

# VOLUNTEER WITH US!

**Would you like to help care for the  
Suffolk Coast & Heaths  
Area of Outstanding Natural Beauty?**

Our Volunteer Scheme has been running for over 10 years  
and we would love to hear from you!

Our Volunteers are an invaluable resource, enabling us to carry out  
important work we would otherwise be unable to achieve.



## **Contact Details:**

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**Address:** Suffolk Coast & Heaths, Dock Lane, Melton, Woodbridge,  
Suffolk, IP12 1PE

**[www.suffolkcoastandheaths.org](http://www.suffolkcoastandheaths.org)**

The Suffolk Coast & Heaths Area of Outstanding Natural Beauty (AONB) extends from the Stour estuary in the south and to Kessingland in the north.

It covers a wide area of wildlife-rich wetlands, ancient heaths, windswept shingle beaches and historic towns and villages.

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## Volunteer opportunities available include...

### Work Parties

- A chance to work in the great outdoors, helping with conservation and access work such as footpath clearance and habitat management. It is also an opportunity to meet up with like-minded Volunteers.

### Coast and Estuary Wardens (all year)

- Help look after the coast and estuaries by recording information about areas of concern e.g. erosion and bird disturbance

### Beachwatch (quarterly events)

- Seasonal litter pick and survey undertaken along a designated section of beach (minimum distance 100m) as part of an existing team or establishing a new group.

### Great British Beach Clean (annual – 3<sup>rd</sup> weekend of September)

- As above, but only once a year.

### Long Distance & Promoted Route Surveys

- Surveying a section(s) of the Suffolk Coast Path, Sandlings Walk & other routes & reporting back. Rectifying any straightforward problems.

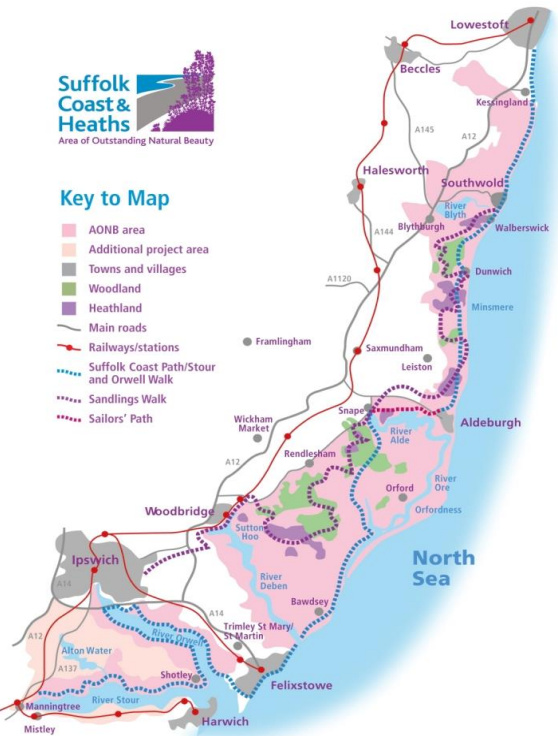
### Suffolk Coast Greeters

- Sharing your interests in the area and passion about where you live with visitors as a friendly local (not a formal guide).

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### Long Distance & Promoted Route Footpath Surveys

- Surveying a section(s) of the Suffolk Coast Path, Sandlings Walk & other routes & reporting back. Rectifying any straightforward problems.

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