



**ISSUE 47 SUMMER 2020**

Registered Charity No. 1000412



# WILDLIFE

## AT WORK

<b>A letter from our CEO</b>	page 2
.....	
<b>Nature and wellbeing</b>	page 4
.....	
<b>How our reserves have been affected by lockdown</b>	page 5



## DEAR CORPORATE MEMBERS,

I hope you have been keeping safe and well during this difficult time of lockdown.

I would like to take this opportunity to thank you, on behalf of myself and everyone at the Trust. Your continued support is vital in allowing us to carry out essential work to protect and restore wildlife across our local area.

Now more than ever we are grateful for your commitment to local wildlife and wild spaces. I know that this is a challenging time, especially for businesses, and we appreciate how many of you have stood by us, keeping nature's preservation and recovery on the agenda, as we face not just one crisis from Covid-19, but simultaneously the ongoing climate crisis.

One of the few benefits of lockdown has been that more people notice, appreciate and feel connected to wildlife. Natural England reports from a survey in the midst of lockdown that 87% of people agreed that "being in nature makes [them] happy". It's inspiring to see the public finding a renewed connection to the natural world in worrying times and we are keen to help communities strengthen their connections to nature in every way we can.

Covid-19 and lockdown have also impacted our work. While we are thrilled that our conservation staff are now returning to work on the reserves while keeping safe social distance, there is a backlog of work prevented by the stricter lockdown. This, and increased anti-social behaviour during lockdown, has had an impact on the current state of the reserves for wildlife and people. Our education and community staff have produced some brilliant online wildlife ideas for families, but cannot yet meet people face to face. We have been unable to run fundraising events and engagement activities, and some funding streams are looking increasingly uncertain.

We will need help to get back on track, to make up for lost time on our reserves and to engage with as many of the newly inspired public as possible. Thank you again for your commitment to creating a wilder future for everyone.

Yours sincerely,

Brian Eversham  
Chief Executive



**Bedfordshire  
Cambridgeshire  
Northamptonshire**

/The Wildlife Trust BCN

wildlifebcn

Wildlife Trust BCN

Cover image taken and kindly supplied  
by Jon Hawkins, Surrey Hills Photography

### Contact Us

For more information on how your business can support the Wildlife Trust visit [www.wildlifebcn.org](http://www.wildlifebcn.org) or contact

Sue Barnard, Senior Corporate Partnerships Manager  
**01954 713 554** or [sue.barnard@wildlifebcn.org](mailto:sue.barnard@wildlifebcn.org)

Helen Daniel, Corporate Partnerships Officer  
**01954 713 560** or [helen.daniel@wildlifebcn.org](mailto:helen.daniel@wildlifebcn.org)

Clea Tanner, Corporate Partnerships Officer  
**01954 713 557** or [clea.tanner@wildlifebcn.org](mailto:clea.tanner@wildlifebcn.org)



16089900377  
Printed on Carbon Captured paper

Ciconi prints *Wildlife at Work* on paper that has had the equivalent amount of CO<sub>2</sub> generated from its production and distribution captured by planting trees in the UK.





# TIME SPENT IN NATURE

At the time of writing this piece it is week 14 of lockdown. Whilst some things are slowly getting back to a kind of 'new normal', many of us are still having to work from home. So we thought we'd share how nature's been helping us through all this...

We set up a weekly challenge to share nature photos from our gardens or local exercise with a different theme each week. Here's a collage of a few of our favourites.



Bee on chives  
Credit: Helen Daniel



Bee fly  
Credit: Sue Barnard



Bumblebees  
Credit: Helen Daniel



Buff tip moth  
Credit: Sue Barnard



Elderflower silhouette  
Credit: Clea Tanner

Getting out in the garden for a break from screen time or whilst on furlough has really helped us all to keep our spirits up through this time. It's been a great way to stay connected with colleagues as we've shared pics, anecdotes and experiences during our coffee chats via Teams. Of course, we all enjoyed spending time in nature and wildlife gardening prior to lockdown. But given how life's slowed down so much, we've all valued what's on our own 'patch' so much more and hope very much that like us, others will take the opportunity to incorporate more nature into their lives in the future in whatever way they can. Do check out our website [www.wildlifebcn.org](http://www.wildlifebcn.org) for ideas and inspiration or share what you've been doing at [corporate@wildlifebcn.org](mailto:corporate@wildlifebcn.org) or via social media [@wildlifebcn](https://twitter.com/wildlifebcn).

