



**Hello** from Wild at Heart!

I hope that this letter finds you well.

We are sending you out **Nature Activity Post Packs**—filled with recipes, puzzles, colouring in sheets, nature spotter sheets, poems, and activities—as a way to introduce ourselves to the kind of things we do in our Wild at Heart sessions at Clifton Park! This is your **November** Post Pack, we will send you about 3 packs in total—so look out for them in the post!

We run friendly and supportive nature-based activity sessions for adults, based at **Clifton Park** on Thursdays—see the green programme sheet for when and where we meet and what to expect from a session. You are very welcome to join as soon as you are ready!

This month we are noticing marvellous mushrooms - for their many different shapes and terrific colours, and for the imaginative names they are called! Have you spotted any curious fungi popping up after the rain yet? For me, with their various colours and delicate features, they are like the flowers of Autumn and Winter! We hope you enjoy looking out for colourful fungi this month, and that this inspires you to get out and enjoy the fresh weather.

If you have any questions about joining in at our Clifton Park sessions, please do get in touch by emailing [J.King@wildsheffield.com](mailto:J.King@wildsheffield.com) or ringing 0114 2634335 or 07902 439167. We love to see what nature crafts or recipes or activities you try out at home, so do feel free to send us any photos if you like! You can send photos to us on our Facebook page at [www.facebook.com/WildatHeartproject](http://www.facebook.com/WildatHeartproject).

**Stay Wild!**

With very best wishes, Jenny, Jess & Lucy







# Wild at Heart

Be wild, whatever your age

## Wild at Heart in Clifton Park

Nature Walks in Clifton Park

Photo: Amy Lewis

Thursdays 10 am – 12 noon

<b>21<sup>st</sup> October</b> Clay Creations / Pottery	<b>28<sup>th</sup> October</b> Go Find It sensory wellbeing walk	<b>4<sup>th</sup> November</b> Brusho Inks
<b>11<sup>th</sup> November</b> Community Wellness	<b>18<sup>th</sup> November</b> Winter Trees & Tree Boggarts	<b>25<sup>th</sup> November</b> Seasonal Winter Soup & Pyrography
<b>2<sup>nd</sup> December</b> Willow Stars and Hearts	<b>9<sup>th</sup> December</b> Lino Printing	<b>16<sup>th</sup> December</b> Festive Wreaths & Table Decorations

Meet at 10am inside the Walled Garden, which is through the Garden Rooms Courtyard, in Clifton Park, Clifton Lane, Rotherham S65 2AA.

If you have any questions please contact Project Officer Jenny King: Ring 0114 2634335 or email [j.king@wildsheffield.com](mailto:j.king@wildsheffield.com)

Wild at Heart is funded by the Lottery Community Fund, the Cadent Foundation, and Rotherham Social Prescribing.



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# Wild at Heart

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Be wild, whatever your age

## **What is Wild at Heart?**

It is friendly and supportive nature-based activity sessions for adults, run by Sheffield & Rotherham Wildlife Trust!

Wild at Heart helps people like you to improve wellbeing and personal resilience through a connection with the nature on your doorstep. It's based on the seasons, exploring local wildlife and green spaces. Meet other people and build confidence trying out new skills and hobbies like wildlife gardening and nature arts.

## **What to expect from a session:**

Sessions usually involve a gentle nature walk in Clifton Park, with a nature-based activity or gardening, all in the company of friendly Wildlife Trust staff and volunteers!

## **What to bring and wear to the session:**

Please wear sensible shoes and appropriate clothing for changeable weather. You might like to bring a digital camera if you have one, any extra drinks or snacks or sun cream you might need. Please bear in mind that we cannot share food or drinks currently, and that if the weather gets wet or cold we cannot go indoors – so please be prepared!

## **Covid-19 rules:**

We are still operating under the current government Covid-19 guidance. Please respect the 2-meter social distancing rule and wash your hands regularly or use hand sanitiser. All dates are subject to Covid-19 restrictions.

