

**nature
prescriptions**

Cardiff
Caerdydd

Here is your **nature prescription**



CYMRU





Alongside the Taff Trail at Hailey Park

What is a Nature Prescription?

Nature is important for our wellbeing and health.

An RSPB Nature Prescription will help you engage more with nature by doing the suggested activities in this booklet, which are designed to support and improve your wellbeing and health.

Evidence shows that connecting meaningfully with nature can:

- 🌿 reduce feelings of stress and anxiety
- 🌿 help us feel more relaxed
- 🌿 improve physical health
- 🌿 improve confidence and self-esteem
- 🌿 improve our mood
- 🌿 reduce blood pressure
- 🌿 improve sleep quality
- 🌿 help reduce loneliness

Connecting with nature doesn't cost, and you don't need any special clothing, equipment, or skills.

Nature is everywhere and for everyone, even in our busy cities. You can find it almost anywhere close to you - along pavements, in parks, in gardens and allotments, on buildings, or by looking out of a window.

The suggested activities are set out as a monthly calendar. In addition, the booklet indicates some places for nature you can visit in Cardiff at any time of the year. These can be reached by bus, or by walking or cycling.

There are also website links to learn more about nature, as well as ideas to help nature, both of which can support your wellbeing.



City Centre from Grangemoor Park

How a Nature Prescription works

Use this booklet to support your wellbeing and health.

You may be new to engaging with nature or perhaps you do so already. Spending time in nature can be wonderful, but we know that what you do and notice to connect with nature is important for your wellbeing.

The suggested activities in this booklet will help you to develop a better connection with nature, based on the following five simple **Pathways to Nature Connection**.



senses

engaging with nature through all our senses
- listen to the wind, feel the grass between our toes.



beauty

noticing the beauty of the natural world
- admire the detail of a leaf, watch a sunset.



emotion

creating an emotional bond with nature
- how nature makes us feel.



meaning





finding meaning in nature's events and stories
- the first snow, new life in Spring.



compassion

showing care and concern for our environment
- what we can do for nature and it for us.

You should start to notice benefits by trying just some of the activities.

-  Choose which activities you do and when you want to do them.
-  Feel free to do them on your own, or with others.
-  Think of your own ideas too and try those.
-  Repeat them as many times as you like.

June



Great Tit

Think of your own ideas to connect with nature

The start of summer. Enjoy the long days and the evening light. Hedgehogs are active at night and bats can be seen flying.

- Look for a snail after rainfall. Follow its movement and how it uses its tentacles to sense the world. Let yourself slow down.
- Put out some water for insects and watch them as they visit to drink. Can you see different types?
- Try to find a safe space where you can walk barefoot to feel the sensation of the grass beneath your feet.
- Sit next to a local lake, pond or river, listen to the sounds of the water and watch the wildlife.
- Visit your local park or garden and try to find scented plants, such as Lavender, and savour their smell. Watch for any visiting butterflies and bees and what they do.
- Have a warm morning drink outside or sit next to an open window. Breathe in the fresh air. Watch birds foraging for food or feeding their young.

Learn more

Bumblebees and honeybees are crucial for wild plants and crops.

Scan the QR code to learn more. Or visit: bit.ly/aboutbumblebees



Red-tailed Bumblebee





A Place to Visit
Bute Park/Taff Trail
bit.ly/buteparkcardiff



Your Nature Diary - June

- Find a favourite local place for nature. Visit when you want, remember how it feels, and maybe take a photo to remind you how it changes in the year.
- Use the space below to write about or draw what you've noticed this month.

Helping nature

Make a bee-drinker to help bees and other insects. You just need a small dish or saucer and some pebbles or stones.

To find out how, scan the QR code.
Or visit: bit.ly/insectwatering





Winter Sunset at Cardiff Bay

December

Nature's changing beauty is with us all year round

The magical majesty of midwinter. Night skies reveal their wonders, frost forms beguiling patterns, and mosses add colour to woods.

