

MENTAL HEALTH AND NATURE

Ground Yourself In Green is a Skipton organisation supporting people with mental health issues by providing outdoor activities and friendship. They have linked up with Incredible Edible and Knaresborough-based Yorkshire Yoga and Mindfulness tutors to support people with mobility restrictions and health issues or anxiety growing their own food at home or on an allotment, and meeting up safely for creative activities in the local park. [from a report in the Craven Herald, May 6th]

The allotments by St Margaret's, High Bentham, have nearly all been taken up and work has begun well, showing that there was an obvious need and that many people recognise the personal benefits and pleasure in working with Nature.

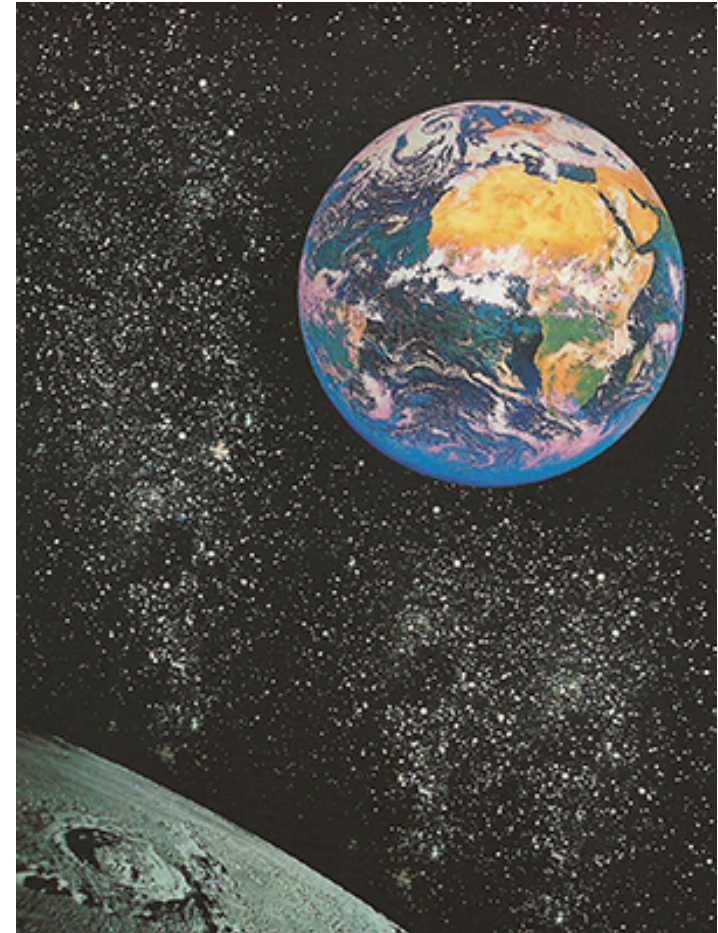
Churchyards which have always been havens for wild life are always open to anyone to wander around, but do respect what you see, and what you may be treading on! Enjoy the peace and the birdsong – and at St John's in Low Bentham, the sounds of the river. Visit the churchyards at St Mary's, Ingleton and Chapel-le-Dale and Giggleswick.

COMING UP... Churches Count On Nature, 6th – 13th June – visit St John's Churchyard one day this week, and record what you see and hear on a board in the porch.

Also for your diary, June 6th is a special Climate Sunday at St John's and September 5th will be a National Climate Sunday – both events preparing for the global climate conference, COP 26, at Glasgow, November 1st – 15th

Contact Timothy for details, wenningfoxes@btinternet.com

'CARING FOR GOD'S WORLD'



Summer 2021

9th Edition

Contents

Responding to the Climate and Nature Crisis.	Page 2
Nature Based Solutions	Page 3
Preventing Flooding.	Page 4
Planting Sea Grass.	Page 4
Space for Wild Flowers.	Page 5
More Than a Bunk Barn	Page 6
God's Five Acres.	Page 6
L is For Lifestyle.	Page 10
Mental Health and Nature.	Page 12

RESPONDING TO THE CLIMATE AND NATURE CRISIS

For Christians and many others the key to the healing of Planet Earth is in **giving** – giving back to the world what Nature needs rather than extracting yet more and more;

In **sharing** our surplus with those who do not have enough to live on, and sharing with others our ideas, practical skills and resources in making the transition to a carbon neutral and happier, more just world;

In **letting go** of our need to control other people including the resources they need;

In **sharing** our rights to the use of land and nature's resources and to not always have trade on our own terms;

In **giving up** luxuries that damage the Planet and reducing waste and therefore to consume less, and travel less often and not so far;

In **being grateful** for what we are given including the science, technology and businesses that have helped to make our lives more comfortable – and more

eat other fish than cod? You certainly can; there is a plethora of other tasty species out there. Aqua culture has grown from 3.9% in 1970 to 64% in 2018. The intensive salmon farming uses a lot of chemicals, and mixed with fish faeces sets off an epidemic of lice - hydrogen peroxide is used to treat and so the circle goes on. Look at the tin to see if your tuna is line caught for example. Load the MSC pocket good fish guide app on to your phone and follow its advice on what to eat.