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# Fungi Detective



wildlife  
watch



Waxcap



Chicken of the woods



Brain fungus



Dead man's fingers



Jelly ear



Earth fan



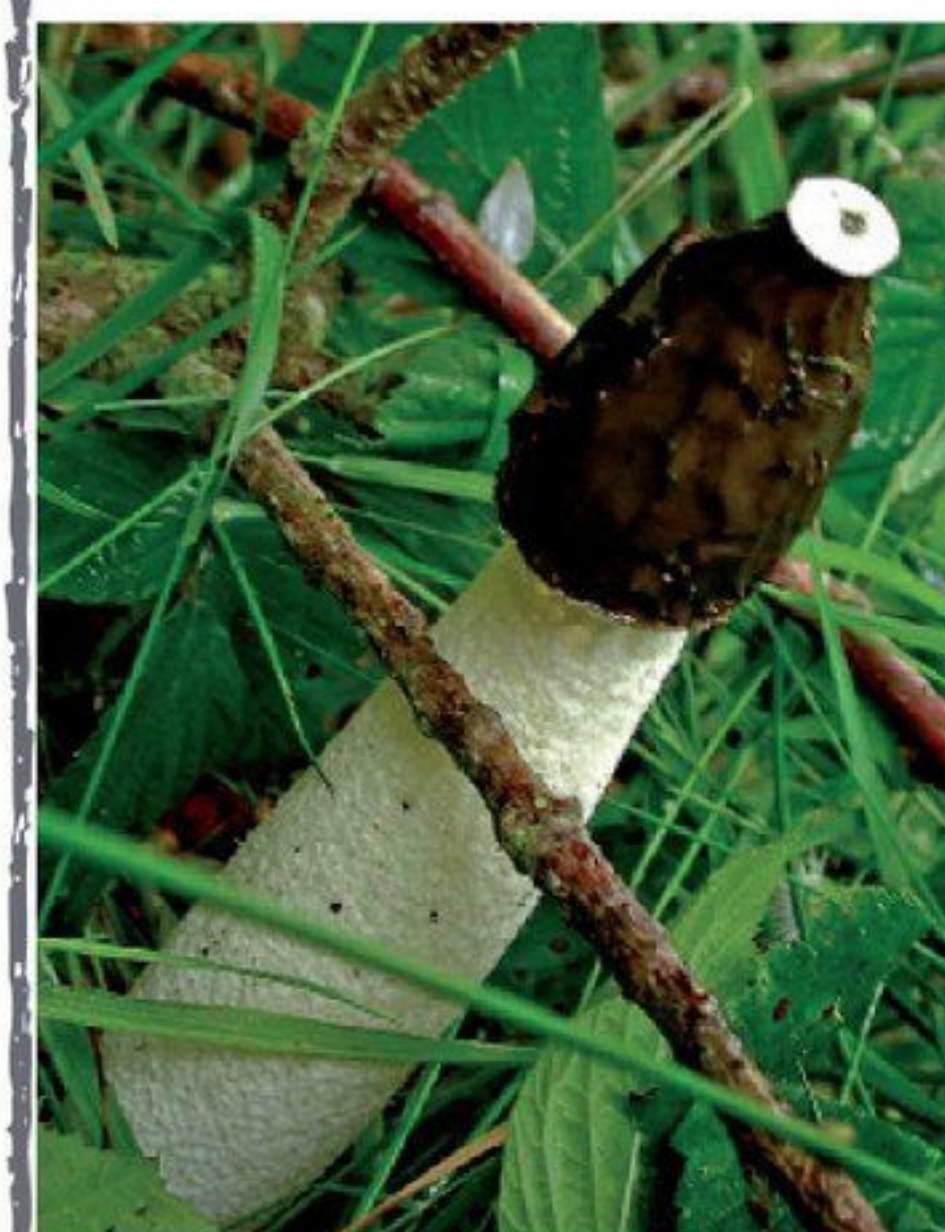
Fly agaric



Shaggy inkcap



Puffballs



Stinkhorn





# Crows and other black birds



wildlife  
watch



Carrion crow



Hooded crow



Jackdaw



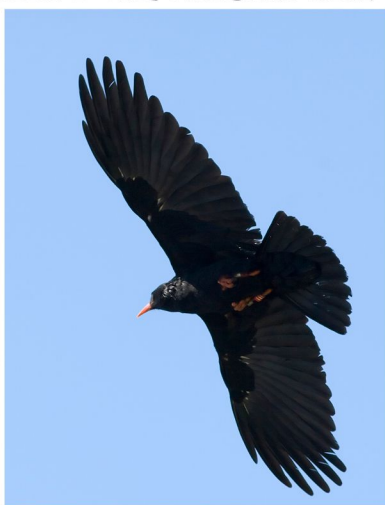
Magpie



Jay



Raven



Chough



Rook



Blackbird



Starling





# Make a mushroom spore print

wildlife  
watch

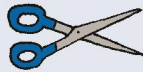


## You will need:

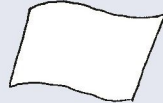
- A mature (fully grown) mushroom



- Scissors



- White paper



- Glass bowl

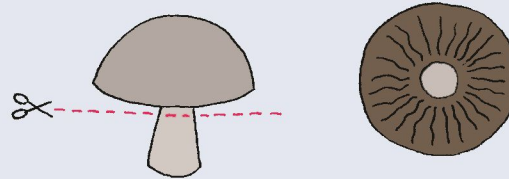


- Hairspray

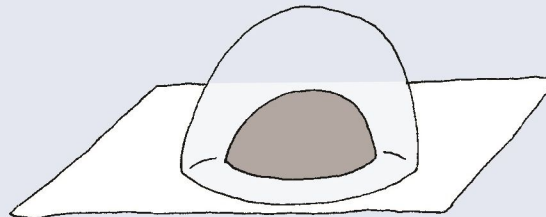


Avoid using mushrooms that are shriveled, bruised or appear old.

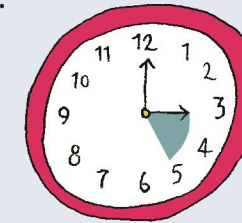
- 1 Cut the stem off the mushroom, so only the cap remains.



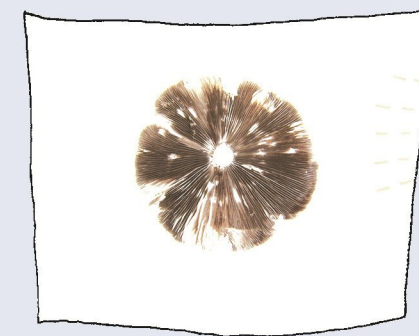
- 2 Place the cap on a piece of paper, gill side down. Cover the mushroom with the glass bowl.



- 3 Leave your mushroom for approximately two hours to allow its spores to fall onto the paper.



- 4 When you think it is ready, remove the bowl and view your print. Spray the print with several coats of hairspray to protect it.





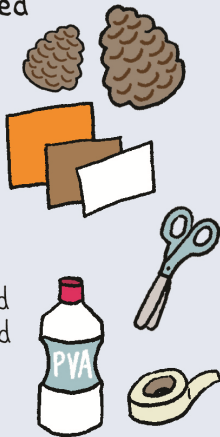
