

# Wild Cornwall

Cornwall  
Wildlife Trust



ISSUE 140 WINTER 2019

## A WILDER FUTURE

Natural solutions to the climate  
and ecological crisis

## TAKE A BITE ON THE WILD SIDE

From Cornwall's wild land and seas

## SCYTHING

Traditional meadow  
management revitalises more  
than our wildlife

# Why winter seas reward the brave

SEE  
INSIDE:

your **pull out &  
keep** poster for a

*Wilder*  
CHRISTMAS

# welcome

Autumn has been a time of reflection here at Cornwall Wildlife Trust as we prepare for our Annual General Meeting in November and gather examples of our work to showcase in our Annual Review 2018-19, which highlights the amazing impacts that our staff, volunteers and local groups have achieved for wildlife and the wild places of Cornwall. Autumn is also the time to look ahead and discuss the work that we will prioritise next year in our pursuit of a Wilder Cornwall.

Increasing public acceptance and awareness of the climate and ecological crisis means that more and more people, organisations and businesses are interested in what we do, and they want to know how they can play their part to support wildlife, to help the environment and to reduce their carbon footprint. You can read more about how Cornwall Wildlife Trust's work is positive both for wildlife - and climate change - on page 22.

The Environment Bill has now been published and we're expecting the second reading in parliament to happen soon, possibly before you read this! There is much to be welcomed in the Bill but all can change as it passes through parliament. We want strong protection enshrined in law for our wildlife and wild places, along with positive measures to create more space for nature on land and at sea through a Nature Recovery Network. We will continue to campaign on this, so keep an eye on our website and sign up for our e-newsletters to keep up to date (at the bottom of our website homepage [www.cornwallwildlifetrust.org.uk](http://www.cornwallwildlifetrust.org.uk)).

Christmas will soon be here and your magazine is packed with ideas of where to see winter fowl and waders on our Nature Reserves, why wrapping up and visiting our Cornish coasts brings you natural rewards over winter, and a pull-out poster featuring 12 ideas for a Wilder Christmas for all. If you're starting to think about presents for your family and friends, why not consider gifting membership of Cornwall Wildlife Trust or buying a gift from our website [cornwallwildlifetrust.org.uk/Christmas](http://cornwallwildlifetrust.org.uk/Christmas).

Thank you for supporting our important work for the wildlife and wild places of Cornwall.

Carolyn



**Carolyn Cadman**  
Chief Executive,  
Cornwall  
Wildlife Trust

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Cover: **Grey seal**, Lara Howe  
(photography of marine life should be taken at a distance with a zoom lens)

If you'd like to include your events for the diary, please ask for an Events Form from [mark.dungey@cornwallwildlifetrust.org.uk](mailto:mark.dungey@cornwallwildlifetrust.org.uk)  
Events deadline: Spring issue – 7 Feb 2020 for April to end of August events

[f /CornwallWildlife](https://www.facebook.com/CornwallWildlife) [@CwallWildlife](https://www.instagram.com/CwallWildlife) [@CwallWildlife](https://www.twitter.com/CwallWildlife) [CornwallWildlifeTrust](https://www.youtube.com/CornwallWildlifeTrust)

We hope you like your membership magazine, but if you'd prefer not to receive this, please just contact Membership and let them know. Our privacy policy is on our website at [www.cornwallwildlifetrust.org.uk/privacy-policy-and-tc](http://www.cornwallwildlifetrust.org.uk/privacy-policy-and-tc)

## Give someone a *wild* present this Christmas!

**Christmas Gift Membership** lasts the whole year, and they will receive...

Three issues of our Trust magazine, Wild Cornwall, which is full of feature articles, wildlife and conservation news plus a handy pull-out diary of events, as well as our Nature Reserves guide.



**Family Membership** is the perfect family present – they can discover Cornwall's wild places and wildlife together.

**Our Family Members receive** not only three *Wild Cornwall* magazines a year, but also a **Wildlife Watch pack** full of stickers, posters and fun activities, plus **three issues of Wildlife Watch magazine**.



Join online at [cornwallwildlifetrust.org.uk/join](http://cornwallwildlifetrust.org.uk/join) or call (01872) 273939

We have links with many Local Groups you can get involved with – they are all listed on our website:

[www.cornwallwildlifetrust.org.uk/who-we-are/local-groups](http://www.cornwallwildlifetrust.org.uk/who-we-are/local-groups)

Marine Strandings Network Hotline: 0345 2012626

Cornwall Wildlife Trust, Five Acres, Allet, Truro, Cornwall, TR4 9DJ.

[www.cornwallwildlifetrust.org.uk](http://www.cornwallwildlifetrust.org.uk)

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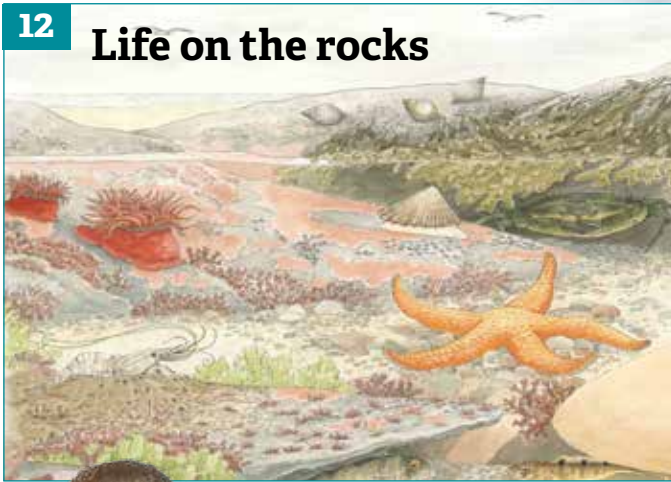
*Wild Cornwall* and its envelope use paper from responsible sources.



# in this issue

## FEATURES

### 12 Life on the rocks



### 14 Six places to see wildfowl

### 22 Climate change

### 24 Cornwall's winter seas reward the brave!

### 38 A brighter future for darker skies

### 40 How you can help wildlife this winter



### 42 Wilder Food

SEE INSIDE:  
your **pull out** & **keep** poster for a  
*Wilder*  
**CHRISTMAS**

## NEWS & UPDATES

### 04 Wild Cornwall news

### 06 Wild News UK



### 08 Nature Reserves appeal

### 10 Nature Reserves news

### 18 Cornwall Wildlife Groups



### 21 Business Pages - Nancarrow

### 36 Family fun for everyone with Wildlife Watch

### 37 Connect with winter this year Melissa Harrison

### 46 Diary of events

### 50 A day in the life...

Cornwall Wildlife Trust is a registered charity formed in 1962 by a group of volunteers who were passionate about Cornwall's natural environment and wanted to safeguard it for future generations.

Trustee Officers are:

**Dr Nick Tregenza** – President

**Mark Nicholson** – Vice President

**Daniel Eva** – Hon Secretary, Chair of Staff Welfare and Reward Package Advisory Committee

**Paul Coyne** – Hon Treasurer, Chair of Finance & General Purposes Committee

**Stephen Warman** – Chair of Council

**Ian Pye** – Vice-Chair of Council

**Steve Crummay** – Chair of ERCCIS Advisory Board

**Fred Currie** – Chair of Nature Reserves Committee

**Frank Howie** – Chair of Conservation Strategy Committee

**Dee Reeves** – Chair of Marketing and Fundraising Committee and Interim Chair Five Acres/Two Burrows Working Group



## Scything makes a comeback for Cornish wildlife

Local residents from Redruth have recently joined forces with staff from Cornwall Wildlife Trust and Cornwall Council to scythe a meadow and create space for wildlife to flourish. The Council's Green Infrastructure for Growth team created the meadow in the open space at Trenoweth Estate in Redruth last year, based on a planting design by CEC, the Trust's consultancy.

Along with a new pond, orchard trees and hedge maintenance, these features will bring nature back into this urban green space. Additional pathways, seating and signage will help residents and visitors to access and enjoy the wilder space.

An urban meadow can be a mini-wilderness, full of colours and scents, and crawling with critters that use the habitat to shelter, feed and build nests. Over the years they become even richer in different plant and animal species, as long as they are well managed.

Before machinery was readily available, scythes were the tool of choice for meadow management. Their long, razor-sharp blades cut quietly and effectively through grass and flower stems.

Scythes surpass mowers on many levels. They are not only quiet and fuel-free but also give resident creatures a little more time to get out of the way. Using a scythe is a meditative experience, a chance to get some fresh air, social interaction and physical exercise.

The session started with some tuition and soon the scythe newbies were clearing large areas in a single sweep. Those



Not a mower in sight; a Cormac worker gives scything a try

STUART COLEMAN, CORNWALL WILDLIFE TRUST

attending expressed their satisfaction – sweaty but smiling!

Dr. Helen Fearnley, Making Space for Nature Project, Cornwall Council said, *"It was great that Cornwall Wildlife Trust shared their expertise at a scything workshop, to prepare some newly seeded meadow areas for winter. Not only did we all learn about and the traditional method of meadow management – scything – but in the absence of power tools, we were also able to talk".*

See Cornwall Council's Green Infrastructure for Growth information on their web page to find your nearest project and see how to get involved. Cornwall Wildlife Trust's volunteering web page gives details of a range of opportunities and the hands-on groups often carry out scything tasks to benefit wildlife.

Follow us on Facebook, Twitter and Instagram to see how our volunteers spend their time.

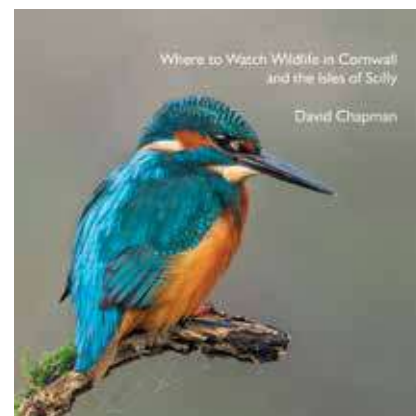


## Leatherback turtles in Cornish Waters

A live leatherback turtle was seen by a kayaker near Pendennis Point, Falmouth recently – the second confirmed sighting in Cornwall this year. These amazing creatures grow up to two metres in length, and have incredible migrations; the ones we see are likely to have come from breeding areas in the Caribbean or French Guiana. They then head to our more northern waters during the summer to feed on jellyfish, of which Cornwall has had an abundance this year. Turtles can be very vulnerable in coastal waters because they are difficult to spot for boat users; they travel very slowly and bask in the surface waters. If you see a turtle around the Cornish coast, please report to [Seaquest@cornwallwildlifetrust.org.uk](mailto:Seaquest@cornwallwildlifetrust.org.uk)

## A perfect Christmas stocking present

For a wildlife enthusiast or talented photographer. David Chapman's new book is out, and available from bookstores throughout Cornwall.



## New Penwith Landscape Partnership website is live

The Penwith Landscape Partnership has launched its new website. Designed to celebrate the Penwith landscape as well as the work of the Partnership, content on the site includes interactive maps, pages aimed at local farmers, in-depth trail guides with downloadable information, interactive content on some of Penwith's ancient sites and galleries showcasing the beauty of Penwith. Visitors can also find out more about volunteering with the project, discover upcoming events and keep up to date with news on the Blog. And it's only going to grow from here! To explore all the site has to offer visit [www.penwithlandscape.com](http://www.penwithlandscape.com)



## Business donates to Marine Conservation



The children's clothing company Frugi has donated an awe-inspiring £31,000 this year to our Living Seas programme. This will help fund key marine conservation action including working with fishermen to trial mitigation technologies to stop dolphins and porpoise getting caught in their nets, and surveying our shores as a first response to identifying new species and climate change indicators.

## Pacific oysters spreading in Cornwall

Our Pacific oyster surveys are proving that this non-native species is incredibly invasive and is now abundant all around the south Cornish coast. During the past year we have undertaken 81 surveys with 15 volunteer groups and counted over 76,000 Pacific oysters. The marine team's Cornwall Good Seafood Guide are talking to local industries about natural solutions to this problem, to reduce the impact on our native sealife as well as create useful by-products. Eg. grinding down the shells to use as soil conditioner.

## Badger cull expands from North Coast to the Lizard

Horribly, the badger cull now covers 83% of Cornwall. The expansion has been given the go-ahead in advance of the Government responding to its own review of TB policy, recorded back in 2018. We will continue our work to raise the profile of vaccination as a viable alternative to culling.

If you're a farmer and would like to get involved in our badger-vaccination programme, there's a contact form on our web pages or call us.

## Penwith Landscape Partnership opens its new Both Ombroforyon – Volunteer Hub

In September the Penwith Landscape Partnership officially opened its Both Ombroforyon, or Volunteer Hub, in the Old Lab at Geevor Tin Mine. The new Hub provides a valuable space where volunteers for this National Lottery Heritage Funded programme of work can meet, receive training, care for tools and equipment, and enjoy a well-deserved cup of tea after a long day of volunteering. The building was officially opened by Cornwall Councillor and Chair of the Penwith Landscape Partnership Board, Jim McKenna, with the help of Richie Smith, PLP Practical Tasks Officer, at an event attended by volunteers, team members and partner representatives. To find out more about volunteering with the Penwith Landscape Partnership please visit [www.penwithlandscape.com/volunteer](http://www.penwithlandscape.com/volunteer)



DAVID CHAPMAN

## Green&Blue creates 'BatBlock' with CEC – a sustainable home for bats



BatBlock by Green&Blue

feeders to bee houses – designing a bat box was next. The company turned to CEC's senior bat ecologist Steve Marshall to ensure the BatBlock had the right specifications and dimensions, involving more than just Steve's experience. "The entrance gap on the original was too large and would have allowed birds to gain entry and become trapped", explained Steve. "I advised on the gap size needed, and they used my thumb width as the default setting."

Faye Clifton, from Green&Blue agreed. "Steve's expert knowledge from over 20 years of working with bats meant that if our BatBlock design met Steve's requirements, it was going to suit the bat species we were designing for. And 'Steve's Thumb' is now our new measurement."

The BatBlock can easily be installed in place of a standard breeze block in any building to create either maternity or hibernation roosts for bats. It is locally made in Cornwall reusing 75% of waste material from the Cornish China Clay industry, making it a durable and sustainable home for our local bats.

The Trust's Cornwall Environmental Consultancy (CEC) is celebrating the success of a recent collaboration with Cornish design company Green&Blue. CEC helped to develop a stylish new bat roost made from sustainable materials.

Green&Blue, based in Perranporth, has built a great reputation producing innovative and stylish wildlife products from bird

For more information about the BatBlock and other Green&Blue products visit [www.greenandblue.co.uk](http://www.greenandblue.co.uk)

## UK UPDATE



MATT SLATER - CORNWALL WILDLIFE TRUST

## A shore thing

A shoal of citizen scientists across the UK will be learning more about our shorelines than ever before, following the launch of The Wildlife Trusts' new and improved Shoresearch programme this summer.

This national citizen science survey trains volunteers to monitor the marine life around our coasts, gathering valuable data that will help experts to monitor our sea life and better understand the effects of pollution and climate change.

Surveys focus on the intertidal zone (the area of the shore that is covered by water at high tide, but exposed to the air at low tide). They take place on all shores – rocky, sandy and muddy alike – to chart coastal wildlife around the UK.

Anyone can become a budding marine biologist by attending a free Shoresearch event hosted by a coastal Wildlife Trust. Regular volunteers will be trained to identify and record intertidal plants and animals and their habitats, from colourful butterflyfish hiding in rockpools to weird and wonderful worms buried in the sand and mud.

Previous Shoresearch surveys have used different approaches depending on

the area of the UK in which they took place. Now, for the first time, the same methods will be used across the UK, giving us even better data and ensuring that species records can be compared between different regions and changes can be monitored.

The data collected by Shoresearch in the past has already been key to securing many of our Marine Conservation Zones, revealing the special places on our coast that are most in need of protection. Following the Government's designation of 41 new Marine Conservation Zones this summer (bringing the total in English waters to 91), the Shoresearch programme will be crucial for monitoring the health of the coastal regions of many of these protected areas.

Shoresearch launched during this year's National Marine Week, the annual celebration of our seas in which thousands of people enjoyed coastal activities, from rockpool rambles to whale watching.



### Find out more

Learn more about Shoresearch and discover how you can get involved: [wildlifetrusts.org/shoresearch](http://wildlifetrusts.org/shoresearch)

## A YEAR OF SUCCESS FOR OUR SEAS

■ **More protection – this May the Government announced the designation of 41 new Marine Conservation Zones, adding to the 50 already designated. These will form a vital series of underwater habitats which, with the right management, will allow nature to recover.**

■ **Better information – The Wildlife Trusts' new Shoresearch programme launched in July, giving citizen scientists the chance to survey our shores, gathering vital data on the health of our coastal wildlife.**

■ **Fantastic support – thousands of people across the UK, Alderney and the Isle of Man joined us in celebrating our seas during National Marine Week.**

**UK UPDATE**

## End of an era

Stephanie Hilborne OBE has stepped down as Chief Executive of The Wildlife Trusts. Steph has led The Wildlife Trust movement, championing its beliefs and vision, for the last 15 years.

Under Steph's leadership, The Wildlife Trusts have been at the forefront of marine conservation, successfully campaigning for the Marine and Coastal Access Act 2009, led on landscape-scale conservation and published ground-breaking research on the benefits of nature for health and wellbeing.

