



Puffin *Scientific name: Fratercula artica*

Meet Cliff the puffin!



Where I live

Out at sea for most of the year, bobbing around in the water in large groups with other puffins. During the summer, I nest on cliffs and islands around the coast of Scotland, northern England, South West England and Wales.



Favourite food

Sand eels! I catch these small fish by diving and swimming. One puffin has been recorded carrying 83 sand eels in its beak at once!



Family life

With my lifelong mate, we raise one single chick a year (a puffling). We take it in turn to feed our puffling but leave the nest and return to sea before it flies off all on its own.



When and where to see me in Yorkshire

May – July at Yorkshire Wildlife Trust's wild and rugged Flamborough Cliffs nature reserve.



I'm endangered

The climate crisis is causing sea temperatures to rise and the fish I eat are heading northwards to find colder waters. I have to travel further and further to find food and many chicks are going hungry.

With a brightly coloured beak, decorative eye markings and clumsy waddle on land, it's no wonder I'm known as the 'clown of the sea'!



A mouthful!

Spines inside my beak (denticles), allow me to grip onto and carry multiple fish as I swim and fly.

Fantastic feathers

I'm fabulous at flying – flapping my wings up to 400 times a minute and speeding through the air up to 88km (55 miles) per hour.

Brilliant beak

My beak (or bill) changes colour throughout the year. In winter it's grey but during the breeding season it becomes bright and multi-coloured. The more colourful, the more handsome I am!

Waterproof feathers

Waterproof feathers allow me to keep warm as I float out at sea or dive underwater.

Super swimmer

When swimming, I flap my wings as if I'm flying through the water. I also use my feet to steer.

Down time

In winter, I shed my flight feathers. I can't fly again until new ones grow back.





Be a **Puffin Protector** and pick up, pack up and picket for puffins!

Puffins need our help: the global climate emergency, pollution and exploitation of our seas are all impacting on puffin population numbers. By making choices in our daily lives, we can all make a positive difference and help protect our wildlife and wild places.

My pact for protecting puffins...



Marine pollution is a big threat to our ocean's health, so litter picking is a great way to help puffins! 80% of litter that ends up in the sea comes from inland, so whether you litter pick on a beach or in the park, you're helping to protect Yorkshire's marine wildlife.

Top litter picking tips

- ✓ Have an adult helper with you at all times
- ✓ Always wear gloves and sturdy footwear
- ✓ Take strong bin bags or buckets to collect your litter
- ✓ Avoid broken glass, sharp objects, dog poo bags and heavy items – if you're not sure about it, leave it.
- ✓ Wash your hands afterwards
- ✓ You can find a full guide on how to conduct a litter pick in our #TeamWilder toolkit!
Sign up at: [ywt.org.uk/team-wilder](https://www.ywt.org.uk/team-wilder)



Avoiding single-use plastic is another great way to help puffins. 20,000 tonnes of waste are dumped in the North Sea each year and 50% of plastic produced is used just once before it's thrown away! You can help by starting small and swapping to plastic-free alternatives in your packed lunch.

Top swap suggestions:

- ✓ Say no to clingfilm! Pop sandwiches in a reusable container or wrap them in beeswax wraps instead. Learn how to make your own beeswax wraps: [Make your own beeswax wrap | wildlifewatch.org](https://www.wildlifewatch.org)
- ✓ Buy loose fruit and veg in the supermarket or local store
- ✓ Carry a reusable water bottle with you so you can fill up on the go!
- ✓ Make your own packaging free snacks and have fun in the kitchen!
- ✓ Cut down on using plastic cutlery by making a cutlery pouch and taking your own set of cutlery with you. [Make your own cutlery pouch | wildlifewatch.org](https://www.wildlifewatch.org)



You could be a voice for puffins! To make big changes, such as the creation of protected areas at sea, we need the help of MPs and the Government. We can influence their actions by writing to our local MPs about issues that are important to us and supporting campaigns led by organisations such as Yorkshire Wildlife Trust.

You can make every word count when asking others to help protect wildlife and wild places by:

- ✓ Always being polite
- ✓ Using facts and evidence
- ✓ Explaining why the issues matter to you personally
- ✓ Suggesting solutions (not just listing problems)
- ✓ Trying again if you don't get the response you were hoping for
- ✓ Find your local MP and their contact details at members.parliament.uk/FindYourMP.

