

Bringing people, wildlife and wellbeing together

Nature Thoughts...



Groundsel

It is great to be back! While I was on furlough, I decided to embrace and practice the five ways to well-being, which is what TEaM is all about (**be active**, **take notice**, **learn**, **connect** and **give**). I definitely needed something to help me with my mental well-being and to keep my spirits up; It was a really a strange time for me, I missed you all and I missed my work! I had to structure my days and occupy myself.

Each day I went out for a walk so as to be **active** and I started to **notice** that there are different plants growing out of cracks in the pavement and edges of walls. To be honest, there are plants growing out of any crack that has a tiny bit of dust or soil in it. There is very little soil or nutrients for the plants to grow, but still these amazing plants emerge and show off their colour in the sunlight. Often, these plants are there because the wind, birds or other wildlife have dropped the seeds in these cracks.



Herb Robert

As I noticed these plants, I decided to do a bit of **learning** by trying to identify them. This helped to occupy my mind, helped me focus and added a new dimension to my walks. So instead of just doing the physical walking each day, I stopped to take pictures and attempted to identify the plants. The walk that normally takes half an hour can easily take me an hour or so! I have to say that it was not always easy to identify the plants, I had to consult my friends at the Trust.

I feel a sense of **connection** with these plants that arise out of the cracks. There are times in our lives when we feel we are on the edge of society because we are different and do not fit in, we are not 'popular' or with the 'in crowd' or ignored. These plants are on the edge, ignored and hardly noticed by passers-by but yet they find the strength and the ability to rise up and emerge, grow to maturity and generate seeds for the next year. They put on a good show of their capability and resilience.

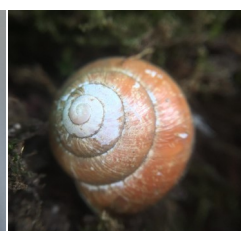
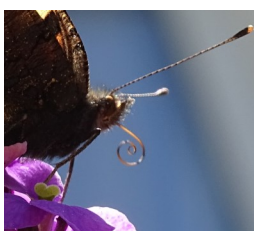
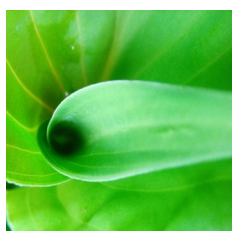
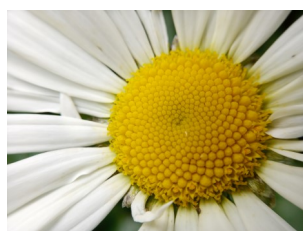
I think my **give** is to write this up and share it with you. I hope that next time you take a walk in the areas near you, you will notice these overlooked 'weeds', this wildlife at the edge of our man-made world and share your stories too.

Take care and stay safe,
Man Lan

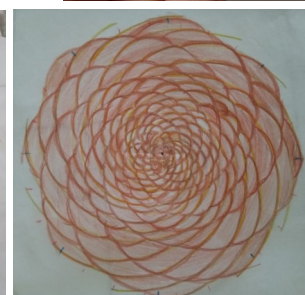
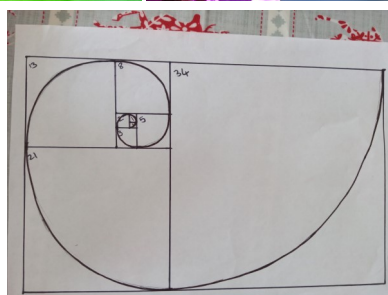


Prickly sow-thistle

Here comes the Science bit... Has anyone noticed that Golden Angle spreading leaves out in a spiral around a plant stem or counted the number of petals on a flower? Did you find a Fibonacci number? The Fibonacci numbers can be used to construct a spiral too. The Fibonacci Spiral is an approximation of the Golden Spiral. These spirals are seen everywhere in nature. Rosie spotted these spirals in her garden and while out on walks...



She had a go at drawing her own spirals. The pine cone has multiple spirals: 8 in one direction and 13 in the other, this was fun to draw!



WILD-WORDSEARCH!

Deserts of the world

Antarctic
Atacama
Chihuahuan
Dasht-e Kavir
Mojave
Namib
Pinnacles
Rub al Khali
Sabar de Uyuni
Sonoran
Tabernas
Taklamakan
Thar Desert
White Desert

Image: Shutterstock

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

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

"This is a wonderful day. I've never seen this one before."

Maya Angelou

Name it!

Can you identify the wildlife in these photos?



1



2



3

Issue 11 answers...



1.badger footprint, 2.song thrush, 3.robin fledgling

Wildlife word of the week...

Binky: a big hop or jump that a rabbit does which involves a twist of the body. Usually seen in play, this may also be an adaptation that helps them escape predators.



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



The Environment and Me



theenvironmentandme



TheEnviroandMe

AN UNFORGIVING NATURE? Episode 11

By Martin Felstead (TEaM coordinator and bushcraft leader)

RETURN TO CIVILISATION

By lunchtime we had wound our way down out of the forest scraping the underside of our cars on the Christmas trees growing up in the centre of the track and by early afternoon I was just another car on the M6 heading south (major culture-shock!). A quick stop at a service station placed me in front of a mirror for the first time since my experience began and I started to see why people were giving me strange looks. The overwhelming smell of wood-smoke about me (probably a good thing as hygiene had suffered more than a little) and a dirty, thin, stubbly face staring back from the mirror (I had lost over a stone in weight since being away!) reminded me of what I had just experienced.