# Pine cone creatures

wildlife  
watch



## You will need

- Pinecones
- Craft foam, felt or card
- Scissors
- PVA glue and double-sided sticky tape



- Various things (as many natural as possible) to make your animal, such as:

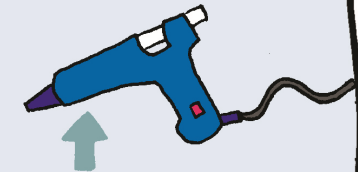
- Leaves
- Acorn cups
- Berries or googly eyes

Always check what berries are before you pick them because some can be harmful to people!

- 1 Decide what animal you want to make. If you want it to stand, pick a pine cone that will stay upright and glue on the feet first.



- 2 Add legs or wings and eyes and ears using the materials you've collected.



PVA should stick most things, but ask an adult to help if you need to use a hot glue gun.

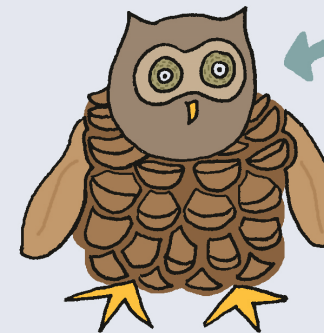
Here are a few examples to get you inspired...



mouse



fox



owl

Acorn cups with berries or googly eyes in the centre make great eyes!

# Wild at Heart

Be wild, whatever your age

## Roasted Chestnuts

♪ Chestnuts roasting on an open fire... ♪



Roasted chestnuts are an absolute favourite for late Autumn and the run-up to the holidays in Christmas Market stalls. Even if you've never eaten them before, you've almost certainly heard them famously sung about in 'The Christmas Song'!

Here we are going to show you how you can make your own delicious roasted chestnuts at home, using Sweet Chestnuts found in the woods – making this recipe basically free of cost!