See our template letter to send to your MP below!

Inspired to do more?

Why not join a Yorkshire Wildlife Trust Waves of Waste beach clean?

We'll provide you with a litter picker but please bring your own gloves. We take a sample survey of the litter collected

Visit our website for dates and locations:
ywt.org.uk/our-events

You can find further tips on how to go plastic free on our website:

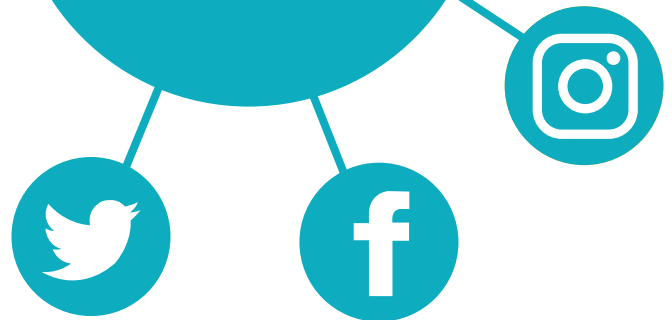
[How to use less plastic | The Wildlife Trusts](#)

wildlifetrusts.org/actions/how-use-less-plastic

There are lots of re-useable items in our online shop – they make fantastic gifts so you can encourage others to make a swap too!

[Shop | Wildlife Trust Shop | Yorkshire Wildlife Trust](#)
ywtshop.org.uk

Completed your challenge? Share the news that you're a Puffin Protector with friends and family.
[#YorkshirePuffinFestival](#)
[#PuffinProtector](#)



Create a wildlife-friendly garden to help birds at home:

Visit our website for more information:
ywt.org.uk/Wildlife-Gardening-Award

ywt.org.uk





Puffin Pledge

Pledge to help puffins by choosing three sustainable changes you could make and writing them on Cliff's sign.

Shout loud for puffins! Spread the word that puffins are in trouble and need help.

Support environmental organisations such as Yorkshire Wildlife Trust – donate, volunteer, or support a campaign.

Try using beeswax wraps instead of cling film and carrying reusable cutlery.

Don't let go! What goes up must come down. Balloons are very bad for wildlife so please don't let go.

Say yes to sustainable fish. Where you can, choose fish caught locally, in season and by using more sustainable methods, such as pole and line.

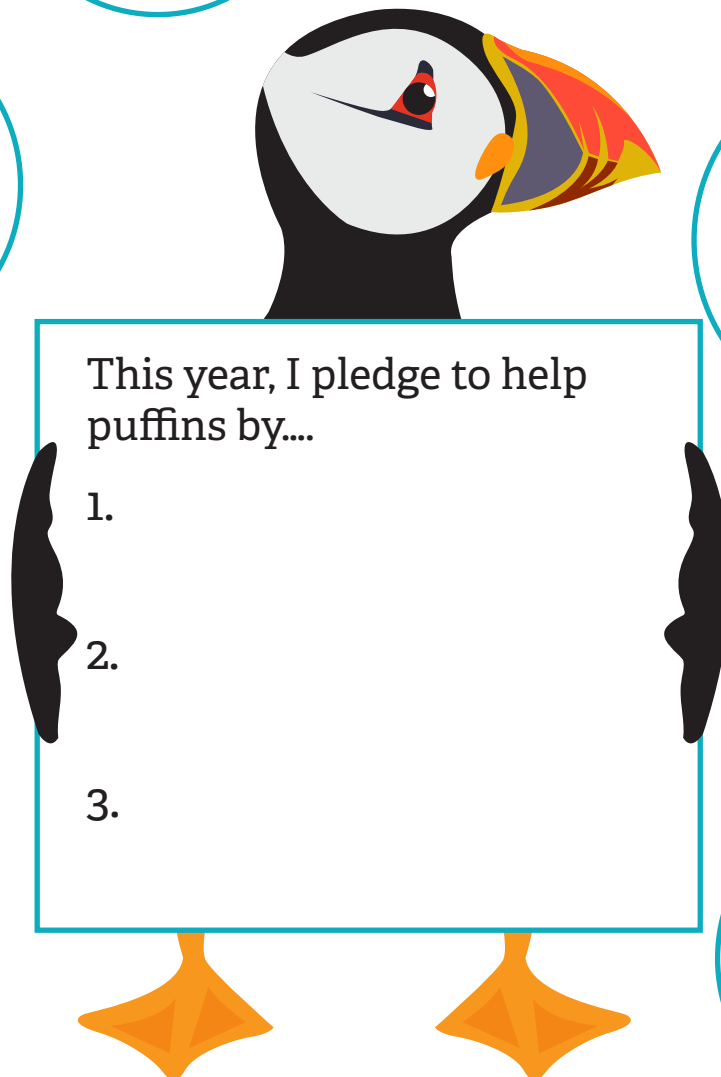
Turning off lights and electronic devices when you're not using them helps to reduce the amount of electricity you use and the amount of greenhouse gases released.

