

Bringing people, wildlife and wellbeing together

Nature Thoughts...

There is something about blossom, especially cherry blossom, which takes me back to being a child.

When I was at primary school my best friend and I would use cut grass to make 'birds nests' on the school playing field and we would often sneak a bit of the candyfloss pink blossom from cherry trees around the field to 'decorate' it for the birds. This blossom now reminds me so much of those care-free days, of springs that felt like they went on forever, summers that were warm and spent playing.



Nature does that for a great many of us I find, taking us back to moments in our lives. Transporting us to other times. The smell of rain falling on hot tar-mac takes me back to the summer after my GCSEs. The smell of wet woodlands reminds me of being taken on long walks as a child.



Nature, its smells, its colours and its sounds can transport us to happier times, which is an incredibly powerful thing. I am using it a lot right now to remind me of happier times. I hope nature can help transport you to a time you remember fondly - maybe the allotment or even bushcraft. Hold on to that feeling, that happy memory, as we hope to be back there soon.

Take care and stay safe,
Anna Squires

Nature Grounding; Mindful in nature

Find a time when you can sit undisturbed for 10 minutes, somewhere where you can hear nature. Relax your body.

Close your eyes.

Take a deep breath in through your nose, out through your mouth (keeping your eyes closed) - repeat this as many times as you need to to feel your body relaxing.

Now listen. Really listen. Concentrate on any bird sound you can hear.

How many different bird calls are there?

How do they sound different to each other?

Do any sound similar to one another?

Let other thoughts enter your head (don't fight them back), acknowledge them but then return to the bird sound.

Breathe. Slow and steady. Let the birds songs drift in and out of your mind. Enjoy them.

After 10 minutes slowly open your eyes, allow the world to come back into focus. **Don't rush to get up or be busy. 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...

Clouds

We often forget to look up! I guess there is so much happening on the ground to keep us occupied. But every now and then it's nice to cloud gaze!

There are lots of different types of clouds. Which ones we can see in our skies depend on the temperature, humidity and many other factors.

The big thunderstorm clouds for example are 'Cumulonimbus' clouds—they are usually huge, dark and menacing! The very high soft fluffy ones (I often think look like dinosaur rib bones) are called 'Cirrus' clouds.

But I don't think you need to know all their names to just enjoy them! Take some time, look up, see what strange and interesting shapes you can see—like my mushroom cloud below!



WILD-WORDSEARCH!

Deciduous trees

- ALDER**
- BEECH**
- BLACKTHORN**
- ELM**
- HAZEL**
- HORNBEAM**
- MAPLE**
- PEAR**
- POPLAR**
- ROWAN**
- SPINDLE**
- SYCAMORE**



B	E	N	H	P	R	F	K	I	M	Z	O	K	J	H
G	L	L	S	H	C	D	W	J	N	Y	J	O	E	A
S	O	A	P	W	R	E	D	L	A	A	Z	L	P	Z
T	A	T	C	A	E	L	G	R	D	O	W	H	M	E
H	S	J	I	K	M	P	L	R	P	A	P	O	P	L
C	D	A	W	N	T	E	A	N	K	B	C	U	R	A
E	O	E	I	U	L	H	T	H	A	M	E	S	M	I
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B	E	D	M	O	L	L	F	R	W	F	H	C	M	T
A	N	M	L	Y	N	L	Z	N	N	Y	B	A	R	T
M	I	L	L	O	U	Y	W	B	R	P	S	M	L	E
N	I	P	O	P	L	A	R	E	E	C	G	O	H	F
W	S	P	I	N	D	L	E	A	D	K	B	R	P	E
H	D	F	K	B	T	B	R	M	K	E	R	E	C	J
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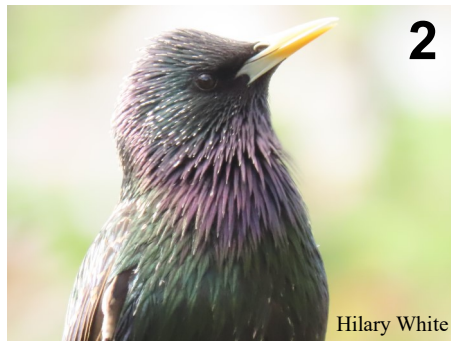
Extra challenge... Find the two other hidden words that hint at next week's puzzle!

Quote of the week...

"We do not see nature with our eyes, but with our understandings and our hearts"
William Hazlitt

Name it!

Can you identify the wildlife in these photos?



Issue 3 answers...