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# Wild at Heart

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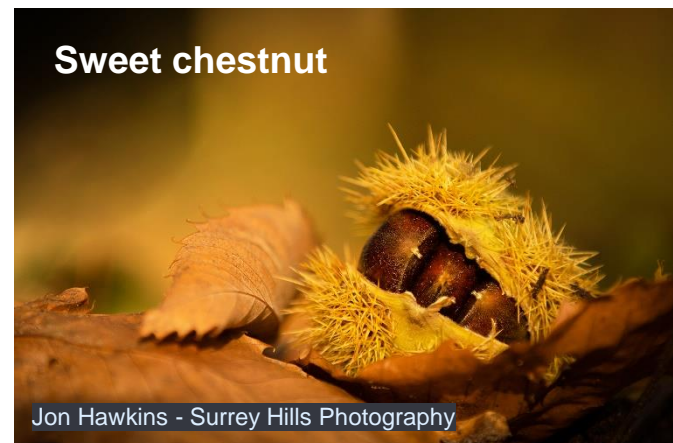
## Sweet Chestnut or Conker?

The edible sweet chestnuts comes from the Sweet Chestnut tree, not to be confused with the Horse Chestnut tree which produces the inedible, toxic conker. Both grow commonly in British parks and woods, and both drop their green-shelled nuts in the Autumn months, but there are a few key differences to look out for.

*Conkers* come in a thick shell with short, stumpy spikes spread across the case, and produce usually 1 (or sometimes 2) large and round conker nuts.



*Sweet chestnuts*, on the other hand, have a thin shell which is completely covered in long, fine, sharp spines, giving the appearance of a little green hedgehog! Inside a sweet chestnut are 2-3 nuts which are pointed at the top.



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# Wild at Heart

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## When to find chestnuts

Sweet chestnuts start to fall in October and into November, usually being knocked off in the wind – so go looking for sweet chestnuts after a good blustery Autumn gale.



You will want to find chestnuts that are fully plump and brown, not thin and green, but you also want to harvest them before the rain makes them damp, and before the squirrels start nibbling them!

My advice is, once you have found yourself a likely Sweet Chestnut tree in your local park or wood, make a point of checking in on any fallen chestnuts on each walk – this way you will be the first to find the ripe chestnuts!

## Harvesting sweet chestnuts

Bring with you a plastic bag or basket or tub, and make sure to wear thick gardening gloves – the spikes are sharp!

Simply find the chestnuts that have already opened and you can see are ripe and fully brown, but don't have signs of mould or nibbling. If the case hasn't burst open, either use your boot to break open the case or pull open using your gloved hands and check for ripeness. Bring them home and roast on the same day, they can be stored after they are roasted. And remember, as always, don't eat them if you're not 100% certain they are edible, only pick what you are going to use and leave enough behind for the wildlife to eat.

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# Wild at Heart

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## Oven-Roasted Chestnuts:

### Method:

1. Wearing your thick gloves again, pull apart the spikey cases and pick out the chestnuts.
2. Pre-heat the oven to 200°C.
3. Using a sharp knife and being careful not to let the knife slip, score a cross X on the flat side of each chestnut, putting enough pressure to cut through the brown outer shell into the chestnut meat inside – this is really important as this allows the steam to escape the nut safely; if you don't, the chestnuts will explode in the oven! (If this happens, do not open your oven until it has completely cooled down).



4. Double-check all of the chestnuts are scored.

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# Wild at Heart

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5. Line a baking tray with aluminium foil.
6. Place the chestnuts on the lined baking tray, evenly spaced out.
7. Put the chestnuts in the oven, and bake for 15-20 minutes, checking them regularly after 15 minutes.
8. The chestnuts are done when the scored shell starts to peel back.
9. Take out of the oven, and allow to cool for 5 minutes.  
(If you want to store them, do so now at this stage: let them cool completely, pop them in an airtight container and store in the fridge for up to a month.)

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# Wild at Heart

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10. If cool enough to touch after 5 minutes, use your fingers to peel the shell off the nuts. If they are still too hot to touch or peeling the shell is too fiddly, simply let them cool a bit longer and then use a knife to cut them open and spoon out the contents with a teaspoon into a bowl.



11. Eat your wild roasted chestnuts as a delicious, homemade Autumn treat! You can also use roasted chestnuts in a range of dishes, such as in stuffings, pastry or pie fillings, stews or casseroles, risotto or pasta! Enjoy!

