

Bringing people, wildlife and wellbeing together

Nature Thoughts...

Time for an admission. I am a tiny bit obsessed with rivers. I have been ever since doing geography at secondary school and learning how rivers start, how they grow and carve their way through the landscape and how nature uses them like we use motorways—to get about!

So imagine my delight when I realised that Coventry had so many amazing rivers to explore. And the squeak I let out when I learnt about the history of the River Sherbourne and realised it flows under the city centre!

For those of you who have been to Sherbourne Valley Allotments the River Sherbourne will not be new. You will have heard it trickling past the allotment plot on a summers day or thundering past on a wet winters day. But for those of you who haven't seen it or explored it before, it's pretty amazing.

It's about 9 miles in length, starting its life in Corley Moor to the North West of the city, then flowing through farmers' fields being joined by other small streams. It flows through Allesley Village, Coundon Wedge and Lakeview Park before reaching Sherbourne Valley Allotments. After the allotments it flows through Spon End where it then disappears under the city centre (just before you reach the ring road). It runs under the city's streets for about a mile, flowing around the edge of the market, under Lower Precinct and West Orchards. It pops up for a tiny section on Palmer Lane in the city centre (which will soon be opened up, so we get to see more of the river) before disappearing again.

It then pops up just off Gosford Street, before flowing, hidden by houses and business, parallel to the London Road and next appearing at Charter House—where there is this amazing old sluice gate (see picture), built to hold water (stop water from flowing) during the blitz to ensure there was enough water to fight fires. It then goes past the back of the tip, down to Whitley and around the edge of Jaguar Land Rover until it reaches the River Sowe.



Anna Squires

The River Sherbourne had lots of water mills along its years ago, including one which was by the gates to Sherbourne Valley allotments. The water from the Sherbourne powered the mill wheels and also provided water for dyeing materials. It is said that 'Coventry Blue' is a very particular shade of blue due to the minerals and chemicals in the Sherbourne, which was mixed with a plant called 'woad' to create this very particular shade of blue.

It is also home to lots of wildlife both in its waters and along its banks, from kingfishers and little egrets to different species of fish.

What an incredible river with an amazing history! You can find out loads more at this great website by Colin Walker: <http://www.collywobbles.f2s.com/hobbies/River%20Sherbourne/sherbourne.html>

Take care and stay safe,

Anna Squires

Spot it!

If you're able to get out for a daily walk or run, keep making nature your focus.

You can also use your garden or look out from an open window to 'Spot it!'

Theme of the week...

Light and Shadow

There is something amazing about the way the sunlight changes over the course of a day. The strange patterns of light and shade which it creates means that something can look totally different from one minute to the next.

This is especially true at the moment, as our days are getting longer so to do the evenings shadows cast by trees.

It's quite mesmerizing to watch how light and shade almost dance together in nature, especially under a tree canopy.

So next time you get out for a walk, or even from your window, have a look at the way the sunshine lights up new green shoots, or casts a shadow which gets longer or shorter as the sun moves.



Anna Squires

WILD-WORDSEARCH!

Rivers of the world



Amazon
Congo
Danube
Ganges
Indus
Mississippi
Orinoco
Rhine
Severn
Volga
Yangtze
Yellow
Yukon
Zambezi

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

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

Advice from a river

"Go with the flow. Immerse yourself in nature. Slow down and meander. Go around the obstacles. Be thoughtful of those downstream. Stay current. The beauty is in the journey!"

Lian Shamir

Name it!

Can you identify the wildlife in these photos?



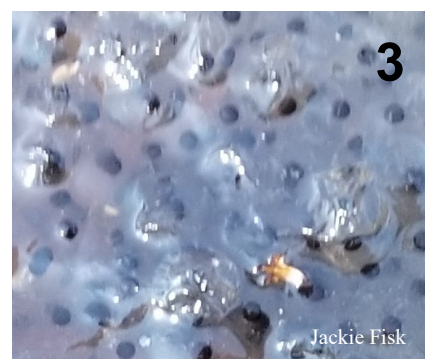
1

Tom Evans



2

Anna Squires



3

Jackie Fisk



Anna Squires



Hilary White



Martin Peisner

Issue 3 answers...

- 1... Dandelion in seed
- 2... Starling
- 3... Common frog

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



The Environment and Me



theenvironmentandme



TheEnviroandMe

AN UNFORGIVING NATURE? Episode 4

By Martin Felstead (TEaM coordinator and bushcraft leader)

WILD CAMP

After assembling for 'axe proficiency, tree-felling and camp-design' briefings at the trainer's base camp we split up. We explored the forest in search of locations where we would set up our individual wild-camp sites that would be home for the next 5 days. I trekked down through the forest until I emerged into wind and rain but also the welcome light of the shoreline of a small lake. With shelter, fire and water as my priorities I selected a relatively open space some 15 metres into the forest, marked it as mine and returned to the trainer's base camp where a welcome kettle was steaming on a small fire-drum.

