



THE GREAT BRITISH SPRING CLEAN 2021

28th May -
13th June 2021



This spring join Keep Britain Tidy on our million mile litter picking mission, and show some love for those special places that helped us through lockdown.

Taking place **28th May - 13th June 2021** and in partnership with community organisations, businesses and the government, we're aiming to collect and safely dispose of litter from our streets, parks and beaches - travelling the equivalent of one million miles - to the moon and back, twice!

What is good for the environment is good for our mental and physical health too. There is a strong link between staying active and maintaining positive mental health, but small acts of kindness - to our planet and ourselves - can improve our surroundings and our mood. Following our 2020 campaign, 79% of participants said volunteering helped improve their mood: the benefits of litter-picking extend further than our surroundings.

Go to keepbritaintidy.org to pledge.

Benefits of being involved

In 2020, 51% of participants said that the GBSC helped them feel more active

78% felt more pride in their local area

44% agreed that they felt less anxious about what's happening in the world

64% said that it helped them feel more a part of their community

43% said it helped them to feel less isolated



The Great British Spring Clean: Million Mile Mission 28th May – 13th June 2021

Over the last year outdoor spaces and places have mattered to us more than ever, so this spring Kirkbymoorside Town Council are joining the charity Keep Britain Tidy and their Great British Spring Clean campaign.

From **28th May to 13th June 2021**, residents and businesses are encouraged to pledge their support to this very special campaign and their million mile litter picking mission.

Taking part is not only good for the environment, but for our mental and physical health too. Last year, 79% of people who took part in the Great British Spring Clean reported improved mood, and 51% said it encouraged them to move more.

Whether you pledge to take part alone, with your families or friends (sticking to the rule of six), it's a great excuse to get outside. All you need is a litter picker, some gloves and a bag to collect your litter in. A limited number of litter pickers are available for collection from the Moorside Store together with Ryedale District Council refuse sacks which can be left next to any public bin for collection.

Ready to get started? Here's how: Visit [keepbritaintidy.org](https://www.keepbritaintidy.org) to pledge your support. Here, you will find all the advice and information you need to get started.

Help inspire others to take part by making some noise about the campaign on social media. Share your good news stories, videos and pictures using the hashtags #GBSpringClean #MillionMileMission @keepbritaintidy

There is already a network of volunteers making arrangements to start the mission in Kirkbymoorside. Please contact Julia Bullock (07896 333434) or email the Town Clerk (town.clerk@kirkbymoorsidetowncouncil.gov.uk) if you would like to join the #LitterHeroes.

It is easy to feel overwhelmed by the challenges we have faced this year, but small acts of kindness – to our planet and ourselves – can help us improve our surroundings and our mood.

Thank you.