- 1... Scarlett elf cups
- 2... Spiders web
- 3... Wild garlic

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



The Environment and Me



theenvironmentandme



TheEnviroandMe

AN UNFORGIVING NATURE? Episode 3

By Martin Felstead (TEaM coordinator and bushcraft leader)

THE FOREST

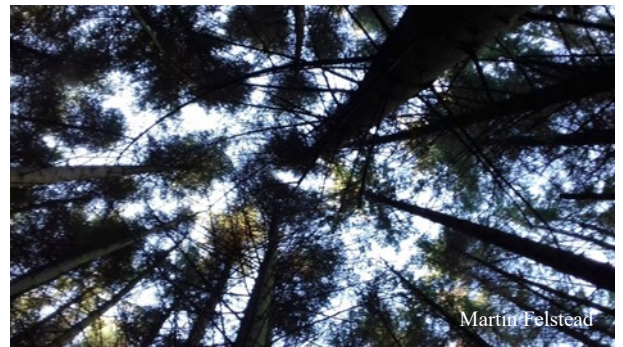
Waking from a restless night, in a damp hammock suspended over an overflow stream, I broke camp, stuffed my wet kit into my damp rucksack and assembled with the others in the weak light of the dawn. After being supplied with a very welcome hot drink we trekked through the rain, our heavy packs dragging us down into the soft peat and dark pools that littered our path. At last we entered the forest section where we would spend the next five days applying all we learned to help us survive in this harsh but majestic environment.



Martin Felstead

The environment in question was a forbidding forest consisting of tightly planted mature conifers draped in mosses and dripping with moisture. Everything was wet in here, the ground, the mosses and the trees planted in close-knit rows with everywhere pools of black water, streamlets and a myriad of sharp side-branches acting like a forest of turnstiles impeding our way. The overall impression was of

darkness, dripping water and silence; a silence which was highlighted by the absence of bird-song. On our way to the site we had seen numerous Red Kites circling overhead but inside this forest section there appeared to be no visible wildlife. 'Fangorn Forest' from Lord of the Rings sprang dark and brooding to mind. How were we to make our way over the next five days with minimal support in this unforgiving environment?



Martin Felstead

Next episode out in next weeks TEaMUp!

Feature Species!!

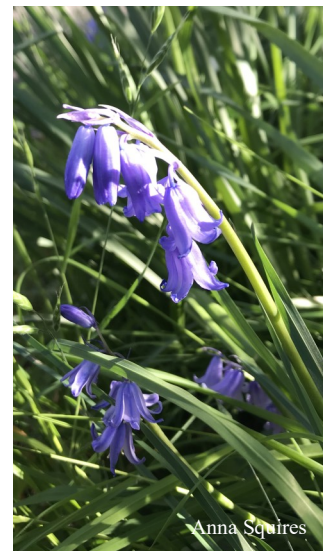
Bluebells

These amazing flowers are just starting to show their pretty, dark blue, bell shaped flowers and they really are beautiful!

Bluebells (or Wood Bells) can be found in our woodlands (usually our older woods), along hedgerows, in allotments and gardens. They create a carpet of blue in late April/early May, often under dappled (light) shade.

Our native (English) bluebell is easy to identify from its Spanish equivalent. The native bluebell flowers usually 'hang' down from one side of a thin stem which is bent over at the end, they have thinner leaves, are darker blue and have a sweet smell. The Spanish bluebell has flowers all around its upright stem, has wider leaves, is lighter blue and usually smells oniony or does not smell at all.

Did you know? It is actually against the law to intentionally pick, uproot or destroy our native Bluebells!



Anna Squires

[A reminder of these 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/>

[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/>

Did you hear about?

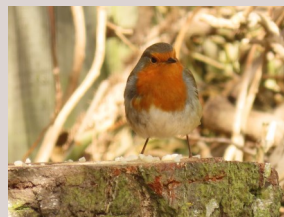
...The wild goats who live in the Great Ormes (an area of coastal headland in Wales) who have taken advantage of the quiet streets?

They headed down from the Great Ormes into the town of Llandudno in Wales and have been seen roaming around the streets. Reports in the news said they were grazing in people's gardens and on road sides—making the most of the quiet!

A lot of news reports have suggested that with us all staying indoors, with less boats on the sea, with less cars on the road, nature is creeping back into places it wouldn't normally be seen.

It will be really interesting to see what impact a quieter world may have for wildlife and whether some things start to do better or even recover because their world is their own again.

Lets wait to see what wildlife might appear on any of our sites, and lets hope it stays when we return!



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STAY SAFE - STAY HOME