

Bringing people, wildlife and wellbeing together

Nature Thoughts...

The last couple of days I have been sitting in my garden and enjoying the sunshine and the nature around me. As many of you may know I am a keen birder and most weekends I will be off bird spotting with my binoculars and my 'black book' (a record of birds I have seen). I have to say that I missed this freedom of taking my packed lunch in my ruck sack and going off for the day at some reserve or green space to do a bit of bird spotting.

However, I have had to change my routine and have started to take time to explore other wild life in my garden. This has brought me back my original passion of macro photography of flowers. This time using an amazing gadget called a macro lens for mobile camera. For macro photography you need to slow down because it takes time to focus the phone camera on the object. The brilliant thing about using a mobile phone as a camera, is that you can take lots of photos and then delete them if they are blurred and only keep the ones you like!!

This 'hobby' is great because I have the time and I can take macros of anything. I took a photo of the rose bud of a mini rose plant in my living room. When outdoors I can take pictures of dandelions, forget-me-nots and I even took a photo of a piece of wool I found!



Man Lan Adams



Man Lan Adams



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I found that this hobby of engaging with nature with a mobile phone camera really helps my mental wellbeing and keeps my spirit up. The great gain of this situation is the opportunity to delight in the simple things around us.

Stay well,

Man Lan

Nature Grounding

If you're wearing shoes, perhaps you'd like to remove them, loosening tight clothing (if you can't undo your jeans now, when can you?!).

Find some quiet space, in your garden or by an open window and sit or lie down.

Take three deep, grounding breaths into your belly. With each long, slow exhale, allow the weight of your body to sink into the ground. Allow the ground to hold you. Gaze at the sky; if you wish, close your eyes.

Now scan your body. Start with the tips of your toes, notice any tension there and let it go. Scan up. In turn, acknowledge any tension in your calves, thighs, bum, tummy, chest: let it go. Slowly, work up your spine noticing how your back feels. Scan your arms, from your finger tips to shoulders and neck, allow their weight to sink, trusting the ground has got you. Release the tension from your head: scalp, cheeks, lips. Let your tongue rest. Sit a while. **Breathe.**

Spot it!

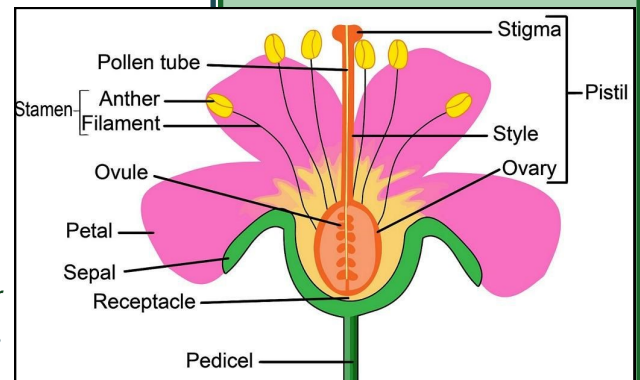
If you're able to get out for a daily walk or run, keep making nature your focus. You can also use your garden or look out from an open window to 'Spot it!'

Theme of the week...

Flower Power

When did you last take a look at the inside of a flower? We mean reeeeaalllly look...

When you're next in the garden or out for a walk, pick one—only one... the bees need them more! (If you have any cut flowers in the house, use those) Take some time to peer at the inside. With the tip of a finger, feel the contrast between the sticky stigma and the pollen coated anthers. Daffs are great for this! The stamen makes up the male part of the flower and the pistil the female. Pollen is transferred to the stigma by insects such as bees and butterflies or by the wind. The ovary is where the seed develops. With a sharp knife, you can cut through the middle and have a go at plant dissection. If you've got a set of macro lenses—give them a go! If you can, watch the way bees use their proboscis to drink the nectar from flowers. If you can't get out, give bee proboscis a Google!



WILD-WORDSEARCH!

Wild Flowers...



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

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

Quote of the week...

"Look Deep into nature, and then you will understand everything better."

Albert Einstein

Name it!

Can you identify the wildlife in these photos?



Hint: Macro!



Issue 2 answers...

- 1... A goldfinch & two green finches
- 2... Moss spore 'capsules'
- 3... Primrose

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



The Environment and Me



theenvironmentandme



TheEnviroandMe

AN UNFORGIVING NATURE?: Episode 2

By Martin Felstead (TEaM coordinator and bushcraft leader)

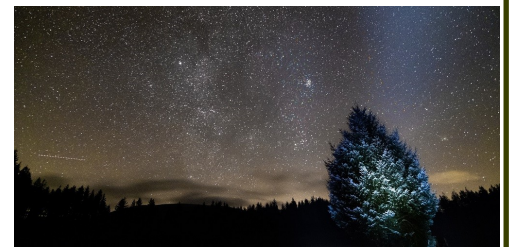
On a dark stormy winter's-night I drew up outside a tiny un-marked pub in a little hamlet in the heart of Dumfries and Galloway, South-West Scotland. I introduced myself to the other survival course trainees who were crowded around the tiny bar stocking up on



much-needed pub-food calories. Jonny Crocket (our course leader) entered and asked us to follow him in our cars through the darkness to our training ground in the Galloway Forest Park, reputed to be the largest forest in the UK and the first area in the country to be granted 'Dark Sky Park' status (so remote that the view of the night sky is uninterrupted by light pollution from civilisation).

