

The BBC's Blue Planet 2 has been absolutely unmissable viewing captivating millions of us over the past few weeks. The film crew took us deeper and further into the waters than ever before giving us an insight into all aspects of marine life, from the invertebrates and coral reefs, clown fish and eels, to mammals and birds, and not all of what we saw made comfortable viewing.

I am lucky enough to have dived off the coast of Egypt's Sinai and saw reefs, turtles and a huge variety of beautiful fish. I was privileged to join IFAW in monitoring whales in Iceland. I have seen otters, sea lions and dolphins. And I want my son, and his generation, to grow up to see these things too. Which is why Blue Planet 2 was such an important contributor to the conversation on what we should do now to protect our oceans.

During the series we could reap the benefits from the success of some amazing conservation programmes that have seen an increase in the number of whales and other creatures. But the series raised questions about the health of the seas and what we need to do to improve them for the future. Plastic pollution was a recurring theme and it was heart breaking to see the devastating impact that it has on marine or bird life big and small. But it is something we can all do something about. Not just Governments, of which ours has pledged to take a lead on protecting our blue belt, but each of us individually. A personal pledge to reduce consumption of single use plastics is one way to help.

Blue Planet 2 got the message across about our oceans better than any politician could. Now however it is time to turn entertainment into something more and that is where we can all work together.