

Wild Wellbeing

SUMMER

Wild at Heart

Be wild, whatever your age

A Wild Welcome...

Summertime is often thought of as a care free season - long days and holidays. Dawn comes early and the sun climbs high in the Sky, we have warmer and lighter evenings. This gives us a lot of daylight to fill with opportunities to connect with nature.

Our parks and gardens are full of the hum and buzz of bees and insects. Do flocks of swifts screech overhead during the days and early evenings near you? Look out for moths and bats flying late into the evening.

Summer evenings are perfect for staying up late and watching the night sky. If it's too hot to sleep and you leave a window open to let cool air in you might be lucky and hear an owl hooting.

Jenny, our Wild at Heart Project Officer



Sheffield & Rotherham

For nature, for everyone



SUMMER

Seasonal Recipe Yorkshire Salad

A simple Yorkshire Salad is traditionally served with Yorkshire Puddings but we think making a quick, cheap and seasonal salad can add a little extra to any meal at any time of the year.

All you need is:


- Malt vinegar
- Cucumber
- Onions
- Maybe a little sugar to sweeten if preferred

Method:

Slice the onions and cucumber thinly and place in a bowl and cover with the vinegar. Stir in a teaspoon of sugar if wanted.

The salad can be eaten immediately or covered and kept for a week or so adding more ingredients as they are used up. It's usually quite sharp and crisp at first and then the flavours mingle as the salad ages.

Try experimenting with adding other vegetables like radishes, peppers, grated carrots or cabbage. You can also try different vinegars and add flavourings like mustard seeds or chilli sauce. Of course it might not then be a traditional Yorkshire Salad but if you like it, does that matter?



At Wild at Heart we often start our sessions with an active short walk in the park together to experience the sights, sounds and smells of nature all around us. It's great to chat and get to know each other and really get to know the beauty of the greenspaces we are in.

FINDING BEAUTY IN NATURE

Summer is a time for colour and vibrant life, with long days and pleasant evenings it's a good time to sit outside and soak in the beauty of nature all around:

- Butterflies fluttering about
- Warm sunshine on your face
- Baby birds venturing out of the nest
- Swifts soaring overhead
- Sweet-smelling flowers
- Deep blue skies




Jenny



Susan



Find your own Sit Spot



A Sit Spot is a special place where you can sit in nature regularly and deepen your connection with the natural world. This simple exercise is great for unwinding, relaxing, and tuning into your natural surroundings to improve your wellbeing.

First, find yourself somewhere comfortable and safe to sit: Try to make this somewhere within a 15 minute walk, so that you can return there easily and often. This could be your closest park, or a local woods or field, or your own garden. Look for a spot that appeals to you, has some nature around, and isn't too close to lots of people to avoid distractions.

Make yourself comfortable: Perhaps bring a cushion, a mat, or a chair - and allow yourself to relax.

Now tune in to the nature all around you, using all your senses: Pick out the sounds of nature - loud river rushing, to the quietest rustling in the grass of a wren - and watch for movement - watch as the trees sway in the breeze, or catch the flittings of birds high above. What was it that drew you to your special Sit Spot? Was it a duck pond with fond memories? Or an impressive, old Oak Tree?

Return to your Sit Spot at different times of day, and seasons of the year, and you will build up an intimate knowledge of your spot: when the trees blossom in spring and when they turn in autumn, which blackbirds live in which hedge, and when the butterflies join you on the bench when you sit still in the summer.

Over time, your favourite spot in nature becomes a part of you, and you a part of it.



Lucy in her sit spot



A NATURE CONNECTION ACTIVITY

Flower Posies

A micro activity that can help you to find the beauty in the local nature around you is to make a flower posy. A simple joy and pleasure that can bring a smile to everyone you meet.

What you need:

- A small length of string, elastic band or florists tape
- A few small flowers, leaves or buds - only pick common ones growing in abundance (which you have permission to pick!)
- A safety pin
- Scissors

What to do:

- 1 Gather together a flower or two and a small leaf or interesting twig.
- 2 Hold the stems together and trim them down to the same length.
- 3 Use the tape or string etc to twist around the stems to hold them together.
- 4 Pin to your jacket or coat and enjoy!



The posy won't last for long but that's OK. As long as we **pick responsibly** we can share in the **beauty of nature's bounty!**





Centenary *Riverside*

This characterful 5 hectare nature reserve is to be found along the River Don just south of Rotherham centre, about a 20 minute walk from the train station, which makes it perfect for a lunchtime stroll. Centenary Riverside is made up of a mixture of wildflower meadows, ponds, grassland, and wetlands, so today attracts lapwing, butterflies, and kingfishers.

Summer is a great time to visit for a flurry of colour - the wildflower meadows dazzle with the lilacs, maroons, pinks, and yellows of Scabious, Burnet, Loosestrife, and Flag Irises, and you will likely see blue or red dragonflies zipping over the ponds from the boardwalk. There are benches across the site which would make this site perfect for a Sit Spot.

Centenary Riverside celebrates Rotherham's industrial past with the aptly named 'Steel Henge' monument amidst the meadows, made up of reclaimed metal crossbeams and plinths from the steelworks of Templeborough.

Today, this reserve acts as an important flood defense, as the wetland collects floodwater from the River Don, protecting homes in Rotherham whilst creating homes for wildlife.



BLACKBERRYING

Blackberry picking - watch for them to ripen whilst out on your walks. Get to know your local patch. Pick in their prime in August and early September.

BRAIN TEASER

Cryptic Clues

Can you work out what these nature-themed cryptic clues are describing? Answers are below.

1. Bottle-nosed and smiling swimmer (7)
2. Maker of wax, combs, and mead (3)
3. Very quick in flight, not a Swallow (5)
4. A golden face that follows the sun (9)
5. Flitter, flutter, pollen sticks to my feet like butter (9)
6. Colours made through sunshine and rain (7)



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If you would like to find out more about all of our work across Sheffield and Rotherham Wildlife Trust please contact us or visit www.wildsheffield.com.

For more activities, wild recipes, videos and small ways to stay connected to nature, find Wild at Heart on **Facebook** at [Facebook.com/WildatHeartproject](https://www.facebook.com/WildatHeartproject) and follow us on **Twitter**: @WildatHeartSRWT

Take a look at our Wild at Heart at Home Nature Adventures page on our website www.wildsheffield.com/home/wild-at-heart-at-home

More information about the project can be found at: www.wildsheffield.com/discover/your-community/wild-at-heart

For further information contact:

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Connecting  Steps



Rotherham Social Prescribing Service
Health in your hands

Cryptic Clues answers: 1. Dolphin; 2. Bee; 3. Swift; 4. Sunflower; 5. Butterfly; 6. Rainbow

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