L is for Lifestyle, but also for Letters. Writing letters and joining petitions does work. Whether the government will take any notice of Chris Packham's Stop The H2S Project remains to be seen. In 2011 the UK government reversed its decision to sell state owned forests, all down to letters and petitions. The Paris Climate Agreement came about from the pressure put on governments by the public. Letters are personal and have more effect than emails. Decide to send 4 letters a year to campaigns you believe in.

M is for Money. There is nothing wrong with having money as long as it is used wisely with thought about where it is going. When you have more faith in the Provision of God, he provides what you need. We have seen this time and again both in our personal lives and in the church where money for our church roof came when we needed it. Tithe and trust!

N is for Need. Do you need the material possessions you buy? The watch, the new car, the fashion items, new shoes, and so on. Consumerism blurs the edges between what we want and what we need. Can you use charity shops for your clothes? Swap items you do not want anymore. Use Freegle and Freecycle to hand stuff to others who need it. Think about the environmental consequences of what you feel you need to buy.

O is for Organic. As discussed in previous chapters can you buy or grow organically? There is no doubt that intensive farming damages the environment and the climate. Cattle to cattle transmission of diseases and indeed the COVID 19 disease was animal to animal to human. The impact on the soil of continued fertilisation is well known. So, buy organic where you can. Check labels and be aware about the source of your food. Farmers markets are a good start.

We would love to welcome you this summer, hopefully with children (free entry) for whom we have a quiz.

Bronwen and Peter Osborne

MORE FROM ANDY IVE'S TAKE ON 'L' IS FOR LIFESTYLE

by Ruth Valerio

G is for Globalisation. Look at what you eat or wear. Apples from New Zealand, jeans from Morocco, phones from Japan? Notice how everything is connected to everything else. Globalization helps take people out of poverty while damaging the environment. There has to be a balance.

H is for Habitats. Let's look at Palm oil. As more and more of the world's forests (lungs of the planet) are cleared for palm oil the poor Orang-utan or Elephant or Tiger loses its home. Palm oil is ubiquitous and is found in so many products. Be aware, read labels. Insects and bird species are disappearing from towns and cities. So grow bee friendly plants in your garden. Do not use pesticides such as Roundup. Eat less meat as half the world's food goes to feed animals so mankind can eat them.

I is for Investments. Do you know where your money/ pension is invested? Can you transfer to ethical investments that will assist in saving habitats, reduce CO2 emissions etc? Tithing 10% of your income is investing in someone else's life. Choose charities that try to end poverty. Disinvest from fossil fuels where possible.

J is for Jobs. Well for the last 18 months we see that working from home IS possible. The saving in energy from transport has been good, but are we using more at home? Jobs take up to 70% of our lives. Are you unhappy in your work, which will be affecting your mood? Can you be a catalyst for the change in your workplace, become more environmentally friendly. www.licc.org.uk has some beneficial advice on this.

K is for Kippers. Well, all fish actually. Overfishing is depleting the seas of edible fish stocks. Bottom trawling on the sea bed captures everything in its hunt for prawns, and accounts for half of the world's discarded stock. Can you

complex!

In **being grateful** for all the free gifts of Nature and the human community which can help us to live more simply!

What do you think? Can you add to this? Email comments to Timothy Fox, wenningfoxes@btinternet.com

NATURE BASED SOLUTIONS

Working for a Green Recovery

Act now to reverse nature's decline AND offer good jobs for a green recovery. So Green Alliance reports 4 May 2021.

“The job creation potential is highest in our most struggling communities and those jobs are, by their nature, local.”

Green Alliance commissioned WPI Economics to do research into this link, and found that “over two thirds of the best land for tree planting is in areas ... of persistent underemployment.” It is similar at priority sites for coastal restoration and sea-grass planting. “Many smaller northern towns with high proportions of workers in at-risk sectors are next to areas marked for upland peat restoration.”

The water that businesses use “can be cleaned to a higher standard by restored peat bogs, and flood risk is reduced by upstream afforestation.”

See also the work being done by the Yorkshire Dales Millennium Trust, and the Woodland Trust who have reopened their Morewoods scheme for the forthcoming planting season in November.

And locally, an away day on 5th June at Keasden Head farm is being arranged – with limited numbers – where the farmer with sheep and cattle is planting wild life corridors as well as trees.

PREVENTING FLOODING

Sometimes low-cost, small scale, local steps taken in cooperation with farmers, residents, conservation groups and others can be taken to prevent or reduce flooding when there is heavy rainfall – not unusual for our part of the country! Cumbria County Council has constructed two earth bunds and three timber leaky dams at a cost of £39,000 to protect properties at Colthouse near Hawkshead. In some places in Britain beavers have been introduced to provide one of Nature’s solutions – not always with the approval of local farmers – but helping to stem the river’s flow when in spate. In valleys in or near towns where the river channel had been straightened out, the natural curves or meanders have been restored to slow the current down. And in upland areas such as above Malham trees are being planted alongside the headwaters of the River Aire together with the resoration of peat bogs and sphagnum moss which both soak up the rain water and absorb CO².

