I love watching seabirds flying so high, circling the ocean reaching for the sky, up and up they go, and back they come to the sea below. They’re looking for something, can you guess what? Food for their babies who eat a lot. They’re looking for squid and looking for fish, they are hoping to find their favourite dish. Head to the forest to search for their nests, high in the tree tops is not where they rest, these clever shearwaters burrow down below, under the ground is where the baby chicks grow, look here’s a burrow, here is another and here’s one more, some reach 2 m long beneath the forest floor. Underground they are safe from predators sneaking about, underground they stay until they are strong enough to fly out.

Walking through the forest there is so much to see. Fallen leaves, mushrooms, this beautiful old tree, but when I take a closer look, Ohh no, Ohh dear, I’m sad to find things that shouldn’t be here.

Tiny bits of plastic, different colours, shapes and sizes, to see them here polluting nature, it’s a nasty surprise. From where did they come, how did they get here? Exploring the deep blue the problem is clear, looking down from above seabirds scan for motion. What captures their attention is plucked from the ocean, instead of fish there is shimmering plastic galore, picked by their parents and carried on shore. They were once plastic bags, spoons and drink bottles too, plastic thrown out by humans, rubbish out of view, but now here you see it, pieces from around the world. Never completely breaking down remaining here in a swirl.

Seabirds don’t know these objects that they have found will poison their babies and the forest ground. Babies need nutritious fish to grow wings that are strong, healthy birds in tree roots keep forests growing on and on. They are not fish little bird it’s plastic you see, I’ve tried, I’ve called out, but they just don’t understand me. It’s up to you to spread the word and share what you’ve seen, with your help we can keep birds healthy, the forest and sea clean.

Extract from Blue The Film: Ode to a Seabird spoken by Jennifer Lavers.