

GREEN CHAMPIONS



Noticing Nature

"Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains..."

- Diane Ackerman



Natural Health

"It is said that interacting with nature can do wonders for our mental and physical health – something that I didn't quite appreciate until recently"....

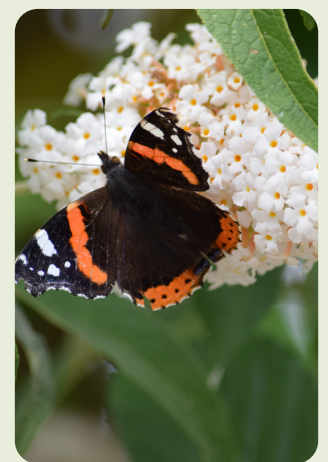
You can read the rest of Dr Sanaa Sheikh (General Practice Registrar – Public Health) Blog "A bolt from the blue" by visiting our Blog site: <https://naturallybirmingham.org/2023/06/28/a-bolt-from-the-blue/>



Learn more - Butterfly Spotting

Butterflies are easiest to spot during calm, sunny conditions around the middle of day – this is when they're most active. This isn't a hard and fast rule though. You'll see them in the early evening on hot days and on warm, cloudy days too.

Butterfly spotting doesn't need to be painstaking. Simply head off on a walk and keep your eyes peeled.



<https://www.nationaltrust.org.uk/discover/nature/wildlife/top-tips-for-butterfly-spotting>



Green Champions - Call to Action!

The aim of the Green Champion programme is to: "Provide opportunities for all Birmingham citizens to be involved with the delivery of the City of Nature plan." A 25 year plan - coproduced by Birmingham's citizens - encouraging the recovery of nature and creating opportunities to benefit from nature on their doorstep.

If you are reading this, then there is every chance you are already what we think of as a Green Champion, so please come and join us to find out more.

Together Green Champions are those that are helping to tackle the climate, social and ecological crises by reconnecting people in cities to nature – to grow a Bolder Greener Birmingham that is cleaner, healthier and wilder. We want to help build and support a network of Green Champions across Birmingham. We will support you to look for opportunities to promote a range of healthy activities and help nature recover in your neighbourhood. Training opportunities will be available to enable Green Champions to develop their role including urban forester training with Birmingham Tree People as just one example.

We want the model for volunteering for the Green Champion programme to include individuals who take part in park activities led by Rangers or work with Friends of Parks groups or other Green Space groups, other community groups or employees of organisations whose work is connected to green spaces and want to be more involved helping nature and communities. Or maybe you just want to know more about looking after a green space near to your home or a piece of land you walk past that is in need of a bit of TLC to encourage wildlife to thrive so others can enjoy it too.

**You can email me (Jackie Easthope) for more information at:
CityofNature@Birmingham.gov.uk**

Connect: Join Jackie for the July online meet up

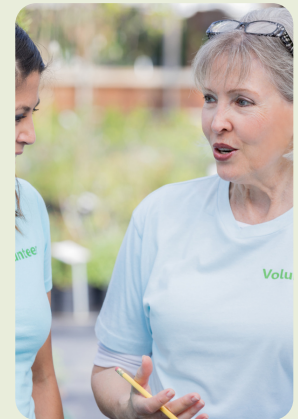


Please come and join me, the City of Nature Team and other Green Champions at our July meeting.

It is online via Teams on 19th July, for an hour 5.30pm - 6.30pm.

If you receive this Newsletter by email you will already have been sent the link. If not you can book via Eventbrite to get the meeting link sent to you:

Join us for an online chat



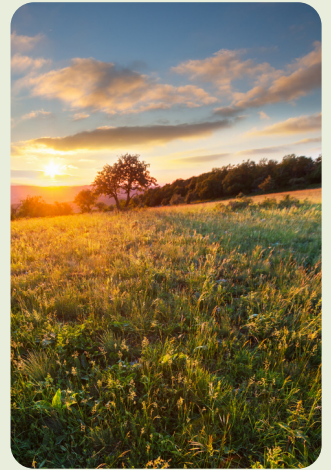
UK National Meadows Day 2023 - 1st July

Wildflower meadows look their best in summer, as flowers bloom and seed heads pop under the sun.

However, our meadows are in trouble. The majority of our ancient species-rich grasslands have been lost, and now our meadows need us more than ever.

You can join Plantlife as they shout out about how important our wild plant-filled meadows are this National Meadows Day.

Click on the link below for just a few ways you can discover your local meadows this National Meadows Day – either out and about or enjoying a virtual experience from your home.



<https://www.plantlife.org.uk/events/uk-national-meadows-day/#:~:text=UK%20National%20Meadows%20Day%202023%20Take%20part%20in,value%20of%20our%20local%20species-rich%20grasslands%2C%20including%20meadows.>



World Nature Conservation Day 28th July

There are many International and national "eco" days every year. World Nature Conservation Day is an annual event held on July 28. It's origin seems unknown and exactly how to join in isn't clear however the information does say:

The day stresses the need for preserving a healthy environment and natural resources to maintain a stable and healthy society. Saving plants and animals that face the threat of extinction is one of the primary goals of World Nature Conservation Day.

Also, the celebrations emphasize keeping the various components of nature such as flora, fauna, energy resources, soil, water, and air intact.

In addition, World Nature Conservation Day underlines the need for preserving the environment for future generations. We are therefore tasked with the need to leave a healthy planet for those coming after us to enjoy.

Which all seems like a pretty good idea everyday!



Birmingham's Route to Zero - added benefits.

Starry skies are one of the most magical sights our cities can offer. But in urban areas light pollution not only limits our views of these skies but also disrupts wildlife's natural patterns. We need to reclaim our dark skies.

CPRE run an annual star count, helping us to see where light pollution is a problem and where the darkest skies are. They use this evidence to advocate for better-controlled lighting, and will offer advice about what we can all do to reduce local light pollution.

[You can view the 2023 results here.](#)

To find out more about BCC's Route to Zero you can contact the team on:
routetozeroarbon@birmingham.gov.uk



Love Parks Week 2023 - 28 July - 4 August

Love Parks Week - take time to celebrate and support the efforts of volunteers and workers who maintain and protect our green spaces. You can find out more here:
<https://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-week>



World Ranger Day 28th July - The Thin Green Line.

World Ranger Day is celebrated worldwide each year on July 31st to commemorate Rangers killed or injured in the line of duty and to celebrate the work Rangers do to protect the planet's natural treasures and cultural heritage. Rangers can look very different across the world, and their roles can also be very different. But they are all doing vitally important work including our own Birmingham Park Rangers find out more about their work here:

https://www.birmingham.gov.uk/info/20089/parks/469/events_school_trips_and_group_visits_in_parks



  @NaturallyBirm1

 <https://naturallybirmingham.org/>

<https://thingreenline.org.au/world-ranger-day-2/>