Speaking about her departure, Steph said, "I am very grateful to have had the opportunity to be so central to this amazing movement of dedicated people who care so passionately about wildlife and future generations. I wish all my friends in the movement well as they go from strength to strength."

We wish Steph all the best in her new role as CEO of Women in Sport.

[wildlifetrusts.org/ceo-steps-down](http://wildlifetrusts.org/ceo-steps-down)



## 25 years of support

This November, The National Lottery celebrates its 25<sup>th</sup> birthday and we look back on a quarter of a century of support for wildlife and wild places across the UK.

Since the first draw in 1994, The National Lottery has raised over £40 billion for good causes – including more than 800 Wildlife Trust projects.

This vital funding has enabled Wildlife Trusts to save thousands of hectares of land,

protect rare and vulnerable wildlife and bring people of all generations closer to nature, from helping barn owls in Northern Ireland to restoring wild landscapes in Scotland.

Learn more about the work that The National Lottery has supported at [wildlifetrusts.org/25-year-lottery](http://wildlifetrusts.org/25-year-lottery)



## Saving sand dunes

A pioneering project is stepping in to save Europe's most threatened habitat, sand dunes. Home to rare plants and animals, including fen orchids and sand lizards, the last century has seen them decline dramatically. The ambitious Dynamic Dunescapes project aims to reverse these declines, working with local people to bring life back to our dunes. This partnership project was made possible by £4m funding from The National Lottery. [wildlifetrusts.org/saving-sand-dunes](http://wildlifetrusts.org/saving-sand-dunes)



## UK HIGHLIGHTS

Discover how The Wildlife Trusts are working for you across the UK



### 1 Moor wildlife

600 acres of wildlife-rich moorland have been saved from potential development by Northumberland Wildlife Trust, thanks to incredible support for their fundraising appeal. Benshaw Moor is home to round-leaved sundews and sphagnum mosses, as well as nesting curlews, otters and rare butterflies. The site will now be protected as a nature reserve.

[nwt.org.uk/news/benshaw](http://nwt.org.uk/news/benshaw)



### 2 Tern tracking

For the first time ever, chicks from Wales' only sandwich tern colony have been given special 'flags' to help birdwatchers track their movements. Each flag, fixed to a ring on the bird's leg, has a unique code that can be read through a spotting scope, helping us learn more about these seabirds.

[northwaleswildlifetrust.org.uk/news/ringing-changes](http://northwaleswildlifetrust.org.uk/news/ringing-changes)

### 3 Going batty

The largest ever survey of Alderney's bat population has revealed the island's first live brown long-eared bat. For Alderney Wildlife Trust's 'Bat Week', visiting experts trained residents in survey techniques while conducting an island-wide study. They also found five pipistrelle roosts, including a maternity roost, and a natterer's bat.

[alderneywildlife.org/bat-week-2019](http://alderneywildlife.org/bat-week-2019)

SAND LIZARD: VAUGHN MATTHEWS, SUNDEW: MARK HAMLIN/2020VISION, BARN OWL: ANDY ROUSE/2020VISION



# An **urgent appeal** on behalf of our Nature Reserves

**URGENT  
APPEAL**

**With insects increasingly out of reach for birds, our Nature Reserves are havens of hope. Will you help?**

Cornwall Wildlife Trust's **Nature Reserves Fund** was set up last autumn in response to the urgent need to halt the serious widespread decline of many species in recent years. We are facing unprecedented threats to Cornwall's wildlife and its diverse habitats on a scale never seen before.

Our nature reserves are so important to our members, and we have been amazed by the incredible level of financial support received from you so far, over £16,000. However, conservation work and dedicated management by our team of nature reserve wardens is vital, and every day it costs £1,972 to maintain our 57 nature reserves as safe havens that allow Cornwall's wildlife to thrive.

This year, our appeal highlights the alarming decline of insects and invertebrates, the unsung heroes of the natural world. Not only as important pollinators, but for their crucial role in the food chain. This could mean the loss of even our most common species of wildlife in Cornwall, not just the rarer ones. Hedgehogs, swallows and slow worms are in major decline due to a lack of insects, which they rely on for food. Birds in particular face desperate times as insect numbers fall. Without insects, we face a breakdown of our natural world.

Reed Warbler

ADRIAN LANGDON



## Did you know about specialists and generalists?

Specialist damselfly, the small red damselfly



LIZ COX

Odonata are a group of insects that we see throughout Cornwall, commonly known as damselflies and dragonflies.

Some are a generalist species, able to thrive in a wide variety of environmental conditions and which can make use of a range of different habitats, such as the broad-bodied chaser dragonfly.

Others are a specialist species, restricted to a particular habitat and conditions, such as the small red damselfly. They have developed in harmony with their surroundings where they have evolved perfectly to thrive.

Cornwall Wildlife Trust works hard to create a balance that can help all species across our nature reserves and sustain a healthy biodiversity. If we don't do anything, eventually we would have no specialist species and Cornwall would be dominated by generalists only, with our future generations losing the rare, enigmatic and fascinating species that makes Cornwall unique and distinctive.

Globally, insect numbers are plummeting; many are already threatened with extinction. According to the First International Scientific Review, this could lead to a catastrophic collapse of nature's ecosystems and Cornwall is no different, despite its 'picture postcard' reputation. But ecological breakdown IS happening right here, right now, in Cornwall. The Environmental Records Centre for Cornwall and the Isle of Scilly reports the disturbing news that our native bee species have dropped by 38% in the last decade alone.

The way the countryside is managed – intensive agriculture, pressure from development, and the unquantifiable impacts of climate change – are all seriously damaging our landscape.

“ We've lost so many habitats that were rich in insects. There were hedgerows, there were wetlands and hay meadows. Research shows that birds now have to travel many miles to get food to feed their young. Cornwall's Nature Reserves are vital for the healthy survival of these unsung heroes. ”



Iolo Williams, BBC Springwatch Presenter

At Cornwall Wildlife Trust, we are in a position to do something about this crisis. Nature reserves provide refuge for the survival of insects in Cornwall and we have been stepping up work to halt their dramatic decline. We are making a real difference, but can only do this with your continued support. So far you have helped fund the re-introduction of coppicing at key sites, resulting in sunny, sheltered flower-rich areas, buzzing with bees and other important insects, where two years ago there were practically none. Your funding has also helped us to create large flower meadows, which in turn attract pollinating insects and butterflies such as the marsh fritillary. We have built ponds of all shapes and sizes to provide wetland habitats for dragonflies and damselflies, and used heaths and grassland for cattle grazing, which then creates bare soil for ground nesting beetles and solitary bees, including the tormentil mining bee.



Cattle grazed grassland and heathland provides safe havens for solitary bees like the tormentil mining bee.

PADDY SAUNDERS



Nationally rare blue ground beetle, at home in our nature reserve.

LIAM OLDS

This work is vital for the healthy survival of our most stunning and unusual insect species, like the nationally rare blue ground beetle, which is now only found in a handful of places in the UK, one being Cabilla and Redrice Woods Nature Reserve. Without the support of our nature reserves fund these rare and colourful creatures could become extinct in Cornwall.

## How to donate:

[cornwallwildlifetrust.org.uk/naturereservesfund](http://cornwallwildlifetrust.org.uk/naturereservesfund)

Call us on (01872) 273939 (credit card donations only)

Text NATURE £5, NATURE £10, or NATURE £20 to 70085 to donate now

(Texts will cost the donation amount, plus one standard network rate message, charged to your mobile phone credit or mobile bill)

More land, rivers and seas managed well for wildlife

Wilder Places

We will:

- grow our suite of nature reserves and manage them to be the best sites for wildlife
- run wildlife projects on land and in rivers and seas
- support and advise people who own and manage land and whose activities impact on our seas and rivers

Take a look at our case studies of the work that we are doing with our partners and volunteers:

[www.cornwallwildlifetrust.org.uk/about-us/our-vision](http://www.cornwallwildlifetrust.org.uk/about-us/our-vision)



**Caring for such extraordinary places takes constant dedication.**

It costs **£1,972 every day** to manage our nature reserves. You can support our Cornwall Nature Reserves Fund by texting **NATURE £5, £10 OR £20 to 70085**, or donating online at **cornwallwildlifetrust.org.uk/naturereservesfund**

# Nature Reserves news

## Sheep Flock to Looe Island <sup>1</sup>

Twenty-four Shetland sheep joined the current small flock of Hebridean sheep at Looe Island to graze the grassland. As a native hardy breed, they will be free to roam the windward side of the island, rather than the more sheltered wooded side. Caring for this nature reserve is a full-time job for our wardens Claire and Jon, who were so happy to get some additional help from a group of volunteers from mainland Looe to transport the sheep by boat to the island.

Grazing more sheep will help keep the maritime grassland in good order, so wildlife can flourish. A more open habitat with grassy ledges and a mosaic of small scrubby patches improves conditions for nesting birds. Sheep tracks, foot divots and resting places leave little

areas of bare soil – ideal for seeds to germinate – that insects and birds can then feed on.

"The lambs are looking very at home on the island despite the recent wet and windy weather! It was satisfying getting them out here safely; from finding the lambs (Claire and our shearer did a lot of asking around), to thinking about how to contain them in the boat and finding materials to build a pen. And of course the help of the volunteers on a Saturday morning was most welcome!"

**Jon Ross**, Looe Island Nature Reserve Warden



ELLA CLARK - CORNWALL WILDLIFE TRUST

This island is a marine nature reserve and the waters around it are teeming with life. It provides a quiet haven for wildlife, with a variety of habitats including woodland, maritime grassland, sand, shingle, and rocky reef. For further information on Looe Island and how to visit please see [cornwallwildlifetrust.org.uk/nature-reserves/looe-island](http://cornwallwildlifetrust.org.uk/nature-reserves/looe-island)

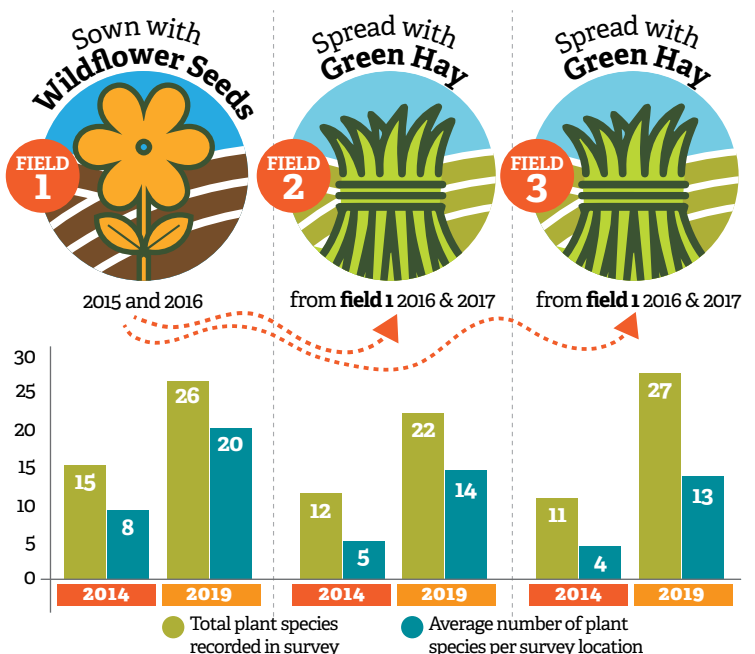
## Helman Tor Nature Reserve – Wildflowers on the Up! <sup>2</sup>

When it comes to providing homes for wildlife, diversity is a key ingredient – so a field full of lots of different plants is more likely to be buzzing with life than one with just a few plants species. Since 2015 we have been working on our farmland at Helman Tor Nature Reserve to restore acid grassland habitats typical of this part of Cornwall, providing a greater variety of native wildflowers and grasses. To do this we first surveyed to see what was already there and, for one of the fields, purchased some appropriate seeds to complement the existing plant population. These seeds were sown into the field and left to grow for a season. The following summer we cut the hay from this field and spread it onto two 'receptor' fields, which had been prepared by harrowing – providing bare ground alongside the existing plants. As the green hay dried, the seeds dropped into the prepared ground. This approach effectively multiplied the seed we bought, making our

money go further. We repeated this process the following year.

We have been monitoring the results as we go along and the results of this year's survey are very encouraging! The diversity of plants in all three of the fields has almost doubled and a much greater variety is being found

across the whole of the fields. Besides conserving the plants themselves, the increase in insects observed during the survey work was staggering. The abundance of butterflies, beetles, bees and grasshoppers seen by staff and volunteers was good for the soul at a time when we so often hear about declines of all of these marvellous creatures. We can't wait for next year!



SEÁN O'HEA - CORNWALL WILDLIFE TRUST

A restored 'receptor' field at Helman Tor showing a greater variety of native wildflowers after being spread with green hay



## Natalie's Boardwalk at Lower Lewdon Officially Opened <sup>3</sup>

In early August the new boardwalk at Lower Lewdon was officially opened by one of the longest serving volunteers in our North Cornwall Group, Dave Stevens. For the past thirteen years

Dave and his wife Eunice have been coming out on a Wednesday, in rain and shine, to help manage the reserves in the east and north of the county. Brushcutting, fencing, scrub bashing and, of course, boardwalk building, are just a few of the tasks Dave has turned his hand to over the years. On the same day we said goodbye to Natalie Mitchell, our East Cornwall Reserves Officer. Natalie is moving to Australia to be with her partner who has a research post at the University of New South Wales studying the impact of micro plastics in the marine environment. We'd like to thank Natalie for all her hard work during her time at the Trust, both as a volunteer and an employee.



PETER KENT - CORNWALL WILDLIFE TRUST

Dave Stevens & Natalie Mitchell at Lower Lewdon



### Callum Deveney

Callum is Head of Nature Reserves. He loves to travel and keep fit, having completed several marathons in different countries.



### Seán O'Hea

Seán manages mid Cornwall's nature reserves including our Five Acres HQ. A passion for surfing, sailing, camping and wild food.



### Nick Marriott

Nick manages West Cornwall's nature reserves. Loves bikes, creating ponds and spending time in wild places.



### Peter Kent

Pete manages East Cornwall's nature reserves. A keen and talented photographer with a particular interest in birdwatching.

## West Cornwall Reserves team join up with PLP to collect seed for Caer Bran Nature Reserve <sup>4</sup>

To enhance the diversity of wild flowers at Caer Bran, Penwith Landscape Partnership (PLP) brought their brush harvester to Bartinney Nature Reserve to collect seed in the form of green hay. The brushes (that 'sweep' the tops of grasses and flowers) were set quite low in order to gather plants like Bird's foot trefoil and Sheep's-bit scabious from the species-rich hay field at Bartinney. After 11 passes of the donor site the green hay was transported over to neighbouring Caer Bran where four strips of bare soil had been prepared by a tractor and scuffer. Ready to receive the seed, a team of PLP volunteers and Reserves staff then completed the spreading as evenly as the (light) wind would allow and before the rain set in. Next it was down to the cows to trample the seed into the ground to ensure good contact with the soil – and then a question of waiting to see what germinates next spring. As the two reserves are adjacent, the flora will be compatible and Cornish provenance of native wild flowers is guaranteed!

The East Cornwall team has completed this same task at Greena Moor Nature Reserve with good results. The rare whorled caraway, ragged robin, lousewort and spotted marsh orchid have germinated there since 2016. We have high hopes for success to increase biodiversity and add to the habitat for all kinds of flowers, insects, birds and mammals at Caer Bran.

PLP volunteers help spread the green hay, ready for cows to trample the seed into the soil



CORNWALL WILDLIFE TRUST



# Life on the rocks

This autumn, why not explore the strange and fascinating world of the rockpool, an ever-changing intertidal existence fraught with fragile beauty and drama?

**BY CORAL SMITH**, MARINE EDUCATION OFFICER, DEVON WILDLIFE TRUST

The variety of life in a rockpool is astounding. When the tide retreats, exposing a patchwork of pools and bare rock, there's no end to the living treasures you can discover if you take the time to explore.

There are animals that look like plants, such as the writhing, wriggling tendrils of anemones, and plants that look like animals, including the spiked, hedgehog-esque blooms of coralline algae. Even the seaweed is beautiful, from the intricately detailed fronds of fluffy red algae to the intriguingly iridescent wrack, glistening with all the colours of the rainbow as sunlight paints its fronds through the water.

The most fascinating feature of life in a rockpool is the ability of its inhabitants to survive in two completely different worlds. The sea rushes in and plunges them into the washing-machine-like conditions of high tide, a bountiful world for the brave, full of things to eat but also to be eaten by. Then, just a few hours later, the sea abandons them once more. Left high and dry at low tide, the rockpool residents are exposed to the ravages of sun and wind, with little reprieve from roving predators.

Rockpooling is one of the best ways to discover the wonders of our seas, revealing creatures every bit as exciting as the more mysterious denizens of the deep. It's a pastime with something for everyone, from the smallest toddler who is amazed at how many different sea snails can cling to one rock, to the seasoned naturalist who is still finding new creatures after hours on the shore. Discovery is a joy for everyone, and it doesn't end after one trip – every day, there's more to see and learn.

