

# HOW YOU CAN HELP

## KNOW WHERE IT IS

Familiarise yourself with seagrass locations.

## AVOID DAMAGE AND DISTURBANCE

Avoid anchoring boats and trampling in seagrass areas, and minimise damage from mooring.

## RAISE AWARENESS

Help spread the word about the importance of Essex's seagrass and how everyone can help our iconic species.

## BE A SEAGRASS SPOTTER

Help us locate areas of seagrass by downloading the Seagrass Spotter app through the QR codes below and providing us with valuable data.



Download on the App Store



GET IT ON Google Play

# THREATS AND PRESSURES

In the UK, we have lost 50% of our seagrass meadows since 1985, due to a combination of factors:



MURKY WATER



EXCESS NUTRIENTS



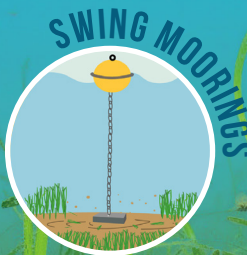
TRAMPLING



DIGGING SEABEDS



ANCHORING



SWING MOORINGS

To find out more or to contact us, please visit:  
[WWW.ESSEXWT.ORG.UK/PROJECTS/SEAGRASS](http://WWW.ESSEXWT.ORG.UK/PROJECTS/SEAGRASS)  
[WWW.SAVEOURSEABED.CO.UK](http://WWW.SAVEOURSEABED.CO.UK)



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# RESTORING ESSEX'S SEAGRASS

Essex Wildlife Trust and LIFE Recreation ReMEDIES are working in partnership to protect Essex's seagrass.



# SUPER SEAGRASS

Did you know that we have seagrass beds right here in Essex? These important habitats can form lush meadows that provide food and shelter for a wide variety of species and are a biodiversity hotspot. What's more, they are a vital tool for helping us fight against climate change!

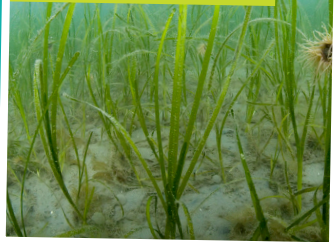
## WHAT IS SEAGRASS?

Seagrasses are the only flowering plants able to live in seawater and pollinate while submerged. They are found in shallow waters, and often grow in large groups giving the appearance of an underwater meadow or grassland.

## SEAGRASS SPECIES

Globally, there are over 70 species of seagrass, two of which are found along the Essex coast: dwarf eelgrass (*Zostera noltei*) and common eelgrass (*Zostera marina*). Dwarf eelgrass is the most widespread in Essex and can be found in the shallows and intertidal areas. Common eelgrass can also occupy these areas but is generally considered a subtidal species.

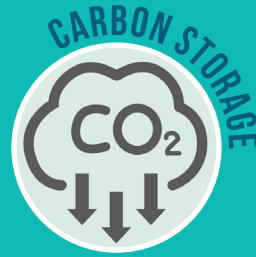
COMMON EELGRASS



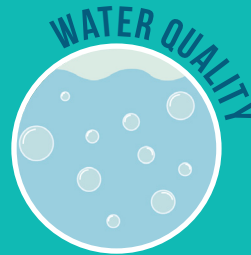
DWARF EELGRASS



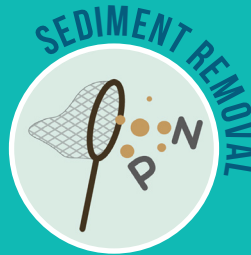
## WHAT DOES SEAGRASS DO FOR US?



Each year seagrass in England stores the amount of carbon produced by return flights for 3,500 passengers from London to New York helping to mitigate climate change.



Seagrass beds in England remove 17 Olympic swimming pools' worth of sediment and excess nutrients from the water each year.



## SEAGRASS IN ESSEX

Although seagrass has suffered severe declines and continues to be put under multiple pressures, we still have vital areas of seagrass along our coastline, including off **Wrabness** nature reserve in the Stour, **St. Lawrence** in the Blackwater, **Two Tree Island** nature reserve and **Thorpe Bay** in the Thames, and off **Shoeburyness** and **Foulness**.



Clear, clean seas rich in biodiversity provide greater opportunities for recreational activities benefitting people's happiness and wellbeing.



Seagrass provides a home, place to reproduce and a safe nursery for many species, including some rare and endangered ones.



Healthy seagrass supports many commercial species, ensuring a continuing supply of the fish we eat.

