



# Sheffield & Rotherham

# Wild at Heart

Be wild, whatever your age

Welcome to our Beautiful Border showcasing simple low cost effective Wildlife Gardening ideas that are great for nature, people and the planet. **Follow our A-Z guide**



- A. Create your garden so it has an abundance of food, shelter and water.
- B. Bucket Pond - adding water is just about the best thing you can add into your garden to benefit wildlife. Whether it is a large pond, a simple bucket pond or a bee bath. No space is too small!
- C. Crevices to encourage all sorts of invertebrates into your garden.
- D. Design with wildlife in mind - small tweaks to what you do will have a big impact for the wildlife on your doorstep.
- E. Everyone involved, sharing plants and seeds to boost neighbourly connections.
- F. Feed the Birds. Birds need to feel safe to feed. By adding height to your border with a small tree or native hedgerow plants you not only make the most of your space but also keep your feathered friends happy too!
- G. Growing from seed. Try to grow those that just can't stop giving; be it in pollen, nectar, seed, berries or tasty foliage. There are all sorts of gorgeous garden plants that do exactly that.
- H. Herbs for Health
- I. Interact with your space using all our senses to tune into the here and now is great for our wellbeing.
- J. Have plants that bring you joy.
- K. Kindle friendships and relationships with fellow gardeners and plants.
- L. Log piles and areas of long grass
- M. Mulch adding a layer of leaf mould will not only help conserve water but will over time improve the health of your soil.
- N. Network of gardens, by creating gaps in your fences, hedgehogs and other garden mammals can visit many gardens in one night to find the food they need.
- O. Our Space - Working with what you have got. Make the most of your garden conditions. What grows naturally in your area?
- P. Plant a patch for pollinators Bee and Butterfly friendly planting does more than beautify.
- Q. Questions - Wildlife Gardening Forum <http://www.wlhf.org>
- R. Resource for wellbeing and nature based hobbies, cutting your own flowers, drawing painting, writing, photography etc.
- S. Sunflowers are so cheerful and popular with bees and birds.
- T. Take time to notice 3 good things in nature.
- U. Umbellifers - add a relaxed feel to your garden. An added bonus is these wonderful flowers appeal to a whole range of pollinating insects.
- V. Value your garden or green space.
- W. Wild at Heart - Be wild, whatever your age!
- X. Exhale, unwind and relax in your garden or local green space.
- Y. Yes to flowers. Enjoy the excitement and exhilaration of watching the petals unfurl.
- Z. Zzzzzzzz take a nap in nature.

Wild at Heart helps adults boost wellbeing and improve personal resilience through connection with nature and meeting other local people. Sessions are weekly and held throughout the whole year. The activity sessions usually start with a short nature walk in the local area and we go on to try out various nature based hobbies and activities like wild cooking, nature crafts, photography etc. The project is funded by a range of Charitable Organisations including the National Lottery Community Fund and Rotherham Social Prescribing Service.

<https://www.wildsheffield.com/discover/your-community/wild-at-heart/>

<https://www.facebook.com/WildatHeartproject/>