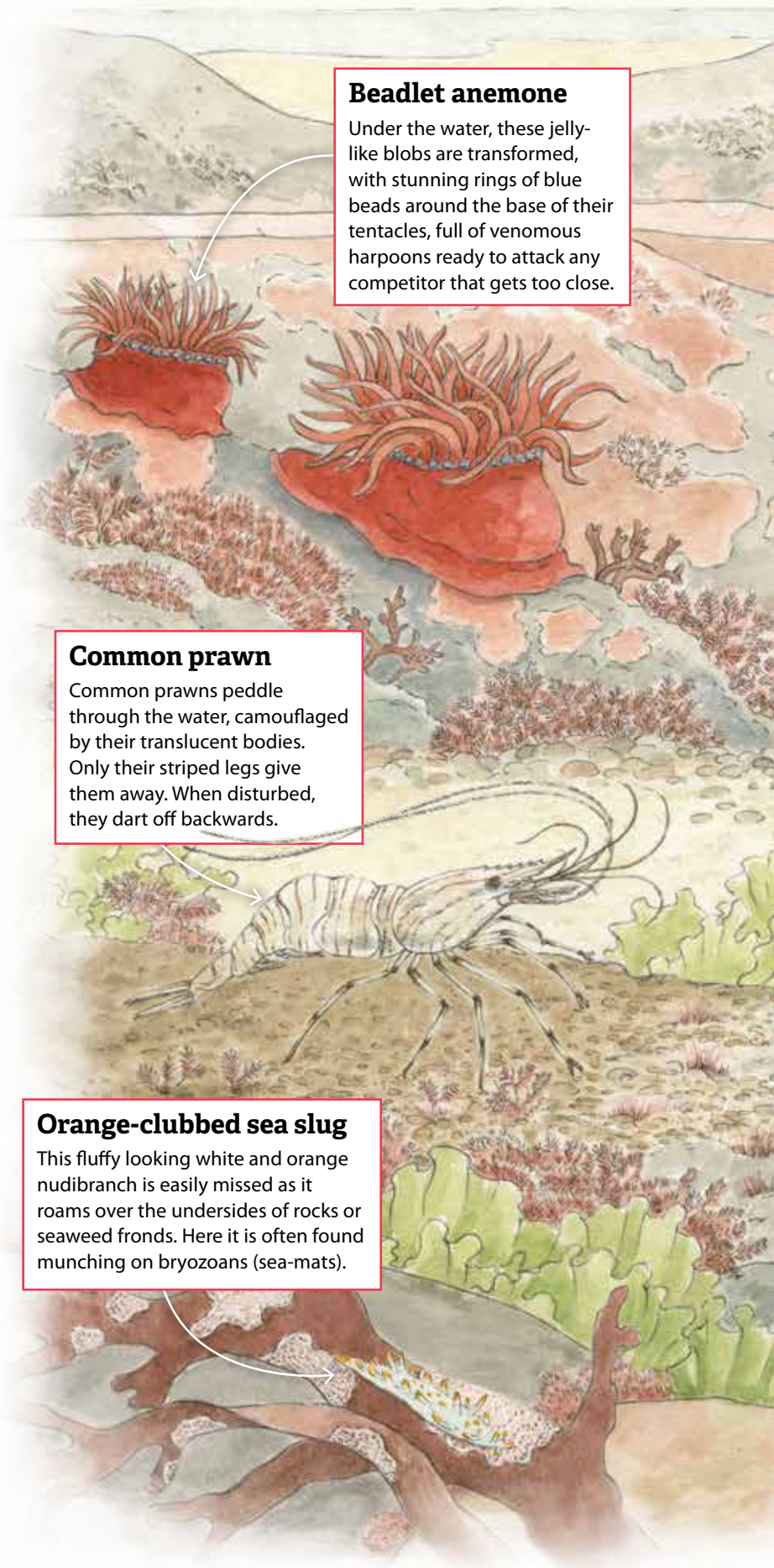
Just remember, life in our rockpools is fragile, so always follow the Seashore Code. Find out more at [wtru.st/seashore-code](http://wtru.st/seashore-code).



## Become a Shoresearcher

To protect the wonderful life in our seas and on our shores, it's crucial that we monitor these amazing habitats. Shoresearch is the Wildlife Trusts' national citizen science survey of the intertidal shore. Volunteers are trained to identify and record wildlife on shores across the UK. Shoresearch data has been key to designating many of our Marine Conservation Zones. Find out more at [wildlifetrusts.org/shoresearch](http://wildlifetrusts.org/shoresearch)

ILLUSTRATION: BETH KNIGHT



### Beadlet anemone

Under the water, these jelly-like blobs are transformed, with stunning rings of blue beads around the base of their tentacles, full of venomous harpoons ready to attack any competitor that gets too close.

### Common prawn

Common prawns peddle through the water, camouflaged by their translucent bodies. Only their striped legs give them away. When disturbed, they dart off backwards.

### Orange-clubbed sea slug

This fluffy looking white and orange nudibranch is easily missed as it roams over the undersides of rocks or seaweed fronds. Here it is often found munching on bryozoans (sea-mats).

**Dog whelk**

This sea snail might not look much, but to a limpet it's a deadly predator. The dog whelk crawls onto other animals' shells, drills a hole using its tongue, liquifies the insides and sucks it all back up!

**Bladderwrack**

This is one of the most common seaweeds on any seashore. Its fronds contain special algin, a gel-like substance similar to aloe vera, used for purposes as diverse as heart surgery and t-shirt printing.

**Limpet**

Limpets grind their shells down so tightly on the rocks that they leave a scar. The rotating teeth on their rasping tongues are made of the strongest known natural substance on earth.

**Common starfish**

This unmistakable bright orange starfish is one of the rockpool's most fearsome predators, prizing open clam and mussel shells with its powerful tube feet. It then turns its stomach inside out and devours their insides!

**Shore crab**

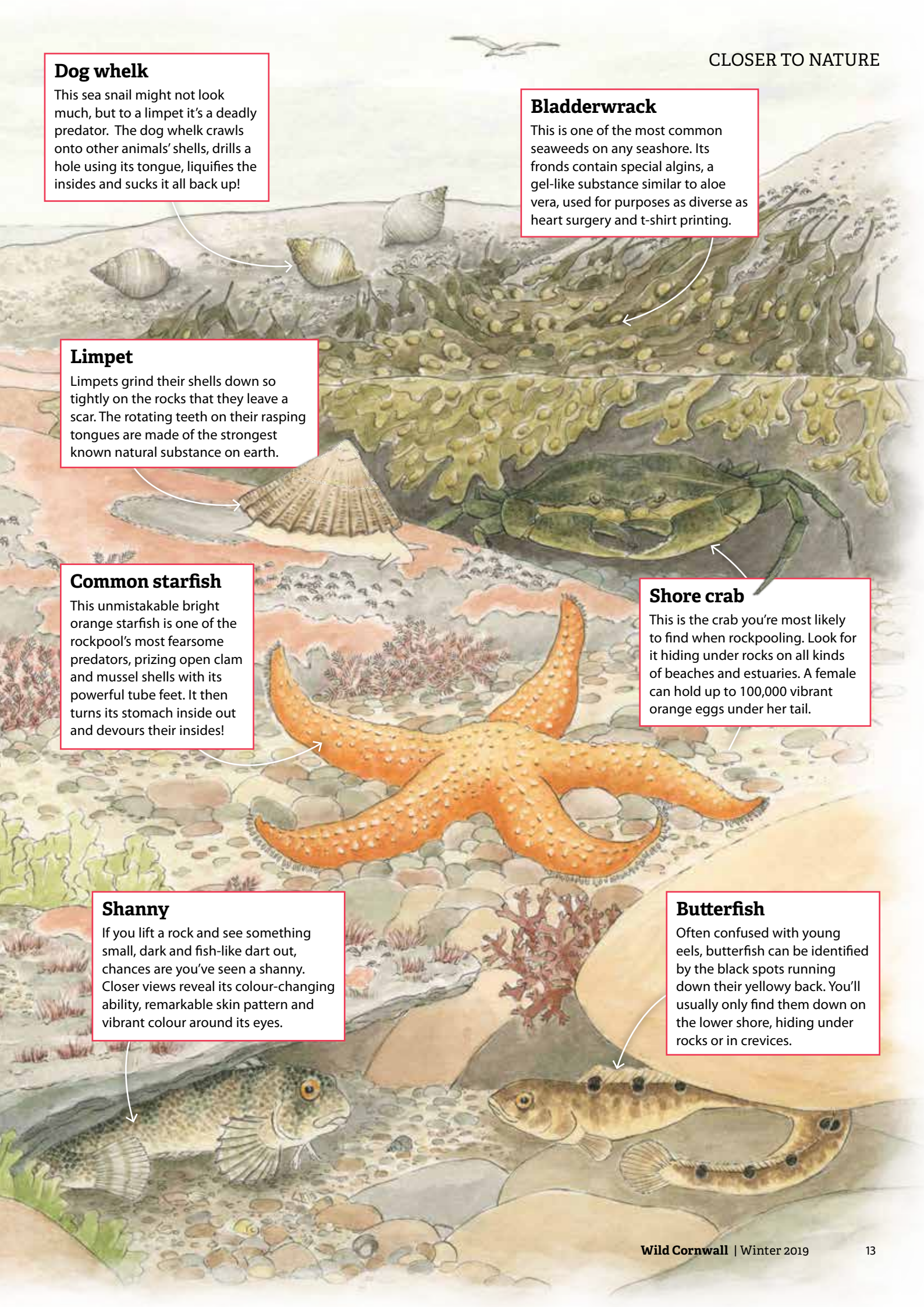
This is the crab you're most likely to find when rockpooling. Look for it hiding under rocks on all kinds of beaches and estuaries. A female can hold up to 100,000 vibrant orange eggs under her tail.

**Shanny**

If you lift a rock and see something small, dark and fish-like dart out, chances are you've seen a shanny. Closer views reveal its colour-changing ability, remarkable skin pattern and vibrant colour around its eyes.

**Butterfish**

Often confused with young eels, butterfish can be identified by the black spots running down their yellowy back. You'll usually only find them down on the lower shore, hiding under rocks or in crevices.



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# 6 places to see

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# Winter wildfowl



**A**s the temperature drops, our wetlands fill with wildfowl escaping the harsher winters of their breeding grounds. It's a sensational spectacle as swans, geese and ducks descend on our lakes and reservoirs in loud, colourful groups. The air fills with the joyous whistling of wigeons and teals, while groups of elegant grey gadwalls rub shoulders with green-headed mallards, beautiful pintails and bizarre-billed shovelers. Diving ducks like pochards and tufted ducks are joined by goldeneyes – the males a glorious glowing white as they bob to the surface between feeding dives.



GADWALL BY GUY EDWARDES/2020VISION



## See the spectacle for yourself

- 1 East Chevington, Northumberland Wildlife Trust**  
Just a short walk from the beach, the wintering ducks on these two lakes are sometimes joined by seagoing species like the lovely long-tailed duck.  
**Where:** Near Red Row, NE61 5BX
- 2 Foulney Island, Cumbria Wildlife Trust**  
Spot wintering brent geese, or look for common scoters and long-tailed ducks on the sea amongst the large flocks of eiders.  
**Where:** Near Barrow in Furness, LA13 0QL
- 3 Teifi Marshes**  
**The Wildlife Trust of South & West Wales**  
One of Wales' best wetlands, attracting large numbers of wintering ducks including teals, wigeons and mallards.  
**Where:** Cardigan, SA43 2TB
- 4 Rutland Water**  
**Leicestershire and Rutland Wildlife Trust**  
Around 30,000 wildfowl can spend the winter at Rutland Water, often including several smews – one of our rarest and most beautiful winter ducks.  
**Where:** Oakham, LE15 8BT
- 5 Catcott, Somerset Wildlife Trust**  
In winter the flooded fields host wigeons, teals and pintails – a definite contender for the UK's most elegant duck.  
**Where:** Burtle, TA7 8NQ
- 6 Blue House Farm, Essex Wildlife Trust**  
Listen to the bubbling calls of thousands of brent geese, which travel from Siberia to feed in the sheltered Crouch Estuary.  
**Where:** North Fambridge, CM3 6GU

### Did you see one?

We'd love to know how your wildfowl search went. Please tweet us your best photos of ducks, geese and swans from your day out @wildlifetrusts



# Wildfowl and wader watching in Cornwall



Cornwall's estuaries are a richly rewarding place to watch birds, particularly through the autumn and winter months. Waders and ducks on migration drop into the estuaries to rest and refuel whilst, from the late summer onwards, these areas come alive with birds returning from their northern breeding grounds to spend the winter months in the sheltered waters of the South West. They are attracted not only by the warmer climate but also by the high abundance of food available in the nutrient rich mud.

Birds move around the estuaries over the course of the tidal cycle. The best time to watch is on a rising tide, when birds begin to converge into smaller areas as the mudflats are inundated or on a falling tide when birds appear from their roosting sites to resume feeding. Some of the best places to see wildfowl and waders are right here on Cornwall Wildlife Trust nature reserves.

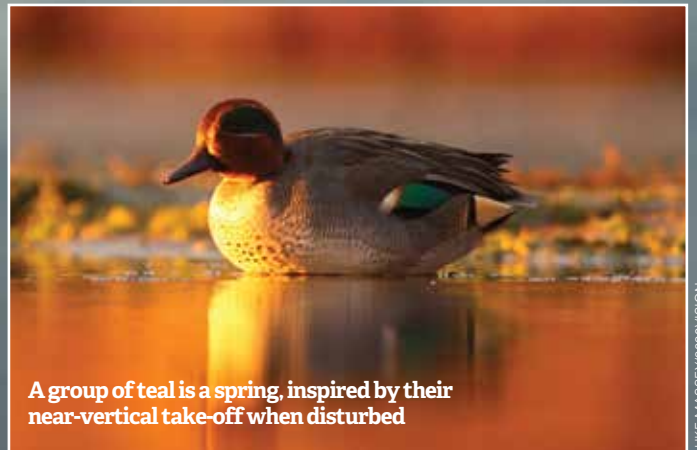


Avocet

## 1 Tamar Estuary Nature Reserve

The network of saltmarsh, mudflat and tidal creeks at Kingsmill Lake is one of the best places to watch avocet. Avocets are a great conservation success story: extinct in the UK during the 19th century, this beautiful bird was given a lifeline during the Second World War when it recolonised the beaches of East Anglia, which were closed and flooded as a defence against invasion.

You can approach the lake from Landulph Church taking a footpath down to the sea wall. As well as avocet, there is a good chance you will see a greenshank and possibly the occasional spotted redshank. (SX431614),



A group of teal is a spring, inspired by their near-vertical take-off when disturbed

LUKE MASSEY/2020DIVISION

LUKE MASSEY/2020DIVISION



**2 Churchtown Farm Community Nature Reserve**

A walk at Churchtown Farm offers fantastic views of the River Tamar including the Lynher Estuary that forms the western arm of the Tamar-Tavy-Lynher drowned river valley. In the mudflats around the nature reserve you can spot curlew and redshank with little egret and heron regularly seen in Forder Creek.

Whacker Quay overlooks an area of the Lynher Estuary and is a good spot for birdwatching. Taking the A374 from Torpoint, pass Antony and after about another mile there is a car park and viewing area on the right-hand side of the road. Wigeon, teal, great crested grebe and red-breasted merganser can all be seen from the Quay. Migrating osprey have also been spotted fishing in Whacker Lake. (SX390551).

**3 Fal-Ruan Estuary Nature Reserve**

The wide, flat-bottomed Fal estuary is part of a ria system (drowned river valley) and the mudflats contain white china clay waste washed down river from the clay sites near St Austell. Access to the nature reserve is restricted but the Trelonk section may be seen from the lanes around Ruan Lanihorne (SW891404).

Many species can be seen here including; curlew, teal, redshank, shelduck, golden plover, dunlin and wigeon. The site is important for its population of black-tailed godwit. Visiting from July to January, this is a large elegant wader with long legs and bill, a white rump and a bold white bar on the wing. The draining of wetlands has had a big impact on black-tailed godwits with European numbers almost halving in the last 25 years. In flight this is an eye-catching bird to watch and it is a fantastic sight to see flocks of this 'stripy' wader on our Cornish estuaries.

Visit [cornwallwildlifetrust.org.uk/nature-reserves](http://cornwallwildlifetrust.org.uk/nature-reserves) for details of all our nature reserves or download our NEW Leaflet at [cornwallwildlifetrust.org.uk/explore-near-me/nature-trails](http://cornwallwildlifetrust.org.uk/explore-near-me/nature-trails)



Spotted redshank

DAVID TIPLING/2020VISION



Black-tailed godwit

BERTIE GREGORY/2020VISION



Red-breasted merganser. The scientific name *Mergus serrator* refers to its saw-like bill used to catch fish

AMY LEWIS



Curlew. The old Cornish name is 'gelvinak' - referring to its long bill

TERRY WHITTAKER/2020VISION



# Cornwall Wildlife Groups

## Do not disturb! Admire from a distance.

CORNWALL SEAL GROUP RESEARCH TRUST

Our coastline's key attraction is our amazing marine life, including our globally rare grey seals. A glimpse of a seal can make a holiday. In Cornwall this summer, disturbance hit record levels with seals at one site being subjected to 13 tripper boat visits in 85 minutes and 10 stampedes caused by clifftop walkers in 70 minutes – spooking seals into the sea every seven minutes!

Cornwall Seal Group Research Trust (CSGRT) are members of the Seal Alliance (SA), a UK partnership protecting seals in the SW, NW Wales, NE England and NE Scotland. CSGRT's Katie Bellman and Sue Sayer have written a new SA report entitled *Please Do Not Disturb!* Serious incidents occurred at critical sites where seals rest, socialise, pup and moult. Shocking films show the growing harm we're having. Disturbance is always a waste of energy, sometimes it resulted in serious injury and occasionally it's fatal (particularly during the pupping season).

