife to watch out for. Our waterways are home to many buildings of historical interest and some incredible feats of engineering. Learning about the canals and their incredible history will help you connect even more with our wonderful waterways. Visit canalrivertrust.org.uk/canal-history

Watch and Read

Connection starters

Tea & Talk is a series of podcasts from the Mental Health Foundation featuring interviews with experts and people with personal experience. They cover a range of topics including **Exercise and Mental Health** and **Wellbeing and Nutrition**.

mentalhealth.org.uk/podcasts-and-videos/exercise-and-mental-health

mentalhealth.org.uk/podcasts-and-videos/wellbeing-and-nutrition

Listen to these and think about the questions they raise. The topics are great conversation starters and will lead to lots of interesting discussion around these important issues.

Active

Learn: The wellbeing benefits of being active

Exercise is good for your mind as well as your body. It's a great way to deal with negative thoughts and can help you feel more positive.

When we are angry, scared, anxious or tense the body produces stress hormones which put pressure on our bodies and weaken our immune system. If we don't give ourselves time to recover between these pressures, the long-term impact can be damaging to our mental health.

Relaxing techniques such as yoga and meditation, and physical activities can help our bodies fight back! During physical activity our bodies release chemicals (endorphins) in our



brains that make us feel happy, and help us to concentrate, feel, look and sleep better. Exercising in fresh air releases endorphins

faster than exercising in the gym – no wonder we feel good when we enjoy 'green exercise' and activities in nature.

Do: Ideas to keep you active

Active waterways

To make it as easy as possible to stay active, it's important to find something you enjoy. Here are some of our top suggestions.

By the water:

Our canals and rivers are set in beautiful surroundings. Walking, running or cycling by water is a great way to take a break from life, keep active and explore our wonderful waterways.

On the water:

How about trying something new, such as paddle boarding or kayaking or even sailing. The reward that comes from mastering a new skill or setting a physical goal and achieving it can really improve your self-esteem.

There are so many ways to get active in the blue and green spaces around us, there's something to suit everyone. Find out more about your local canal and which activities are available near to you.

canalrivertrust.org.uk/enjoy-the-waterways

canalrivertrust.org.uk/local-to-you

Being mindful by water

Yoga, meditation and mindfulness help to improve wellbeing. Taking your practice waterside adds an extra level of calm. Why not [download our yoga worksheet](#) and start with some simple yoga poses.

Active challenge

Set yourself a challenge to keep you motivated. For example:

- Extend your route to **walk/run/cycle** further, or perhaps try a more challenging route
- Make a list of **ten exercises** to do along your route. Try doing each one 5 times the first time, then increase the number of reps on future trips
- If you want a more **relaxing challenge** – make a list of things to spot along the way
- If you are with a friend, **test** each other's knowledge of the flora and fauna found in the many different habitats that surround our waterways

Make sure your goals are SMART:
Specific. Measurable.
Achievable. Relevant. Time-bound.

Create: Simple ideas to help you stay active

Goal planner / challenge sheet

Planning how you're going to achieve a physical challenge on a chart can be a great motivator. How you design it is up to you, but we've included a template for you to use. Add inspirational slogans, set yourself some target dates, and make sure you include some rewards too!



HiiT exercise

If you're looking to include some HiiT exercises during your walk/run/cycle, [download our HiiT worksheet](#) and have a go at some simple exercises.



Download our worksheets at canalrivertrust.org.uk/youth-resources



**My wellbeing goal planner
and activity challenge worksheet**

Month **March**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		Yoga 30 mins				Yoga 30 mins	
Week 2	Monday meditation 30 mins		Go for a run by canal in morning for 30 mins				
Week 3				Yoga 30 mins		Yoga 30 mins	
Week 4	Go for a run by canal in morning for 30 mins		Yoga 30 mins				
Week 5							

Make sure your goals are SMART:
Specific
Measurable
Achievable
Relevant
Time-bound

Download a [blank version](#) of this useful monthly goal planner and activity challenge worksheet or create your own.

