

North Manchester nature network



Lancashire,
Manchester &
N Merseyside

HELP YOUR COMMUNITY
AND YOURSELF, BY HELPING
NATURE RECOVER



www.lancswt.org.uk

Image by Penny Dixie

Help nature move through the city

TAWNY OWL If you know you have owls near you, recording what you have seen or heard helps protect them throughout the network.



DRAGONFLY Having marsh-loving plants like irises can help dragonflies by providing perches, even in gardens without ponds.



COMMON FROG Even a washing up bowl can be turned into a small garden pond to help amphibians like frogs.



GRASSHOPPER Allowing some grass to grow long really helps grasshoppers, who eat the blades and use the stalks to 'sing' from to attract mates.

GOLDCREST The smallest bird in Britain, the goldcrest, prefers coniferous trees. Having a good mixture of nature trees offers the best support for local birds.



KESTREL Kestrels need longer grass to search for their favourite food – mice and voles. Leaving verges to grow will attract this bird to come in and look for food.

BIRD'S-FOOT TREFOIL The common blue butterfly will only lay its eggs on this flower. Having some in the garden could really help this insect spread to new areas.



FLY AGARIC Fungi thrive on dead wood. Leave old logs to allow these amazing recyclers to live in the heart of the city.

GREAT-SPOTTED WOODPECKER

Another species that needs older trees, woodpeckers like to eat grubs and insects that live inside dead wood. Leaving aging trees in a wood or garden can really help them.



BATS Bats need insects like midges to eat. By putting up with biting insects, bat numbers can recover and help control midge numbers – win win!

How can you help nature?

CLIMATE CHANGE

Our climate is getting hotter and more unpredictable. As the yearly temperatures change, animals will need to move freely through Manchester to find their ideal homes. But if they cannot leave their nature hotspots, they can suffer from poor weather conditions and a sudden lack of food, water and shelter.

Creating space for nature and allowing it to move around the city more would offer long-term protection for wild species.

GIVING NATURE A HOME

It has been found that the best gardens for wildlife are those offering the most types of natural homes. A small veg patch, some long grass, a few meadow flowers, a washing up bowl pond, a pile of old bricks. All these places increases your personal access to neighbourhood nature.

GOING CHEMICAL FREE

Relying on chemicals to control pests results in lots of beneficial and important wild species being killed inadvertently. This 'quick fix' can ultimately result in a poorly diverse, nature-depleted area that offers far fewer chances to connect with nature. Attracting wild pest controllers such as ladybirds and lacewings can control pests naturally.



How can nature help you?



Having a connection with nature on a regular basis can dramatically improve our lives by lowering anxiety, stress and increasing our sense of belonging and community.

Exercise is good for your physical health but by exercising in nature you are also boosting your wellbeing.

The brain releases positive chemicals when the five senses are triggered, especially from nature:
Sight, Sound, Smell, Touch, Taste

Get Involved

VOLUNTEER

Volunteers will take part in active conservation activities such as invasive species removal, habitat creation, litter picking and species reintroduction.



RECORD WILDLIFE

To see what wildlife we've recorded so far and to make your own records, visit https://www.inaturalist.org/observations?place_id=171889



CASE STUDY

(White Moss Youth Club)

The White Moss Youth centre is a brilliant example of community and nature occupying and thriving in the same space.

John Briggs set up the centre:

"I feel so privileged to see how people have invested in creating a haven of relaxation within the community around it's sensory garden, memorial area and its allotment. It has created a tranquil, nature-filled area."



Lancashire,
Manchester &
N Merseyside

Contact Us

To get involved with the project please contact project officer Russell Hedley at mywildcity@lancswt.org.uk

If you've done something for wildlife, we want to hear about it! Whether it's a bird feeder or a washing up bowl pond, you can post your stories and photos using the hashtag **#MyWildCity**



You can also follow our Facebook page to hear about all upcoming events:

Lancashire Wildlife Trust - Greater Manchester

This project is a collaboration between the Lancashire, Manchester and North Merseyside Wildlife Trust and Manchester City Council. It is being funded by the Cadent Foundation.

The Wildlife Trust for Lancashire, Manchester and North Merseyside

The Barn, Berkeley Drive, Bamber Bridge, Preston, Lancashire, PR5 6BY.

Tel: 01772 324129 Registered charity no. 229325

<https://www.lancswt.org.uk/our-work/projects/my-wild-city>



Nature network map

Communities can play a lead role in creating and linking nature hotspots together through increasing their own connection and involvement with nature. Some of the ways you can help wildlife and how this helps people stay healthy can be seen around the map below.



INCREASED WELLBEING AND MENTAL HEALTH

A strong connection to nature creates improved wellbeing and mental health. Feel better, live longer, perform better and be happier by increasing your connection to nature. Spending just an hour in nature can make you less stressed for the rest of the day.

ORANGE TIP BUTTERFLY

INCREASED PHYSICAL HEALTH

When environments are high in nature, more people are keen to use them. Increased nature also means better air quality, perfect for helping outdoors exercise in the city.

INCREASED EDUCATION OPPORTUNITY

Residents can learn how to utilise nature to benefit their health, learn new practical skills to safeguard local wildlife and new career skills that can increase employment possibilities.

WOOD ANEMONE

HELP WILDLIFE AVOID THE ROADS

One of the biggest dangers to wildlife in the cities are the roads. A small CD-sized hole in each fence allows hedgehogs, frogs and newts to search for food safely.

PROTECT YOUR HOME-GROWN VEG!

Using chemicals to control pests can also wipe out hundreds of innocent invertebrates. Having a simple 'bug hotel' of bricks, tiles and dead wood is the perfect home for pest predators such as ladybirds, lacewings, frogs and toads.

GREAT SPOTTED WOODPECKER

INCREASED NATURE MOVEMENT

Wild animals and plants can struggle to move past roads and houses. If each garden, playground and park provided something for nature, these spaces could become stepping stones for birds, butterflies and even flowers to access new parts of the city.

SEE MORE WILDLIFE AT HOME

During 2020 and 2021, nature at home became a huge part of daily life. When we can access high biodiversity, we get a sense of awe from nature. This emotion gives some of the biggest health benefits both mentally and physically. The more species the better!

FLY AGARIC

KESTREL

STRENGTHENING THE COMMUNITY

Increased nature benefits all in the community and can connect isolated and lonely people to their neighbours. For old, young and for generations to come.

INCREASED SPORTING BUZZ

Connecting with nature doesn't have to be something we only do in nature reserves, it can be something that happens every time a goal is scored or your 100m sprint begins. The air can be alive with both human and nature sporting excitement with chirping crickets.

TAWNY OWL

GOLDCREST

FIELD GRASSHOPPER

KEY

- Nature Hotspots
- Nature Network Project Area
- Owned by Lancashire Wildlife Trust
- Car Park
- St John Bosco Primary School
- Moston Fields Primary School
- Camberwell Park School
- St Mary's Primary School
- Co-op Academy Broadhurst



If we all did one thing to help nature, the dramatic effect would benefit our physical health, mental health and overall wellbeing for decades to come.