Ps. We've also been sharing gardening tips, doing wild bakes, wildlife themed quizzes – all great ways to connect over a lunchtime with colleagues that we can't meet up with. How about doing a wildlife themed bake and sharing your photos with us via [@wildlifebcn](https://twitter.com/wildlifebcn)?





# NATURE & WELLBEING

Mental health and wellbeing have rightly been at the forefront of public concern for several years and are a focus now more than ever during this period of isolation and crisis. Here, Andy Brown, Head of Sustainability with our long term partners, **Anglian Water**, reflects on how beneficial wildlife and access to nature reserves have been for his own mental wellbeing and encourages others to include nature in their own self-care regimes.

“At Anglian Water I have worked alongside the Wildlife Trusts for the last 23 years and personally I only recently stepped down as a Trustee of one of the Trusts after supporting them for 8 years. So, I know first-hand the fantastic work that they do to protect and recreate the wildlife that is so important to me. Why are natural places so important to me, well that’s because they make me feel alive, they make me feel connected to the world that I am part of, a natural world that we are all reliant on and quite simply they bring me joy in an often stressful world.

A couple of years ago I suffered some very physical symptoms in response to an underlying mental wellbeing issue. These were diagnosed as severe panic attacks and stemmed from anxiety that I didn’t even know I was suffering from. I was lucky enough to get some great support, but it made me realise just how important connecting with nature was for my wellbeing. So, in creating nature reserves, protecting and advising on the positive management of habitats and species, what the Wildlife Trusts are also doing is maintaining a natural environment that supports our health and wellbeing. There is so much research out there now to demonstrate the positive impacts on us when we connect with nature. But don’t read the research, just get out there, listen to the nightingales at Grafham Water or see and smell the bluebells at Brampton Wood. It’s an essential part of my wellbeing regime and I know you will feel the better for it too. Be part of the natural world and let it be part of yours.”



Andy Brown at Hemingford Meadow





Titchmarsh Nature Reserve  
Credit: Cas K Jackson Photography

Nightingale  
Credit: Chris Gomersall/2020Vision



# EVENTS UPDATE

We have been actively reviewing the government's advice and have decided to extend our event cancellation up until the 31st July. Please continue to check our website for online wildlife inspiration and for more events updates as the guidance changes.

In meantime, while we are unable to offer in person wildlife walks and talks, we are hosting online virtual talk events. Please contact [corporate@wildlifebcn.org](mailto:corporate@wildlifebcn.org) for more information about arranging an online talk for your workplace.



Wildlife Walks  
Credit: Matthew Roberts

## THANK YOU TO OUR CORPORATE MEMBERS

### CORPORATE PARTNERS

**arm**

• Arm

THE  
**BIODIVERSITY**  
CONSULTANCY

• The Biodiversity Consultancy

 **PROLOGIS**

• Prologis UK Ltd

### CORPORATE INVESTORS

- Anglian Water Services Ltd
- Arqiva Ltd
- Colpac Ltd
- Gardenworks Tree Surgery Ltd
- Gonville Hotel
- Hewitsons
- Levin Sources
- Orton Hall Hotel & Spa
- Scott Bader
- Tata Consultancy Services
- UK Power Networks
- Unilever Research Colworth
- Vauxhall Motors Ltd
- ZEISS UK

### CORPORATE SUPPORTERS

- Alpro Soya • Athene Communications • Cambridge Econometrics Ltd
- Cambridge Steiner School • Cambridge University Press
- Cambridge Water Company • Campkins Cameras • Cemex
- Center Parcs Woburn Forest • Ciconi Ltd • Cranfield University
- Dojima Sake Brewery • Downing College Cambridge • Enchanted Cinema
- Granta Park • Greens of Soham • Highgate House • HolidayCottages.co.uk
- Hunts Wildlife Landscapes • Jesus College, Cambridge
- The Jordans & Ryvita Company Ltd • Lockhart Garratt Ltd
- The Marshall Group of Companies • PalmerSport • Perkins Engines Co Ltd
- Richard Buxton Environmental & Public Law • RPS Group • RWE Generation UK
- South Cambs District Council • Spendlove Contracting • Tarmac
- University of Northampton • Wellcome Genome Campus • Whittlebury Park

If you no longer wish to receive this newsletter, please let us know by emailing [corporate@wildlifebcn.org](mailto:corporate@wildlifebcn.org)

**A SPECIAL THANK YOU** to our corporate member **Ciconi**, which has kindly produced this newsletter as part of their support for The Wildlife Trust BCN. For all your design, print and mailing needs, please visit [www.ciconi.co.uk](http://www.ciconi.co.uk)

**ciconi**