Relaxing with Nature

"June was not made for wind and stress,
June was made for happiness;
Little happy daisy faces
Show it in the meadow places,
And they call out when I pass,
"Stay and play here in the grass." - Annette Wynne

Healthy

Evidence shows that a thriving, wildlife-rich environment benefits both physical and mental health. People with nature on their doorstep are more active, mentally resilient and have better all-round health. We are working with The Wildlife Trusts to bring wildlife to more people, and more people to wildlife. Get involved and make socialising, volunteering and exercising in natural places central to your daily life.

Learn more about Brum's wildlife

The landscape of Birmingham and the Black Country has a rich social, economic and natural heritage shaped by a complex history of rural, industrial, and more recent suburban and commercial land use. The wildlife is as varied and valuable as that of any other part of the United Kingdom.

https://www.bbcwildlife.org.uk/wildlife
This month I had the pleasure of being invited to The Ark Victoria Academy, Small Heath with Scott Lee, Assistant Service Manager for BCC Street Cleansing. We spent the morning with some Young Green Champions: (https://naturallybirmingham.org/little-green-champions/) from reception to Year 6.

We talked about the importance of recycling and Green Open Spaces and Scott brought one of the Council’s Mobile Household Recycling units to give a demonstration on how the recycling facility worked.

I chatted with the children about how much enjoyment can be found by being in the great outdoors while we looked for insects in woodland and grassed areas. Another highlight was making paper plant pots out of old newspaper - which the children really enjoyed. The feedback from the school was that “The children had a great time and learnt a lot”.

Further information on Mobile Household Recycling units can be found by clicking on this link: Mobile Household Recycling Centres | Birmingham City Council

If you have a green space large or small that you want to help make into an urban green space or if you have any stories to share please email me (Jackie Easthope) on: Cityofnature@birmingham.gov.uk

You can sign up here to receive our monthly newsletter by email

**Green Champion Newsletter**

**Connect:**

**Monthly online meet ups**

Come and talk to our Green Champion Coordinator - Jackie and the City of Nature Team.

Meetings are online via Teams, every month (third Wednesday) 5.30pm - 6.30pm.

Please click below to get the link.

Join us for an online chat
Don't forget to get moving - If you have events planned even if it’s a walk around your local green space, be sure to add them to the website! They will be listed on the events page, so people can see all the activity happening across the country and find events and local Green Weeks near them.

Find out more: https://greatbiggreenweek.com/get-involved/

There is still time to go wild in June!

https://www.wildlifetrusts.org/30dayswild

National volunteers week

Volunteers Week takes place 1-7 June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities and say thank you.

Volunteers' Week is supported and celebrated by small grassroots organisations as well as larger, household-name charities: https://volunteersweek.org/about-volunteers-week/what-is-volunteers-week/

So first - THANK YOU!

To all those who volunteer to care for our communities and green spaces.

If you haven't found an opportunity to get involved yet you can find your local Friend of Parks group here:

https://bosf.org.uk/members/

Or contact Birmingham’s Ranger Service for more information:

https://www.birmingham.gov.uk/info/20089/parks/330/volunteering_and_work_experience_in_parks/3

The Great Big Green Week 2023: 10th - 18th June

Get involved in the Great Big Green Week by sharing what inspires you to tackle climate change on social media. Share your photos, videos or simply a few words about what gives you hope and inspires you to fight for our world. Whether it’s your family, your local wildlife or simply spending time in your garden – share what inspires you using the hashtag #GreatBigGreenWeek.
Birmingham's Route to Zero programme

World environment day 5th June - “What is the solution to Plastic Pollution?” More than 400 million tonnes of plastic is produced every year worldwide, half of which is designed to be used only once. Of that, less than 10 per cent is recycled.

Find out more about plastic pollution:
https://youtu.be/_NAbkldMV48

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

Love Parks Week 2023 - 28 July - 4 August

Time to start thinking about:

Love Parks Week which returns from 28 July to 4 August 2023, giving people across the country the chance to shout about their wonderful green spaces.

Whether it’s walking the dog, picnicking with friends, or pushing our little ones on a playground swing, our parks give our communities, our children, and our pets a vital space to play, grow, and bond.

Love Parks Week is set up to celebrate and support the efforts of volunteers and workers up and down the country to maintain and protect our green spaces.

Find out more here: https://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-week

https://www.birmingham.gov.uk/info/50273/our_future_city_plan_ofcp/2518/our_future_nature_city_plan