



SUSTAINABILITY IN THE EARLY YEARS - CASWELL BAY

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DISCOVER

Growing up in Swansea I have been lucky enough to be surrounded by so many scenic places, Caswell Bay being one of any. Caswell bay is located in the Gower and has always been somewhere I am able to go to either on a walk with my family and my dogs or spend a sunny summers day on the beach with friends. I now also use the beach as a personal safe place where I can go to make myself feel better after having a hard day, it helps massively with my mental health and well-being.



MY DOGS

**WILF &
BRYN**





DISCOVERING BEYOND CASWELL BAY



- Caswell Bay also has one of the most friendly and welcoming cafes' and this is how the community has such a family feeling because it is so welcoming and allows everyone to feel apart of their community. Around the cliffs' surrounding Caswell Bay is another local beach in Swansea called Langland bay where I also enjoy walking between the two beaches by using the walking route over the cliffs. Between the two beaches are many rockpools which I find so fascinating and love seeing all the different types of wildlife living there.

EXPLORE - ANIMALS THAT LIVE IN CASWELL BAY



Crabs

There are more than 4,500 different types of crabs.



Sea anemones

A close relative of jelly fish and coral



Starfish

Starfish can regenerate their own arms.



Shrimp/Prawns

Shrimps are important parts of their ecosystem

All these animals can be found in rockpools or shallow water in Caswell bay.

The Blue Mussel is the most common mussel found in and throughout the British Isles.

Mussels



Sea Snails

Sea snails are herbivores and only eat plants. They have gills like fish to breathe in oxygen

Jellyfish have no brain, heart, bones or eyes. They are made up of a smooth, bag-like body and tentacles armed with tiny, stinging cells.