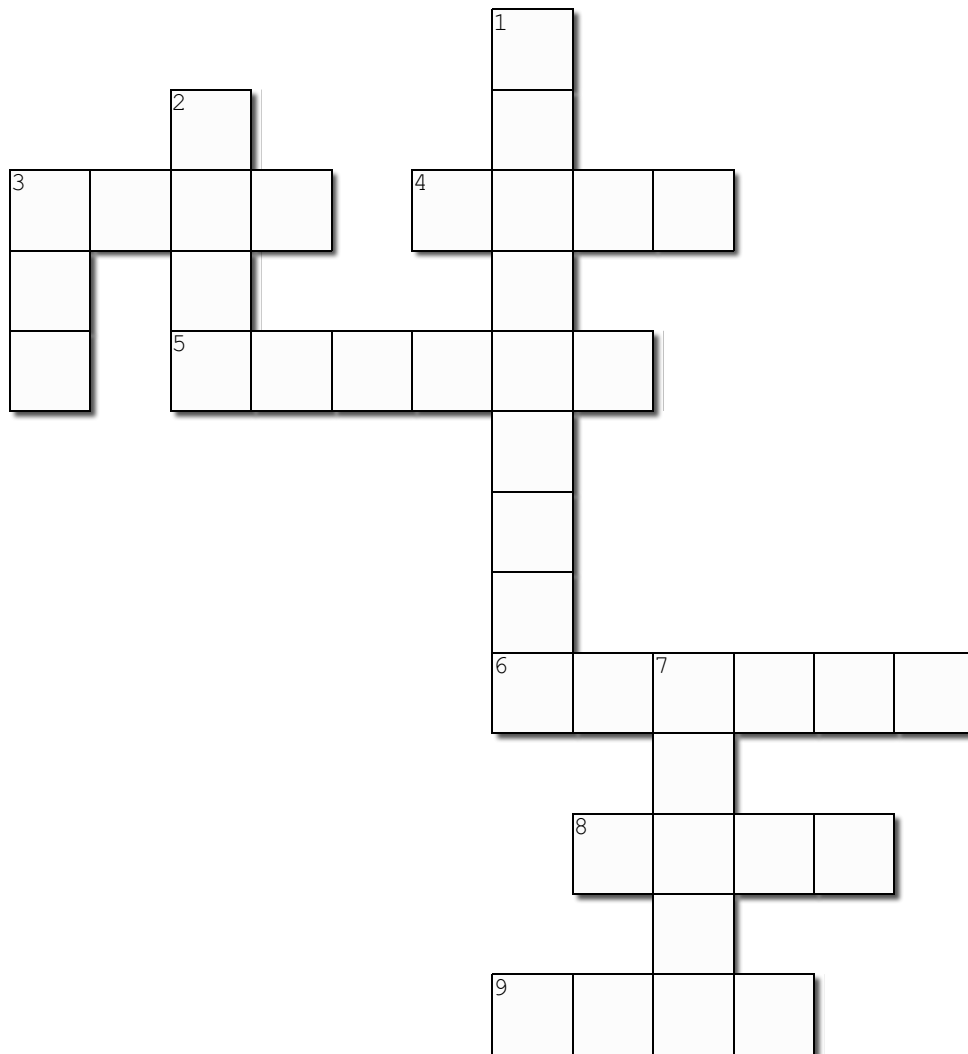
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# Animal Homes Crossword

Where do you call the home where each of these animals live? For example,  
a beaver lives in a LODGE.



Created using the Crossword Maker on [TheTeachersCorner.net](http://TheTeachersCorner.net)

## **Across**

- 3. Squirrel (4)
- 4. Bee (4)
- 5. Mole (6)
- 6. Rabbit (6)
- 8. Otter (4)
- 9. Badger (4)

## **Down**

- 1. Spider (6,3)
- 2. Bird (4)
- 3. Fox (3)
- 7. Bat (5)

# Mushroom Word Search

Don't each of these mushroom names paint a picture! See if you can find all the words.

