

Bringing people, wildlife and wellbeing together

Nature Thoughts...

Thinking back through recent conversations I have had with friends and family, TV I've watched and social media I've engaged with lately, I've noticed many of the most uplifting and positive stories I've heard or read have been about nature or wildlife from possible otter sightings to friends veg patch updates. People are getting excited about nature again! I'm hopeful that when normality returns, that connection will remain.



To deepen my connection further, I'm going to be joining in with The Wildlife Trust's annual nature challenge... 30 Days Wild! The challenge is to carry out a random act of wildness everyday of June. There is a pack that can be downloaded online (we've included a couple of the pages with this issue) and there is a dedicated 30 Days Wild Facebook page.

However... You don't need to be online or receive the pack to join in! I'll be completing the challenge just for me, recording the things I see and do in a journal of positive; I might keep a photo diary too. Bushcraft alumni, this might be the perfect time for you to revisit your bushcraft journals and continue your story!

'Acts of wildness' can be as simple as walking on the grass barefoot, stargazing, listening to the dawn chorus or watching one of the many wildlife webcams online. The things you do can last a few seconds, minutes or hours! There's no right or wrong, it's just about making time each day to connect with nature.

Of course, If you'd like to share some of your acts of wildness with us, we'd love that!

Take care,

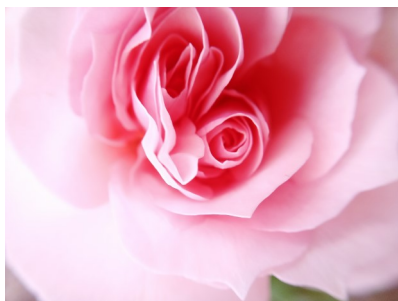
Rosie

Here comes the Science bit...

Have you ever noticed how much maths there is to be found in nature? Maths is everywhere. The more scientists explore the environment, the more we realise just how much of it's beauty can be explained mathematically.

Nature: All About The Numbers?

In 1202, Leonardo Fibonacci tried to understand order in nature. He realised that much of nature had a specific order, following a sequence of numbers we now know as the Fibonacci Sequence: 1, 1, 2, 3, 5, 8, 13, 21, 34, 55 and on to infinity. Ironically, the relationship between these numbers is the most irrational number (1.618...). This number is known as the Golden Ratio, Phi. It was discovered by the Ancient Greeks, and has been used through history—it can even be seen in Roman architecture! The Fibonacci sequence can be applied all over nature (but not all). Often plants use it as way of spreading their leaves out in a way that maximises light exposure, or seed heads so they can cram in as many seeds as possible. Spirals in nature are also formed using the Fibonacci Sequence. It can be found throughout the solar system and space, in weather patterns and even the human body. Through photographs, we'll be exploring examples of the Fibonacci Sequence in nature and showing you how you can create your own Golden Spiral.



Spot it!

If you can spend time outside, keep making nature your focus. You can use your garden or look out from an open window to 'Spot it!'

Theme of the week...

Pollinators that aren't bees!!

Issue 6 tasked you with noticing the many butterfly and bee species we have around. Have you ever noticed how many other species of insect feed on nectar or use flowers for shelter? Choose a plant, ideally a flowering shrub that attracts bees. Watch it for a while. What other insects do you notice? Focusing our attention on one specific plant for a few minutes can be wonderfully mindful.



WILD-WORDSEARCH!

Berries

Barberry
Bearberry
Bilberry
Cloudberry
Cranberry
Crowberry
Dwarf Cornel
Elderberry
Gooseberry
Huckleberry
Loganberry
Mulberry
Nightshade
Strawberry

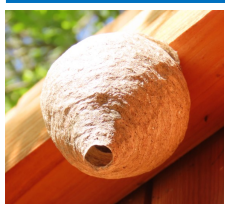
I	N	K	C	A	P	T	D	A	Y	V	C	R	E	S
W	S	T	R	A	W	B	E	R	R	Y	F	L	R	A
B	I	E	O	J	V	B	I	H	R	I	D	U	J	R
L	G	D	W	H	I	G	U	R	Y	E	D	Y	Y	K
E	U	A	B	I	L	B	E	R	R	Y	T	R	B	E
N	Y	H	E	P	C	D	J	B	R	N	R	R	L	L
R	H	S	R	G	F	P	E	R	E	E	L	E	O	L
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C	R	H	Y	W	R	B	D	E	R	T	A	S	P	R
F	R	G	P	Y	E	E	S	D	A	N	H	L	Y	E
R	E	I	O	L	S	O	Y	M	B	K	W	R	M	T
A	B	N	K	R	O	Y	R	E	N	C	C	R	M	N
W	L	C	E	G	Y	R	R	E	B	R	A	E	B	A
D	U	F	N	Y	R	R	E	B	D	U	O	L	C	H
H	M	O	O	G	Y	Y	R	R	E	B	N	A	R	C

Extra challenge... Find the two other hidden words that hint at next week's puzzle theme!

"I the midst of winter, I found there was, within me, an invincible summer."

Albert Camus

Name it! Can you identify the wildlife in these photos?



Issue 9 answers...

