

Eden
Rivers Trust



In Full Flow

Creating a Healthy Eden for All

I am delighted to share with you the first Eden Rivers Trust review; a synopsis of the work completed during year one of the Trust's five year Strategic Plan: **A Healthy Eden for All.**

Over the next few pages, you can read about the highlights of our three main programme areas - Improve, Protect and Connect. Alongside these sits our Enable programme, where we work to build the Trust's capacity, skills, infrastructure and resources; to sustain improvements to our work and the Trust itself.

This is no small matter given the extent of political, social and environment change we are all experiencing. From source to sea, the stresses on Eden's environment are building year on year. The Trust must be as ready as possible to work with, and influence the new policies, processes, partners and organisations as they emerge and take every opportunity we can to protect Eden's rivers and wildlife.

You - our supporters, are critical to every part of our programme, whether you welcome the Trust's projects on your land; volunteer to undertake practical work or monitor iconic species; advocate for rivers; donate to our projects; work alongside us in the Catchment Partnership; provide free advice; retweet our tweets; act as a trustee or are a trusted critical friend. We cannot operate effectively without you and we are deeply grateful to you all. Thank you.

The Trust is proud of its 23 year legacy of positive action and speaking out for Eden's rivers. The current, largely new staff team, looks forward to continue working with you all in 2019 and beyond, to ensure that legacy is maintained for the future.

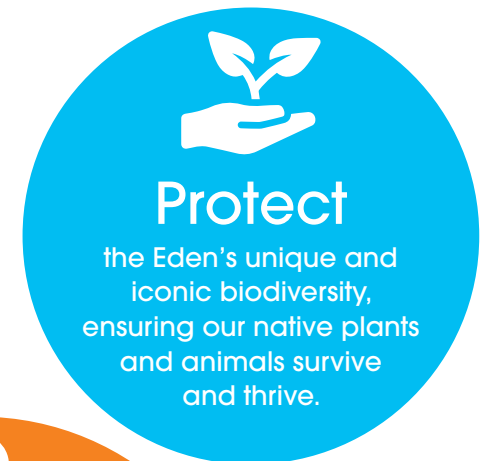
Elizabeth Radford
CEO

About us

We are an environmental charity in the Eden Valley, Cumbria, dedicated to improving and protecting the River Eden, its tributaries and lakes, making it a better place for people and wildlife – working towards our vision of **A Healthy Eden for All.**

We've been taking care of the Eden catchment since 1996. So far, we have completed over 500 river improvement projects, worked with 70 schools, planted 105,000+ trees and installed more than 210km of fencing!

We work in partnership with landowners, organisations and communities to:



Introducing the Eden catchment

The Eden catchment covers an area of 2400km² – equivalent to 300,000 football pitches.

The geography and geology of the catchment make it unique. Bordered on three sides by steep fells, plus higher than average rainfall all make the Eden a fertile place with stunning scenery. However, it also means that there is a huge amount of water finding its way to the sea via hundreds of becks and rivers.

Although it is very large in size, only 5% of the land is actually lived on by people. In fact, sheep outnumber people five to one!

Eden's rivers are a haven for wildlife with many important species found here. 31 SSSIs (Site of Special Scientific Interest) lie partly or wholly within the Eden Valley, including the River Eden SAC (Special Area of Conservation) and the Cumbrian Marsh Fritillary SAC. These are designated to protect endangered species, such as White-clawed crayfish, rare plants and fragile landscapes.



- 1 River Eden
- 2 River Irthing
- 3 River Petteril
- 4 River Caldew
- 5 River Eamont
- 6 River Leith
- 7 Ullswater
- 8 River Lyvennet
- 9 Haweswater
- 10 River Lowther

SOURCE

The River Eden's source is **670 metres** above sea level in the fells above Mallerstang Common.

DID YOU KNOW...



that the water that comes out from some taps in Manchester has travelled from Haweswater reservoir **100 miles** away?