Watch and Read

Keeping active

The Tea & Talk podcast from the Mental Health Foundation features interviews with experts and people with personal experience on a range of topics including **Exercise and Mental Health**.

mentalhealth.org.uk/podcasts-and-videos/exercise-and-mental-health

Get sporty: Sport England have many ideas on how to get active. sportengland.org/jointhemovement#jointhemovement/

Discover wonderful walks near to you by checking out the Wellbeing on your doorstep pages of our website.

canalrivertrust.org.uk/features

Be virtual: If you're unable to get out or are looking for inspiration and ideas, take a look at our virtual 360 Adventures and other Best Bits and see just how wonderful it is to spend time by the water.

canalrivertrust.org.uk/360-adventures

canalrivertrust.org.uk/canals-at-home

Notice

Learn: Why we should take time to stop and look around us

It's important to take time to give attention to the present moment and become more aware of the world around you and how you are feeling. Engaging with nature, noticing the changing seasons and appreciating beauty in the world around us gives us a chance to breathe.

Taking this time reduces the level of stress we feel in our busy lives, helps us enjoy things more and notice things we might have missed. Take time to reflect on experiences, savour each moment and appreciate what matters to you.



Do: Ideas to help you engage

Watch when you walk

There is so much to notice in the green and blue spaces around us. Here's a few ideas to help:

- Lie down and find shapes in the clouds...
- ...then close your eyes and just listen
- Take a camera with you to record the small details you notice
- Find out about the different canal and river habitats and the wildlife that lives there.



© Jack Perks



Poetry in motion

Take time to notice the small details in the world around you – colours, the way things move, the way they make you feel and the memories they evoke. Record your thoughts and use them as inspiration for a poem, song or even a short story. Let your imagination do the talking.

You might be fascinated by the way canals and locks were built. Their incredible engineering, heritage and impact on history and the growth of industry are wonderful topics to explore through the arts.

How's your ear for wildlife?

You might have heard these creatures along canals and rivers, but do you know what they are? Take the Wildlife ear and eye-Q test at canalrivertrust.org.uk/ear-for-wildlife



© Jack Perks

Canal and river art

Capture the beauty of your surroundings by sketching or painting what you see. Return to the same spot every season and capture the way it changes through the year. If you prefer, take photos and paint or sketch at home. Or use the sketches as inspiration to design jewellery or a T-shirt.

And look out for arts along the waterways – not only the brightly coloured canal art, but also specially commissioned, pioneering new works by local artists. canalrivertrust.org.uk/waterway-arts



Create: Inspiration and simple ideas

Keep looking

Why not showcase your work? Make a nature-inspired picture frame, noticeboard or a hanging display for your photos, sketches, paintings or other creations.



Or you could fill a scrap book or photo album for all your work. Make this into a living memory – by writing, doodling, and adding pressed flowers or other keepsakes too.

Take a look at home

The areas around our canals and rivers provide six very different habitats, which are home to hundreds of species of plants and animals.

Explore your garden or outside space and see if you can notice any similarities to the waterside habitats? Think about changes you could make or anything you could add to attract more wildlife.

canalrivertrust.org.uk/corridor-for-nature

A bird feeder is suited to any outside space. [Download our worksheet](#) and find out how to make one from an old milk carton.

[Download our worksheets at canalrivertrust.org.uk/youth-resources](https://canalrivertrust.org.uk/youth-resources)

Watch and Read

What and where

Download our Nature spotters guide.

canalrivertrust.org.uk/nature-spotters-guides

Find out more about the things you might notice with our Spotters guide to watery wildlife.

canalrivertrust.org.uk/a-guide-to-wildlife

Read about our Arts on the Waterways Programme.

canalrivertrust.org.uk/waterway-arts

Visit our Explorers site for more ideas and information on canal and river habitats, wellbeing and creating a corridor for nature in your home.

canalrivertrust.org.uk/learning-bundles

Assist others

Learn: Why it's so important to give to others



Helping others is a great way to improve mental health and wellbeing. Happiness comes from giving to others, whether it's random acts of kindness, respect, volunteering or just saying thank you. You can offer to help your friends, your school or your community.

Even small acts of generosity, such as giving your time, attention or even thanks to another person can be better for you than relaxation! They are proven to reduce stress, improve your emotional wellbeing and even benefit your physical health.

Do: Ways you can help

Respect – Help us to make life better by water

We've come up with a very simple towpath code. Visit our website and learn how to share the towpath respectfully, and what to expect of others.

Share the code as widely as you can. Ask if you can display a poster at your school or youth club. Use the towpath code words and design the poster yourself.

canalrivertrust.org.uk/towpaths-for-everyone



The Canal & River Trust Towpath Code

1. Share the space

Towpaths are popular places to be enjoyed by everyone. Please be mindful of others. Keep dogs under control and clean up after them.