E	X	O	N	N	D	V	P	N	V	I	W	L	G	A	Y	Z	F	G	K	B	A	D	Z	G	N	F	V	A	A
D	E	Z	B	L	Z	T	R	H	O	W	Y	R	V	P	S	T	I	N	K	H	O	R	N	R	S	B	N	C	N
Y	E	A	G	E	M	P	V	N	D	L	O	B	G	K	V	R	S	S	R	J	H	O	O	F	O	F	J	E	G
C	R	G	B	Z	A	X	Q	C	B	E	M	H	F	I	D	U	V	P	G	I	I	H	B	U	A	B	K	P	A
O	A	Y	M	E	B	R	I	T	T	L	E	G	I	L	L	M	X	Q	X	R	G	J	E	P	G	H	G	B	A
N	M	N	Y	W	V	N	T	I	U	O	R	O	L	L	R	I	M	X	L	A	Z	G	S	Y	W	N	H	V	K
U	P	W	D	X	X	O	I	I	R	Z	U	W	S	C	A	R	L	E	T	E	L	F	C	U	P	P	E	P	C
I	P	F	B	L	Y	C	E	L	S	F	C	S	E	Y	E	L	A	S	H	F	U	N	G	U	S	Q	R	P	E
O	M	J	W	J	E	B	U	Q	M	T	R	B	R	J	U	H	W	V	Y	N	D	H	G	W	P	G	G	M	J
E	G	U	A	R	H	S	W	K	Y	E	S	U	A	W	C	O	A	Q	O	I	H	N	L	V	P	Y	S	L	X
N	V	J	O	F	L	B	N	B	Z	G	V	B	Z	I	L	C	Y	K	Z	R	T	A	X	U	S	L	F	W	F
M	S	M	B	F	D	F	F	U	R	W	I	F	R	L	W	H	E	R	O	Z	C	W	R	N	T	W	L	M	H
N	X	D	X	A	I	G	Q	G	F	S	O	Z	E	A	N	I	N	W	D	R	O	M	C	E	E	K	Y	D	U
A	S	V	F	G	R	I	H	W	L	F	L	Y	S	A	C	C	C	E	U	Z	M	B	O	K	S	J	A	E	J
X	W	Q	D	M	S	D	Y	I	Z	P	E	A	R	J	M	K	B	S	L	I	H	G	X	V	Y	E	G	N	Q
D	Y	N	C	I	L	H	W	I	W	Z	T	S	L	H	O	E	E	G	U	V	J	F	O	W	G	G	A	G	S
T	D	S	H	A	G	G	Y	I	N	K	C	A	P	Y	U	N	T	T	V	E	G	R	Y	I	H	S	R	R	C
C	T	Z	R	U	R	Y	O	Q	M	P	O	A	R	V	S	O	R	H	P	H	I	V	J	B	K	B	I	V	Q
B	O	Y	R	P	V	P	D	P	V	Z	R	K	W	O	E	F	B	A	Y	R	A	T	C	W	X	S	C	N	O
E	A	Y	S	X	J	P	D	U	U	F	A	T	M	Z	S	T	D	N	R	S	N	L	E	N	O	R	P	Z	T
E	C	D	R	E	T	T	H	P	D	Z	L	S	J	L	W	H	E	G	Z	U	T	Y	U	C	J	A	O	N	V
F	T	U	R	K	E	Y	T	A	I	L	I	T	I	Y	E	E	Q	E	J	N	P	D	M	M	C	D	Q	P	E
S	U	L	V	J	E	L	L	Y	E	A	R	K	C	T	S	W	V	L	O	O	U	H	E	X	L	P	Z	J	K
T	W	K	T	T	W	I	Q	P	T	K	B	O	C	Y	W	O	P	S	J	K	F	B	A	C	R	Q	C	O	U
E	R	Y	J	I	S	G	Z	G	Q	V	D	E	I	D	O	O	S	W	C	G	F	W	G	Z	E	M	V	J	B
A	X	R	I	X	V	D	W	G	H	L	O	V	J	H	Y	D	N	I	D	U	B	I	B	H	B	I	V	O	I
K	S	L	W	I	C	P	N	X	L	L	H	T	D	W	D	S	W	N	R	J	A	P	B	F	P	U	V	V	S
Y	P	Z	M	X	Z	I	C	K	Z	J	F	Y	L	K	I	S	F	G	M	B	L	W	H	W	Z	D	S	E	R
Z	L	N	A	M	O	P	I	I	O	Z	J	M	G	M	P	E	P	S	H	L	L	N	R	O	P	Z	W	C	R
I	L	N	N	T	U	D	R	D	E	V	I	L	S	F	I	N	G	E	R	S	E	B	V	J	W	G	J	W	G