THE HIGHEST POINT...



in the catchment is Helvellyn at **949 metres**

LONG MEG & HER DAUGHTERS



is a mysterious circle of 59 stones that are more than **3000 years** old

MOUTH

The **lowest** point of the catchment is Solway Firth at **6 metres**

SOLWAY FIRTH ESTUARY



The Eden flows into this wide estuary of sand dunes and salt marshes - home to a huge **variety of wildlife**

DID YOU KNOW...

the River Eden is **80 miles** long and flows from south to north

YORKSHIRE DALES

THE LAKE DISTRICT

THE PENNINES

KIRKBY STEPHEN

APPLEBY

PENRITH

ARMATHWAITE

CARLISLE

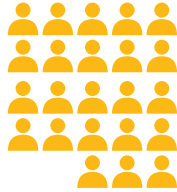


Connecting people with rivers

In 2018 we worked closely with communities so that people of all ages could learn about healthy rivers and take action to make their local river a better place for people and wildlife. Here's just some of the highlights:



1 letter from Sir David Attenborough congratulating our young Eden 'litter champions' on raising awareness with Litter Monster



23 young people said #iwill to adventure and conservation in the great outdoors



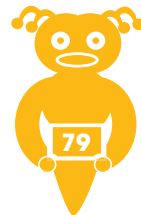
400 volunteers gave **500 days** of time



2,679 pupils from 40 schools learnt about rivers



14,200 people saw the Eden Rivers Wonder World exhibition in the summer



79 pupils created the fearsome Litter Monster and made films about litter



4 Eden apprentices completed their training

Coming up in 2019

Launch of Adventurous Salmon illustrated book

Pilot of Eden River Rambles - Walks for Health by the river in Appleby

Pilot of 'Walter the Water Droplet' - 1-day schools programme with Shap Primary School

From Marbles to Monsters - workshop for staff from UK rivers trusts

Conclusion of Cherish Eden, our 5-year National Lottery Heritage Fund project

Work begins with 4 schools near our river improvement sites to increase understanding of river conservation

ERT holds its very first Supporters' Day



Spotlight on ...

Eden Rivers Wonder World exhibition



Last summer, over 14,000 people flocked to Carlisle to explore Eden's rivers in a fully interactive exhibition for all the family created by Eden Rivers Trust in partnership with Tullie House Museum and Art Gallery.

From Eden's amazing creatures to the fearsome Litter Monster, our show-stopping family exhibition had it all! As well as showcasing Tullie House's collection and having lots of things for families to do, we were determined to involve communities – working with artists to co-create artwork to be featured in the exhibition. As a result, three pieces were created: Litter Monster, Project Rainbow and a mechanical Grey heron.

The exhibition was split into three zones:

Amazing places

Visitors took a journey down the Eden, discovering how rivers work and seeing some of the stunning landscapes and landmarks along the way. They also explored how Eden's valleys and rivers have been shaped over millions of years by water and the rocks under our feet.

Amazing creatures

This featured some of our best-loved and most-endangered native species as well as the abundant biodiversity found in the Eden – captured in Project Rainbow, an eye-catching installation of photos taken by 150 young people.

Keeping it amazing

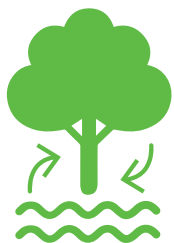
The story turned to the threats to our Wonder World through litter, pollution and climate change. Taking centre-stage was the massive Litter Monster, a 6m high sculpture imagined by artists from Woodmatters, Ragtag Arts and

Gorgeous Media and created by three primary schools who worked with the artists to explore the issues and impact of river litter. Although under threat, the message was positive – everybody can play their part to keep rivers amazing.

The exhibition was supported by a packed programme of summer holiday events, A Wonder World weekend festival, schools programmes and even a Brownie sleepover in the museum!



All photos Stuart Walker Photography



On land and in the water

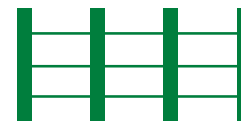
In 2018, we worked with a wide range of partners - farmers, landowners, government agencies and other organisations to improve Eden's rivers and landscape:



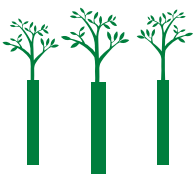
6.4km of river habitat improved



2 wetlands created for water storage and wildlife



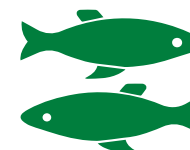
2km of fencing built to protect riverbanks at Troutbeck



11,380 trees planted to slow the flow of water and provide habitat



8km of river opened up to allow fish to swim freely



3 barriers to fish passage removed

Coming up in 2019

Fisheries habitat improvement in the Troutbeck catchment

Wetland creation on the Lyvennet near Kings Meaburn

Groundworks start on 4 major river restoration projects in the Leith, Lyvennet and Dacre sub catchments

Launch of Eden Catchment Plan with 20 partner organisations - for integrated sustainable water management

Habitat works in Scandal Beck and Upper Lyvennet begin - Westmorland Dales Landscape Partnership Scheme

Winter hedgerow and tree planting in the upper catchment



Spotlight on ...

