

GREEN CHAMPIONS



Noticing Nature

"In my Autumn garden I was fain
To mourn among my scattered roses;
Alas for that last rosebud which uncloses
To Autumn's languid sun and rain
When all the world is on the wane ... Christina Rossetti



Health - Naturally

As the days grow shorter and cooler it's common to crave comfort food - but it's all about balance when it comes to your diet. This is just as true around this time of year. While heavy, stodgy dishes might be tempting during the winter weather, it's important to fuel your body with the food it needs to stay healthy.

<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/winter-wellness>



Learn more - Sensory Walks

Sense - How to lead an accessible sensory walk

Sensory walks can help people to engage with nature. Using all our senses to connect with our surroundings can help us to have more meaningful experiences and can encourage us to be more active.

These walks can be designed for people with complex disabilities but can be enjoyed by anyone.



<https://www.sense.org.uk/information-and-advice/for-professionals/sense-active-for-professionals/how-to-lead-an-accessible-sensory-walk/>



Green Champion Coordinator update

In September, the City of Nature Team, BCC Officers and Alliance members along with other organisations, volunteers and community groups attended a "Growing on Public Land" workshop. A big thank you to Chris Blythe, Chair of Birmingham Open Spaces Forum for helping to organise the workshop.

In the morning we heard from speakers including TAWS and Patchwork Meadow talking about the benefits of growing together in communal areas whether that be growing food or sowing wildflower seeds, or planting tree's in unloved green or grey areas. Presentations also touched on some of the barriers to growing on public land. In the afternoon we discussed how residents could take over neglected gardens and turn them into community gardens. We talked more about the barriers faced, including trying to establish land ownership and how this could be addressed. It was agreed that a single point of contact in the council would be ideal and we are currently developing a form that could be completed to speed up the process from start to finish.

The whole day was seen as a great success, lots of feedback was received and I have already started to use this to develop the policy and process to support more community use of council spaces.



A big thank you to everyone that attended on the day and we will be sharing all the information from the workshop very soon.

If you are interested in an unloved green or grey space and are unsure where to start, please contact me on the email address below.

City of Nature cityofnature@birmingham.gov.uk



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 Zoom on 18th October, for an hour before tea time 6.30pm - 7.30pm.

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

October is a fantastic month to go on a fungi hunt, especially after rainfall, when the ground is damp but not sodden. Although you can spot mushrooms in fields (often in big circles called fairy rings), woodland is your best bet for fungi hunting. Spy them sprouting from standing trees, rotting wood and the ground leaf litter. Please note: some fungi are poisonous so it's best not to touch or pick them. Instead, learn where you are most likely to discover them and appreciate them in their natural habitat in all their weird and wonderful forms. From the vivid fly agaric to the creepy candlesnuff fungus, pure white puffballs or dissolving inkcaps (pictured), mushroom walks, taking pictures and finding out what you have found can be great fun.



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



Apple Day - 21st October 2023

<https://www.commonground.org.uk/apple-day/>



"Apple Day, 21 October, was launched in 1990 by Common Ground. Their aspiration was to create a calendar custom. From the start, Apple Day was intended to be both a celebration and a demonstration of the variety we are in danger of losing, not simply in apples, but in the richness and diversity of landscape, ecology and culture too. It has also played a part in raising awareness in the provenance and traceability of food.

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!

"Each year, alongside tasting, juicing, baking, pruning and grafting, an imaginative array of games and creative activities have flourished – ranging from simple apple printing to mummers' apple plays, new songs and poetry evenings. But invariably, year after year, the most popular event is the display, tasting and buying of numerous varieties of apples and the presence of an expert to aid identification."



