

# Suffolk's Coast and Estuaries Needs Your Help!

We are looking for people to help us champion our coast and tidal rivers

If you regularly visit the coast you could help us:

- .Collect valuable information
- .Carry out practical tasks
- .Keep it clean
- .Educate others
- .And more...

And we could help you to improve your knowledge while enjoying yourself!

If you are interested in joining the Suffolk Coast and Heaths AONB volunteer scheme call us on 01394 384948 or [email nick.marsh@suffolk.gov.uk](mailto:nick.marsh@suffolk.gov.uk)