Reducing flood risk

In 2018, we completed a variety of natural flood management (NFM) projects to help reduce the impact of flooding to communities at risk.

Local volunteers and residents planted trees in Patterdale to stabilise a steep bank left behind after a landslide. They also planted on a floodplain to intercept rainfall and stop gravel and stones from being swept off the fells and into the beck during heavy rain.

In the Roe and Ive catchment, kested hedges were constructed and planted to intercept water trying to get to the river.

Our farming team have been busy sending the Trusts' aerators and sward lifters to farms so that they can use them to break up and aerate the soil. This will allow more water to be stored in the soil and reduce compaction, meaning less water (and soil nutrients) will run off into the river.

Facilitation Fund farmers' groups

12 more farmers joined our two Facilitation Fund groups in the the Petteril and the Lowther/Leith catchments in 2018.

Our Farming and Conservation team facilitate the farmers' group meetings, which in 2018 focused on providing practical advice about the new Farming Rules for Water and helping farmers navigate and make the most of the Countryside Stewardship scheme. They also brought in experts to talk about healthy soils and how to retain water more effectively (during last summer's drought).

The team also provided practical advice to 23 farm businesses on how they could improve the management of water on their farms to increase productivity and profitability whilst helping the environment.

As well as protecting people, all of these measures will also improve the environment – leading to increased wildlife habitat, healthier soils and improved water quality. It's a win-win!

Traditionally Eden workshops

These were a series of practical workshops launched in 2018 to keep traditional rural skills alive by teaching them to volunteers. The aim being that they can use their newly-acquired skills to tackle vital projects in the future to improve and protect Eden's rivers.

To date, 37 volunteers have tried their hand at countryside skills such as dry stone walling, hedge-laying, willow spiling and green woodworking skills.



Kested hedgerow slowing the flow of water

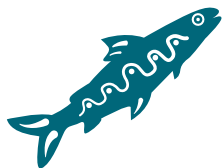


ERT volunteer learning how to lay a dry stone wall



Protecting Eden's rivers and wildlife

In 2018, our work focused on monitoring key wildlife and cleaning up our rivers:



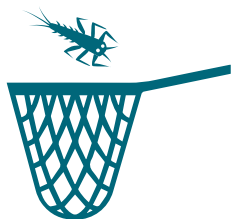
1st salmon parr recorded at our Barnskew river restoration site



12 river clean-ups by volunteers to prevent plastic pollution affecting wildlife



29 volunteers helped survey crayfish, fish and invertebrates across 58 sites



12 volunteers delivered 160 hours of regular riverfly monitoring



37 volunteers came to our Naturally Eden events, learning how to identify Eden's native plants and trees



Carried out electrofishing surveys in 5 catchments: The Petteril, Lyvennet and Leith rivers, plus two smaller becks, Cairnbeck and Troutbeck.

Coming up in 2019

Introduction of new role of Conservation Officer for habitats and species

Review of ERT's monitoring programme

Summer electro-fishing and crayfish surveys

Winter litter picking/ river clean-up volunteer days

Working with farmers, volunteers & partners on Briggie Beck and Kirkland Beck to install fencing and plant trees that will protect riparian habitat



Spotlight on ...

Crayfish surveys

Crayfish surveys are an annual fixture of the ERT calendar with volunteers and staff heading out to around 25 sites each summer. Their mission? To check whether populations of our native, endangered White-clawed crayfish are still thriving.

All of our volunteers and staff are trained to ensure that our surveys are carried out in accordance with the Life in UK Rivers Survey Methodology to ensure that our data is robust. We hold training courses every year for new and existing surveyors.