Seals suffer chronic disturbance from motorised vessels, kayaks, paddle-boarders, wildlife watching tours, anglers, walkers, dogs, drones, planes, helicopters and photographers. Feeding seals is a growing concern.

SA wants legal protection of seal habitats and have asked for a meeting with Defra to agree action before it is too late. Most disturbance is unintentional, so a **NATIONAL MARINE WILDLIFE CODE OF CONDUCT** is urgently needed to raise public awareness. With many complex challenges facing our marine environment, disturbance is unusual because the solution is **SIMPLE** – we all need to **ADMIRE FROM A DISTANCE**.

Sue Sayer  
(CSGRT and Cornwall Marine and Coastal Code Group)

[www.cornwallsealgroup.co.uk](http://www.cornwallsealgroup.co.uk)  
[www.cornwallmarinelifecode.org.uk](http://www.cornwallmarinelifecode.org.uk)



Seals in cove in North Cornwall

PETER EALEY



Tombstoning pregnant female

CSGRT



Dog biting slowest young seal to get to sea

CSGRT



ALEXANDER MUSTARD/2020/IGN

# Rowena's wildlife blog

We all want to help nature in these uncertain times, and when people (like you and me) come together to form a wildlife group, wonderful things start to happen.

My new blog is devoted to Cornwall's many and varied Wildlife Groups. A quick lite-bite of the online blogs are below - an insider's virtual guide to our local wildlife.



**Rowena Millar**

Wildlife writer, previous editor of this magazine and wildlife naturalist, with a love of words and nature. Rowena is our roving blogger for our Cornwall Wildlife Groups.

*find out more*  
**If you are interested in volunteering or joining a Cornwall Wildlife Group, please visit:**  
[cornwallwildlifetrust.org.uk/volunteer](https://cornwallwildlifetrust.org.uk/volunteer)

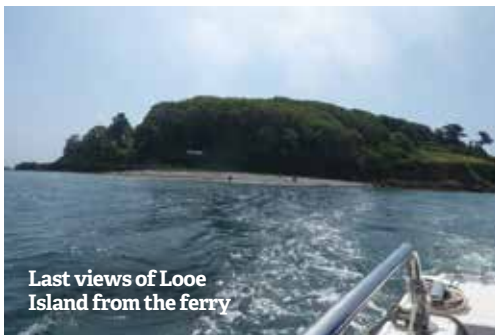
## Discovering Island Secrets

**Launceston Area Parish Wildlife Group (LAPWG) take a trip to Looe.**

"... Fulmars spend more of the year at sea than their cliffside companion species. At the age of about six, a fulmar lays a single egg, which takes about 50 days to hatch and another 50 days to rear. The first fulmars appeared in Cornwall in 1943, having spread from north-western areas such as distant St Kilda, perhaps lured south by discards from the fishing and whaling industries. After this, the 'fat-ball' chick has to make its own way in the world..."



Herring gulls on top of the cliff, with fulmars nesting below us



Last views of Looe Island from the ferry



JANE LEIGH, FALMOUTH MARINE CONSERVATION

## Kayaks make light work of Rubbish

**Falmouth Marine Conservation group joins beach clean groups to transform rubbish into kayaks.**

"... The final tally was 13.7kg of general waste, 1.9kg of recyclable cans and

bottles, and 2.6kg of plastic material for the Ocean Recovery project, to be made into kayaks. As kayaks can be used to collect rubbish from the water, and from remote beaches that are difficult to access on foot, this is a particularly satisfying outcome. Another piece of great news is that the amount of rubbish is gradually going down..."

## Wild Scything with Wild Allet's volunteer group

David demonstrated how a blade is honed with the sweeping motion of a simple whetstone along one edge. Then the volunteer gets to work, keeping the blade ahead of them and close to the ground, with a flat and even (rather than upward) stroke to cut through thick tussocks. The grass was tall, crispy-pale and dry, with a few late flowers showing their heads here and there. As they were sliced, the strands fell neatly together across the sward.

If the meadow had been cut more regularly, the job would have been easier, with a more even growth and fewer thick clumps, but no doubt the grass-eating local voles and their owl predators were quite happy with the tussocks.



ALL IMAGES ARE BY ROWENA MILLAR UNLESS CREDITED OTHERWISE.



Read the full blogs here <https://cornwallwildlifegroups.wordpress.com>

We need your stories! There is so much to tell. Let us know about your own Wildlife Group's events and activities.

Email Rowena at [rowena@naturalword.co.uk](mailto:rowena@naturalword.co.uk) or Ella at [ella.clark@cornwallwildlifetrust.org.uk](mailto:ella.clark@cornwallwildlifetrust.org.uk)



# From the Sahara Desert to Perran Sands

## PHOTOGRAPHY GROUP

Photography is a creative passport to visit many amazing places, both locally and abroad. As the only British member of the International Federation of Wildlife Photographers (IFWP), Cornwall Wildlife Trust Photographic Group is lucky to have had the opportunity to travel to many countries to take part in congresses organised by our overseas counterparts.

In 2020 it is our turn to welcome members of the IFWP to Cornwall. From 18th to 22nd of May 2020 we will be hosting a Wildlife Photography residential congress at Perran Sands Holiday Park. This all-inclusive event will focus on a series of guided photography outings, meals, socials and an exhibition.

2019's event is being held in Marrakesh, with photography around the majestic Sahara Desert, so we will be aiming high for 2020 to make sure our international and national photographers enjoy some unique photographic experiences. The dunescapes and Cornish coast offer some equally stunning scenes.

### Cornwall Wildlife Trust supporters can get involved:

1. **Photographers:** If you love taking photos of wildlife and landscapes you could take part in the event: come along, stay for the week and indulge yourself. The cost of the event is £300 fully inclusive of meals and accommodation. Space is limited and places are filling up quickly (we expect the event to have sold out by early December) so we'd recommend that you book early.

2. **Volunteers:** If you would like to help with the event, we are looking for volunteers to drive attendees to and from the airport and to various locations. You will be able to participate in any of the photo trips and events that you are assisting and are welcome to attend the final evenings social and exhibition with the delegates from across Europe.
3. **Contact Adrian Langdon, [adrian.langdon@btinternet.com](mailto:adrian.langdon@btinternet.com) for more information if you are interested.**

**IFWP: [www.ifwp-photo.org](http://www.ifwp-photo.org)**



DAVID CHAPMAN



SOPHIE PAVELLE/HANNAH STITFALL

## Those boots are made for walking with #HikingforNature

Congratulations and thank you to Sophie Pavelle and Hannah Stitfall who raised an amazing **£7,258.25** for the Wilder Future campaign on their epic #HikingforNature adventure.

They covered 300 miles of beautiful but challenging Cornwall and Devon coastline in just two weeks, sometimes covering up to 30 miles in a single day, all for the love of wildlife.

Money raised will be split between Devon Wildlife Trust and Cornwall Wildlife Trust supporting our nature reserves and work. If you'd like to hear more about their adventures, Sophie and Hannah can be booked as event speakers through [info@allelectricproductions.co.uk](mailto:info@allelectricproductions.co.uk)

Want to fundraise for nature? contact [Isabella.hawkes@cornwallwildlifetrust.org.uk](mailto:Isabella.hawkes@cornwallwildlifetrust.org.uk) or download our fundraising pack from our website.



# Nancarrow Farm goes wild

Tucked away on the side of the A30, Nancarrow celebrated 20 years as an organic farm with their 1000 Mouths festival from October 4th – 6th. After a weekend of ‘feastivities’, we look back on Cornwall Wildlife Trust’s relationship with the farm and the success of their festival.

Sustainability, wildlife-friendly practises and a thriving local eco-system are shared values and aspirations of Nancarrow Farm and Cornwall Wildlife Trust. The Trust works closely with Nancarrow on projects including TEVI, and farm advice for the Green Ribs project. As a valued business supporter and working farm neighbour, Nancarrow Farm and Cornwall Wildlife Trust’s links continue to grow.

The festival showcased the work of Nancarrow Farm, as well as local producers, talks and tastings, deliciously sustainable food

and a range of workshops. By day, the farm was open to visitors to explore and enjoy the festival atmosphere, and by night, feasts were held in each barn curated by top chefs and local producers. We were delighted for Cornwall Wildlife Trust to be selected as one of the two nominated charities for the festival – receiving fifty percent of the profits (the other being Penryn-based rainforest charity Cool Earth).

Cornwall Wildlife Trust hosted a wildlife treasure trail at the festival, a children's natural handicrafts stall, and Deputy Head of Reserves, Seán O’Hea joined panel discussions about sustainable farming and woodland management. Thriving with wildlife, Nancarrow Farm was the perfect place for a wildlife treasure trail that took families around the site, identifying wildlife-friendly practises and interesting facts. Seán was joined by Nancarrow owner Steve Chamberlain, Tom Kemp from Working Woodlands, Cool Earth Director Matthew Owen, and Tony Juniper, the new chair of Natural England.



ISABELLA HAWKES - CORNWALL WILDLIFE TRUST

Creating natural headbands



NANCARROW FARM



Matthew, Tony, Seán and Steve discuss sustainable farming

CORNWALL WILDLIFE TRUST

*Nancarrow Farm is a working, 100 acre, Soil Association certified organic farm, on the outskirts of Truro. They produce Red Devon beef, Suffolk lamb and Tamworth pork. Producing food in harmony with the environment is high on their list of priorities.*

**NANCARROW**  
FARM / BARNs / KITCHEN

[nancarrowfarm.co.uk](http://nancarrowfarm.co.uk)

Proud to support  
**Cornwall Wildlife Trust**





BEN WATKINS

The extent of our climate and ecological crisis has become impossible to ignore and the calls for action are getting louder, with the recent Global Climate Strike and Extinction Rebellion protests making headlines around the world. Cornwall Wildlife Trust is determined to play an active role in meeting the challenge by encouraging natural solutions that will renew our environment and create a Wilder Future for us all.

The recent State of Nature report made clear just how urgently we need action nationwide: 41% of species studied have declined since 1970, and 26% of mammals are at risk of extinction. Despite Cornwall's famous natural beauty, the picture here is as severe as the rest of the country. The causes of this are manifold, but the intensification of farming methods and pressure from housing developments have done much to drive nature into a corner. The State of Nature report is also clear that climate change is already having a detrimental effect; average UK temperatures have increased by nearly 1°C since 1980, disrupting ecosystems and forcing many species to move northwards. In Cornwall the small red damselfly has seen a 65% drop in distribution around the county, mainly attributed to more erratic weather patterns.

This depressing story of decline is not inevitable; together we can help ensure that nature is given the space to flourish across Cornwall and the United Kingdom. The Wildlife Trusts are campaigning for a Nature Recovery Network to place nature at the heart of our farming and planning systems, and to interweave

our daily lives with wildlife and greenery. To enable this to become a reality, we are pushing for an ambitious Environment Act to be passed by Parliament, which would lead the way for local authorities to produce Local Nature Recovery Maps. The possibilities are incredibly exciting. Can you imagine housing estates with homes for people and nature entwined, wildflower strips along every road, and large areas of marginal farmland now thriving as re-wilded nature hotspots?

We are already working on building a Wilder Future for Cornwall. The reintroduction of beavers into Cornwall has captured imaginations, and the part they can play in creating and linking habitats, reducing flooding, storing carbon and protecting against drought. Our 57 nature reserves provide space for nature and for carbon storage, and we're



**These natural water engineers could help store carbon in new wetlands**

JACK HICKS

looking to expand the amount of land we hold while exploring opportunities for re-wilding. There have been some success stories already, with a 69% increase in distribution of all bat species across Cornwall, which is great to see.

We'd like to invite you to help write this next chapter and create a Wilder Cornwall for us all. With David Attenborough's help, we're asking people to let politicians know how great the demand is for a Wilder Future. Just visit <https://action.wildlifetrusts.org/page/48204> and you can share your thoughts and lend your support.



**Wetland habitats, ponds and scrapes are essential habitats for storing carbon.**

BEN WATKINS

Cornwall Wildlife Trust is working towards a wilder future for Cornwall, with our staff, volunteers and community groups already delivering a range of projects that are both good for wildlife and also good for climate change. These include:

### Creating wilder land and seas across Cornwall

Our 57 nature reserves provide space for nature to store carbon – we plan to expand the area of land we own and explore rewilding opportunities. The more we improve the condition of habitat on land and at sea, the greater the potential for carbon storage in that habitat. Our nature reserves are also important 'wildlife corridors', which link habitats and provide diverse, safe havens for wildlife to recover from the impacts of climate change.

### Natural solutions to climate change

Climate change is expected to increase sea levels and the intensity of rain and weather events, including droughts. With support from South West Water, we work with farmers and landowners across Cornwall to support land and agricultural management, which slows the flow of water across the land and improves soil health. Slower water has less impact on our soils than fast water, which can destroy habitats and wash soil and nutrients quickly out to sea. We are also increasing our work with developers and Cornwall Council to ensure that new housing meets new quality standards, which are good for water, wellbeing and wildlife.

### Understanding the impact of climate change on our wildlife

Because of Cornwall's geographical location and maritime climate, the county is often the first and the last place for wildlife to be found in the UK, particularly migratory birds and insects. We work with our network of environmental scientists, community groups and volunteers to build up environmental records that help us to understand how conditions for wildlife change over time.

### Safeguarding our rare species

Cornwall's unique geology and warm climate means that it is home to some globally rare species and habitat. We will continue to gather information on these species in order to understand the impact of climate change and explore measures to help them adapt.

### Understanding the arrival of new species

Warmer climates and extreme weather can bring new plants and animals to Cornwall, and their impact on existing wildlife and wild places needs to be understood and managed. The recent example of Pacific oysters smothering rocks across Cornwall is likely to be exacerbated by climate change and there are many historic examples, including Japanese knotweed.

### Connecting people with nature

We campaign and raise awareness of the importance of nature for our health and wellbeing. We encourage wildlife actions – big and small – such as wildlife gardening or making a pond, so that our members, community groups and other organisations can help wildlife to adapt and thrive in the face of the challenges that climate change will bring.

### Wildlife-friendly, lower-carbon economy

We support and advise businesses and landowners whose activities impact on our land, rivers, and seas to help them work with Cornwall's natural resources and conditions. We show how wildlife-friendly and less intensive business practices can bring financial, as well as environmental, benefits.

### Net-zero Cornwall Wildlife Trust by 2030

We will continue to look at the carbon and environmental impacts of how we manage our own nature reserves, how we deliver our conservation projects and how we run our charity. We are developing an action plan for Cornwall Wildlife Trust to become carbon zero by 2030.



**Creating a wildlife pond and letting nature take its course is one of the best things you can do to tackle the ecological crisis**

PENNY DIXIE

## Climate change - What you can do

- 1 **Join our Wilder Future campaign** and let your MP know your views (just fill out our online form, and we'll send it off to your local MP)  
[www.cornwallwildlifetrust.org.uk/wilder-future](http://www.cornwallwildlifetrust.org.uk/wilder-future)
- 2 **Sign up to Cornwall Council's Climate Emergency** email list to receive updates about the declared climate emergency. [www.cornwallcouncil.gov.uk](http://www.cornwallcouncil.gov.uk)
- 3 The Wildlife Trust is part of **Greener UK**, with aims to secure the UK's global climate leadership. Find out more [www.greeneruk.org/aboutus](http://www.greeneruk.org/aboutus)
- 4 **Donate to our Nature Reserves Appeal** – land and seas can be natural carbon sinks for Cornwall, but our Nature Reserves cost £1,972 every day to protect them.

**Let us know your natural solutions to the climate and ecological emergency** by emailing us at [news@cornwallwildlifetrust.org.uk](mailto:news@cornwallwildlifetrust.org.uk)



# Cornwall's winter seas **reward the brave!**







## 1 Winter wonderlands

### Explore outdoors

**In the garden.** Start a winter journal of all the wildlife you spot in your garden. **In the woodland.** Take a walk at one of Cornwall Wildlife Trust's nature reserves and collect some souvenirs along the way.

**Top tip:**

Download the **Wildlife Trust Nature Finder app** to find a reserve near you.



# 12 DAYS OF Wilder CHRISTMAS

## 2 Decorate with nature

### Bring the outdoors in

- Create a table centerpiece from pine branches and berries
- Make an evergreen wreath for your front door
- Spruce up your gift wrapping with sprigs of foliage and berries
- Make a garland with dried orange peel and cinnamon sticks

**Top tip:** Find more great things to do at: [wildlifewatch.org.uk](http://wildlifewatch.org.uk)



## 3 Help out wildlife

### Little actions, big difference

- Build a hedgehog house
- Create a bug hotel
- Let the garden go wild as a winter haven for hibernating animals

**Top tip:** Check out helpful **how-to guides** on our website



**Done it!**



## 4 Festive fundraising

### Set up your own charity event

- Organise a Christmas jumper day at work or school, and collect donations
- Arrange a make-and-bake sale and raise money by selling crafts, cakes and treats

**Top tip:** Read our **fundraising pack** online for more ideas

**Done it!**



## 5 Wilder shopping

### Gifts that do good

- Buy your Christmas cards and presents from us, and support your local wildlife.
- Give a Cornwall Wildlife Trust gift membership
- Donate to one of our appeals

**Top tip:** Visit our website or call our Membership Officer on 01872 273 939

**Done it!**



## 6 Gather with loved ones

### Get together at a Trust event

**Spend quality time in nature.** Come along to one of our many events this winter, from nature talks and Christmas quizzes, to twilight walks, photography walks and much more.