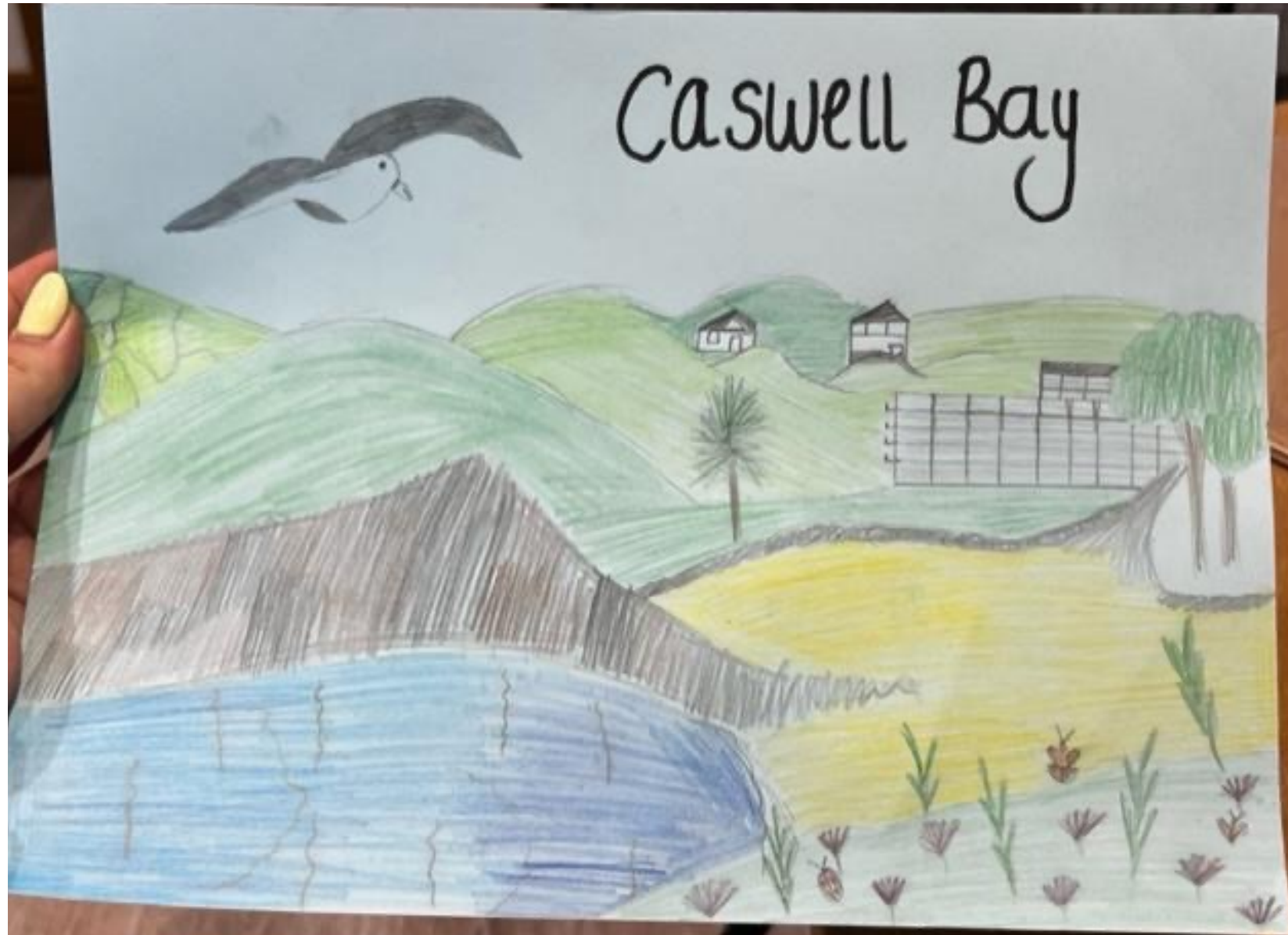
Jellyfish



EXPLORE

- I have been going to Caswell Bay since I was a little girl, I go with family, friends, school trips and sometimes just on my own. Since I have been going there, I have always been inspired by all the amazing colours and textures of the beach including the different colour shells and pebbles and sea creatures and the feel of the sand and the the sea water under my feet.
- Going to Caswell and seeing all the different colours and textures has inspired me to start doodling and sketching. Although this isn't my strongest skills, I find it therapeutic and relaxing to be able to draw some of the amazing views I have seen.

SKETCH



ANIMALS FOUND ON THE COAST PATH



CONSERVE

- Caswell Bay is a family friendly beach that is a safe place with lifeguards on duty to ensure all individuals are always safe. However, there is still the problem of plastic pollution in water as well as general litter which also makes the area unsafe on times to people visiting the beach as well as having a huge impact on the wildlife in the area. The importance of having clear seas is vital as it ensures all individuals who enter the sea and also the wildlife living in the sea are safe. Having unsafe water hinders the beauty of the area.



To help prevent plastic pollution and general litter on our beaches, litter picking is something everyone could do to help and do their bit to save and preserve our beaches. Sea animals dying from consuming or getting trapped in litter is worrying and it needs to stop! By stopping litter from going into the sea it prevents any toxins going into the water and affecting sea animals. Majority of fish being caught for human consumption now contains plastic. This can be prevented if we all do our bit by litter picking.



SHARE

- To ensure I can help preserve beaches and other parts of the environment I will do my part by encouraging others to litter pick and will organise a litter pick for local beaches. To do this I will make a poster to spread the word and ensure everyone is aware of the impact they will make from attending. . I will take this poster into work with me to spread the word to children and ensure they understand how important the message is behind the local litter pick. I will also give posters to family members to take to work to spread the word. I believe it is crucial for children to understand the importance of helping to save our planet and for them to learn about sustainability as they are the future generation.

LOCAL LITTER PICK @ CASWELL BAY

**SATURDAY 15TH JULY 2023 @
9:30AM**

**PLEASE HELP SAVE OUR BEACHES
AND ANIMALS!
YOUR INVOLVEMENT WILL MAKE A
HUGE IMPACT ON PRESERVING OUR
BEAUTIFUL BEACHES!!!**

**SPREAD THE WORD AND MAKE A
DIFFERENCE|**



REFLECTION

- On reflection on my journey of completing the John Muir award, I will continue to encourage people to do their bit by always taking their litter home from the beach with them and prevent litter from hurting wildlife and sea creatures. I will also carry on with regular local litter picks in all beaches around Swansea to help save our environment.