- See if you can find any winter wildflowers providing colour on a winter's day.
- Head out early to find frost on windows, bus stops, or vehicles. Notice it on plants or on walls. Look closely at their icy forms.
- Find a nature programme on television or radio to watch or listen - or listen to a podcast.
- Listen for and think about your favourite nature sounds and how they make you feel? Are there songs you like that feature nature?
- Wrap up warm and go outside with a warm drink. Listen to the sounds of nature. Watch your breath in the cold air and frost sparkling on leaves and branches.
- Mid-winter is a great time to look at our dark skies. Look for the early stars to appear. Can you notice the different constellations or even see shooting stars?

Learn more

Winter sometimes gives us snow in December.

Scan the QR code to learn more.
Or visit: bit.ly/10snowfacts



Snowy Taff Trail





A Place to Visit

Hendre Lake and Park

bit.ly/hendrelake



Your Nature Diary - December

- Find a favourite local place for nature. Visit when you want, remember how it feels, and maybe take a photo to remind you how it changes in the year.
- Use the space below to write about or draw what you've noticed this month.

Helping nature

You can help birds in the winter by providing food in outdoor spaces - on windowsills, a balcony, or in the garden.

For advice and tips from the RSPB, scan the QR code.
Or visit the RSPB at: bit.ly/RSPBbirdcafe





Alexandra Gardens and City Hall

Nature Identification Apps

Seek

Helps identify plants, animals, and other living organisms.
Scan the QR code for the App or visit: bit.ly/seekIDapp



Merlin

Helps identify birds you can see and hear.
Scan the QR code for the App or visit: bit.ly/merlinIDapp

iRecord Butterflies

Helps identify butterflies you see and helps save them too.
Scan the QR code for the App or visit: bit.ly/butterfliesIDapp



Flora Incognita

Helps identify the plants, flowers and trees you see.
Scan the QR code for the App or visit: bit.ly/wildflowerapp

What's that Bumblebee?

Helps identify bumblebees you see.
Scan the QR code for the App or visit: bit.ly/bumblebeesapp



Star Walk 2

Helps identify stars and other features in the night sky.
Scan the QR code for the App. Or visit: bit.ly/nightskiesapp



Whitchurch Community Garden

Some Local Wellbeing Support and Information

ACE Your Space Wellbeing Service

Scan the QR code or visit: bit.ly/acewellbeing



Diverse Cymru/Adferiad Community Connectors

Scan the QR code or visit: bit.ly/diverseadferiad

Cardiff Wellbeing Support

Scan the QR code or visit: bit.ly/cardiffwellbeing



Keeping Me Well

Scan the QR code or visit: bit.ly/keepingmewell

Cardiff Libraries and Hubs

Scan the QR code or visit: bit.ly/cardiffhubs



Cardiff and Vale Recovery College

Scan the QR code or visit: bit.ly/cardiffrecoverycollege

Grow Cardiff

Scan the QR code or visit: bit.ly/growcardiff



Dewis - Wellbeing Information

Scan the QR code or visit: bit.ly/dewiswales

Pedal Power

Scan the QR code or visit: bit.ly/pedalpowercardiff





Cardiff Castle from Coopers Field

What others say about RSPB Nature Prescriptions

"I loved the calendar. It got me out of the house even at my worst anxiety."

Prescription Recipient

"Just sitting and listening to the breeze in the leaves and birdsong clears my mind and slows my breathing, calming me."

Prescription Recipient

"Nature is an amazingly generous source of life and abundance that supports our health and wellbeing. In the midst of a nature and climate crisis, we need to do all we can to connect better with nature to support both it and ourselves. What better way than a Nature Prescription. We look forward to using them."

Dr Stuart Gray

GP - Whitchurch Medical Practice, Cardiff

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Your Nature Prescription was given to you by:

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rhywogaethau a helpu i ddiogel yr
argyfwng byd natur a hinseddau ben.

Protecting habitats, saving species
and helping to end the nature and
climate emergency.