

GREEN CHAMPIONS



Signs of Spring

"Nature gives to every time and season some beauties of its own." - Charles Dickens



Healing

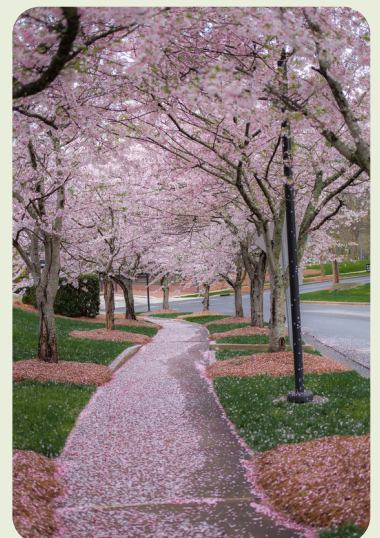
Forest Bathing - This Japanese practice is a process of relaxation; known in Japan as *shinrin yoku*. The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way:
<https://www.forestryengland.uk/blog/forest-bathing>

Training - Tree Wardens

Birmingham Tree People was set up as part of the Tree Council's Tree Warden Scheme by Birmingham City Council's Tree Officers in 2016 and is now a charitable organisation.

Find out more about becoming a Tree Warden:

<http://birminghamtreepeople.org.uk/>



Meet Our Green Champion Coordinator

Hi, my name is Jackie I have recently been appointed as a Green Champion Co-Ordinator for Parks . The purpose 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.

The programme includes the traditional forms of volunteering by taking part in Park Ranger led action groups or constituted Friends of Parks/Green Space Groups working in Parks and Green Space together with other community groups and other organisations .



The role of a Green Champion goes beyond these boundaries and recognises that community growing and gardening and school and business green spaces are also areas that people may wish to develop, which not only helps with personal wellbeing but social cohesion as well.

The Green Champion Programme is open to absolutely everyone and it is important to engage with people from all backgrounds, it can involve as much time as you wish and can be on an individual or as a joined up approach with likeminded individuals or groups.

If you would like to sign up to the monthly Green Champion newsletter please click on the link to complete the form:

[Green Champion Monthly Newsletter](#)



Or alternatively contact me on email at: Cityofnature@birmingham.gov.uk

Monthly online meet ups



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

All the meetings are online via Teams, every month (third Wednesday) 5.30pm - 6.30pm. Please book for any meetings you want to attend.

Join us online



Get Moving - Keep Moving

There are lots of opportunities to get moving in Birmingham's parks and green spaces.

There are several 2 kilometre and 5 kilometre walking and jogging routes in Birmingham's parks and open spaces. Most of the 2 kilometre routes are marked with a combination of wooden signposts and green footprints.

Many of the routes are accessible for those with a disability or for families with pushchairs, but please contact the Ranger Service before you visit if you would like details on accessibility and ground conditions.

Walking and jogging routes in Birmingham | Walking and jogging routes in Birmingham | Birmingham City Council

Watch a short video about walking the Daily Mile:
<https://youtu.be/DluldRpIRnc>



Birmingham Future Parks Standard

We have developed an audit for Birmingham's parks and open spaces that allows us to check if our parks are of a fair standard and if they don't make a plan for action of the work needs to be done.

We call this process the **Future Park Standard**.

We want to make sure that all parks are Fair, Healthy, Green, Valued and that there are opportunities for communities to get Involved in their management and use.

We are looking for volunteers to help us continue to develop this process over the next 12 months. Please email: Futureparks@bosf.org.uk if you would like to help trial this process in your park or green space.



Why don't our parks and green spaces get the investment they need?

Humera Sultan is a Consultant in Public Health at Birmingham City Council and a Honorary Research Fellow at the University of Birmingham. She is planning a PhD to help make better sense of why our parks and green spaces don't get the investment they need, and if the new Birmingham Fair Park Standard can help to change this.



If you are interested in parks and green spaces, then please join her for an online discussion of her research plans and share your thoughts on what she is proposing. You can register below:

<https://www.eventbrite.co.uk/e/help-shape-some-green-space-research-in-birmingham-tickets-546543896507>

Thank you and hope to see some of you there!

Birmingham's Route to Zero

As the days get longer, we get even more time to get out out - out of the car and out about.




A switch of one journey per day reduces a car driver's carbon footprint by approximately 0.5 tonnes over a year – your climate: better by bike!

You can improve your Carbon knowledge through a Free Carbon Literacy Training Opportunity (birmingham2022.com)

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

Keep In Touch

Sign up to receive the Newsletter

  @NaturallyBirmi1

 <https://naturallybirmingham.org/>

Still not had enough of FPA? You can visit our website here: <https://naturallybirmingham.org/>