**Top tip:** Check out our **What's On** page online for diary dates

**Done it!**





# Wilder CHRISTMAS

Keep this for a  
Wilder Christmas  
next year

Make your own  
Christmas decoration  
or gift box

**pull out**

Carefully remove this poster from your magazine, stick it on your fridge (or a place where everyone can see it) and try our selection of Wilder Christmas ideas...

**Merry Christmas**

### Cut out and stick...

Cut out the shapes along the solid lines and fold using the dotted lines. Create your own designs or patterns or trace the shapes cut out of last year's wrapping paper or Christmas cards. Glue or use double-sided tape to join the edges. Finish with a piece of twine from the garden.

**tree  
decoration**

A fun way for wrapping up your small, but very precious gifts! These special little boxes add a very festive twist to any Christmas package and can be hung from your Christmas tree!

**share**

We wish you all a wonderfully wilder Christmas from everyone at Cornwall Wildlife Trust.

Please share your  
12 Days of a Wilder Christmas  
with us on social media

**#wilderxmas**





# gift box

**Little boxes are always useful at Christmas!**  
This one provides that perfect blank canvas for adding your own very special Christmas designs and personalised messages!





## 7 Coastal adventures

### Feel the brisk sea air

Head to the beach. Pick up some driftwood to use as beach-themed Christmas decorations.

**Cliff-top viewing.** Grab your binoculars and see if you can spot overwintering birds, dolphins or even whales.

**Top tip:** Download the **ORKS app** and send in what you see

*done it!*

## 8 Rustic crafts

### Get creative with DIY projects

- Create tree decorations from leaves, twigs and berries found on your walks
- Set up a twig tree and decorate it with lights and ornaments
- Make holes in small logs to hold tealights

**Top tip:** Upload photos and tag your creations with **#wildcristmas**

*done it!*



## 9 Feed the critters

### Support wildlife during winter

- Make a bird feeder
- Put out treats for wild animals - check online for healthy natural foods like apples, seeds and nuts.
- Top up bird baths regularly with fresh water

**Top tip:** Discover more activities at [wildlifewatch.org.uk](http://wildlifewatch.org.uk)

*done it!*

## 10 Wild goodwill

### Support Cornwall Wildlife Trust

Fundraise for us. Download our fundraising pack and set up an online page at [wonderful.org/charity/cornwallwildlifetrust](http://wonderful.org/charity/cornwallwildlifetrust)

**Leave a legacy gift.** At this time of giving, adding a codicil to your will in support of Cornwall's wilder places would make a really positive difference

**Top tip:** Find out more about supporting the Trust on our website

*done it!*

## 11 Give a little extra

### Christmas shopping online? Add a donation through:

- [www.easyfundraising.org.uk/causes/cornwallwildlifetrust/](http://www.easyfundraising.org.uk/causes/cornwallwildlifetrust/)
- [www.giveasyoulive.com](http://www.giveasyoulive.com)
- [smile.amazon.co.uk](http://smile.amazon.co.uk) and select "Cornwall Wildlife Trust" as your charity when you shop

**Top tip:** Search Cornwall Wildlife Trust on each of these sites to start donating

*done it!*

## 12 Gift of your time

### Volunteer for the Trust

Get hands-on. Join one of our wildlife groups and get some real satisfaction while providing some much-needed support as a volunteer

### Bring family and friends.

Do something different with those you love this Christmas and volunteer together for a fun day out.

**Top tip:** Find out more about volunteering on our website

*done it!*



All our Christmas gifts ideas and information can be found on [cornwallwildlifetrust.org.uk/christmas](http://cornwallwildlifetrust.org.uk/christmas) or call our membership team on 01872 272939

At Cornwall Wildlife Trust, our marine team always looks forward to long, warm summer days, when we spend a great amount of time on the coast, running a huge range of activities throughout the county.

But winter in Cornwall often provides some of the highlights of our year. Not only do we offer incredible events, but nature puts on its own seasonal show, with iconic marine visitors coming to our shores.

For those willing to layer up with warm clothes and waterproofs, or even a drysuit if needed, there are many riches to be found. Getting out and about on cliffs and beaches, or diving into the waves, is known to keep those winter blues away, helping to revitalise body and spirit. →



## The big predators

From autumn each year, huge shoals of sardines, whitebait and sand eels populate the seas around Cornwall. These are soon sought out by some of the UK's iconic marine predators, such as dolphins, humpback whales and blue fin tuna, who return to our coasts to take advantage of the new feast after spending the summer hunting in deeper waters.

Throughout the year, our citizen marine recording project, Sequest Southwest, puts on a number of events where volunteers can spend hours atop cliffs, surveying the sea for

these creatures. They are rewarded with some of the most exciting spectacles in the world, including feeding frenzies with gannets diving, dolphins and tuna breaching and whales – such as minke and even humpbacks – getting involved in the action. Indeed, autumn and winter are the best times of year to see these dramatic events.

### Interested in becoming a Sequest volunteer?

Email [sequest@cornwallwildlifetrust.org.uk](mailto:sequest@cornwallwildlifetrust.org.uk) for more information.



**Tell us what you see!**  
Your wildlife sightings provide vital information for research and conservation



Online Recording Kernow and Scilly  
[www.ORKS.org.uk](http://www.ORKS.org.uk)

DOWNLOAD THE ORKS APP



ADRIAN LANGDON

Bottlenose dolphin



Maerl, slow growing calcified seaweed

MATT SLATER - CORNWALL WILDLIFE TRUST



A young female grey seal swimming over kelp

ALEXANDER MUSTARD/2020VISION



Curled octopus

WARREN HASTINGS

## Diving under winter waves

The seas are at their warmest in early autumn and there is so much to see for those willing to venture under the waves.

Falmouth Bay is a hotspot for the curled octopus, which has been thriving in recent years and was a regular sight throughout autumn 2018. Cornwall Wildlife Trust Seasearch volunteer divers will be donning their drysuits and delving into the depths once again this year to try and spot them.

Putting the clocks back doesn't put an end to the excitement, though.

Diving in Cornwall in the winter months can be an amazing experience. The water is often clearer and the coastline offers

many sheltered dive sites with plenty to see.

Take the maerl beds of St Mawes for example. Here, several types of slow-growing calcified red seaweed create a rich purple lattice that forms deep beds, home to a huge diversity of species.

In many of our estuaries you can also dive in beautiful seagrass meadows, and although they are rarely seen, you may even find a seahorse one day.

If you're a qualified diver and would like to get involved, email [seasearch@cornwallwildlifetrust.org.uk](mailto:seasearch@cornwallwildlifetrust.org.uk) or visit [www.seasearch.org.uk](http://www.seasearch.org.uk)







## A special time for seals

Late autumn and early winter are a special time for Cornwall's grey seals, when pregnant females arrive on sheltered beaches and inhabit caves to deliver their pups. These tiny white bags of skin and bone are born weighing as little as 10kg, but, suckling on their mothers' rich milk they will quadruple their weight within just three weeks. Once weaned they are fully functioning seals, ready to hunt and survive by themselves.

But seal mothers and their pups are under increasing threat. In recent years, Cornwall Wildlife Trust's Marine Strandings Network, British Divers Marine Life Rescue (BDMLR), Cornwall Seal Group Research Trust, and Cornwall Marine and Coastal Code Group, have all seen a dramatic increase in the number of young seals reported dead or in dire need of rescue – many with dramatic injuries.

Extreme weather caused by changes in our climate could be one reason why these seals run into difficulty. But another serious issue – particularly during the sensitive autumn months – is repeated human intrusion on seal populations. A recent report from The Seal Alliance highlighted high levels of disturbance due to recreational activities, as well as expanding tourism, not only in Cornwall but across the whole of the UK.

## Cornwall's feathered visitors

Cornwall is home to many sea and coastal birds during the winter months. These birds migrate each autumn to our coasts after an intensive summer of breeding in Scotland and further north. The Cornish south coast between Falmouth Bay and St Austell Bay is designated as a Special Protection Area for great northern divers, black-throated divers and Slavonian grebe, making it a key UK site for these birds.

Great northern divers can also be seen in many other sheltered spots throughout the winter, such as St Ives Bay and Newquay Bay.

When walking along the cliff tops, you might come across dedicated bird watchers braving the cold and scanning the sea to catch a sight of rare and incredible birds passing the headlands. Autumn and winter are ideal times to look for the black-browed albatross (seen in early 2019), great skua, puffin, Balearic shearwater and storm petrel.

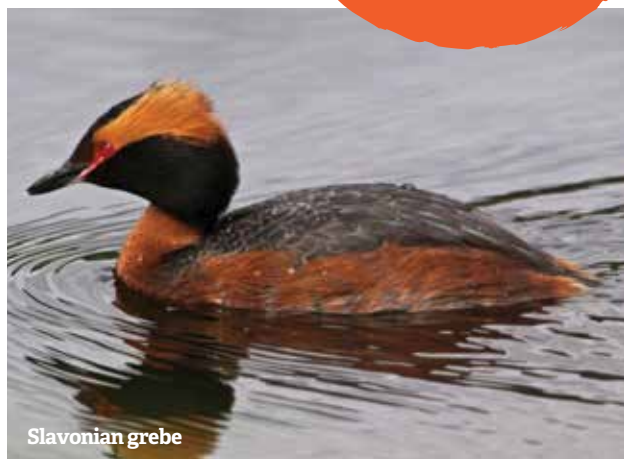
### Bring your bins!

Remember, if you're walking the coast, always take a pair of binoculars. You never know what you might witness – it just takes a little luck and patience to be in the right place at the right time.



Black-throated divers

MARK HAMBLIN/2020VISION



Slavonian grebe

MARGARET HOLLAND

Keep your distance and film with a long or zoom lens



ADRIAN LANGDON



# Marine volunteering

## Treasures on the shore



Mermaid's purses are common on our strandlines

BECKY HITCHIN

Winter storms and rough seas bring a wealth of riches to our strandlines, whether it's shark egg cases (also known as mermaid's purses), shards of sea glass, or driftwood washed ashore after months or even years being carried along the oceanic currents.

Unfortunately, plastic also plagues our beaches. Some of it can be decades old – crisp packets dating back to the 1970s and 1980s are found every year. On occasion, plastic is found that seems to have journeyed from across the Atlantic, such as fishing floats, still marked with the names of fishermen working off the northwest coast of America.

But all of this rubbish and plastic poses a threat to our marine wildlife. Around the coast, armies of volunteers from the Your Shore Network groups and the Cornwall Plastic Pollution Coalition work hard to keep local beaches cleared throughout the year. Even in the winter months they rally together armed with litter pickers to collect rubbish.

Cornwall Wildlife Trust's marine team works with this network of incredible people. We encourage anyone who cares about the environment to join a beach clean, where you can meet like-minded people while helping to make a difference.



CORNWALL WILDLIFE TRUST

## A WiSe choice

For those of us who enjoy getting up close and personal with amazing marine wildlife, Cornwall is lucky to have a number of excellent wildlife boat operators all around the Coast.

But it's important to choose a WiSe (Wildlife Safe) accredited operator. This shows that they are committed to not disturbing wildlife, while providing the best viewing experience, by following best practice and agreed codes of conduct.

For more information visit [www.wisescheme.org](http://www.wisescheme.org) or contact Cornwall Wildlife Trust.

## Life's a beach

Cornwall Wildlife Trust and Your Shore Network have so much planned over the coming months. Anyone and everyone are welcome to join us. We have Ocean Movie Month in November, Merry Quizmas throughout December, and we're celebrating Ocean Optimism in January.

In February, Your Shore Beach Rangers will once again be running our **#LoveYourBeach** Day, celebrating Cornwall's amazing coastline. But this time there will be an extended week of beach cleans and events, in partnership with Your Shore Network groups.

Winter is also the time for our big summits, such as the Marine Strandings Network Forum and the Your Shore Conference.



CORNWALL WILDLIFE TRUST

For more information on volunteering opportunities and key dates for your diary, visit [www.cornwallwildlifetrust.org.uk](http://www.cornwallwildlifetrust.org.uk)

Follow us online:

- @CornwallWildlife
- cornwallwildlifetrust
- @CwallWildlife

Check out the Beach Rangers website and social media for more upcoming events. [www.beachrangers.com](http://www.beachrangers.com)

- @beachrangers
- beach\_rangers
- @YSbeachrangers



ADRIAN LANGDON

Beautiful **organic cotton clothing**  
for babies, toddlers, children and mums too!

frugi  
Love Organic



To find out more visit [welovefrugi.com](http://welovefrugi.com)



## Little CLOTHES BIG CHANGE

Frugi supports the Cornwall Wildlife Trust's Living Seas Programme through its **Little Clothes BIG Change** charity project. Over **£31,000 donated** so far!

Wild Cornwall | Winter 2019



# Family fun for everyone with Wildlife Watch

At Wildlife Watch we are super lucky to have a team of volunteers and local wild and wonderful activity partners who can offer some fantastic wildlife experiences for our supporters. We know the kids have a great time but what about the adults? We asked some of the families who come regularly as parents, grandparents, older siblings and carers – and found that the effects of getting outdoors as a family is more than just a day out with the kids.

**wildlifewatch.org.uk**



Download our Wildlife App from the App Store

*"The events give me that precious, no distractions, one-to-one time with my boys in nature. They love finding out more about wildlife and I always learn something myself, too. Given that I work part-time in conservation, this is great for me on many levels."*

Jasmin, mum of Finley and Heath (6 years old).

We are so lucky to live in Cornwall which has some wonderful areas to explore. And it's a chance to wildlife-spotting and rockpooling as a family, and create some great family memories. We also have a Nature Finder App to identify things which keeps the older children occupied – along with a bit of chocolate.

*"We love attending Wildlife Watch events and finding out new and interesting facts. The events are always well organised and fun, and I often find that a fact learnt at a session is repeated by my daughter at a later date. Even as adults, there are always new things to learn at these events"*

Karen, mum of Tilly (8 yrs old)

To encourage more families to take part from all over Cornwall, Wildlife Watch Cornwall has teamed up with Volunteer Cornwall.

Tess Snellgrove is part of Volunteer Cornwall's Community Development Team, and told us, *"Whilst Cornwall is a beautiful spot where many people come on holiday to experience our beaches and green spaces, some local children have never been to the beach or*

*paddled in the sea. It's good for local families, that organisations like Cornwall Wildlife Trust are making some of what Cornwall has to offer accessible to people who live here."*

Our website shows all the events six months in advance and to make things even easier you can now book direct from the website or call if you have any questions.

Wishing you a wild and fun winter with Wildlife Watch and please tag us in your social media posts.



**Wildlife Watch events can now be booked online! Just follow the link on our website events page, and book via EventBrite. Jo is still available to answer any questions.**

Too-good-to-miss Family-friendly events this winter include:

<p><b>Recycled Art</b> 23rd November Padstow, 10 – 12 noon</p>	<p><b>Christmas Forest School</b> 14th December Penryn, 2 – 4pm</p>
<p><b>Fire Lighting and Campfire Cooking</b> 7th December Falmouth, 10 – 12 noon</p>	<p><b>RSPB Garden Bird Watch and Bird Ringing</b> 26th January Truro, 10 – 12 noon</p>
<p><b>Winter Forest School</b> 8th December Bodmin, 10 – 12noon</p>	

PHOTOS: SIMON STUART-MILLER, CHLOE BALMER



**Jo Arvor**  
Jo has a background in play therapy and loves children and their families enjoying time in nature.



**Melissa  
Harrison**

## Connect with winter this year



When I lived in a city, winter didn't mean much more than a warmer coat for my commute. Now I live in a rural village it seems darker, longer and colder, but also more interesting, with so much to observe and take pleasure in. The slow cycle of the seasons is now a central part of my life.

These days nearly 90 per cent of us live in urban areas where, unless we get outdoors and immerse ourselves in nature, seasonal changes are much less noticeable than in the countryside. But while insulating ourselves from the colder months with 24/7 street lighting and temperature-controlled offices may be convenient, it comes at a cost. Our bodies and minds evolved in nature, alert to its cycles. Studies have shown that part of the brain knows what time of year it is outside and adjusts our immune system and metabolism accordingly, even if the subjects involved are entirely protected from seasonal cues.

It's only very recently in evolutionary terms that we've started spending so much time indoors; just a blink of an aeon, in fact. Perhaps that's why forging a year-round connection to nature can prove so rewarding, because it's something our brains have evolved over millennia to do. Tuning in to cyclical events like the slow ripening of apples, the blossoming of ivy flowers providing late food for bees, the shy eruption of mushrooms among the leaf litter or the peeping calls of redwings migrating over cities after dark – these things root us in time as well as place, creating a feeling of



connection that becomes stronger, more rewarding and more enriching with every passing year.

There's a good case to be made for spending daily time outdoors in nature, whatever the weather (within reason!) and all times of the year. Perhaps it's a lunchtime stroll that takes in your local green space, an evening run around a nature reserve or a new morning route to the bus stop that takes you across a nearby common: build it into your routine and you'll soon feel the benefits. Having a dog is a great motivator; any owner will tell you the benefits to body and mind that come from taking their four-legged friend out every day – even if they may grumble a little on rainy mornings!