Pick up for puffins. Attend or organise a beach clean to help out marine wildlife.

If an item can't be reused, check if it can be recycled and put it in the correct recycling bin.

Instead of driving, try walking, cycling, using public transport or car sharing to reduce your carbon footprint.

Write to your local MP to let them know you are concerned about damage to the marine environment and want change to happen.



Letter to MP

Dear

Yorkshire's seas were once full of wildlife but due to years of human neglect and harm, they are falling silent and empty.

Yorkshire is home to one of the most important seabird colonies in Europe. Each summer, thousands of seabirds, including puffins, kittiwakes and razorbills, flock to Flamborough Head to raise their young amongst the nooks and crannies of the steep cliffs. However, the global climate emergency, marine pollution and exploitation are putting these Yorkshire born and bred seabirds under threat.

Breeding puffins rely on sand eels to feed their chicks. But as the climate crisis causes temperatures in the North Sea to rise, sand eels are being forced to move further north in search of colder waters. This means that puffins must travel further and further away from their nests in search of food, leaving their chicks alone, helpless and hungry.

Approximately 20,000 tonnes of waste are dumped in the North Sea each year – that's the same weight as 130 blue whales! 300 million tons of plastic is created each year and 50% of that is only used once. By 2050, it is predicted that there will be more plastic in our seas than fish! Plastic causes harm to over a million marine mammals and seabirds, like the puffin, every year.

I am passionate about protecting marine wildlife; I would like to know what measures you plan to take to prevent the further build-up of plastic in our oceans and to protect our marine environment.