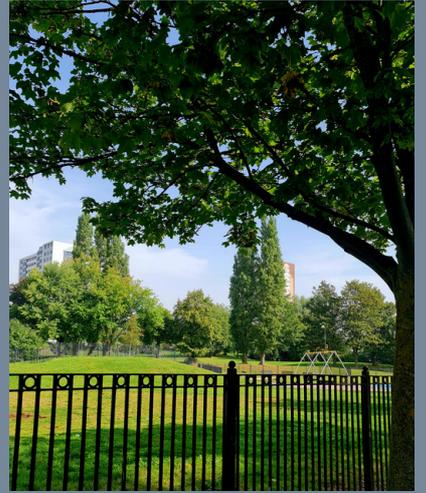
Birmingham's Parks and Open Spaces

Focusing on: Bloomsbury Park

Bloomsbury Park is on Bloomsbury Street, Nechells, Birmingham, B7 4PQ. Close to Nechells Parkway, and not far from Duddeston Station. (The park was formerly called Bloomsbury Village Green.)

It has a large, open, grassy area, and various small wooded areas and individual mature trees. It used by the local community for recreation, including the Nechells Hub and Free at Last Centre. It has a play area and a metal sculpture of one of the earliest motor cars built in Birmingham, the Lanchester. The sculpture was made of steel in 1995 by Tim Tolkien (a great nephew of the writer J. R. R. Tolkien). It commemorates the work of Frederick William Lanchester.

In 2019 new cherry trees were planted: <https://btfl.org.uk/2019/11/29/blooming-at-bloomsbury-park-tree-planting/>



World Food Day - 16th October 2023

This years World Food Day asks us to think about water. These two things we all need to live - water and food are inextricably linked. Water is essential to life on Earth. It makes up over 50% of our bodies and covers about 71% of the Earth's surface. **Only 2.5% of water is fresh**, suitable for drinking, agriculture, and most industrial uses.

Water is a driving force for people, economies and nature and the foundation of our food. Indeed, agriculture accounts for 72% of global freshwater withdrawals, but like all natural resources, fresh water is not infinite.

We all need to stop taking water for granted and start improving the way we use it in our daily lives. What we eat, and how that food is produced all affect water. We can make a difference by choosing local, seasonal, and fresh foods, wasting less of it - even by reducing food waste, and finding safe ways to reuse it while preventing water pollution.

Together, we can take water action for the future of food, people, and the planet.



Birmingham City of Nature - Fair City Action F5

Provide a training and employment showcase of opportunities in the 'green sector'

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

Green jobs are roles that contribute to preserving or restoring the environment and our planet. You could be working in a new, emerging green industry such as renewable energy or maintaining parks and open spaces. There are green jobs in health care, finance, education, planning and the arts in fact almost every sector has "green jobs"

<https://www.environmentjob.co.uk/jobs> 



Your Space - Your Words - Yours Views

We would really love to share your stories, your words and your views here. Please send us anything that you would like to share with others and we will feature it here from next month.

**"Alone, we can do so little; together, we can do so much" -
Helen Keller**

**"If you want to go quickly, go alone. If you want to go far, go together." -
African Proverb**

**"There is no power for change greater than a community discovering
what it cares about." - Margaret J. Wheatley**

**"In every community, there is work to be done. In every nation, there
are wounds to heal. In every heart, there is the power to do it. -
Marianne Williamson**

**"We cannot live only for ourselves. A thousand fibers connect us with
our fellow men." - Herman Melville**

Birmingham's Route to Zero - Climate Action

1st October is World Vegetarian Day (With World Vegan day being the 1st November) However during National Vegetarian Week (in May) over 17,000 people from all corners of the UK signed up to take part with the Vegetarian Society, and the combined pledges resulted in projected carbon emission savings equivalent to a staggering number of miles of driving!

With the carbon footprint of meat higher than almost all vegetarian and vegan foods available, having so many people cutting down on meat (or cutting it out altogether from now on) is a real positive impact – and, as you know, it's one of the simplest ways anyone can help tackle climate change.

Try swapping to a veggie or Vegan burger.

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



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 - Find you local Friends of Open Spaces Group

BOSF offers opportunities for groups and individuals interested in open spaces to share knowledge and experience. They produce regular updates about funding sources, training opportunities, events in open spaces and lots of useful information. We can put you in touch with other groups who have experiences that might be useful to you.

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



@NaturallyBirmi1



<https://naturallybirmingham.org/>