The results from this year's survey yielded good news. We found reasonably-sized populations of White-clawed crayfish, and more importantly, NO invasive Signal crayfish!

3.5% had porcelain disease, a disease thought to be spread by cannibalism (!) which was only slightly higher than the UK average. There were no signs of crayfish plague, a deadly disease that has wiped out populations elsewhere in the UK.

White-clawed crayfish by John Stock



Identifying riverflies at the volunteer training day



Spotlight on ...

Riverfly surveys

Riverflies and their larvae are one of the vital jigsaw pieces in a river-based food chain.

Riverfly larvae are good indicators of a river's health as they spend many months and years maturing in the same part of the river. They are sensitive to changes in water quality and their environment – such as habitat loss, pollution, soil erosion and water abstraction.

Since 2008, Eden Rivers Trust has been part of the Riverfly Partnership's monitoring programme, recruiting and training volunteers to regularly monitor sites close to where they live.

ERT volunteers taking survey measurements



Jenny Garbe, ERT's Conservation Officer, makes a new friend



Making it happen

The power of partnership

As a charity, we depend on financial support from donations and grants, but equally crucial to making our work happen are our partners, supporters and volunteers. All are essential in maintaining a strong, sustainable organisation.

All of our work involves partnership, this can be with statutory bodies, landowners, farmers, artists, schools, flood groups, other Rivers Trusts and many more.

A stronger organisation looking towards the future

The trustees and senior management team put considerable energy in 2018 into developing a stronger, sustainable organisation.

Our focus included strategic planning, modernising data management and computer infrastructure, building staff skills and capacity, and trialling new approaches to raising funds.

As part of this, we were proud to be voted Penrith Sainsbury's Local Charity of the Year and you may have seen us promoting the Trust in store.

The Trust has also begun a governance review, and will be advertising for new trustees to come and join this vital behind-the-scenes effort that is fundamental in making the Trust itself work.



Spotlight on ...

The Eden Catchment Partnership

In 2018, we continued to host the Eden Catchment Partnership. This is a group of over 20 organisations (both statutory and non-statutory) working together towards better management of land and water in the catchment. Communities who have suffered flooding are strongly represented in discussions.

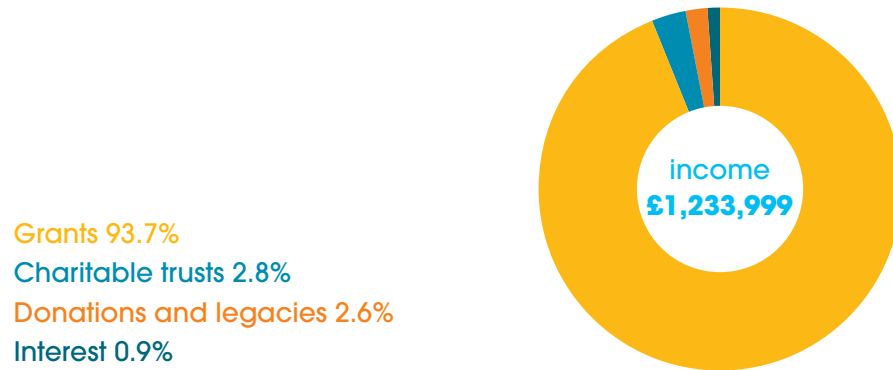
Since Storm Desmond, the Partnership has largely focused on improving knowledge and action around the management of flood water; embracing the use of natural flood management in areas where artificial engineering schemes (such as walls, bunds and culverts) are prohibitively expensive and/or problematic for Eden's fragile environment.

Prior to Storm Desmond, the group's focus was more environmental (water quality and biodiversity) so now we are bringing both the flooding and environmental aspects of catchment management together - throwing our energy behind developing a truly integrated Eden Catchment Plan. This plan will recognise important ecosystem services (such as water storage, carbon capture and biodiversity) and prioritise areas in the Eden where action should be taken to ensure those services are sustainably maintained for people and wildlife.

Look out for the launch of the Eden Catchment Plan later this year.