The wider group comprised trainees drawn from across the UK of different ages and genders plus our two trainers, Jonny and Brett. We then started our proper training and by the early afternoon we had learned how to build a shelter for our fire (which was very necessary as the weather was alternating between rain, sleet and snow) and how to light a fire in extremely wet conditions using only a spark. Armed with this knowledge we set off to our individual wild-camp sites and began working feverishly to get them set up before the forest's darkness drew in around 3pm. After dark I trekked by the light of my head-torch back to the base camp for some hot food (which was dehydrated food rations supplied by the trainers) before returning to my camp to prepare for another stormy, cold and persistently rainy night (no fire tonight as my fire shelter was not yet completed). Exhausted by 9pm I climbed into my hammock and fell instantly asleep.



Martin Felstead

Next episode out in next weeks TEaMUp!

Feature Species!!

The grey squirrel!

We had a request that our feature species be the, often cheeky, grey squirrel—so here's a bit more about them!

The grey squirrel is one of the most familiar mammal species, often seen in gardens, parks and woodlands. They are common in most places in the UK. They are well known for their agility and cunning—like a wildlife master criminal they can break into many bird feeders, swinging and climbing like they are in the circus to get to food (even tightrope walking along washing lines I am told!).



Erin Green

They are not a UK native species, they were introduced in the 1800s and so are classed as 'invasive'. Their introduction has had a negative impact on our native Red Squirrel which is smaller and now only found in a few places in the UK.

NEW FEATURE:

Your Nature News and Nature Reflections...

Following last weeks TEaM-Up newsletter Debbie got in touch with us. She had seen a bird on her washing line in the garden that she didn't recognise. Wanting to know more she looked it up using Google and found out it was a Gold Finch! She also said what a lovely surprise it was to see a new bird in the garden.

It sounds like Debbie has a mini wildlife haven from the list of birds she regularly gets to see, which includes; Jays, Blue Tits, Sparrows, Crows, Magpies, Chaffinches and Great Tits. There has even been a Sparrow Hawk after a Starling (the Starling lost) and a fox making a regular visit too.



Hilary White

Thank you Debbie for sharing your wildlife spots with us!



Hilary White

Margaret also got in touch with TEaM to let us know that she was really engaging with nature around her local area in the current situation and has been making the most of the blossoms;

"I love the beautiful blossoms on all the trees, from the fluffy whites to the dark raspberry and pale pinks and I always think they have their party dresses on, and in Autumn, their ballgowns".

What a lovely comparison Margaret—thank you for sharing! We will certainly be thinking of people dressed up in their party gowns next time we see a beautiful blossom.

If you want to share a nature moment with us then email team@cwmind.org

Have you ever noticed?

I was really drawn to a photo I saw in a presentation recently which showed how similar the branches of a tree look to the airways in our lungs. I started looking at the shadow of trees on the ground and noticing them more and they really do!

This photo was of a small silver birch tree shadow, but it looks so much like an X-ray of our own lungs—amazing!



Anna Squires

Taking time in nature...

Over the last 4 issues we have given you ways to enjoy or be mindful in nature, to help ground you.

We know that can be hard, and sometimes being still and quiet can be challenging. So this week we are suggesting you take time to focus on nature through a little task.

We want you to find the colours of the rainbow in the world around you. Using your smart phone or your camera (or if you don't have either of those just taking the time to look and focus on these colours) try and find and take a picture of:

Something Red

Something Orange

Something Yellow

Something green

Something Blue

Something purple / violet

Really look at all the shades of greens, see how many you can see. Enjoy the colours. And share your photos with us if you can and wish to!

Some more services that might be useful

Coventry specific

This weekly newsletter from Coventry City Council has some really useful information

<https://content.govdelivery.com/accounts/UKCOVENTRY/bulletins/286a349>

It includes information on the **Emergency Food Network** (which can help with food if you don't have help from neighbours, family or friends); **Staying occupied at home** and also where you can go for **free and impartial advice** on some issues.

You can also sign up at the top of the page to get the newsletter directly sent to you and you can select the news most relevant to you.

Mental health support

Coventry and Warwickshire Mind have launched a new service to help people who feel they are unable to cope, don't know where to look for help and/or need out of hours mental health support—it is called Safe Havens and all the information on when the services is open and how you contact them is in the flier below.



CW Mind Service Launch!

understanding
mental health problems

Safe Haven Warwickshire

- Safe Haven provides an out of hours mental health support service to people across Warwickshire
- Wellbeing practitioners are on hand each evening to offer support and signposting
- Open: 6pm-11pm every Thursday to Sunday

mind | Coventry and Warwickshire
the better mental health



Wellbeing practitioners will be available via phone, video link, text message or email.

Contact the team in the following ways:

T: [02477 714554](tel:02477714554)

M: [07970 042270](tel:07970042270)

E: safehaven@cwmind.org.uk

The Safe Haven Team will provide reassuring support to those finding life difficult.

Wellbeing practitioners will guide towards creating coping strategies which support the self management of mental health and emotional wellbeing

www.cwmind.org.uk
Registered charity number: 1003688

TEaMUP is brought to you with thanks to...



STAY SAFE - STAY HOME