Yours sincerely,



Yorkshire
Wildlife Trust



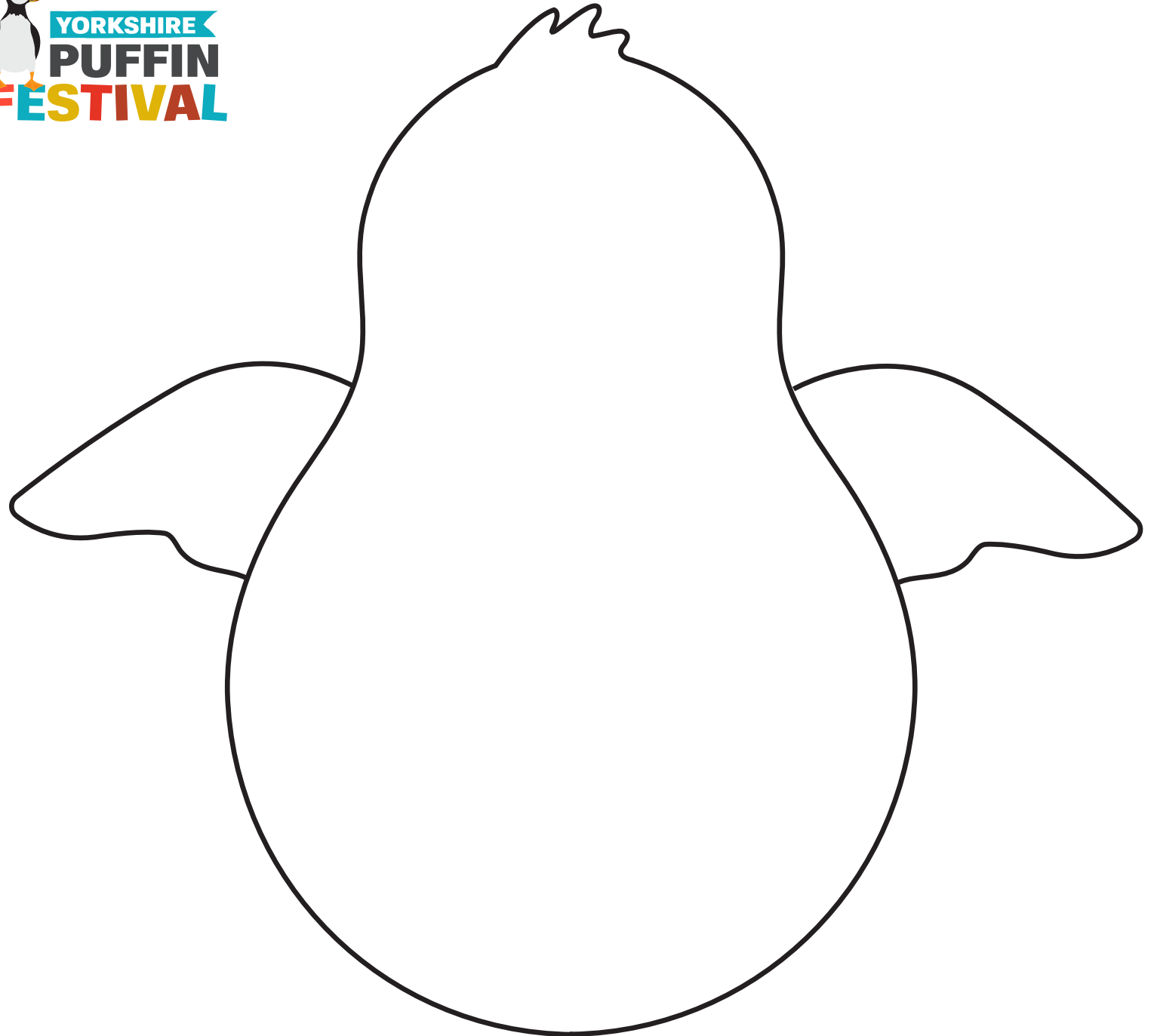
Make your own puffling

YOU'LL NEED:

- Puffling template printed or copied onto a piece of paper or card,
- Black or grey paint,
- Cotton wool,
- Pencil.

INSTRUCTIONS:

1. Tear up cotton wool balls or pads to make them look extra fluffy.
2. Draw a beak and a pair of eyes on your puffling template.
3. Stick the cotton wool to the body of the puffling until it's covered, avoiding the eyes and beak you've drawn.
4. Paint the cotton wool on the puffling either black or grey, leaving the puffling's tummy white. Leave to dry.



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YOU'LL NEED:

- Scissors
- Tape or glue
- String or ribbon

INSTRUCTIONS:

1. Cut out the mask and beak sections (don't forget the eyes!)
2. Fold along the dotted lines
3. Stick the two pieces of the beak together
4. Attach the beak to the mask
5. Add string and wear with pride!

Make a puffin mask



Add string here!

Fold these pieces down and use them to attach the two sides of the beak together



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Make a flying puffin!

1. Colour me in!
2. Cut me out
3. Cut along the dotted lines
4. Slot my wings through my body and push my wings forward
5. Thread string through the hole

Hang me
from somewhere
high or move me
up and down to
watch me fly!