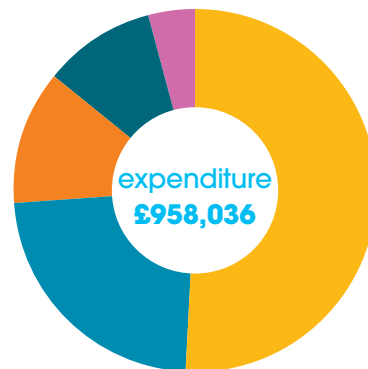


Our money and how it is spent



In 2018 £958,036 was spent on protecting, improving and advocating for the River Eden and its catchment.

Connect - community outreach & education 51%
Improve - RRS 23%
Improve - NFM 12%
Improve - Farming 10%
Improve - Partnerships 4%



Your voluntary donations are invaluable because they allow us the freedom to embark on other important activities throughout the catchment that are not covered by statutory grant funds.

Make rivers part of your life

Become an Eden Rivers Trust volunteer,

Attend one of our events,

Donate – support our work with a one-off donation or set up a regular gift,

Work with us – if you're a landowner interested in finding out more about undertaking river restoration, NFM or water-friendly farming on your land, please get in touch!

Remember us in your Will.

Find out how by browsing the *Get involved* pages at:
www.edenriverstrust.org.uk



Our Supporters

Our Supporters come in many forms; from those who regularly donate funds - the 'Friends of Eden Rivers Trust', to the volunteers who give their time, brain and muscle power in the field and in the office, to those who provide support and advice on emerging conservation, engagement and governance issues.

In 2018 ERT volunteers gave 500 days in the field and office, in addition to the many hours given by our own trustees – who are also volunteers.

On behalf of the staff and trustees of Eden Rivers Trusts we are grateful for all of the support we have received in 2018.

Organisations

Cartmell Shepherd, Cumbria Community Foundation, Cumbria County Council, Cumbria Strategic Flood Partnership, Cumrew flood group, Custard Graphic Designs (Clare Waring), Design By Day, EC Graham Charitable Settlement, Eden Demonstration Test Catchment team, Eden District Council, Eden Catchment Management Group, Eden's Primary Schools: Appleby, Morland, Robert Ferguson, Petteril Bank, Rockcliffe, Shap, Environment Agency, Fellfoot Forward Landscape Partnership, Friends of the Lake District, Gorgeous Media (Janine Bebbington), The Hadfield Trust, Haltwhistle Film Project, #iwill fund, John Norris Penrith, Kirkby Stephen Community Arts, Lowther Estates, NACRO, National Lottery Heritage Fund, Natural England, Newton Rigg College, North West Regional Flood and Coastal Committee, The Oglesby Trust, The Ploughlands Settlement Fund, RagTag Arts (Josh Simpson), River Eden District Fishing Association, Roe Catchment Community Water Management Group, Patterdale Parish Flood Group, Penrith Anglers, Shirley Muir Associates, Tullie House Museum and Art Gallery, Tullie Young Carers, Westmorland Dales Landscape Partnership, Woodmatters (Ro Thomas), Sainsbury's Penrith, Ullswater Steamers (Lisa Braithwaite), United Utilities, Whitley Animal Protection Trust, The Woodland Trust.

Apprentices

James, Oliver, Nathan, Courtney.

Individuals

Friends of Eden Rivers Trust and Eden Riparian Owners, the Riverfly volunteers, Mr Chris Addison, Mr Robert Addison, Mr Paul Arkle, Mr Tony Atkinson, Dr Nick Barber, Mr Aaron Bindloss, Mr David Bliss, Mr Bob Bradney, Mr James Carr (in memoriam), Mr Richard Carruthers, Ms Susanne Collinson, Mrs Sarah Ecroyd, Mr Andrew Fox, Mr Duncan Graham, Mrs Anne Harley, Ms Jane Orgee, Mr Charles Lowther, Mr Jim Lowther, Mr Tim Nicholson, Mrs Karen Parr, Dr Sim Reaney, Mr James Rebank, Mr George Robinson, Mr Nick Rogers, Mr Simon Thomas, Mr Glyn Vaughan, Mr and Mrs Carl and Ruth Walters, Ms Anne Westerberg, Mrs Penny Wright.

We remember valued supporters of Eden Rivers Trust who have passed away recently, Caroline Countess of Lonsdale, Mr Stuart Kinnear and Mr Adrian Hill.

Front cover: Rod Ireland Photography. Back cover: Stuart Walker Photography.

Eden Rivers Trust

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