

Helm Hill Runners  
With Friends of the Lake District

# Volunteer day at the Helm

13<sup>th</sup> June 2009 from 10am to 3pm

## **What is it all about?**

We've all spent many happy hours running up and down over the Helm, but how many of us know that Friends of the Lake District (FLD) own much of the hill? It is thanks to them that the club can organise the Winter League and BOFRA races on the Helm, so we thought that it was time to say thank you to them by volunteering to help out with some environmental improvement work.

## **What will we do?**

Each year before the Helm BOFRA race we cut out the bracken on the east side of the hill along the race route. This year we want to clear more of the hill of bracken and thistles. This fits in with FLD's plans to encourage a greater diversity of plants and flowers on the Helm. Using lots of people is better than using a tractor as all the other flora doesn't get damaged. We can also do litter picking and sorting of stone in preparation for their drystone walling team.

## **What do we need to bring?**

The most important thing to bring along is yourself, friends and family. There is plenty for everyone to do. FLD will provide sticks for bashing bracken but please bring along a spade to help with thistle digging. Due to the kids being there please leave anything sharp at home. No scythes, shears or chainsaws please!!! Sticks bash bracken just fine. For all these jobs, gloves are recommended.

Finally, bring along a picnic and make it a day out. If you can't make all day, then come for an hour. Every little helps.

## **Where do I find out more about Friends of the Lake District?**

Their website with contact details can be found at [www.fld.org.uk](http://www.fld.org.uk)

## **Anything else?**

For any further information about the day then please contact Alastair Dunn on 01539 723 524 or at [helmhillrunners@aol.com](mailto:helmhillrunners@aol.com).