Watching even the humblest place change through all four seasons will lead you to know it intimately, a deep, atavistic pleasure that connects us to our past and helps prepare us for an uncertain future, too. The more connected we are to our environment, the more likely we are to protect it – so when the days draw in, keep going out; keep looking, keep listening, keep loving the natural world.



**Go wild this winter** From bugling cranes to bubbling brent geese, there's a world of wild wonders to get you outside this winter. Find your next adventure at [wildlifetrusts.org/winter-wildlife](http://wildlifetrusts.org/winter-wildlife)

### A LITTLE BIT WILD

#### Study the seasons

Phenology is the study of cyclical natural phenomena. Several projects record sightings from citizen scientists, so you can contribute to these valuable, long-running studies of nature. Visit [wildlifetrusts.org/citizen-science](http://wildlifetrusts.org/citizen-science)



**Melissa Harrison** is a nature writer and novelist, and editor of the anthologies *Spring, Summer, Autumn* and *Winter*, produced in support of The Wildlife Trusts.



# A Brighter Future for Darker Skies

Proposal for West Cornwall to become an international dark sky reserve.

From wildlife welfare and human health, to education and astronomy, there are countless reasons for protecting the night sky.

Living things, humans included, are reliant on the day/night cycle to remain healthy. In fact, there is mounting evidence that light pollution has a negative – even deadly – impact on a wide variety of species, including amphibians, birds, mammals, insects and plants. In humans it's been known to contribute to poor sleep, depression and numerous other health issues.

It's why we need to create and protect our dark night sky.

In 2017 Bodmin Moor was designated as an International Dark Sky Landscape. While there are other Dark Sky sites in the UK, this was notable as it is the first one located in an Area of Outstanding Natural Beauty to receive the title. The parish councils of Zennor and Towednack have long held an ambition for West Cornwall to achieve similar status, and buoyed by Bodmin Moor, set about putting together a proposal of their own.

The **International Dark-Sky Association (IDA)** works to preserve the beauty of the night sky. It aims to protect fragile ecosystems, which can often be adversely affected by light pollution, and keys sites around the world have been granted various types of IDA designation. It established the International Dark Sky Places conservation program in 2001, and to date there are more than 120 Dark Sky Places covering over 90,000 square km across six continents.



[www.darksky.org](http://www.darksky.org)

RICHARD STEEL/2020VISION



DONALD SUTHERLAND



RICHARD STEEL/2020VISION



DALE SUTTON/2020VISION



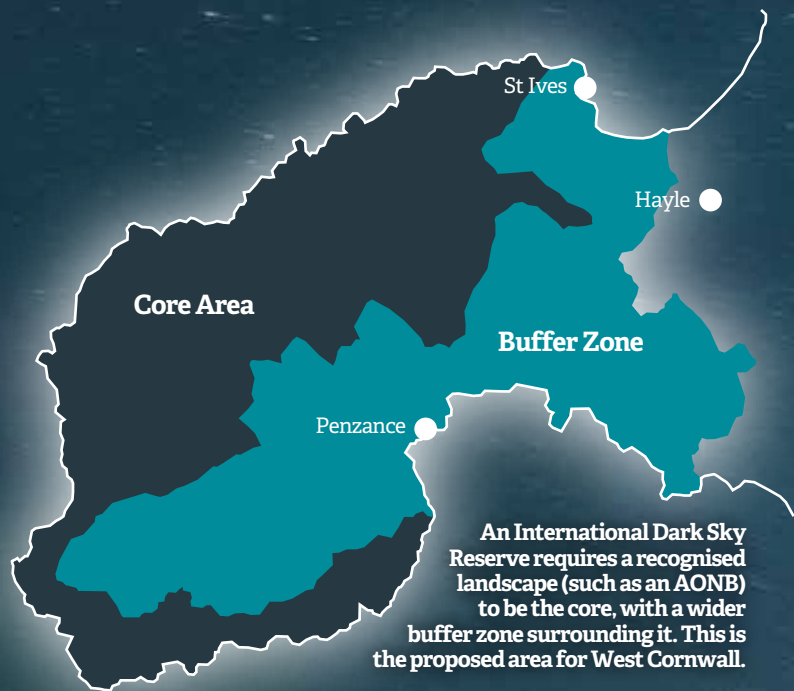
If successful, West Cornwall would be named an International Dark Sky Reserve (IDSR). An IDSR has a dark 'core' with the peripheral area helping to support the preservation of an unpolluted night sky. As the IDA puts it, a Dark Sky Reserve has:

*"...an exceptional or distinguished quality of starry nights and nocturnal environment, and is protected for its scientific, natural, educational, cultural heritage, and/or public enjoyment."*

Last November the two parish councils formed an informal partnership. From that a Steering Group has emerged, chaired by St Just-in-Penwith Cornwall Councillor, Sue James – until recently Cornwall Council's Cabinet Member for Environment and Public Protection. The past year has seen a lot of hard work towards turning this proposal from dream into reality; preserving the night sky for future generations.

Under the proposal, the work involved in protecting the dark night sky will include public education campaigns to encourage sensible use of night-time lighting. Residents and businesses will be offered simple and straightforward suggestions, such as installing lights with a sensor, angling lighting downwards, and avoiding blue-white light where possible.

Additionally, a planning condition would be attached to any relevant new developments to ensure that external lighting is sensitive to the dark night sky. These types of measures are already in place in and around Bodmin Moor.



The West Cornwall proposal is gaining momentum. At a recent public consultation event, 61 of the 62 public comments were in favour of getting West Cornwall's dark sky recognised and protected. Landowners, businesses, and organisations with an interest or potential worries will have also gathered together to discuss the proposal. Many of those attending have sent in letters of support and some are getting more actively involved.

While there's still some way to go with the campaign, if all goes well the inky, star-dappled skies over West Cornwall will remain a familiar sight for years to come.

## can you help?

The West Cornwall Steering Group is looking for people to contribute to events or activities encouraging people to reduce their impact on our dark night sky. Events might range from showcasing information on lighting with a less polluting effect, stargazing nights, night walks to appreciate nocturnal creatures, or even creative evenings for photographers and artists inspired by the bewitching quality of our nocturnal environment.

**If this sounds like something you could help with, the group would love to hear from you.**



For more information or to offer your support, contact Councillor **Sue James** by email at [sue.james@cornwallcouncillors.org.uk](mailto:sue.james@cornwallcouncillors.org.uk) or visit [www.cornwall.gov.uk/darksky](http://www.cornwall.gov.uk/darksky)

# How you can help wildlife this winter

From log and leaf piles to open compost heaps and towers of terracotta pots by the side of the shed, **Kate Bradbury** reveals how we can provide safe habitats for overwintering wildlife in our gardens.

## Bird box

Birds may use these to roost communally on very cold nights. Fill them with dry leaves or similar material to make them warmer.



## Long and tufty grass

Caterpillars and other insects hunker down in the thatch. Some caterpillars may emerge on mild days to eat the grass, so try to leave it uncut until mid-spring.

## Log pile

Insects hide beneath the logs, while amphibians and small mammals, such as these wood mice, shelter in gaps. Fill them with autumn leaves to make them more snug.

## Compost heap

A large, open heap will attract insects including bumblebees and amphibians, such as this smooth newt. It may even lure mammals such as hedgehogs. Try to leave it undisturbed until April.

## Pond

Frogs (particularly males) overwinter at the bottom of ponds so they can be the first to mate in spring. Float a ball on the surface to stop it freezing over.

## Seedheads

Seedheads provide shelter for ladybirds and other insects in winter, and offer a natural source of food for birds, so leave them standing until spring.



ILLUSTRATION: HANNAH BAILEY, PHOTO: SARAH CUTTLE

With the notable exception of birds, most garden wildlife lies dormant over winter, with only a few species, such as hedgehogs, truly hibernating. The rest spend winter in various states of 'torpor' – not fully shutting down their bodies as true hibernating animals do. That's why, on sunny days, you may spot frogs swimming at the bottom of your pond, or bats flying on mild evenings. Even true hibernating animals have a break from all that sleeping – hedgehogs wake up and move nest sites at least once during the cold months.

But on the whole, much of our wildlife isn't seen from around November to March. Where does it go? Insects might crawl into seedheads or wedge themselves beneath bark for winter. A pile of leaf litter might shelter anything from caterpillars, beetles, centipedes and woodlice to larger species, such as amphibians and mammals. Others hide deep down in the thatch

of long or tufty grass, bury themselves in the soil, or shuffle into the still-warm grass clippings and food waste in the compost heap.

Wildlife is very vulnerable at this time. Disturbing mammals can cause them to waste energy that they can't easily replenish, while insects can be exposed to fungal infections if they get damp. Providing winter refuges (called hibernacula) will help wildlife overwinter – but not disturbing these habitats once you've created them is imperative to their survival.

Spare a thought for birds, too, which have to battle it out in winter, instead of hibernating. Growing berrying plants, feeding them and creating cosy roosts can help them in winter, too. ♡



**Kate Bradbury** is passionate about wildlife-friendly gardening and the author of *Wildlife Gardening for Everyone and Everything* in association with The Wildlife Trusts.

 Gardens of all sizes are an essential part of a Nature Recovery Network. For more tips visit [wildlifetrusts.org/gardening](http://wildlifetrusts.org/gardening)

**Shed**

Adult butterflies may sneak into your shed or outhouse to overwinter on the walls, where they resemble leaves. Make sure there's a gap so they can leave in spring.

**Bird feeders**

Birds need as many calories as they can find during the short winter days to give them the energy they need to survive each night. Provide energy-rich suet products, peanuts and sunflower hearts. You can even buy window-mounted feeders if you don't have a garden.

**Garden borders**

Lots of insects like to shelter among fallen plant stems, particularly hollow stems. Try not to cut back or tidy the border until spring – leave it to rot down naturally, instead.

**Soil**

A wide range of species overwinter in the soil, from slow worms to moth pupae and bumblebees. Try to resist digging the soil until mid-spring when they'll be awake.



# Wilder Food

It turns out we really are what we eat... the vitamins and minerals we need to stay healthy mostly come from the food we consume. So, this festive season, why not give your body an extra boost of health-giving micro-nutrients by feasting on some of the fantastic, wildlife-friendly food that Cornwall has to offer. And, as an added bonus, it turns out that winter is the premium taste time for some seafood favourites...



Did you know...

**74%**

of Cornwall's land area is farmed mostly to grow food, but much of this land can be managed to help wildlife as well.

## The answer lies in the soil

In many cases, the nutrients in what we eat can be traced right back through the food chain to the soil itself. Healthy soils are the foundation of the food we grow and are a complex, wild ecosystem in themselves. They also have a vital role to play in fighting climate change by storing carbon absorbed through photosynthesis. Look after our soils and we look after our health, our planet and our wildlife.

Well-conditioned soil is alive with creatures, bacteria and fungi all feeding off plant material and the geological soup from the rocks below. These ingredients have complicated relationships with each other that we only partially understand. Many of these interactions unlock vital mineral elements needed by plants, which are drawn in through their roots. If the plant is then eaten by a passing cow, for example, those minerals get absorbed into the cow's flesh, which in turn pass into the human that eats it. The same applies when we eat vegetables.

## A healthy variety

Because different plants can draw on different nutrients, the greater the variety on offer to an animal the more varied the vitamins and minerals it can consume. Cattle on Cornwall Wildlife Trust nature reserves are seen eating a wide variety of plants, not just the grasses.



SIMON MILLER

It is thought that livestock can self-medicate, choosing plants to meet their body's needs by instinct. This is one of the ways cattle have such an important rôle to play in the management of our nature reserves, munching their way through a range of plants and shrubs, creating niches for all kinds of wildlife.

Cattle that have spent their whole lives feeding only on growing plants, with no grain feed, have been shown to produce meat containing a range of qualities beneficial to consumers' health, including improved ratios of omega 3 and omega 6 fatty acids (4:1 or better), increased Conjugated Linoleic Acid (CLA), beta carotene, vitamin E and trace elements including zinc, iron, phosphorus, sodium and potassium. For a free-roaming native breed cow such as a belted Galloway, our nature reserves must seem like a rich buffet. The same applies to wildflower-rich pastures – as well as being great for wildlife, the herbs provide plentiful pickings for livestock producing Wilder Beef.

**For more information** on nutrients and farming, read the Nuffield Report: 'Improving Pasture Quality for Animal and Ultimately Human Nutrition and Health' by Ben Mead, Cornish farmer and scholar.

It is widely accepted that many health conditions found in the population today, such as diabetes, heart disease, strokes and cancers can be caused by excesses of the wrong types of food, but how about nutrient deficiencies? There is a wealth of micro-nutrients required to make our bodies function effectively, including copper, phosphorus, potassium and iron. A quick Google of any of these will illustrate how essential they are. Some experts believe that health issues facing our population today can be traced back to nutrient deficiencies, not only from poor diets but perhaps because the nutrients in the food we eat have declined so much.



## Micro-nutrients pack a punch

Studies have shown that micro-nutrient levels in meat, dairy, vegetables and fruit have declined significantly since 1940. There are several reasons for this, but soil condition is thought to be a key factor. Intensive agriculture requires high levels of artificial fertilisers and pesticides, which are thought to kill the life in the soil required to release these micro-nutrients to plants.

Using your consumer power to purchase food from farmers producing livestock in a more natural way is one method of ensuring you're getting the minerals you need from your food, whilst helping wildlife. Buying local, sustainably grown fruit and vegetables, free from pesticides and artificial fertilisers, can also ensure that the veg you eat packs the nutrient punch you need in your diet. Or, better still, grow your own! Even if you can't be entirely self-sufficient, vegetables grown at home are likely to be significantly higher in nutrients than most shop-bought ones. Turn a part of your garden or allotment into a wildlife-friendly veg patch. →

## Nancarrow Farm

Nancarrow Farm is a family run business near Truro that embodies the vision of Wilder Beef. Since deciding to convert to organic 20 years ago, Pete Mewton set the farmland on a path that has grown into a productive, idyllic wildlife haven. Hedges have grown tall and bushy, mature oaks are abundant, wetlands buzz with wildlife in the valley bottoms and the North Devon ruby red cattle graze wildflower-rich herbal pastures. Not using pesticides and artificial fertilizers really shows in the array of fungus in the fields and the sheer amount of flying insects found there.

In 2011 daughter Lucy and son-in-law Steve Chamberlain returned to the farm, bringing a complimentary vision of farm diversification – with farm produce firmly at the heart of the business. Beautifully converted farm buildings now hold feasts and weddings with creative chefs taking a full nose-to-tail approach in preparing the farm's livestock, showcasing what can be done with naturally reared cattle, sheep and pigs. When you taste the beef you know you're eating a quality, locally-produced product. Feast nights and other events here: [www.nancarrowfarm.co.uk](http://www.nancarrowfarm.co.uk)



## How to look after your veg patch over winter

### Advice from The Real Food Garden's Amelia Lake, from their base near Withiel

As producers of veg boxes, the Real Food Garden grows around 50 different crops per year all without chemical fertiliser, fungicides, herbicides or pesticides. Instead we firstly farm soil. By focusing on the quality of soil in which the veg grows, we are rewarded with fantastic produce as a result. We use lots of manure and compost to feed the organisms that live in the soil and keep plants growing for almost the whole year to support soil life. The team don't dig or compact the soil, instead allowing it to become a complex community of worms, fungi, bacteria and other beasts, which all support plant health.



## Top tips for your garden

If you want your home-grown veggies to knock the socks off the supermarket stuff, get up close and personal with your soil.

- 1. Cover it up.** Over winter, add organic matter to your soil, such as compost, manure, straw, or even stalks and residue from veggies – anything is better than nothing. Unlike artificial fertilisers, the nutrients in homemade compost or manure are quite stable so can be applied without rain washing them away.
- 2. Ditch your spade.** Once your veg bed is covered, don't dig it in, simply leave the material on top. Worms are active over winter so will do the work for you, and it will disappear in no-time. Digging your veg beds might be satisfying but it destroys the complex networks made by the soil life and you lose nutrients and structure... resist the urge!
- 3. Grow some TLC.** Instead of using fertiliser, plant green manures into your veggie patch. Growers at the Real Food Garden use green manures to protect the soil surface from rain and wind, and keep roots active over winter. The result in spring is a fantastic fine tilth full of life. Green manures nurture the soil and sustain the organisms that live in it, ready for them to support your veggies. There are lots of these super plants to choose from, including the bee-friendly phacelia, winter-hardy vetch and nitrogen-fixing field bean.

For more information about veg boxes or upcoming **Grow Your Own Veg Workshops**, visit [www.realfoodgarden.co.uk](http://www.realfoodgarden.co.uk)

## From luxury lobster to healthy hake

### Treat yourself over Christmas with sustainable Cornish seafood

Many of us naturally associate great seafood with the summer – a time when it is relatively easy to catch your own mackerel and when we tend to spend more time by the coast. But in fact, our seas are just as productive in the winter months and some of our favourite seafoods are then at their best. Demand for luxury seafood, such as lobster, surges in December.

It is well worth beating this rush by buying and freezing some prime sustainable Cornish seafood in November or early December, ready for your Christmas holidays. Hake is a great, sustainable option that freezes very well, as is monkfish, a meaty favourite whose stocks are very healthy these days.

Crab and lobster are absolutely at their best at this time of year. Through the summer they are busy growing and moulting and you often find there is less meat and less flavour in a summer-caught crab. In November and December, the crabs are full of meat and female crabs are producing coral – a precursor to eggs – which lines the inside of the shell and gives brown meat a red colour and nicer flavour.

