Get to know the River Tame

Mersey Rivers Trust

FREE RIVER SESSIONS

Mersey Rivers Trust is a local charity working to make our rivers healthier for people and wildlife. We're looking to share our fully-funded sessions with youth, community and faith groups in Tameside, Oldham and Stockport.

Choose your session

River Walkover

Discover what's happening along your stretch of the Tame.

- Walk the river with an MRT guide
- Spot its features, both naturally-occurring and its challenges
- Map what you find to help guide our work

2–3 hours

Invertebrate Safari

Meet the tiny creatures that show how healthy the river is.

- Catch and identify river invertebrates
- Learn about their life cycles
- Find out what each one tells us about the river

Half or full day

Water Blitz

Become a citizen scientist for the day.

- Collect water samples from the river
- Test them with the same kits our River Guardian volunteers use
- Add your results to our river health data

1–2 hours, or 3–4 hours with a river visit

Balsam Pulling

Help native plants win back the riverbank.

- Learn to spot Himalayan balsam, an invasive plant
- Pull it up by hand before it spreads its seeds
- Make space for native plants and wildlife

2 hours (seasonal)

River Writers

Explore the river through the senses and the science.

- Discover the Tame up close, from its sounds to its creatures
- Write a poem or story about life in and around the river
- Make your own zine or a group anthology

Half or full day

Blue Influencers

Young people leading change for their river.

- Design and lead a river project as a school/youth group
- Take part in 6+ environmental social action workshops
- Receive a £560 start-up grant, plus up to £5,000 for the project
- Celebrate at a final event

From 6 weeks to 12 weeks

Every session is free, first-come-first-serve, available until April '27, and includes:

- ✓ All equipment, training and safety kit
- ✓ Activities adapted for all ages and abilities
- ✓ Experienced, qualified, DBS-checked leaders
- ✓ Sessions at the river, or an indoor introduction at your venue

Get involved

To book an existing or bespoke session, email our project leads:

luke@merseyrivers.org
samuel@merseyrivers.org

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