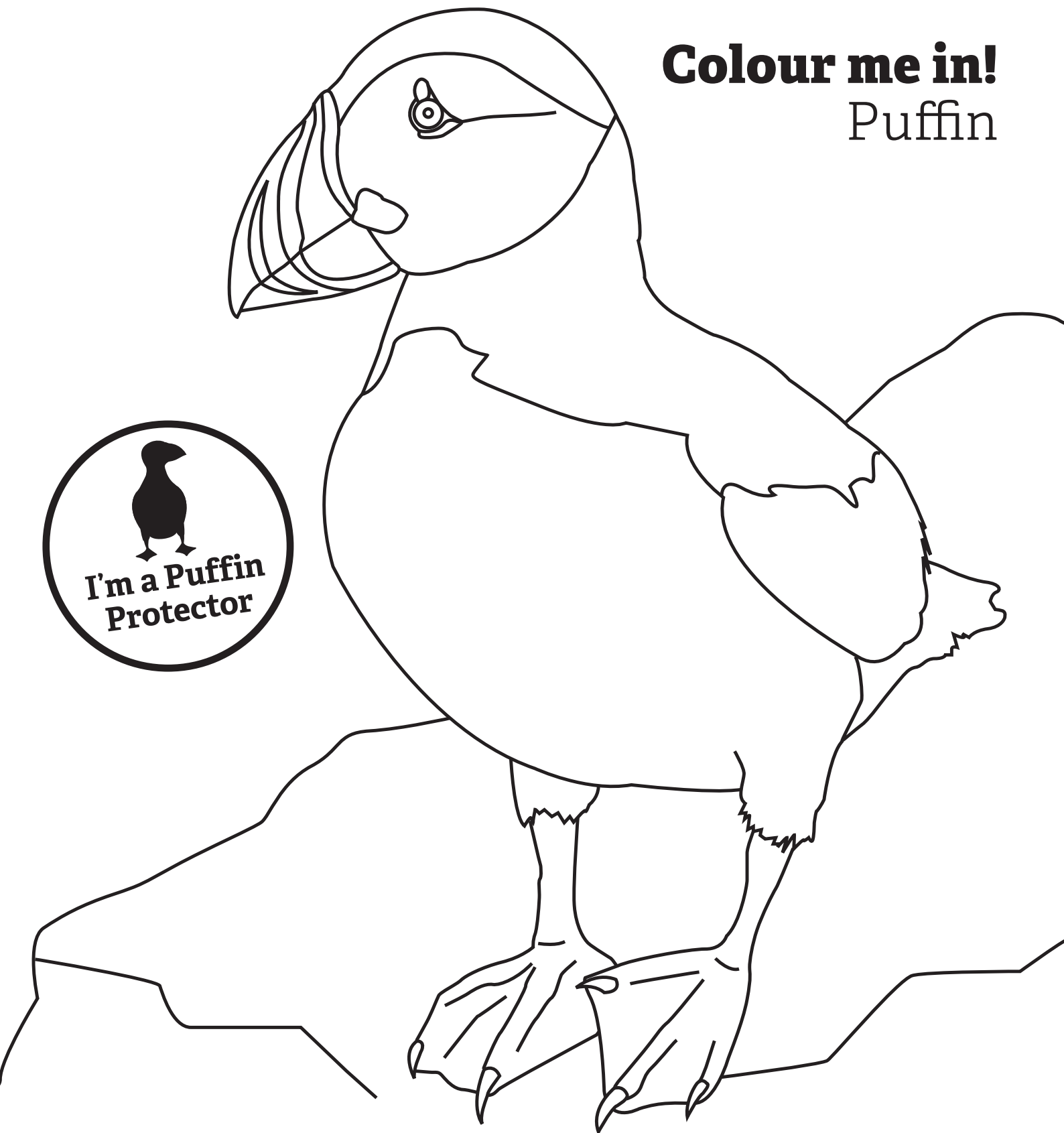


Yorkshire
Wildlife Trust



YORKSHIRE
PUFFIN
FESTIVAL

Colour me in!
Puffin



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Join as a member and become the ultimate puffin protector

The chalk cliffs at Flamborough are an historic family home, where countless generations of puffins have been hatched and raised!

Puffins and their pufflings have been nesting in the crags and gullies of Flamborough for as long as anyone can remember – but in our lifetime, these colourful clifftop characters have become globally endangered. **Fortunately you can help give them a more secure future at Flamborough.**

By becoming a member of Yorkshire Wildlife Trust, you can help us to maintain and protect Flamborough Cliffs nature reserve and ensure that puffins and other endangered marine creatures can continue thrive in Yorkshire for generations to come.

Learn more
about membership
[ywt.org.uk/
membership](http://ywt.org.uk/membership)



Together we're protecting Yorkshire's seas

The effects of the climate crisis and marine pollution may be taking a toll on our puffins, but our members are turning the tide. Last year alone our valued members helped us to:



Respond to the climate crisis by restoring over 9 acres of carbon capturing seagrass meadow



Engage with 9720 children across Yorkshire - inspiring and help the next generation to continue caring for our amazing marine wildlife.



Lobby DEFRA to designate Highly Protected Marine Areas (HPMAs) by the end of 2022, setting an ambitious commitment to protect the future of our seas.



Remove 220 bags worth of marine pollution from our seas, creating a safer environment and cleaner seas for Yorkshire's puffins.

This is only the beginning- by joining Yorkshire Wildlife Trust as a member, you can help us to achieve even more. Yorkshire's enchanting wildlife and iconic wild places need us now more than ever, will you lend your voice and help us stand up for our natural world?

Visit ywt.org.uk/membership and become the ultimate puffin protector today