A safe journey home brought me a welcome hot shower and the warm comfort of my bed but it was a few days before Jonny's advice re-surfaced (*'it will take a while to fully reflect on your experience'*). He was absolutely correct and I am writing this some while after returning and can now look back on my experience from the comfort of my warm, dry home.



The course had enabled me to see how the dark, mossy, perpetually wet northern conifer forest had moved from being the unforgiving nature I had first perceived towards becoming a forgiving place and a source of, mostly everything, I needed to survive. This perhaps gives some insight as to how some problems we encounter in life can be tackled by changing the way we see things. This may be more relevant now, than ever.

As with many things in life it is only when we try something new and stretch ourselves that we learn, appreciate the old things we are used to and ultimately grow. This is particularly true of my survival experience. I had learned new survival skills in a harsh but beautiful wilderness environment; connected intimately with nature; dug deeply: physically, mentally and emotionally; grown in confidence and rediscovered a real appreciation for all those things I had grown accustomed to in my everyday life. At last, I felt that I might have earned my nick-name 'Ray'.

The experience took me back to those younger days when I first taught myself bush-craft and made me appreciate once more the situation for those who endure such conditions regularly. The homeless for example!

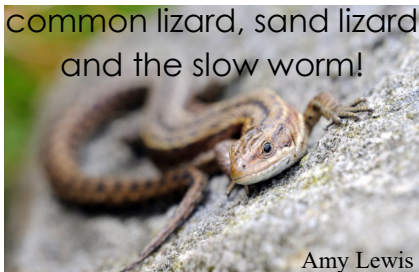
By way of signing off I would like to thank you for coming on this journey with me. I hope there were times when you felt you were there in the forest with me and that sharing the experience might encourage us all to take advantage of life's opportunities to learn new things and take notice not only our surroundings but also of our inner selves. We can do it!

THE COLLECTIVE QUIZ!

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

Reptiles this week, only one reptile on this list is native to the UK. We have three species of lizard:

common lizard, sand lizard and the slow worm!



Amy Lewis

A qu_v_r of cobras

A b_k of crocodiles

A b_le of turtles

A rh__a of rattlesnakes

A g_n__tion of vipers

A _ou_ge of lizards

A c__reg_tion of alligators

Issue 11 answers...

A gang of buffalo

A caravan of camels

A memory of elephants

A bloat of hippopotamuses

A cackle of hyenas

A prickle of porcupine

How many did you get?

Useful information and updates...

This week we've received lots of enquiries about when TEaM activities might resume. The following statement explains the current situation for the time being. We appreciate how disappointing this will be for many, we also know you understand our priority must be to keep TEaM members, volunteers and staff safe and we thank you for that understanding. We are also really very uplifted by your desire to be back doing what TEaM does. We'll get there!!



"Despite the government announcing further easing of the lockdown measures on 28th May to allow groups of up to six people from different households to meet outside from the 1st of June we are not in a position to resume any of our TEaM activities yet. The announcement made it very clear that social distancing must remain and additional hygiene measures are critical. We are working on compiling the policies and procedures required and have to work out the measures we need to put in place to keep everyone safe, in line with government guidance but this is an evolving, changing and challenging process which will take some time. Of course, despite the easing of restrictions the coronavirus is still very much here, so it is clear that things will be quite different once we are able to welcome members back. We know that you are all itching to return and we are very much looking forward to seeing you as soon as we feel that it is safe to do so."

Useful phone numbers... We often send out information about support lines that may be useful should you or someone you know needs a little extra support. This week we have received some really useful feedback from a TEaM member about the support out there that's worked for them. It's great to be able to share the support and services that have worked for you—by sharing what works for you, you never know just how much you may be helping others in our TEaM community. Thank you for this!

Mental Health Matters: [0800 616 171](tel:0800616171) 24/7 and found to be a great place to start, there's also a webchat facility if you don't feel comfortable talking on the phone: <https://www.mhm.org.uk/coventry-warwickshire-helpline>

Coventry Safe Haven: [07921 876 065](tel:07921876065) | [07850 901 146](tel:07850901146) | [07525 990 764](tel:07525990764) | [07483 991 763](tel:07483991763) | [07887 627 524](tel:07887627524) Mon—Sun, 6pm—11pm, further info can be found at: <https://www.mhm.org.uk/coventry-safe-haven>

The Silver Line: [0800 4 70 80 90](tel:08004708090) 24/7 free, confidential helpline providing information, friendship and advice to older people.

Feature Species!!



Man Lan Adams

The crane fly is usually known as daddy longlegs; its common name "mosquito hawk". The shape of the abdomen distinguishes the sexes: the male's is square-ended, female's is pointed due to an ovipositor which is an egg laying structure. It is a common insect with around 300 species in the UK. They can be seen all year round in gardens, parks and grassland. Crane flies are nocturnal and are attracted to lights and so often seen inside houses. When they are cool, they do a 'press up' exercise to warm their body. Crane flies are not mosquitos, they are harmless and do not bite, sting, or suck blood; they are closely related to the house fly. They are food for birds, bats and even spiders. Crane fly larvae are known as "leatherjackets" because they have a very tough outer skin. The larvae live in the soil and eat the roots of plants. The crane fly live for 10-15 days and usually do not feed, only dab at fluids. The sole purpose of the adult crane fly is to mate and for females to lay eggs for next spring's young. We should enjoy them while they last as they have a short lifespan.



Chris Lawrence, wildlifetrust.org

Cranefly



**Stay
safe**

