

## Bringing people, wildlife and wellbeing together

Hi all,

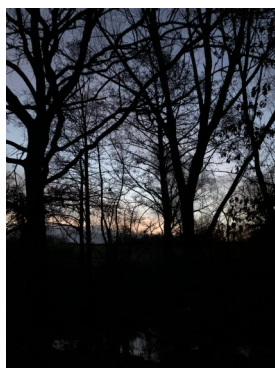
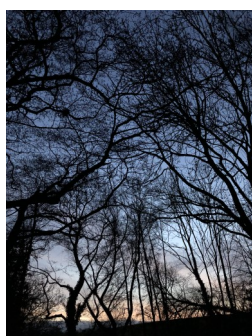
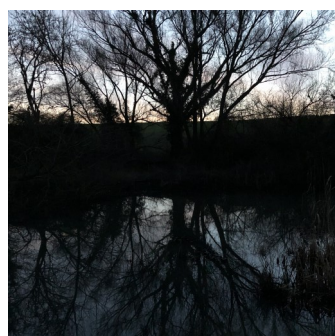
What a week of weather it's been! I was out playing in the snow with my sister and niece, with whom I'm part of a support bubble, on Sunday. From the top of a hill, I looked across the park at the many families, couples and lone walkers photographing trees beneath snow blankets. The spread was evidence of people's continued awareness of the need for distance, but more obvious than the spaces was the sound of laughter, children shrieking mid sibling snowball fights and noisy chatter. For that day, the snow had enabled all those people to forget about everything that's making life hard right now and actually have fun! It was such a joy to watch and hear: good work snow!



I've really been enjoying getting out for winter walks recently, with or without the snow—they are needed! But, it's not always easy to find the time or motivation when routines are upside down and days short. Juggling home learning, with her own work has made it difficult for our Warwickshire Wildlife Trust colleague, Kat, to get out for walks as often as she'd like lately. In a bid to make time for herself outdoors, she has discovered the power of night walking...

"I've been struggling to get outside lately; at a time when I really need it. My daylight hours seem to be filled with lots of urgent-seeming tasks. Plus, when I have managed to get out during the day lots of the places I used to find space and solace are busy. Although I love people, small tight paths leave me feeling anxious about social distancing and detract from the pleasure of being in nature. Unwittingly I'd been craving but avoiding walking and I realized that feeling disconnected from outside spaces was beginning to feel suffocating.

In this country we're getting better at recognizing that exercise and nature are good for our mental health as well as our physical wellbeing. As I idly researched on the internet I discovered that in countries with periods of 24 hours of darkness not only is walking in darkness normal but there's recognition it is doubly good for your mental health. The need to be more in tune with your surroundings can make you feel much more present in the moment, 'mindfulness' in action.



So last week I decided to go not for a dawn walk but a pre-dawn ramble. I'd chosen a route that I've walked once or twice a week for the last few years. One in which I know the route so well I often don't 'see' it and 'autopilot' the walk. Not so this time! As I descended down the brook I realized just how dark it was and had a wobble, but breathed deep and my eyes adjusted and then my ears... it was so loud! I'd expected peace but the birds were VERY loud. A cacophony. Then, I was astonished to hear the sound of water.... the brook. In all my walks down here I don't ever remember hearing it; the water is high at the minute but it sounded like a rushing torrent. The path felt longer than normal, I noted all the twists and turns, the squelch of my boots, the wind. The lack of much light - there was an ambient trickle - really woke up my other senses. It felt so different, such an adventure. A feeling I've really been missing. As I meandered, loathe to leave the sun gradually started to break - my queue to head back. I enjoyed watching the pinks and oranges spread across the sky and paused on the hill back up to turn and soak it in for a few minutes. I'll definitely do it again. I saw no-one and returned home exhilarated to a household just waking. Bliss."

*An extract for the day...*

**THE WOOD:**

*The Life and Times of Cockshutt Wood*

*By John Lewis-Stempel*

**January 27th:** *Night in a Winter Wood: moonshine splays the trees, creating endless plots of light and shade. I hear the badger coming down the path before I see him. Badgers like to sleep through cold periods, a partial hibernation, although the rule, as now, is not absolute.*

*The badger has found an easy source of food: leftover wheat concentrate pellets (sow rolls) in the pig troughs.*

*When I first walked the wood's path and polluted it with my man-scent, the animals avoided it, and tried to make their own parallel course. After three months or so, I became as familiar to the as the earth, the sky, the water, and they reverted to the old way.*

# WILD-WORDSEARCH

## Home Sweet Home

Anthill  
Burrow  
Cave  
Cobweb  
Drey  
Earth  
Hive  
Holt  
Lodge  
Reef  
Rookery  
Roost  
Sett  
Warren

Image: Volodymyr Goynyk

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

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

"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together." *Vista M Kelly*

## Name It!

Can you identify the wildlife in these photos?



1



2



3

Issue 29 answers... Name It!

1. Oak tree buds 2. Yellow Brain Fungus 3. Fieldfare



### Missing Link Answers:

Snow – Cloud (**Storm**)  
Fog – Statement (**Bank**)  
Sun – Up (**Set**)  
Full – Shine (**Moon**)  
Starry – Cap (**Night**)  
Wind – Out (**Chill**)  
Rain – Guy (**Fall**)  
Rainbow's – Less (**End**)



### Missing Links...



Your task is to find the missing word that follows the first clue and precedes the second. For example, the answer to Rain-String could be 'Bow' giving Rainbow and Bowstring.

snow - down  
red - back chair  
pine - hatch  
Norfolk - bean  
black - skate  
beech - pecker

Answers in the next issue!