Mussels farmed in Cornish waters are also great in winter. They are highly sustainable and available from all quality local fishmongers.

The winter months are particularly good for oysters and other shellfish, which might be why there is a saying that you should only eat oysters in months that contain an 'r'. This is a good general rule, as during the winter months there is less chance of toxic algae blooms.

The traditional sail and oar-powered Fal oyster fishery is open between October and April. As well as catching native Fal oysters, the oystermen harvest large quantities of queen scallops, a delicious and more sustainable alternative to the larger king scallops that are caught using much heavier mechanised dredges offshore.

Some shellfish merchants are now purifying wild Pacific oysters. By eating these tasty and often large oysters you are directly helping to reduce the risk of our estuaries and bays becoming overrun by this non-native species that is actually threatening our diverse marine life here in Cornwall.



**For more advice on sustainable and seasonal Cornish seafood, information on where to buy it, preparation tips, and delicious recipes, visit Cornwall Wildlife Trust's award-winning website [cornwallgoodseafoodguide.org.uk](http://cornwallgoodseafoodguide.org.uk)**

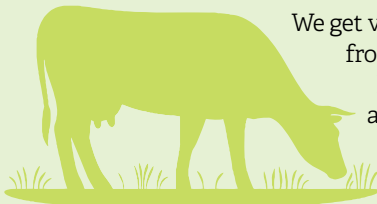
# Fact file

## Wilder on land...

Lower levels of vitamins and minerals in British veg mean we have to eat 10 times as much to get the same level of some nutrients compared to the 1930s and '40s.

 **10x** 1930s  
1940s

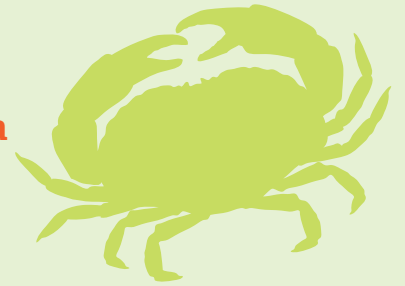
Healthy soil can help fight climate change by storing carbon – look after the soil, look after the planet.



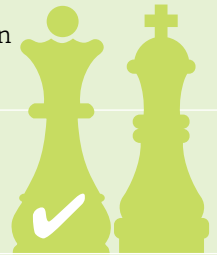
We get vital vitamins and minerals from our food, so by ensuring healthy, living soils, we can allow plants and animals to draw on a diverse range of essential nutrients.

## ...and in the sea

Winter is a great time for crab and lobster as they are full of flavourful meat.



Eat wild Pacific oysters to help prevent Cornish waters being overrun by this non-native species.



Queen scallops can be eaten as a delicious and sustainable alternative to king scallops.



Shellfish – especially oysters – should only be eaten in months containing an 'r'.



TOBY ROXBURGH/2020VISION

PAUL HARRIS/2020VISION

## Got a taste for wilder food?

Given that the majority of our wildlife lives in our seas and in the countryside, we can all help by supporting farmers and fisherman who produce wilder food. Christmas is a time of feasting, family and festivities, so why not celebrate some of the fantastic food produced locally, and put something special on your tables.

Send an email to [wilder.food@cornwallwildlifetrust.org.uk](mailto:wilder.food@cornwallwildlifetrust.org.uk) with the subject 'Wilder Food News' and we'll keep you up to date about the growing movement for wildlife-friendly food around Cornwall, with recommendations and advice about local producers and where to buy from. Find out more at [www.cornwallwildlifetrust.org.uk/wilderfood](http://www.cornwallwildlifetrust.org.uk/wilderfood)

## OUT & ABOUT FOR A 'WILDER' CHRISTMAS

### Christmas!

Mylor Bridge | Bude | At home

For those keen to be out and about in our 'winter wonderland', the Trust have planned a Christmas Forest School adventure at historic Pelere Woods, with lots to explore, learn, make and eat.

If you're competitive and like a challenge, why not bring your team to Bude's Christmas wildlife quiz – a great way to socialise with friends, learn some new and interesting wildlife facts and, of course, win the quiz!

Or try some of our festive ideas from our '12 days for a Wilder Christmas' poster included with this magazine.



JEREMY PENDELTON

### GET TO KNOW THE GARDENER'S FRIEND



### Hedgehogs

Devoran | Allet | Illogan

How well do you know these spiny garden visitors? As the nights draw in and the days grow shorter, spare a thought for our hedgehogs!

Once a familiar sight in our gardens, this much loved species is now in decline. However, we can all do something to help and, this winter, we have some great events planned to inform, educate and help these special little animals. From learning about their habits and habitats, to hearing of hedgehog rescues with the 'Prickles & Paws' team, to building special houses for these and other garden visitors!

Come and join us this winter. This is fun, but with a serious purpose!

TOM MARSHALL

### UP CLOSE & SEASONAL

### Photography

Idless | Lizard | Pendeen | Prussia Cove  
St Ives | Padstow

Between November and April there'll be many opportunities to take your nature photography skills to the next level, with encouragement from some of our most talented digital image contributors.

Whatever your experience level, you'll enjoy a great day in the countryside exchanging tips with fellow snappers and travel home with a hatful of high quality pics!

### SATURDAY 16th NOVEMBER

### Discovery Day and AGM 2019

Heartlands | 10.00am to 3:00pm

With the world gradually waking up to the reality of climate change, environmental awareness is at the forefront of Cornwall Wildlife Trust's agenda for this year's Discovery Day, to be held at Heartlands, a World Heritage Site Gateway set in the shadow of an iconic Cornish engine house.

Join us for a great day out and lively debate about the future of Cornwall's wild places – and how best to manage the county's wildlife and unique natural habitats.

Incorporated into the scheduled events will be CWT's Annual General Meeting, which all members are welcome to attend.



BEN WATKINS

### A WILD WINTER FOR OUR JUNIOR MEMBERS



### Wildlife Watch

November | December | January | February | March | April

A diary-busting twenty-five events exclusively aimed at our younger members have been scheduled over the next five months.

Arts & crafts, survival skills, bug-hunting and bird-watching are just a few of the activities on offer to official Wildlife Watch subscribers.

Other highlights include opportunities to discover some fascinating facts about owls and hedgehogs.



RUSSELL SAVORY

EVERYONE is welcome to attend ALL events except where specified (e.g. unsuitable for young children).

Events are free unless specified (check our website for details), but donations are appreciated.

Please bring appropriate clothing and footwear to all outdoor events.

If bad weather is forecast, call event organisers to check that activities are still running.

### Key to symbols:

- CWT Wildlife Watch event for accompanied children
- Full or partial disabled access
- Sponsored by South West Water



### IMPORTANT NOTE FOR PARENTS:

Children must be accompanied by an adult at all events, and must remain that person's responsibility at all times. When booking Wildlife Watch events online, please include name of event, date, your mobile contact no. and the names & ages of children attending. **Sorry, no dogs at Cornwall Wildlife Trust Wildlife Watch events.**

**NOVEMBER**

**Saturday 2**

**Fungus & Woodland Photography**

**Idless Woods** | 10.00am to 3.00pm

Meet at Idless Woods car park, TR4 9QT.

More details: David Chapman (01736) 850287

**Saturday 9**

**Reserve Clean**

**Churchtown Farm Nature Reserve, Saltash**  
10.30am to 12.30pm

Meet at the Wearde Road, Entrance PL12 4AS

Help litter pick and give the reserve a good clean.

More details: Mary (01752) 843852

**Saturday 9**

**All About Owls**

**Falmouth** | 10.00am to 12.00 noon

**Booking is essential**

Join Wildlife Watch and Generation Wild volunteers for another chance to find out more about our feathery friends. Take part in an owl pellet dissection, too.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

**Monday 11**

**Photographic Group Meeting**

**CWT HQ Allet** | 7.30pm to 10.00pm

Meet at Cornwall Wildlife Trust, Five Acres, Allet, Truro, Cornwall, TR4 9DJ

Members' evening. Suggested donation of £2.

More details: Adrian Langdon (01208) 813440  
07702 527 603 | adrian@adrianlangdon.com

**Saturday 16**

**AGM and Discovery Day 2019**

**Heartlands** | 10:00am to 3:00pm

**Booking is essential.** Meet at Heartlands Chi Hall, Pool, Redruth, TR15 3QY.

**Cornwall's Wilder Future.** The world is waking up to the climate change and ecological breakdown crisis. So how do we help nature recover? **10am to 10.30am** - Annual General Meeting of Cornwall Wildlife Trust 2019 which is open to current members only and free to attend - no need to book for just the AGM. Discovery Day begins at **11am** which is open to all. £15 include pasty lunch.

cornwallwildlifetrust.org.uk/discovery

**Sunday 17**

**All About Hedgehogs**

**Devoran, near Truro** | 10.00am to 12.00 noon

**Booking is essential**

Join us to learn all about our very cute prickly friends. Facts, fun and lots more. In partnership with the Restronguet Creek Society.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

**Monday 18**

**Enter the Dragons - Reptiles and Amphibians in Cornwall**

**Bude** | 7.30pm to 9.00pm

Meet at Stratton Primary School, New Road, Stratton, Bude, EX23 9AP

Nicola's talk will cover the fascinating and diverse species in these groups, which are under increasing pressures from habitat loss, climate change and invasive species. She will be exploring the areas in Cornwall where frogs, toads, newts, lizards and snakes live and explaining how we can help to preserve and enhance the habitats in which these fascinating creatures live.

More details: Chair CWT Bude Group (01288) 352726 | cwtbude@yahoo.co.uk

**Tuesday 19**

**Talk: 'Marine Protected Areas: a Local Success Story'**

**East Looe** | 6:00pm to 8:30pm

Meet at Crew Room, Looe Lifeboat Station, West End, East Looe, Cornwall, PL13 1AT

The Blue Marine Foundation (BMF) is a charity dedicated to creating marine reserves and establishing sustainable models of fishing. Their mission is to forge links between fishermen, conservationists, regulators and scientists in order to maintain healthy, productive and sustainable marine reserves. In Lyme Bay, BMF have worked to achieve a well-managed marine reserve that benefits fishermen and conservationists alike. Come along to find out how!

More details: Amelia Bridges  
07926 091 345 | looevmca@gmail.com

**Saturday 23**

**Recycled Art**

**Padstow** | 10.00am to 12.00pm

**Booking is essential**

Join co-founders of Beach Guardian, Rob & Emily, on a creative session using the recycled materials collected on their beach travels this year around Cornwall.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

**Friday 29**

**CWT Restormel Branch AGM**

**St Blazey, Par** | 7.30pm to 9.00pm

Meet at St Blazey Football Club, 61 Station Rd, St Blazey, Par, PL24 2ND (SX071 547)

Restormel AGM followed by an illustrated talk by Dave Thomas, on the landscapes and wildlife of Gotland, Sweden, and Tiszaalpar Nature Reserve, Hungary.

More details:  
07989 032 149 | davecarp86@hotmail.com

**Saturday 30**

**Lasers, Lights and Tattoos**

**Gweek Village Hall** | 7.30pm

Meet at Gweek Village Hall, Gweek, TR12 6UG

Sam Davis from Cornwall Inshore Fisheries and Conservation Authority talks about the lengths and depths their research team goes to in finding answers to managing fisheries and marine wildlife around the Cornish coast.

More details: Sue Scott (01326) 340961  
coordinator@helfordvmca.co.uk

**DECEMBER**

**Saturday 7**

**Twilight Walk**

**Churchtown Farm Nature Reserve, Saltash**  
4.00pm to 5.30pm

Meet at the Wearde Road Entrance, PL12 4AS (SX432583)

More details: Mary (01752) 843852

**Saturday 7**

**Firelighting & Campfire Cooking**

**Penryn** | 10.00am to 12.00pm

**Booking is essential** | Meet at the Exchange room, Penryn Campus, Penryn, Falmouth, TR10 9FE.

Join Wildlife Watch and Generation Wild volunteers for a winter campfire and cooking session – wrap up arm!

More details: Wildlife Watch (01872) 273939 or  
wildlifewatch@cornwallwildlifetrust.org.uk

**DECEMBER**

**Sunday 8**

**Winter Forest School**

**Bodmin** | 10.00am to 12.00pm

**Booking is essential**

Meet at Badger Forest School, Meadow Camp, Cardinham Woods, Bodmin, PL30 4AL

Join Wildlife Watch and Badger Forest School for some winter forest school fun.

More details: Wildlife Watch (01872) 273939 or  
wildlifewatch@cornwallwildlifetrust.org.uk

**Monday 9**

**Photographic Group Meeting**

**Allet** | 7.30pm to 10.00pm

Meet at Cornwall Wildlife Trust, Five Acres, Allet Truro, Cornwall, TR4 9DJ

Members' evening.

More details: Adrian Langdon (01208) 813440  
07702 527 603 | adrian@adrianlangdon.com

**Wednesday 11**

**Photography**

**Lizard** | 12.00 noon to 5.00pm

Meet at the National Trust car park in Poltesco, Ruan Minor, Helston TR12 7LR (a charge for non NT members).

We will photograph birds and wildlife in the valley, the old serpentine works, landscapes and seascapes. We may stay out for sunset (1620hrs), weather permitting, at Lizard Point. In the event of a bad weather forecast please phone to check the event is still going ahead.

More details: Karin Saunders: 07790 613 786  
Karin@madasafish.com. Becky Curtis:  
07746 083 422 | curtis\_becky@hotmail.com

**Saturday 14**

**Christmas Forest School: Crafts and Games**

**Mylor Bridge, Penryn** | 2.00pm to 4.00pm

Meet at Pelere Woods, Carclew, Mylor Bridge, Penryn, TR10 9BA (SW785371).

**Booking is essential**

Have a Christmas adventure at historic Pelere Woods with Wild Thymes Forest School. Explore and make dens, create mini-fires, play games and make seasonal gifts using natural materials to take home. There'll be free hot spicy apple juice, smores and popcorn cooked on the campfire.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

**Monday 16**

**Christmas Quiz**

**Bude** | 7.30pm

Meet at Stratton Primary School, New Road, Stratton, Bude, EX23 9AP

Come and enjoy a fun and friendly wildlife quiz with seasonal refreshments. Make up a team of six or come alone and we will organise a team.

More details: Chair CWT Bude Group (01288) 352726 | cwtbude@yahoo.co.uk

**For full details of all our events and activities**

**Including: prices, age suitability, access information and what to bring and wear.**

**cornwallwildlifetrust.org.uk/whats-on** | (01872) 273 939

## JANUARY

Wednesday 1

### Winter Birdwatch

Wadebridge | 10.00am to 1.00pm

Meet at Trewornan Bridge lay-by, Walmsley Bird Reserve, Wadebridge, PL27 6EX (SW988748)

First day of 2020 birdwatch at one of Cornwall's top wader and duck sites with excellent views from the tower hide, if we are lucky we might even see otters here.

More details: 07989 0321 49 | davecarp86@hotmail.com

Saturday 11

### Winter Waders

Churchtown Farm Community Nature Reserve  
10.00am (approx 2-3 hours)

Meet at the Cecil Arms by St. Stephen's Church, Saltash, PL12 4AR (SX 417583)

Discover the different winter waders and other birds on the reserve.

More details: Mary (01752) 843852. Sorry no dogs

Saturday 11

### Rosenannon Scrub Challenge

Rosenannon, St Wenn | 10.30am to 3.30pm

Booking is essential

Meet at Rosenannon Village, beside the phone box. PL30 5PJ (SW956661)

Rosenannon Bog is a hidden wildlife gem under threat from scrub encroachment. We've been chipping away at the scrub here with the help of local commoners and really making a difference, so come and lend a hand with some scrub clearance – there'll be a bonfire to warm up by and jacket potatoes to keep you going...

More details and booking: Seán O'Hea: 07971 542 185  
Sean.ohea@cornwallwildlifetrust.org.uk

Monday 13

### Photographic Group Meeting

Allet | 7.30pm to 10.00pm

Meet at Cornwall Wildlife Trust, Five Acres, Allet Truro, Cornwall, TR4 9DJ

Members' evening. Suggested donation of £2.

More details: Adrian Langdon (01208) 813440  
07702 527 603 | adrian@adrianlangdon.com

Saturday 18

### Cornwall Beaver Project

Gweek | 7.30pm

Meet at Gweek Village Hall, Gweek, TR12 6UG

Wildlife film maker Nina Constable has documented the Cornwall Beaver Project at Woodland Valley Farm from day one and has marvellous footage of the changes the beavers have made. Improvements to the diversity of other wildlife and effects on water quality are amazing.

More details: Sue Scott (01326) 340961  
coordinator@helfordvmca.co.uk

Saturday 18

### Winter Nature Walk

St Austell | 10.00am to 12.00pm

Booking is essential

Meet at Carlyon Bay beach car park area, St Austell PL25 3RG (No parking charge) (SX246537)

A morning walk from Carlyon Bay to Spit Beach and back to look at the geology and wildlife along this beautiful cliffside area. With local wildlife expert Catriona Burt.

