

Bringing people, wildlife and wellbeing together

## Nature Thoughts...

I may have had a comedy strop. There is only so much Pink and Cyndi Lauper you can listen to (other artists are available), the hole in my left sock was annoying me more than it should and I hadn't had enough coffee. I wanted to go and climb a mountain, to paddle in the sea, to book a holiday somewhere hot... all the **big** things that on any other Thursday would likely never cross my mind!

I made a coffee, switched Cyndi off and took my strop outside.

Sitting on the step in the fresh air with a hot brew, I realised I already felt calmer. I'd forgotten about the hole in my sock. On the step beside me sat three plant pots, after poking around amongst the new foliage for a while, I tipped and peeked beneath the largest, discovering where half the worlds population of woodlice were hiding. This in itself made me smile and I caught myself saying "Oooh, hello" out loud. Amongst what looked like a secret treasure map of twisted roots, I noticed a tiny pair of twitching, yellow antennae. A soil centipede... Let's call her Cyndi.



With too many legs to count moving at a speed to rival Usain, Cyndi frantically scrambled around the mass of hairy roots trying to find one wide enough to hide beneath. I giggled when she crashed into a woodlouse and recoiled, sending what looked like a Mexican wave back down her long body before spinning a 180 and hurrying off in the opposite direction, seemingly

flustered. In my mind, the woodlouse rolled it's eyes and chuckled too. Once Cyndi had found her root of choice, I replaced the pot and took a deep breath. I noticed that my shoulders had dropped, my mood felt lighter. I felt ready to return to work, deciding on The Lion King sound track for my headphones.

It's amazing how much nature we can find, literally, right on our doorsteps. It's even more amazing how much joy that nature has the potential to bring us when we let it. To Cyndi Centipede, Thank you.

Stay well,

Rosie

## Nature Grounding

Find some quiet space, in your garden or by a window.

Take three deep, grounding breaths into your belly, noticing and letting go of the tension in your body with each long, slow exhale. Now notice.

See **five** things that are alive. Watch them move, notice their colours.

Feel **four** things touching your skin. The breeze. The supporting ground beneath you.

Hear **three** things. Can you hear any birds?

Smell **two** things. Take some more deep grounding breaths

Tell yourself **one** positive statement.

**You ARE doing well.**

**Breathe.**

## Spot it!

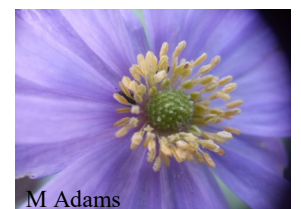
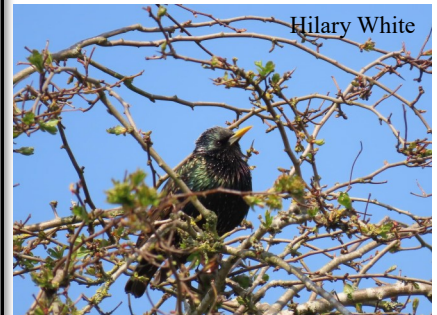
If you're able to get out for a daily walk or run, keep making nature your focus.

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

Theme of the week...

## Garden birds

How many different species can you count? Use a book or go online to identify them—the RSPB website is great!



# WILD-WORDSEARCH!

## Garden birds

- WOOD PIGEON
- CHAFFINCH
- BLACKBIRD
- DUNNOCK
- GREAT TIT
- SPARROW
- STARLING
- COAL TIT
- BLUE TIT
- MAGPIE
- ROBIN
- CROW
- WREN



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

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

### Quote of the week...

I discovered I scream the same way whether I'm about to be devoured by a Great White or if a piece of seaweed touches my foot.

Kevin James

## Name it!

Can you identify the wildlife in these photos?



### Feature Species!



Issue 1 answers...

- 1... Blue tit
- 2... Dark-edged bee-fly
- 3... Grape hyacinth

### Tips:

1. Use the RSPB identification guide online to help id this species.
2. A macro lens photo!
3. A jigsaw piece of a common flower

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



The Environment and Me



theenvironmentandme



TheEnviroandMe

## 'AN UNFORGIVING NATURE?'

**By Martin Felstead (TEaM coordinator and bushcraft leader)**

When I was in my late-teens I fell on hard times and became homeless. After staying in shop doorways for a while I decided that living in the woods might be preferable. So it was that I built a den in an old WW2 bomb-crater, camouflaged it and for the first time in a while it felt like home. This was over 40 years ago now but my love of bushcraft was born then and remains as strong as ever, despite never being homeless again.



Since then I have lived native-style on tropical islands, in rain-forests, in snow caves and wild camped in the UK. It never fails to make me feel a part of nature in a truly unique way. More recently I have been lucky to have been able to teach people simple bushcraft skills and share the fire circle with others over the last 10 years.

Despite my varied experiences I have never truly tested my combined survival skills and so when an opportunity arose for me to book onto an accredited Applied Survival Skills course in either Devon (in summer) or Scotland (in winter) I jumped at the chance. Unsurprisingly the Devon course was all booked up well in advance whilst the Scottish course still had spare places.

So it was that in early December 2019 I packed my rucksack and headed north for 5 days hard survival training. Despite trying to travel light my pack weighed in at over 50lbs! With the weather forecasting storms, high winds, rain sleet and snow for the duration of my stay I had to carry enough to give me a chance of coming through.



Over the next few weeks I would like to take you on a journey with me through this experience in a way that I hope will immerse you in it from the comfort of your arm-chair.

Read the next episode in Issue 3...

## **Feature Species!!**

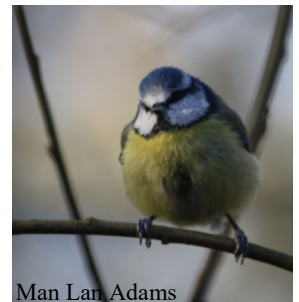
### **Blue tit**



RSPB

Blue tit is a small garden bird, the males have a brighter blue cap than the females. They get their name from that blue cap. They love peanuts and sunflower seeds in your garden feeders but also enjoy eating insects, spiders and caterpillars.

In the 1960's the blue tits learned to peck milk bottle tops and eat the cream, outside people's front doors in the morning! With a decline in milk bottles and deliveries blue tits have changed their eating habit once again. In response to people putting peanuts out in feeders, the blue tits amazingly have evolved longer beaks.



Man Lan Adams

Watch out for these lovely birds!

