

GREEN CHAMPIONS



Noticing Nature



"There is a time in late September when the leaves are still green, and the days are still warm, but somehow you know that it is all about to end, as if summer was holding its breath, and when it let it out again, it would be autumn."
— Sharyn McCrumb, King's Mountain

Health - Naturally

Learning a new skill will give your brain a workout in ways that are measurable. If you're challenging your brain with something it has never done before – it can reduce stress, create new brain connections, get your body in a state of flow, release dopamine, make you happier, better at juggling tasks and potentially smarter, too!

Just One Thing, Michael Moseley
<https://www.bbc.co.uk/sounds/play/m000vgf0>



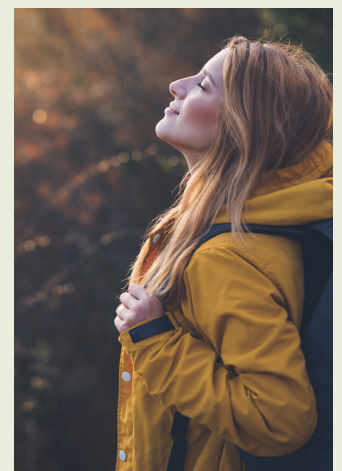
Learn more - Back to school

Nature Connectedness with the University of Derby

On this four-week online course run through Future Learn and created by the University of Derby, you can discover how humans can develop a new relationship with nature to benefit both people and the environment.

Nature Connectedness is grounded in scientific study – it is both measurable and accepted internationally.

This course will help you explore the concept of nature connectedness, its importance, and how it positively impacts the environment to help tackle climate change.



<https://www.futurelearn.com/courses/nature-connectedness-derby>



Green Champion Coordinator update

September means the holidays are over and it's back to school for most children. For adults autumn and winter can be a bit SAD. Seasonal affective disorder (SAD) is a type of depression that comes and goes in a seasonal pattern. It is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. Obviously it doesn't effect everyone and not always in the winter, but shorter days can make any of us feel a bit down and it's common for people to feel tired, unmotivated, and depleted. You can take action now!

The NHS promotes 5 ways to help us feel better:

- Connect with people
- Be physically active
- Learn new skills
- Give to others
- Mindfulness



Our Green Champion autumn / winter programme of involvement and learning could provide a good dose of all those 5 ways to feel good.

We are starting with a whole day of finding out, fun and feeling good. There will be four opportunities to join our Rangers and other Green Champions to learn about volunteering opportunities, caring for our environment, try some new activities and help shape the rest of the programme.



Please contact me at Cityofnature@birmingham.gov.uk if you would like to find out more about joining us for our Green Champions autumn / winter programme.

Connect:



Please come and join me, the City of Nature Team and other Green Champions for our chat online via Teams on 20th September, for an hour before tea time 5.30pm - 6.30pm.

If you receive this Newsletter by email you will already have been sent the link, don't forget to put a note in your diary.

If not you can book via Eventbrite (click below) to get the meeting link sent to you:

Join us for an online chat

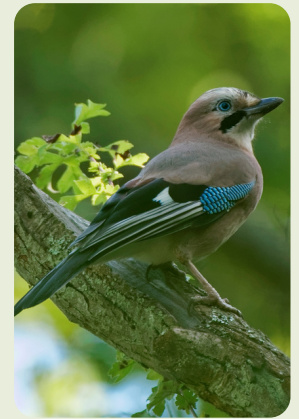


Nature's Calendar

Take a closer look at hedgerows in September, as they erupt into a jewel box of bountiful berries. This abundance of fruits is a lifeline for many of our birds as their summer food supplies, such as caterpillars and insects, run low. Blackberry, Elderberry, Hawthorn haws, rosehips and Blackthorn sloes are all coming into season now.

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/natures-calendar-home/natures-calendar-september/>

It's not just berries which are coming into season, it's prime acorn hunting season too. Squirrels are well known for harvesting and storing them for the winter months. But Jays do it too and autumn can be a great time to spot this usually shy and secretive bird as it comes down to the ground to gather the goods.