More details: Wildlife Watch (01872) 273939  
jandcee@yahoo.com

Saturday 18

### Prickles and Paws

Allet, Truro | 10.00am to 12.00pm

Booking is essential

Meet at the Reception area, Cornwall Wildlife Trust, Five Acres, Allet, Truro, TR4 9DJ

Join Wildlife Watch and the exceptional hedgehog rescue team from Prickles and Paws (pricklesandpaws.org) to learn all about our prickly friends – look for signs of hedgehogs around the reserve and then come into the warm to learn much more. There will be hedgehog themed items on sale throughout the morning

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

Monday 20

### Here to Watch Wildlife in Cornwall and the Isles of Scilly

Bude | 7.30pm

Meet at Stratton Primary School, New Road, Stratton, Bude, EX23 9AP

David Chapman, one of Cornwall's most respected photographers will be presenting photos and anecdotes from over 90 locations that he researched for his latest book on wildlife watching in Cornwall and the Isles of Scilly.

More details: Chair CWT Bude Group (01288) 352726 | cwtbude@yahoo.co.uk

Wednesday 22

### Landscape Photography

Pendeen | 12.00 noon to 5.30pm

Meet at Woon Gumpus (Postcode is only approximate: TR19 7TH) (SW393333)

We will photograph landscapes including Chûn Quoit and Pendeen Watch at sunset, which will involve a further short drive. There will be a significant amount of walking involved (maybe 3 or 4 miles) including some rough terrain. In the event of a bad weather forecast please 'phone.

More details: Malcolm Bishop: 07907 814 876  
mm.bishop@btinternet.com  
David Chapman: david@davidchapman.org.uk

Sunday 26

### RSPB Garden Birdwatch and Bird Ringing

Moresk, Truro | 10.00am to 12.00pm

Booking is essential

Meet at the entrance to Daubuz Moor, Moresk Road, Moresk, Truro, TR1 1DY

Join Wildlife Watch and Friends of Daubuz Moor for the RSPB Bird Count – how many can you find this year? Bird ringing and bird related activities throughout the session.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

## FEBRUARY

Saturday 1

### Homes for Wildlife

Illogan | 2.00pm to 4.00pm

Booking is essential

Meet at Illogan Village Hall, Nance Lane, Church Town, Illogan TR16 4SW

Join Wildlife Watch to build some special homes for our native wildlife – hedgehogs, bugs or bees, you choose who gets a new home in your garden.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk  
Or call: (01209) 843845

## FEBRUARY

Sunday 2

### A Fishy Tale

Newquay | 10.30am to 12.30pm

Join Wildlife Watch and the founders of Newquay Marine Centre to explore the watery world of our local fishy residents. Fun facts, games, natural arts and crafts, with a beach clean to finish.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

Saturday 8

### Wonders in Night Sky

Penryn | 5.00pm to 7.00pm

Booking is essential. Meet at the Exchange Room, Penryn Campus, Penryn, Falmouth, TR10 9FE

Join our Wildlife Watch volunteers and Generation Wild for an event of astronomical proportions – learn all about the night sky with a tour of our galaxy and find out what wildlife thrives at night.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

Sunday 9 (also to be held on Sunday 16)

### Breney Common Reserve Work Party

Lowertown | 10.00am to 3.00pm

Meet at Gunwen Chapel, Lowertown village, PL30 5DU (SX053613)

Come along and help with our shrub and vegetation clearance. Working in wet areas. Cancelled if raining.

More details: 07989 032 149 davecarp86@hotmail.com

Monday 10

### Photographic Group Meeting

Allet, Truro | 7.30pm to 10.00pm

Meet at Cornwall Wildlife Trust, Five Acres, Allet, Truro, Cornwall, TR4 9DJ

Members' evening. Suggested donation of £2.

More details: Adrian Langdon (01208) 813440  
07702 527 603 | adrian@adrianlangdon.com

Tuesday 11

### Photography

Prussia Cove, Rosudgeon | 10.00am to 3.00pm

Meet Prussia Cove car park, TR20 9BA (SW555281).

We will be rockpooling, looking for interesting things to photograph. Also, landscape photography of the local area. The terrain is rocky and difficult.

More details: Jo Clegg: 07816 164 233  
jo@abstractnature.co.uk  
David Chapman: (01736) 850287

Monday 17

### Touring Alaska

Bude | 7.30pm

Meet at Stratton Primary School, New Road, Stratton, Bude, EX23 9AP

Adrian Langdon award-winning photographer and naturalist will be giving an illustrated talk on the three weeks he and his wife spent touring Alaska in a motor home, capturing superb photos of wildlife and scenery along the way.

More details: Chair CWT Bude Group (01288) 352726 | cwtbude@yahoo.co.uk

Sunday 18

### How to be Wild

Tehidy, Camborne | 10.00am to 12.00pm

Booking is essential. Meet at Tehidy Country Park North Cliff Car Park, Camborne, TR14 0EZ

Join Wildlife Watch and Nik Elvy from Miss Elvy's Curious School of the Wild for a woodland adventure. Learn survival skills and bushcraft as you explore.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk



Wednesday 19

**Bag of Fun****Bude** | 10.00am to 12.00pm  
12.00pm to 13.00pm for optional rocky shore explore**Booking is essential.** Meet at Bude Sea Pool Hub, Summerleaze Beach, Bude, EX23 8HJ. Park at Summerleaze Beach car park (SS202067).

Join Wildlife Watch, Your Shore Beach Rangers and Bude Marine Group to help reduce our plastic use by decorating/designing an organic cotton bag ready for your own beach clean or shopping trip, followed by exploring the shore and rockpools. In collaboration with YSBR 'Love Your Beach' project.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

Thursday 20

**Build a Bird Box****Devoran, Truro** | 2.00pm to 4.00pm**Booking is essential**

Meet at Devoran Village Hall, Devoran, Truro, TR3 6PW. Parking available at the hall. (SX246537).

Enjoy becoming a master builder and a build a bird box to take home. Hammers, nails and saws will be used. Learn how to build and where to place your fabulous new bird home. In collaboration with Restronguet Creek Society

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

Friday 21

**Bags of Fun****Penzance** | 10.00am to 12.00pm**Booking is essential**

Join Wildlife Watch, Your Shore Beach Rangers and Plastic Free Penzance for another chance to design and decorate your very own organic cotton bag.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk**MARCH**

Monday 9

**Photographic Group Meeting****Allet, Truro** | 7.30pm to 10.00pm

Meet at Cornwall Wildlife Trust, Five Acres, Allet, Truro, Cornwall, TR4 9DJ

Members' evening. Suggested donation of £2.

More details: Adrian Langdon (01208) 813440  
07702 527 603 | adrian@adrianlangdon.com

Saturday 14

**Reserve clean****Church Farm Nature Reserve, Saltash**  
1.00pm to 3.00pm

Meet at The Wearde Road entrance, PL12 4AS. (SX423583).

Help give the reserve a good clean up.

More details: Mary (01752) 843852

Saturday 14

**Investigating Invertebrates****Penryn** | 10.00pm to 12.00pm**Booking is essential** | Meet at the Exchange Room, Penryn Campus, Penryn, Falmouth, TR10 9FE

Join our Wildlife Watch volunteers and Generation Wild to learn all about invertebrates and how to find them. Learn fun facts with bug related activities.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk**MARCH**

Sunday 15

**Spring Forest School****Bodmin** | 10.00am to 12.00pm**Booking is essential** | Meet at the Badger Forest School, Meadow Camp, Cardinham Woods, Bodmin, PL30 4AL

Join Wildlife Watch and Badger Forest School for some spring forest school fun.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk

Monday 16

**Unexpected Bugs, Beasties and Little Critters****Bude** | 7.30pm

Meet at Stratton Primary School, New Road, Stratton, Bude, EX23 9AP.

Hilary Phillips has spent the last five years observing and photographing the amazing and wonderful goings-on of the smaller creatures that live, often unnoticed, in our gardens and will be sharing her knowledge with us at this talk.

More details: Chair CWT Bude Group (01288) 352726 | cwtbude@yahoo.co.uk

Saturday 21

**Forest School: Spring Adventure****Mylor Bridge, Penryn** | 2.00pm to 4.00pm**Booking is essential** | Meet at unmarked wooden gate entrance to Pelere Woods, Carclew, Mylor Bridge, Penryn, TR10 9BA (SW785371).

Have a Springtime Adventure at historic Pelere Woods with Wild Thymes Forest School. Create nests and mini-dens; dip-dye eggs to take home and challenge yourself with the Golden Dragon Egg game. There'll be free spicy apple juice, s'mores and popcorn cooked on the campfire.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk**For full details of all our events and activities**

Including: prices, age suitability, access information and what to bring and wear.

cornwallwildlifetrust.org.uk/  
whats-on | (01872) 273 939

Wednesday 25

**Photography****St Ives** | 10.00am to 3.00pm

Meet at Lifeboat Station, Lifeboat Pier, Wharf Road, St Ives, TR26 1LF (SW518405)

We will photograph birds, wildlife, landscapes and seascapes in the town and on the beaches. In the event of a bad weather forecast please 'phone.

More details: Karin Saunders: 07790 613 786  
Karin@madasafish.com; Becky Curtis:  
07746 083 422 | curtis\_becky@hotmail.com

Saturday 28

**AGM Wildlife Photography Talk****Gweek** | 7.30pm

Meet at Gweek Village Hall, Gweek, TR12 6UG

Well-known wildlife photographer and author David Chapman is guest speaker at the Helford Marine Conservation Group AGM. He will be discussing the ways in which the wildlife in Cornwall has changed since the publication of his first book in 2007 and looking at some of the species featured in his new publication.

More details: Sue Scott (01326) 340961  
coordinator@helfordvmca.co.uk

Saturday 28

**Pond Dipping****Penhale, Truro****Booking is essential**

Please meet at the dog walking point car park at Perran Sands Holiday Park, Perranporth, TR6 0AQ

Join our wonderful pond dipping and reptile enthusiast, wildlife watch volunteer Cathy, to see what you can find this spring. Whatever the weather, explore the area and learn fun facts.

More details: Wildlife Watch (01872) 273939  
wildlifewatch@cornwallwildlifetrust.org.uk**APRIL**

Sunday 5

**Open Garden: Pedn Billy****Mawnan Smith** | 2.00pm to 5.00pm

Helford Passage, Mawnan Smith, TR11 5LF

The Trust's first open garden this year begins with a real stunner with amazing views of the Helford, ancient woodland and paths that wind down to the garden's own beach. Wildflower area, specimen trees, terraced borders, and an abundance of spring flowers (primroses, bluebells and daffodils) and shrubs, including azaleas and camellias.

More details: info@cornwallwildlifetrust.org.uk

Monday 13

**Photographic Group Meeting****Allet, Truro** | 7.30pm to 10.00pm

Meet at Cornwall Wildlife Trust, Five Acres, Allet, Truro, Cornwall, TR4 9DJ

Members' evening. Suggested donation of £2.

More details: Adrian Langdon (01208) 813440  
07702 527 603 | adrian@adrianlangdon.com

Wednesday 15

**Heron Count and Breakfast****Calamansack, Port Navas** | 6.30am to 9.00am**Booking is essential** | Meet at Calamansack, between Port Navas and Constantine. At the start of the farm lane. (SW746281).

Join BTO surveyor Martin Rule in the annual heronry survey on the Helford, listening to the dawn chorus, counting nests, followed by full English breakfast at Trengilly Wartha Inn, near Constantine.

More details: Sue Scott (01326) 340961  
coordinator@helfordvmca.co.uk

Sunday 19

**Coastal Photography****Padstow** | 10.00am to 3.00pmMeet at Crugmeer car park, Padstow, PL28 8HN  
Free parking (SW902 765)

A walk along this beautiful coast, Gunver Head to Stepper around to Hawkers Cove. Coastal wildflowers, birds and seascapes.

More details: Davecarp86@hotmail.com

Saturday 25

**Dawn Chorus****Churchtown Farm Nature Reserve, Saltash**  
4.45am to 5.45am**Booking is essential** | Meet at The Cecil Arms by St. Stephens Church, PL12 4AR (SX417583)

Listen to the amazing dawn chorus and discover the different species of birds on the reserve. Terrain is uneven in places.

More details: Mary (01752) 843852



# a day in the life...



important to know what people do for a living, although I think that's true of Cornwall in general; people here don't have the London habit of always forming judgements from the question "what do you do?"

## Does volunteering inspire you creatively?

Definitely. Before I write I need to quieten myself to get into the zone. Normally I do a lot of walking, but the simple focus of repetitive tasks like scything or clearing really helps quiet my mind and allows other thoughts to trickle in.

The experience also inspires poems from time to time. I was recently commissioned by the BBC to write a poem, which I set in Bartinney, an area of heathland that's one of my favourite places. I wouldn't even know about it if it wasn't for my volunteer work on Cornwall Wildlife Trust's nature reserves there. It's a rural poem about an affair – based on a true story on BBC Radio Cornwall – and is tied closely to Bartinney in its sense of place.

**Katrina Naomi** is a professional poet by day and lindy-hop dancer by night, and has been volunteering with the Wild Penwith project for four years. We caught up with her to see how she's been finding the experience.

## Why did you get involved with the Cornwall Wildlife Trust?

Some time ago I went out on a Rockpool Ramble organised by the Marine team, which was a wonderful experience; wading around looking for tiny creatures was great fun and the guide was so knowledgeable. After that I saw a photo from Wild Penwith on Twitter showing two women covered in mud and so I got in touch! Since then I've been volunteering one day a week.

## What sort of thing does volunteering involve?

It really varies. David and Jason, the organisers, send out the information ahead of time every week, but I like turning up and being surprised! We do a lot of clearing, often using a scythe. I had never seen a scythe before – I only really thought of it in relation to the Grim Reaper. David showed me the right technique and I picked it up pretty quickly. It's nothing like Poldark swinging it above his head – that's dangerous and uses too much energy – it's a far more gentle motion. It's a

lovely old Cornish skill really; there's no noise or pollution, and it gives the animals a chance to run away. There's always a great response from locals, because they're usually expecting big machines. It's also very satisfying to do, helps clear the mind, and is a great way to keep fit. Several volunteers have already bought scythes for their own gardens.

## What do you get out of volunteering?

It feels great to switch your brain (and your mobile) off and focus on something away from day-to-day life. I've also learnt so much about different plants and animals; sometimes an ecologist – Liz or Jan – comes along too and they're able to explain so much about things like soil quality. Although saying that, many of the volunteers are also intensely knowledgeable too – we often end enthusing about moths people have found and that sort of thing. There's just something wonderful about being outdoors and present with the changing of the seasons. You also have space to pay attention to things you would normally miss; recently we uncovered two old wells we didn't know anything about.

## Do you fit in well as a volunteer?

Well my quiff doesn't – it's always getting snagged by low branches! I like how volunteering takes me out of my social bubble – most of my friends are artists so it's nice being around people who don't care that I'm a poet. In the group there's always a lovely camaraderie and it just doesn't feel



The poem 'Countrywoman' was commissioned by BBC local radio, working in partnership with national poetry day. It is written in response to a BBC Radio Cornwall listener's story. BBC Local Poets 2018. [www.katrinanaomi.co.uk/katrinanas-bbc-commissioned-poem-for-national-poetry-day-the-film/](http://www.katrinanaomi.co.uk/katrinanas-bbc-commissioned-poem-for-national-poetry-day-the-film/)



# Leave your legacy to the natural world with a gift in your will

In an ever uncertain world, Cornwall's wildlife and wild places are relying on gifts in wills to secure their future. The threat of climate breakdown and habitat loss is a reality here in Cornwall and the time is now to consider the legacy you will leave behind.

If you love the natural world, please consider leaving us a gift in your will to help save wildlife for the future. With your support we will be able to stop our wildlife disappearing. We'd all like to make a difference – here's your chance.

Will-making is easier than you think, and we offer a FREE year-round service to help.

We've joined forces with **McClure Solicitors**, making it easy and convenient for you to write or update your will at no cost, at any time of the year. McClure Solicitors have branches around the UK and our nearest are Truro and Plymouth. Home visits can also be arranged if you prefer not to travel. For more information, or to book an appointment, contact **Hayley Bayfield** on Freephone **0800 852 1999** or email [contactus@mcclure-solicitors.co.uk](mailto:contactus@mcclure-solicitors.co.uk)

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If you would like to speak with somebody at Cornwall Wildlife Trust for more information, or would like to let us know that you have remembered the Trust in your will, please contact **Emma Miller** on **01872 273939** or email [emma.miller@cornwallwildlifetrust.org.uk](mailto:emma.miller@cornwallwildlifetrust.org.uk)

**Cornwall  
Wildlife Trust**



# Calendars and Christmas cards

## CALENDAR



We love Cornwall and its wildlife and we hope this calendar and set of Christmas cards inspire you to share our appreciation of Cornwall's precious wild places and the incredible wildlife that finds a home here.

## PACK OF MIXED CHRISTMAS CARDS



Thanks to our generous sponsors, all proceeds from the sale of our calendars helps Cornwall Wildlife Trust continue to protect Cornish wildlife and wild places for generations to come.



	Quantity	Cost (£)
I wish to order calendar(s) @ £6.50 each		
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I wish to order a pack of mixed cards for £4.00		
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### Or use this order form:

Post form to:

Carolyn O'Hagan,  
Cornwall Wildlife Trust,  
Five Acres, Truro,  
Cornwall, TR4 9DJ

with a cheque made payable to Cornwall Wildlife Trust.  
Call (01872) 302233  
with any queries.

Tick the box to keep up to date with emails about wildlife news and events in Cornwall.

To find out how we use and protect your personal data, read our Privacy Policy: [www.cornwallwildlifetrust.org.uk/privacy-policy-and-tc](http://www.cornwallwildlifetrust.org.uk/privacy-policy-and-tc)