

Connect with nature throughout the year



Benefit from bringing nature closer to you

Our year round connection with the natural world is really important - whether it's the feeling of wellbeing when we go for a spring walk and hear birdsong, understanding just what it takes to fill our plates each day as the summer sunshine helps our food to grow, the colour and 'crunch' of autumn leaves or the first breath of fresh winter air.



**Just a short amount of time spent outside
can help relieve stress, improve mental
wellbeing and help our physical health.**

We've made a commitment with our community nature plan to support people across the district to connect with nature – but we need your help to bring it to life. If you love to love nature, and want to help our wildlife and green spaces recover and flourish, why not get involved?

cherwell.gov.uk/connect-with-nature



Cherwell
DISTRICT COUNCIL
NORTH OXFORDSHIRE

Getting started is easy



Challenge yourself or start small. It will all help. Our site has lots of ideas, including themed months with a focus on local projects and events and quick jobs to make things a bit easier for our wildlife.

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Take action for wildlife at home - grow food or flower seeds in your window box or garden.



Make homes for wildlife and record what you see.



Hang a bird feeder close to a window or in your garden so that you can listen to and identify birdsong.



Help hedgehogs visit your garden and get around by linking up gardens.

Be active and visit your local park or greenspace, making sure you leave nothing but footprints.

Get involved in a local project or group and become a conservation volunteer, offering practical support in helping to protect and improve wildlife in your town or parish.



Enjoy nature on a health walk or a walk in the countryside.



If you are unable to access online information, please call the wellbeing team on 01295 221980 and we can put you in touch with someone who can help.

To find out how you can help wildlife in your garden or community space please visit the Berks, Bucks and Oxon Wildlife Trust, www.bbowl.org.uk/actions