Our unwieldy convoy of vehicles snaked its way ever upwards along unmade forest tracks dodging the little Christmas trees that were growing up along the centre line and clattered alarmingly on my car's underside. After about an hour we arrived at our temporary overnight site and stepped out of our cars into a pitch-black night of wind and rain. We grouped together in the nearby forest and stood under a bush-tarp around a small fire whilst we received an introductory safety briefing before searching out a temporary site to string-up our bush-tarps and sling our hammocks for the night.

Although the wind was less strong amongst the closely packed fir trees my single head-torch found it hard to pierce the gloom and the constant flow of cold rainwater made it hard for my hands to tie lines and unpack my sleeping bag. Eventually I was ready and took off my boots, hung them from a line and struggled into my bed suspended over an overflow gulley. On switching off my head-torch I could see no other lights and realised I was in for a cold and lonely night. The wind in the trees sounded like a freight train approaching whilst the constant sound of water drumming on the tarp and rushing in a stream beneath my hammock was so unnerving that despite the long day I found it hard to sleep.....and the course did not start in earnest until tomorrow...



Feature Species!!

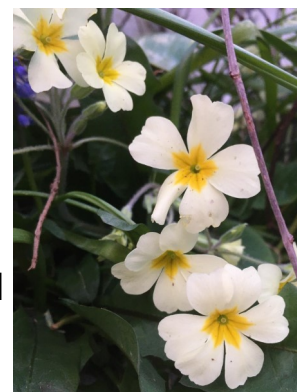
Primrose



The primrose is a pretty woodland flower and one of the first signs of spring. It is an important flower for pollinators, in particular, tortoiseshell and brimstone butterflies.

There is a great deal of folklore surrounding primroses. It was commonly believed that Primroses could open a door to Fairyland and the Irish tied

posies to cow tails on May Day to send away witches. Back in the day, primroses were commonly used in medicines for a range of ailments. The Romans used them to treat malaria, it was also believed they were a remedy for gout and rheumatism. Primroses are still used in many modern herbal medicines today!



Useful Online Links

As well as following, **The Environment and Me**, **Coventry and Warwickshire Mind** and **Warwickshire Wildlife Trust** on social media, you can also...

Copy any of these links into your internet search bar. Let us know if you have any problems finding any of them!

Health and wellbeing

The **Coventry and Warwickshire Mind** website has a wealth of information and links to further support...

<https://cwmind.org.uk/>

From **Recovery and Wellbeing Academy**...

COVID-19 Anxiety Management Online Workshop:

<https://youtu.be/w06779xZBns>

<https://recoveryandwellbeing.covwarkpt.nhs.uk/OnlineWorkshops.aspx>

Warwickshire Community and Voluntary Action has some lovely ideas for things to do...

<https://www.wcava.org.uk/page/escape-arts-have-launched-programme-digital-resources>

Wildlife

The **Warwickshire Wildlife Trust** Peregrine live feed web cam is a fab watch, the Trust also has suggestions and lovely content on it's main website...

<https://www.warwickshirewildlifetrust.org.uk/peregrine>

<https://www.warwickshirewildlifetrust.org.uk/our-response-coronavirus-covid-19-outbreak>

Essex Wildlife Trust have a fab Wildlife TV feature on their website with three live web cams—Project Officer Rosie is LOVING the bat cam! There are also barn owls and badgers...

<https://www.essexwt.org.uk/>

Check out the **Montgomeryshire Wildlife Trust's Dyfi Osprey Project** live feed for some Osprey action—Mrs Osprey was observed trying to 'fix' her nest on Thursday afternoon—she then dropped half of it over the edge and looked quite confused—that was a fairly entertaining watch!! ...

<https://www.dyfiospreyproject.com/live-streaming>

Use this page on the **RSPB** website to brush up on your bird id and song recognition...

<https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/>

The Night Sky

There are some pretty exciting things happening in the sky at night over the next few weeks!

The meteor showers peak over Coventry on the 21st/22nd April and 5th/6th May and will hopefully, given clear skies, look like many shooting stars!



15 April: before dawn, Jupiter and Saturn and Mars will be visible near the moon

16 April (am): Moon near Mars

21/22 April: Maximum of Lyrid meteor shower

23 April: New Moon

25 April: Moon between the Pleiades and Hyades clusters

26 April: Moon near Venus

28 April: Venus at maximum brilliance—Jupiter should also be visible

30 April, 9.38pm: First quarter Moon

5/6 May: Eta Aquarids meteor shower