1.Wasp nest, 2.Female blackbird, 3.Lombardy poplar

Wildlife word of the week...

Yaffle: the laughing call of a green woodpecker!



You can also follow TEaM on social media for a Daily Dose of Nature...



The Environment and Me



theenvironmentandme



TheEnviroandMe

AN UNFORGIVING NATURE? Episode 9

By Martin Felstead (TEaM coordinator and bushcraft leader)

MAKING TOOLS

After another cold but blessedly dry night, I rose before dawn to boil more water and cook breakfast. Having established a wild-camp and organised a system of routines that provided for each day's shelter, wood, fire and water, it felt that the three previous day's relentless workload was a last beginning to pay off. With that in mind, it was expected that we might be able to have a couple of spare hours each night to spend on 'leisure pursuits', such as making tools and traps for catching game.



Back at base-camp, Jonny and Brett demonstrated how to produce a rabbit snare, a fish-hook and an intricate wooden barb or harpoon for spear fishing. We each headed back to our wild-camps and after the day's chores were complete and I had prepared, cooked and eaten a pigeon, I spent the remaining daylight hours and early evening's dark working on our three projects. The pigeon was tasty but did not yield much meat.

Making the rabbit snare was comparatively easy, comprising of a split pointed piece of wood housing a snare made from conifer root

whilst the fish-hook required some delicate knife work in order to carve it from the top of a typical small Christmas tree. Cunningly designed, this method produced a serviceable fish-hook and line (lashed with conifer root again) although mine was more on a scale to catch 'Nessie' than the trout I had enjoyed the previous night! The intricate harpoon barb proved trickier and unfortunately snapped as I was whittling it down. Live and Learn! Practice makes perfect?

I finished my evening by making some char-cloth in a small copper tube placed in the dying embers of my fire. Char-cloth is cotton material cooked in the absence of oxygen (similar in process to charcoal). It produces a black fragile material that takes a spark easily which can then be used as an ember to light a tinder bundle of dried grass.

In Episode 10, Martin faces assessment, but a missing piece of key equipment threatens the challenge...

THE COLLECTIVE QUIZ!

Issue 9 answers...

- A bellowing of Bullfinches
- A murder of crows
- A bevy of doves
- A charm of goldfinches
- A clattering of jackdaws
- A loft of pigeons
- A mischief of magpies
- A breast of robins
- A quarrel of sparrows
- A murmeration of starlings

Fill in the missing spaces to discover the wildlife collective noun phrases...

This weeks theme is mammals found in the UK.



Bats: C _ _ o _ y

Dolphins: P _ _

Ferrets: Bu _ _ n _ _ s

Rats: _ l _ g _ e

Moles: La _ _ _ r

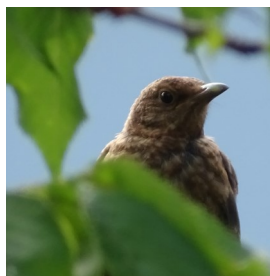
Sheep: _ _ _ ck

Seals: _ o _

Have a go at making up some of your own and share them with us!!

Nature News and Nature Reflections...

An update from Rosie's family of blackbirds today... Well, after much reluctance after a few days of following Dad around as he taught her to find food for herself, baby appears to now be going it alone. She is building confidence by the day and her plumage is already looking more 'grown up'. Mum now appears to be busy gathering nest material, could she be going for round two? I'll keep you posted!



If you want to share with us a nature moment, somewhere you love or something you have spotted then email team@cwmind.org

NHS mental health crisis services can be accessed via the following numbers:

Adult, call 0300 200 0011 available 24/7

For children and young people and their parents, the RISE helpline can offer support and advice to prevent crisis escalation, available 24/7.

Feature Species!! Common Wasp (Vespula vulgaris)



Wasp on ivy flower, Paul Hobson

There are 100s of species of wasp in the UK and globally, around 200,000 have been discovered so far! The most common species in the UK is the common wasp, also known as yellow jackets. Common wasps are a social wasp living in, sometimes very large, colonies. Each wasp has a job, starting with the Queen who's job it is to lay the eggs, they have a whole social system, complete with fallouts and drama to rival Eastenders! There is much to appreciate about our grumpy, stingy summer friend, the common wasp!

Why should we 'like' them?

- They help nature... Adult wasps don't need much protein but they do need energy so they are often found on flowers drinking nectar. They carry pollen from one flower to the next aiding pollination.
- They help gardeners... Common wasps are predators. They eat the most common pests we have in our gardens, aphids. Wasps feed their prey to their developing young.
- They may be responsible for the creation of paper... wasps are real architects! It is the female of the species that does all the building work, making good use of our sheds and fences. A 2000 year old story tells of a Chinese eunuch watching wasps at work in his garden. He noticed the way they carefully construct their paper nests, layer after layer. He tried mulching his own wood to make a pulp and with this, created paper.
- Wasps and cancer research... scientists are currently investigating the use of wasp venom as a potential cancer treatment of the future. It's thought that peptides in the venom of a particular tropical social wasp have the ability to destroy cancer cells.

(ref: Dr Seirian Sumner, countryfile.com, July 2019)



Hilary White



**Stay
safe**

