



GB Railfreight on track to protect Potteric Carr and boost employee wellbeing

GB Railfreight's Yorkshire team keep wildlife on the right track. GB Railfreight's Yorkshire office is just around the corner from Potteric Carr Nature Reserve, and they are dedicated to protecting this wild haven on their doorstep. With their annual sponsorship they are helping to protect, restore and conserve this amazing mosaic habitat whilst also reaping the benefits nature has to offer. Enjoying nature has proven health and wellbeing benefits from reducing stress and boosting mood, to increasing productivity and increasing fitness, as the team at GB Railfreight know first-hand.

Their support over the last 3 years has enabled Yorkshire Wildlife Trust to carry out vital work. For example, restoring water banks for wading birds: keeping the shallow water and waters edges clear of excessive plant growth is vital for our rarest and most threatened wading birds such as lapwing, redshank and snipe because these birds rely on the shallow edges to feed. By removing bracken and ensuring the shallows are accessible we can keep these precious habitats in prime condition for such species.



Meanwhile our conservation grazing cattle help to keep or wildflower meadows in bloom year on year. The cattle mimic the activities of wild deer, ponies and elk from centuries ago and prevent decaying plant life from releasing too many nutrients into the soil. This allows our beautiful wildflowers to flourish year on year and provide the pollen for bees and butterflies.

GB Railfreight's support has also enabled our education and engagement colleagues to host events from forest tots to guided walks to school trips helping to energise and empower people to become ambassadors for wildlife and wild places. We couldn't do any of this without GB Railfreight.

Suzannah Rocket Head of Implementation and Bid Management at GB Railfreight said 'Sustainability and wellbeing is at the heart of GB Railfreight, that's why we've sponsored Potteric Carr nature reserve since 2019.

Through our support, Potteric Carr provide local wildlife a safe haven to survive and flourish, whilst offering staff the opportunity to gain a stronger connection to nature."

Did you know just 29 minutes spent outdoors results in a 45% increase in productivity! Working with Yorkshire Wildlife Trust supports wildlife and wild places – and your colleagues.

GB Railfreight colleagues are welcomed to Potteric Carr to enjoy:

- lunch overlooking the reedbeds and wetlands with discount at our cafe
- walking stretches of the 5 miles of paths between woodlands and rivers at lunchtime
- using the meeting facilities and catering options to host stakeholders and clients
- bespoke guided walks
- giving back with Wild Work Days (our team building practical task days)
- complimentary membership for up to 50 colleagues and their families