2. Drop your pace

Pedestrians have priority on our towpaths so cyclists need to be ready to slow down. If you're in a hurry, consider using an alternative route for your journey.

3. It's a special place

Our waterways are living history with boats, working locks and low bridges, so please give way to waterway users and be extra careful where visibility is limited.



Help us keep our canals and waterways clean. There are plenty of bins and we're increasing the number of recycling points along our waterways as part of our Green Plan. Please report anything of concern.

canalrivertrust.org.uk/the-green-plan

And at all times, please **respect the boating communities** who live along our canals. Taking positive, thoughtful actions will also say thank you to the people who look after our waterways.



Volunteer

To help more people enjoy our waterways we have been improving towpaths and are involved in many other projects to promote wellbeing, connections with nature and more. Find out more about how our volunteers get involved with all aspects of our work to bring canals to life and see how you could help.

canalrivertrust.org.uk/volunteer

Our Plastics Challenge pack contains lots of ideas for individuals, families and groups to get involved and take action, together with some helpful resources.

canalrivertrust.org.uk/plasticschallenge

Download our worksheets at canalrivertrust.org.uk/youth-resources

Give

Gifts don't have to be fancy or expensive – or just for birthdays or Christmas! Try some of these ideas as ways to let your friends and family know you are grateful:

- **Create** a water-themed playlist of songs that remind you of shared times
- **Bake** a canal boat or canoe-shaped thank you cake!
- **Plan** a 'free' day out in nature with friend(s) – spending time by waterways doesn't cost a thing!



Create: Ways you can give

A recipe for giving

Cakes are a great way to show how much you appreciate someone. [Download this simple recipe](#) and use the mixture to make any shape of cake you like, inspired by canals and rivers.



Give a compliment

Make a contribution to someone else's wellbeing by writing a cheque from the 'Bank of Compliments'. [Download this template](#) – all you have to do is think of something kind to say.

Bank of Compliments		Date:
Pay:	Stephen	
the following compliment:	You are an amazing person.	
	Thank you for your help with my project which turned out better than I could have hoped for xxxxx	
	Name:	Amy
Bank of Compliments		Date:
Pay:	Angela	
the following compliment:	Thank you for being my friend.	
	You give me the confidence to be myself and always tell me the truth so I can make the best decisions xx	
Signature:	Name:	Danielle

Keep Learning

Learn: The importance of learning

Lifelong learning keeps our minds healthy. The sense of achievement we get from learning something new can be great for our mood and overall wellbeing. Why not try one of these ideas:

- Learn a new skill
- Rediscover an old hobby
- Sign up for a course
- Take on new responsibilities
- Set yourself a challenge you will enjoy – you'll have fun and feel more confident at the end

Find something that will give you 'flow' – a state of mind linked to wellbeing, which happens when you become completely absorbed in an activity. When you find flow, time flies and every action flows from the last.

Learn about yourself

- Keep a diary to reflect on the things that improve your wellbeing in all aspects of your life.
- If you come across phrases or pictures that build inner strength, why not create a poster for your wall.
- Think about the things that make you feel calm. You could put together a self soothe box to help you relax if you ever have symptoms of panic, anxiety or low mood. Fill it with sensory things and other items which help you to feel relaxed.

For example:

- Touch • Memories • Smell
- Music • Water
- Positive affirmation / quote cards
- Activity such as colouring

Find out more at

youngminds.org.uk/blog/how-to-make-a-self-soothe-box/



Create and Do: Taking time for you

Learning from the inside, out

Relaxation is such an important part of maintaining positive mental wellbeing. Learning the art of yoga, meditation or

mindfulness is a great way to take time out for yourself to relax and recharge your batteries. You could join a local class or follow a session online, but here are some simple things we can all find time to do in our day.

- **Pause** – making time to take a break or pause during the day can prevent stress from building up. Simply stop, let your shoulders drop, stretch out and allow your mind to calm down
- **Deep breaths!** Taking deep breaths and concentrating on your breathing can have a calming effect, help you relax and prevent stress levels gradually rising up
- **Mindfulness** – Be more aware of the present moment, including your thoughts, feelings, your body and the world around you. Mindfulness can positively change the way you feel about life and how you approach challenges.