Seed Gathering Season Starts

<https://treecouncil.org.uk/seasonal-campaigns/seed-gathering-season/>



"The Tree Council encourages us to go out to gather seeds, fruits and nuts ahead of the winter tree planting season is a great way to help us all grow a greener, tree-filled future.

Trees and hedgerows do so much for us. They store carbon, reduce pollution, improve our health and more.

By gathering seeds (and growing them into trees!), you can help make sure that our treescapes continue to thrive in the future. Seed gathering is fun, free and easy. Only take what you can grow, don't forget to leave enough for the hungry animals that need them too.

Wherever you live, whatever your age, you can get involved. You don't need to be a tree expert or have any special equipment – just a love of trees and nature and lots of enthusiasm!



Birmingham's Parks and Open Spaces

Cannon Hill Park 150th anniversary

One of Brum's biggest parks will celebrate its 150th anniversary by stepping back into the Victorian era this September.

A FREE, family event will be staged in Cannon Hill Park on **Saturday 9 September** (11am–4.30pm) to celebrate how philanthropist Louisa Ryland's gift of 57 acres of meadowland has created one of our city's most popular parks. please use the link below to check details.

https://www.birmingham.gov.uk/news/article/1380/cannon_hill_park_to_step_back_in_time_to_mark_its_150th_anniversary



Birmingham's Urban Forest and Urban Foresters

Do you know your ash from your elder? If the answer is yes, you could become one of Birmingham's Tree People, otherwise known as volunteer urban foresters. If the answer is no you could start learning now with Birmingham Tree People.

The National Trust are working with Birmingham City Council and Birmingham Tree People CIO (BTP) to help develop plans to grow an urban forest across Birmingham and increase the number of volunteer Urban Foresters that help care for it.

BTP run training courses and in the winter get out and about planting trees. Find out more about the free training they provide here:

<https://birminghamtreepeople.org.uk/home/training/free-training/>



Birmingham's Route to Zero - Climate Action

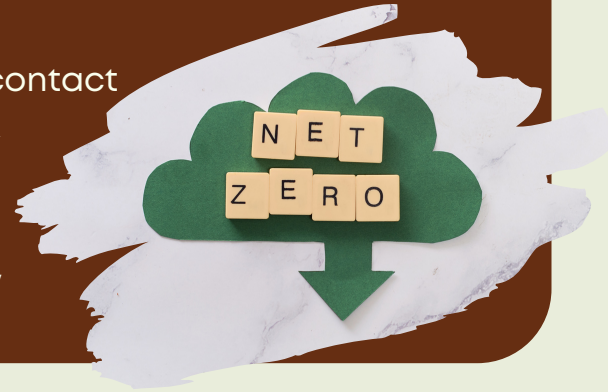
As we reach the end of Summer, the Net Zero team is planning ahead to begin engaging and working with key stakeholders in the city to help deliver climate action and emissions reduction.

As part of our stakeholder engagement approach the team will be speaking to both the City Partnership Board and Birmingham Faith Covenant in the Autumn to understand the challenges civic organisations are facing in the environmental space and coordinate our responses.

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

Car Free School Streets - find out more:

<https://www.birminghambeheard.org.uk/economy/cfssphase4/>



Birmingham and Black Country Wildlife Trust

Works with us for nature's recovery across Birmingham and the Black Country; protecting, restoring and creating wildlife-rich, accessible spaces that benefit people and wildlife. Get involved and find out more about their events in Birmingham and the Black Country.

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

BOSF - Helping families connect with nature

Birmingham Open Spaces Forum worked with the RSPB to create the FINCH (Families Into Nature Connecting and Helping). The resource is a practical guide packed with helpful information for community groups. It's designed to help your group choose and offer nature-based activities for families, helping them to connect with nature and encourage action to help it.

<https://bosf.org.uk/projects/finch/resource/>



  @NaturallyBirmil

 <https://naturallybirmingham.org/>