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



The Environment and Me



theenvironmentandme



TheEnviroandMe



## GLACIERS

A glacier is a persistent body of dense ice that forms on land where the accumulation of snow exceeds its melting over a long period of time (often centuries or even thousands of years). This accumulation of weight-of-snow plus the forces of gravity then causes the glacier to begin flowing under its own weight. With this in mind it is easiest to think of glaciers as rivers of ice.

There are 2 main types of glaciers; Continental Glaciers (glacial ice contained within vast polar ice sheets) and Mountain Glaciers (glacial ice contained within mountain ranges). Continental Glaciers contain 99% of the earth's fresh water whilst meltwater from mountain glaciers such as those in the Himalaya mountains feed many of the major rivers that humans depend on for their fresh water (e.g.: the Indus, Ganges and Brahmaputra in south-Asia). This makes glaciers extremely important to life on earth. This article will focus on Mountain Glaciers.

Mountain glaciers have three main parts: their source, the main glacial body and their end. High up in the mountains where snowfall exceeds melting, the snow accumulates in natural depressions until the weight of snow compacts and forms ice. This ice then begins to spill out of the depressions and begins to move downhill. These depressions filled with snow and ice are called '*cirques*' and as they spill out of the depression they scour out a larger hollow for themselves.



Iceberg calving from the Toe of a glacier  
(picture from Peoplehype.com)

Once out of the Cirque the ice then begins to move downhill following the easiest route and the main body of the glacier is formed. The movement of ice is driven by the weight of the ice and is lubricated at its base where the ice meets the surface underneath by pressure melting the ice to form a film of water. This movement erodes rock from underneath and slowly a 'U'-shaped valley is formed.

Finally, the glacier ends where melting exceeds the accumulation of snow (known as the '*Toe*' or '*Tongue*'). Where the glacier meets the sea the breaking off of large pieces of ice at the glacier's '*Toe*' can create icebergs. This process is called '*calving*'.



Glacier tongues (picture from Swisseduc.ch)



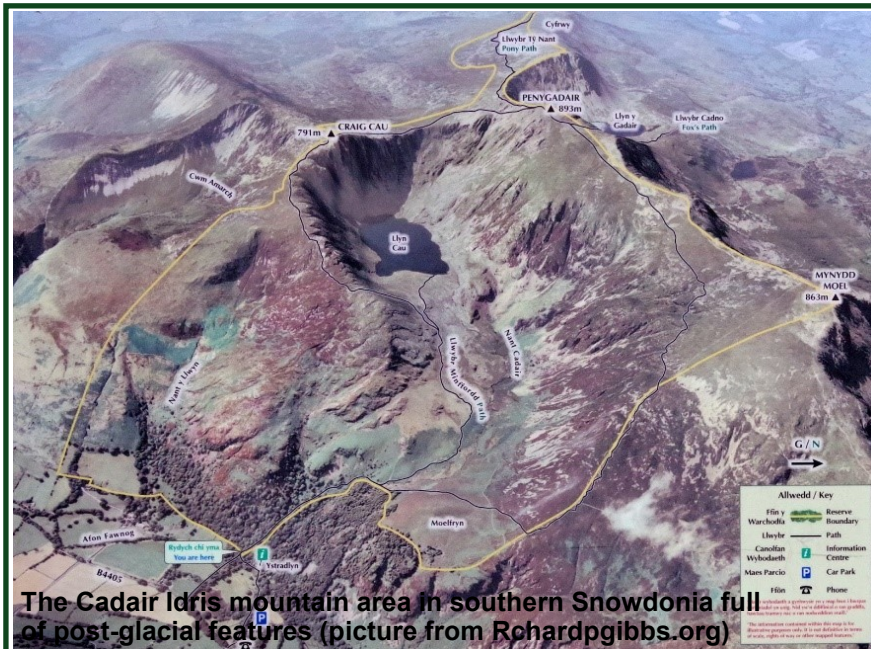
Glacial Moraines (Picture form Slideshare)

Another feature of glaciers is their ability to carry large boulders huge distances before they are eventually deposited (often in strange positions) many miles from their point of origin. These are known as an '*erratic*' and can make for wonderful landmarks.



A dramatic Erratic deposited by a glacier onto small rocks in Yorkshire.





The Cadair Idris mountain area in southern Snowdonia full of post-glacial features (picture from Richardpgibbs.org)

Today, there are no glaciers in England. However much of our landscape is dominated by features created by past glaciation. Anywhere north of the M4 motorway has some evidence of post-glacial features. In the midlands large areas are built on glacial moraine and outwash sands and gravels whilst the Peak District, Wales, Lake District and Yorkshire all have dramatic evidence of past glaciation which we can still be seen today despite it being over 11,000 years since the last ice-age. My favourite area sculptured by past glaciation is the Cadair Idris mountain complex and Tal-y-llyn valley in southern Snowdonia. All the features I have covered today (and more) can be seen in this relatively compact area. Well worth a visit if and when you can.

Next weeks issue... Frost



Man Lan Adams

## Snowy Photo Gallery from your team...



Man Lan



Man Lan

Some certain reminders to give nature a helping hand during the coldest weather by putting out some food and fresh water!



Hilary White



Hilary



Hilary

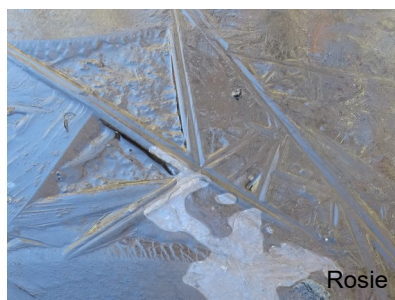


Martin Felstead

## Winter Walking Challenge...

So far we've a small but fabulous team of three, there's always time to join if you fancy it now the snow's melted! I'll update next week on progress, but so far, we are definitely out of Coventry!!

Rosie



Rosie



**Stay  
safe**