Wellbeing with Well-B

Take time
to relax and
watch the
world go by





Learning all around us

Start your learning at home. Our website is filled with details of places to discover that are local to you. Why not take a look and choose a place, a building of interest, or a landmark of canal engineering as your destination and challenge yourself to learn as much as you can before you visit. canalrivertrust.org.uk/local-to-you

Keep learning about the things you see on or by the waterways; whether it's wildlife, plants, a place of historical interest, a feat of engineering, or the rich history of canals and the role they play(ed) in the evolution of urban areas.

Explore things that interest you and start to turn information into knowledge. canalrivertrust.org.uk/canal-history

And you can even take a [virtual trip](#) to visit one of our National Waterways museums and learn from your sofa! canalrivertrust.org.uk/places-to-visit/national-waterways-museum

Download our worksheets at canalrivertrust.org.uk/youth-resources

Wellbeing challenge

Learn to identify the things you do every day that make you feel better. Things that make you happy, laugh, improve your confidence or give you a sense of achievement.

Download our [wellbeing challenge chart](#) and record the things you do to show which of the 5 ways to wellbeing they represent. Are there any gaps? What new things could you try? We've included an example chart to give you an idea.

At the end of the week review and think about your overall wellbeing – what impacted on this and is there anything you could do differently next week?

Share your knowledge with family and friends – maybe set up a wellbeing challenge group? Try to come up with new ways to achieve your 5 ways to wellbeing.

Canal & River Trust
Making life better by water

Month **March**

My wellbeing challenge chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CONNECT	Phone Amy		Meet George		Dinner with Tom		Meet college crew
ACTIVE	Yoga class	Run			Run		Walk with Tim and his dog
NOTICE							Photo of a beautiful plant
ASSIST	Pick up Grandad's medicine		Shop for Grandma			Help with school fair	Thank you card for Jo
LEARN	Drum practice			Drum practice		Drum lesson	Research the plant
How do you feel?	😊😊	😊😊😊	😊😊	😊	😊😊😊	😊😊😊	😊😊😊

Watch and Read

Where to learn

One of the best ways to learn more about canals is to visit our National Waterways Museums.

canalrivertrust.org.uk/places-to-visit/national-waterways-museum

The Trust works closely with many charities promoting positive mental health and wellbeing in young people. Their websites contain lots of information to help you learn more about health and wellbeing.

mindyourway.co.uk/about-us/
minded.org.uk/
youngminds.org.uk/

Next Steps

We've given you lots of information about ways to improve your wellbeing. Now you can share what you have learned with others.

Create a video or vlog

to tell others why wellbeing is so important and how spending time by our canals and rivers can boost our mood and reduce anxiety. Show them the many different 'ways to wellbeing' that our waterways can help with.

For more information please see our 'Creating a Vlog' hints and tips – canalrivertrust.org.uk/youth-resources

How could you improve a blue space in your area?

Contact your local comms lead at the Trust so we can help you share your ideas and the benefits the improvements will deliver – canalrivertrust.org.uk/contact-us

Write a blog or video diary

to share how you're doing in your wellbeing challenge. Or introduce a friend to the waterways and record their journey to better wellbeing.

Don't forget to tag us in your social media posts

and share your pictures, stories and news on Facebook, Instagram and Twitter. Or you can send us all your amazing ideas and creations via email or post.

 [/canalrivertrust](https://www.facebook.com/canalrivertrust)

 [@canalrivertrust](https://twitter.com/canalrivertrust)

 [@canalrivertrust](https://www.instagram.com/canalrivertrust)

Get involved

If you've been inspired by everything you have learned and done, we'd love you to get more involved! Contact us to find out about opportunities in your local area. We hope to hear from you soon!

Always remember to keep yourself safe online at all times. Speak to your parent, carer, teacher or group leader for advice and check out this guidance from www.thinkuknow.co.uk

Bringing the magic of our waterways to you!

Our towpaths are open for you to exercise and be outdoors, closer to nature. We want you to enjoy your local canal or river, but please follow the government's advice on social distancing at all times. Keep your distance from both other people and moored boats, where people may be living aboard and could be self-isolating or shielding.

Events taking place on Trust land will be reviewed on a case by case basis and no event which could put both those attending or our staff and volunteers at risk will be permitted. We will continue to follow the latest government advice and will post updates if the advice changes. Please check individual event details, follow us on social media and sign-up to our email for the latest information.



Canal & River Trust

Making life better by water

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canalrivertrust.org.uk



To get involved:

visit: canalrivertrust.org.uk/volunteer

email: volunteer@canalrivertrust.org.uk

For more information on our youth & community engagement work please email lucie.unsworth@canalrivertrust.org.uk