

GREEN CHAMPIONS



Relaxing with Nature

"May, more than any other month of the year, wants us to feel most alive." - Fennel Hudson



Healthy

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better.

You can take steps to develop it in your own life.

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>



Learning - Tool Care and Use

Well-maintained tools are safer, lasts longer and are easier to use. Make sure tools are clean and rust-free, that cutting edges are sharp and heads secure. Handles should be free of splinters, and tools with split or damaged handles should not be used but repaired at the earliest opportunity. You can subscribe to TCV for access to handbooks including using hand tools.



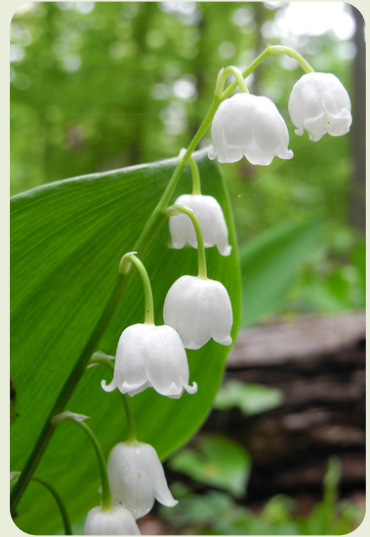
TCV Conservation safety and Handbooks

Green Champion Coordinator Update

Last month I joined Park Rangers to visit green spaces in the Castle Vale ward to assess them by using the Future Parks Standard. You can take a birds eye look at Castle Vale's Centre Park here: <https://youtu.be/zG7QyFHIkFI>

Most public services have nationally published and monitored minimum standards; Parks are unusual as they have never had these. The intention of the Future Parks Standard is to get all Birmingham parks to the 'entry' level requirement for Green Flag as a proxy for a minimum standard. The method can be used to assess any park and green space to see if it meets the "Fair" standard. The Green Flag Award is only awarded to parks that score as "Good" or above, so this is the first step to raising the standard of all parks through action planning and involving local communities.

If you have a green space large or small that could be made into an urban green space 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



Get Involved - National Hedgerow Week

This National Hedgerow Week 8th to 14th May celebrate healthy hedges. Hedgerows are unsung biodiversity heroes, as well as connecting habitats, protecting against pollution and helping fight climate change, they provide a home for 80% of our woodland birds, hedgehogs, most species of bat, the great crested newt, dormice and butterflies. We need to protect them! But to get everyone passionate about hedgerows, we need people to notice these leafy lovelies growing right under our noses. Working with partners we have come up with a range of ways that you can get involved to promote these marvels of British nature.



A well managed or healthy hedgerow provides everything wildlife needs to thrive from a thick nesting place to a diverse food source for mammals and insects.

A healthy hedge also means healthy people as they protect us against pollution and improve the looks and feel of our towns and cities boosting our moods and encouraging more healthy ways to travel such as walking and cycling.

Find out more: <https://hedgelink.org.uk/campaign/national-hedgerow-week/>



Have you heard of "No Mow May" ?

No Mow May is back! bringing another boost of much-needed nectar to pollinators across gardens, parklands and verges as gardeners throughout the UK pledge not to mow their lawns for the month. The movement was started in 2019 by conservation charity Plantlife, who is once again urging people to keep the mower locked up for another month to allow spring plants a chance to set seed before the first cutting, making for healthier, more diverse lawns. Additionally, this gives wild plants to get a foothold in May, to feed bees, butterflies and other pollinators through summer. Cllr Majid Mahmood, Cabinet Member for Environment has announced that this year grass in four city locations won't be mowed for a whole month, due to a new council pilot. Four of Birmingham's 69 city wards have been selected for 'no mow May' by Birmingham City Council, which will see lawn mowers stood down for 31 days.

Grass verges and communal green areas will be liberated from the cutters for the whole of May to "promote and protect pollinators" across the city, council bosses have said. Only essential grass cutting, such as near road junctions and highways, will take place in these areas during the trial period.

Fill in our survey to tell us what plants you see:

<https://forms.office.com/e/LQjYHPY5GC>



Find out more here: [No Mow May pilot project is announced | Birmingham City Council](#)



Birmingham's Route to Zero programme

Garden Day is a chance for people to down tools, don a flower crown and spend time celebrating their gardens. Everyone is invited from botanical balcony to flower border. Garden Day began in 2019 and is celebrated on the second Sunday in May.

Find out about climate positive gardening from the RHS:

<https://www.rhs.org.uk/science/sustainability/climate-positive>

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



Welcoming - National Walking Month

May is also National Walking Month, an annual reminder of the benefits of walking and spending time outdoors. As always, we also include people who use wheelchairs or other mobility aids.

Walking is proven to be good for our minds, our bodies and the environment. Taking a brisk walk for just 30 minutes a day, at least 5 days per week, can reduce stress and blood pressure, improve sleep, boost your mood and help you manage your weight.

Living Streets have put together 20 tips to help you fit 20 minutes of walking into your day.

Why not welcome friends and family for a walk to taking a post-work stroll, how many #Try20 tips can you do during National Walking Month?

For more information: <https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>



@NaturallyBirmi1

<https://naturallybirmingham.org/>