Giant Puffball

Jellyear

Brittlegill

Shaggy Inkcap

Stinkhorn

Angel's Wings

Eyelash Fungus

Fly Agaric

Waxcap

Artist's Bracket

Chicken Of The Woods

Candlesnuff

Hare's Ear

Yellow Staghorn

Rollrim

Scarlet Elf Cup

Turkeytail

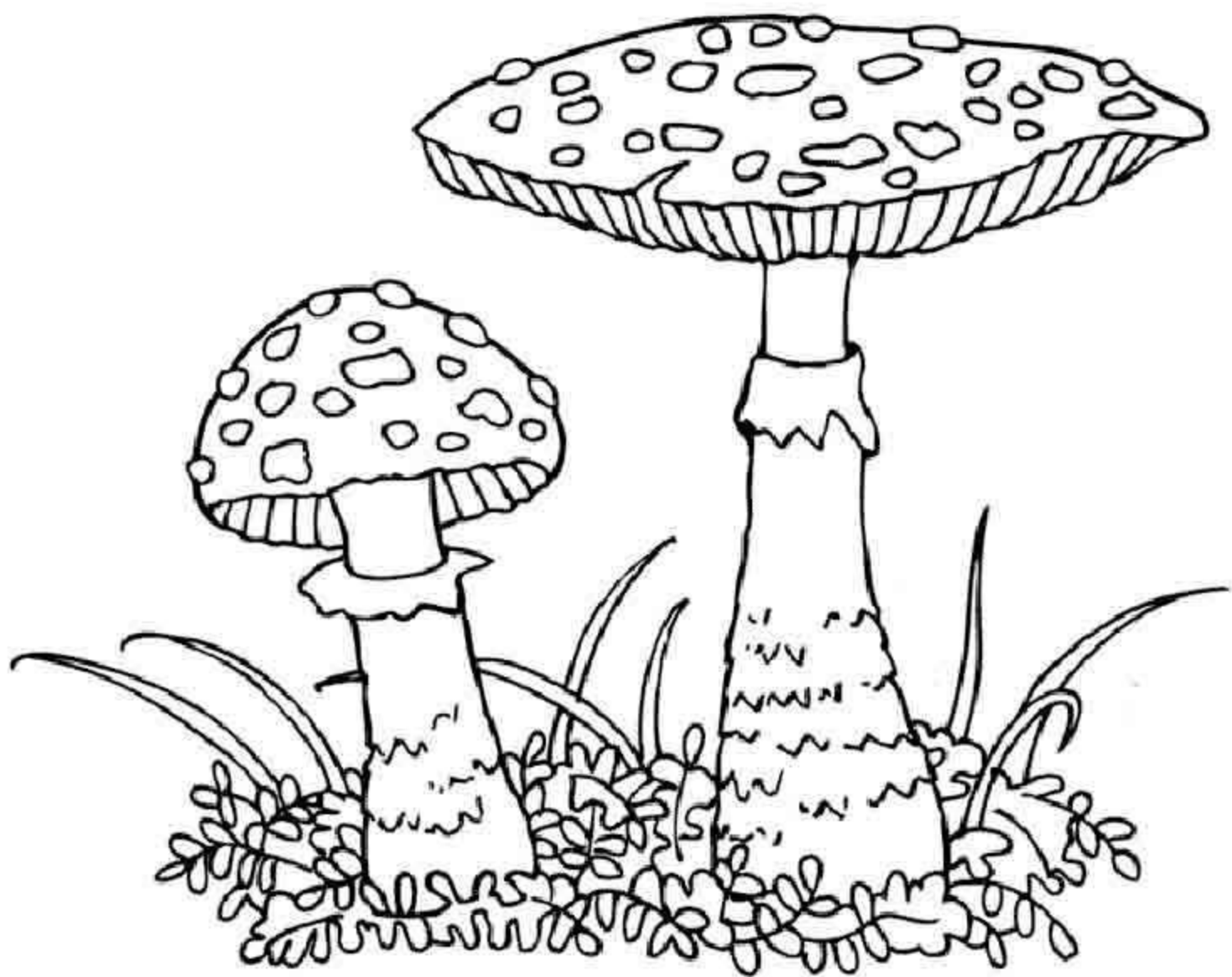
Devil's Fingers

Violet Coral

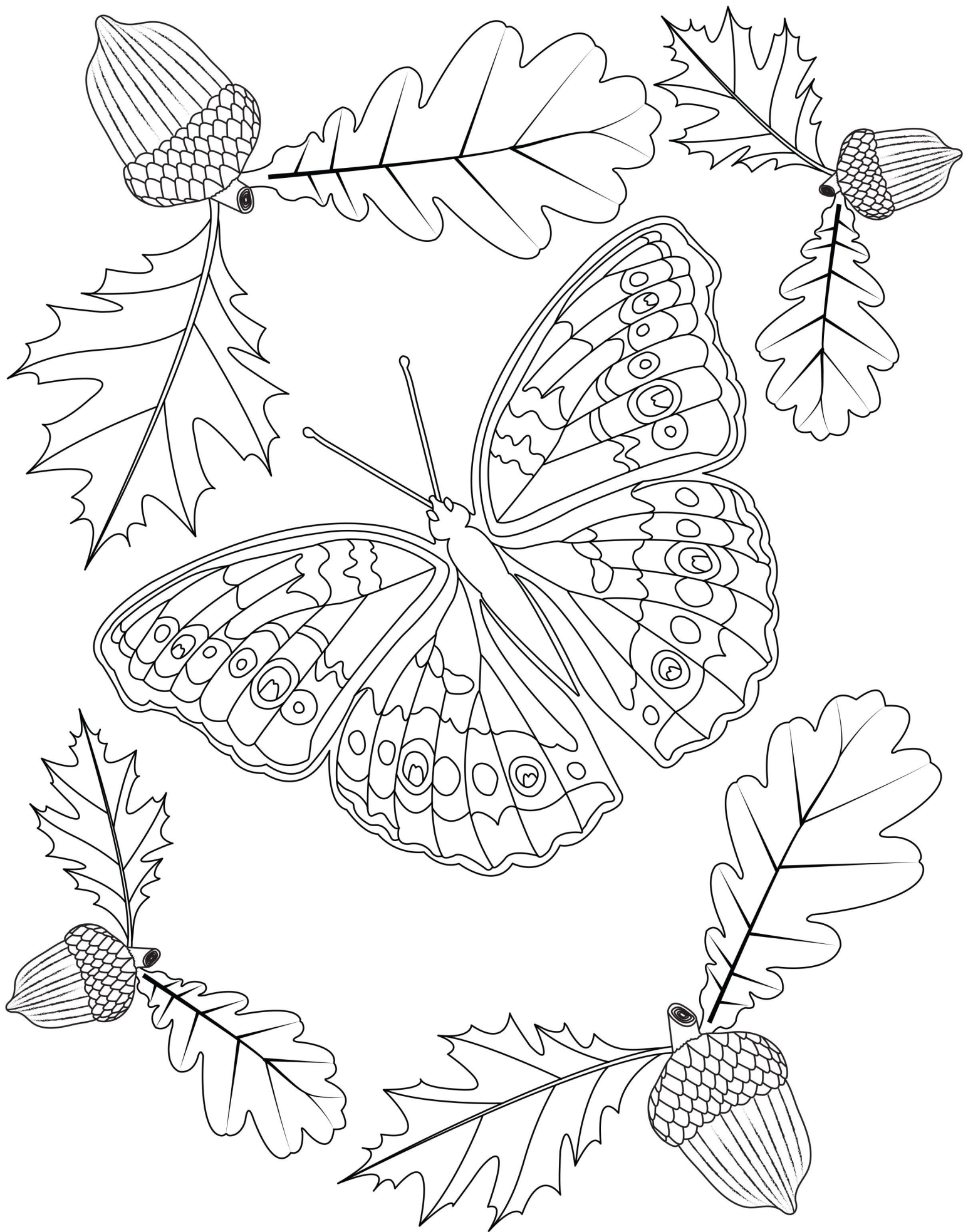
Amethyst Deceiver

Beefsteak













## November Morning

by Evaleen Stein

A tingling, misty marvel  
Blew hither in the night,  
And now the little peach-trees  
Are clasped in frozen light.

Upon the apple-branches  
An icy film is caught,  
With trailing threads of gossamer  
In pearly patterns wrought.

The autumn sun, in wonder,  
Is gayly peering through  
This silver-tissued network  
Across the frosty blue.

The weather-vane is fire-tipped,  
The honeysuckle shows  
A dazzling icy splendor,  
And crystal is the rose.

Around the eaves are fringes  
Of icicles that seem  
To mock the summer rainbows  
With many-colored gleam.

Along the walk, the pebbles  
Are each a precious stone;  
The grass is tasselled hoarfrost,  
The clover jewel-sown.

Such sparkle, sparkle, sparkle  
Fills all the frosty air,  
Oh, can it be that darkness  
Is ever anywhere!

