



# 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 though 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](https://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