

Worcester Group News

August - November 2019



Worcestershire
Wildlife Trust

Mental Wellbeing

Mental wellbeing has been in the news headlines over the past few months, from TV programmes to the RHS Chelsea Flower Show. Being with nature has a multitude of benefits.

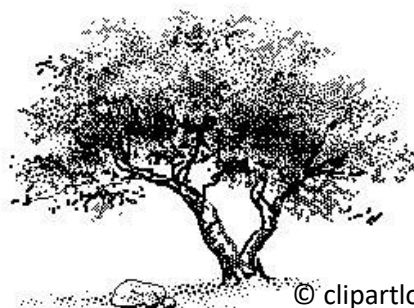
In Japan Shinrin-yoku is a term that means "taking in the forest atmosphere" or "forest bathing." Developed in Japan during the 1980s, it's become a cornerstone of preventive health care and healing in Japanese medicine. Over the past decades scientific studies have demonstrated the mechanisms behind the healing effects of simply being in wild and natural areas.

Worcestershire Wildlife Trust has many nature reserves. How about spending some time walking or sitting in one of them, drinking in the peace and sounds of nature. You may discover you feel a lot better than when you arrived. Our lives are so busy with high expectations and demands for our attention. It can prove all too much with no time to think and just be.

Of course, it doesn't need to be a nature reserve; it could be a local park, green space or your garden. Give yourself a wildlife boost this summer.



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Your local group sightings this time last year!

What are you spotting?

August – Dipper, clouded yellow butterfly, a variety of shieldbugs, treecreeper, great spotted woodpecker, otter, mole.

September – Grass snake, hedgehogs, song thrush, vole, dead shrew, kingfisher, ivy bees.

October – Croaking frogs, holly blue butterfly, kingfisher.

November – Peregrine falcon, water shrew, lesser horseshoe bat.

December – Blackcap.



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Forthcoming Local Group Events

- **Wed 18th Sept - 7:30pm – Trees in the countryside from a historical viewpoint by Adam Mindykowski - £2.50**

Adam is a landscape archaeologist and will be looking at trees in the countryside from a historical viewpoint. We often say 'if only trees could talk'; here is an interesting insight to what's known.

- **Wed 16th Oct - 7:30pm – Treasured Isles in the Hebrides by Roger Butler - £2.50**

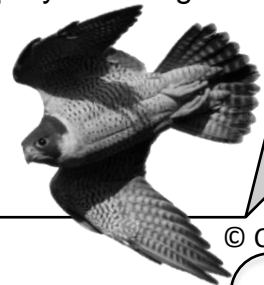
A journey to some of the lesser known Hebridean islands, such as Colonsay, Canna, Muck and Ulva, with dramatic landscapes, fascinating wildlife and an interesting history.

- **Wed 20th Nov - 7:30pm – Wildlife and nature in towns and cities by Peter Shirley - £2.50**

Peter is an author and broadcaster and has focused on urban wildlife, living in the Birmingham area over the last 20 years. Come and be encouraged and inspired to find out how nature happily lives alongside us.

- **Wed 11th Dec - 7:30pm – The Peregrine Falcon by Dr Stefan Bodnar - £2.50**

Stefan has featured on BBC Springwatch. There's not much he doesn't know about peregrine falcons. Discover more about these impressive birds of prey including their ecology and protection.



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Fun facts

- We share 70% of our DNA with a slug!
- A housefly hums in the key of F.
- Deer can't eat hay.
- Oysters can change gender & back depending on which is best for mating.
- Sharks are immune to cancer.
- A starfish is the only animal capable of literally turning its stomach inside out!
- Houseflies typically live for 14 days.
- Suriphobia is the fear of mice.



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