Simon Jepps who is professionally involved with cooperative flood prevention schemes in the UK says there can be a number of benefits, “such as protecting soils, providing habitat... improving water quality...” leading on to “a really positive impact on health and well-being,” especially when local volunteer groups are involved in the project.

Flood prevention schemes work best when planned in cooperation with farmers and all who live, work and own land and have an interest in conservation along the whole river valley.

PLANTING SEA GRASS

Natural England with the Ocean Conservation Trust have recently completed a project to plant sea grass in Plymouth Sound and the Solent, according to a report in the 29 April Westmorland Gazette. “Seagrass meadows provide homes for young fish and protected creatures like sea horses and stalked jellyfish. They also help to stabilise the sea bed, clean the surrounding water and store significant amounts of carbon dioxide. The project leaders have the support of local

Lock-down has provided time for thought and new development. The old Lion Fountain (1828) has been joined by a new one carved by Alan Ward in his studio in Lancaster Castle. Our eye-catching Don Quixote, by Andy Kay, now reflects himself in a new formal pool.

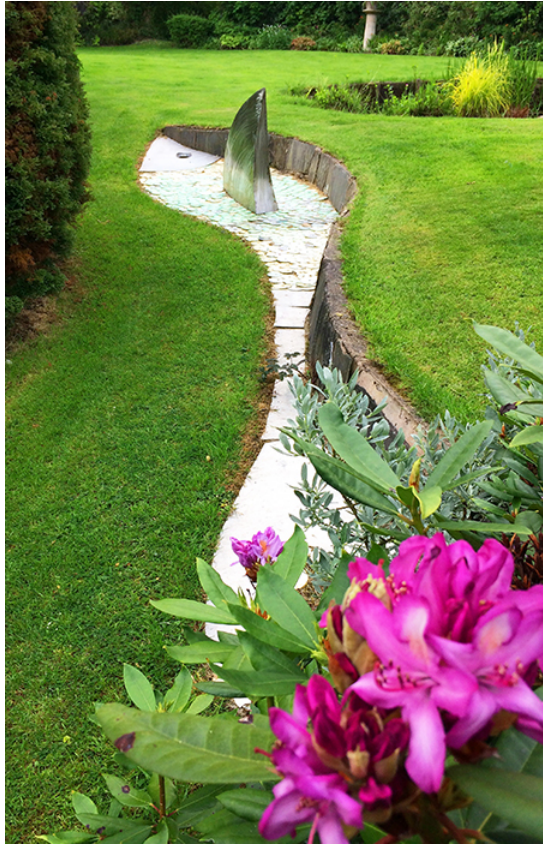


The 2-acre lake is intended for wildlife as well as beauty. We are well populated by birds; this year we are happy to welcome reed buntings and two new families of wild geese. We look forward to our dragonflies and a variety of animals. Last year we had otter and water rat, and Mrs. Hedgehog has just recently ended her hibernation in a flower border.

Much clearance and renewal is needed. Grass cuttings are composted with muck for soil enrichment. Autumn leaves collected with grass remnants by the old ‘ride-on’ make mould within a year. Prunings and branches are shredded for mulch.

and white Verbena (modesty), Chervil (sincerity) and lily (purity). To complete the life/death contrast the Life plants are gold and white (Revelation colours) against the purple and black opposite.

Christ is symbolised more directly in the 8-metre-long fish whose mosaic of CDs glimmer all the spectrum colours in the sunlight.



[The Greek word for fish, ICHTHUS, spell out the initial letters of the Greek words for Jesus Christ God's Son, Saviour, so the fish symbol was a secret code used to indicate a safe house for Christians when being persecuted by the authorities]

volunteers and aim to enlist the cooperation of boat owners to minimise their impact on these sensitive habitats."

SPACE FOR WILD FLOWERS

Thanks to those people who campaign to keep our roadside verges unmown, free of herbicides, so that wild flowers can grow – and so attract pollinators such as bees and other insects which then become food for birds.



The RSPB reports in Nature's Home – Spring/Summer 2021 – that “wild flowers don't need much space to grow. They just need a chance”.

So use waste ground such as roadside verges. Or make your own garden meadow, sowing your own mix of wildflowers.

This is really for earlier in the year. So keep this in mind for next April. Don't mow in May, but allow plants to pop up for the benefit of butterflies, bees and birds. Visit <https://www.rspb.org.uk/pop-up-meadows>. Or book a visit to Broadrake, above Chapel-le-Dale, with Mike and Rachel Benson, info@broadrake.co.uk

MORE THAN A BUNK BARN

Mike and Rachel Benson over the past 10 years have created a beautiful place above Chapel-le-Dale for wild flowers, pollinators, small rodents, a barn owl and other wild life – with National Park Young Rangers, Natural England, Darwen and Blackburn Asylum and Refugee groups and others helping out with various tasks including haymaking. [See photo]. The bunkbarn is well booked up even into 2022, and they continue with workshops making hurdle gates, cleft oak stools and ash splint baskets, etc from new greenwood. Then later in the year there will be stargazing, Chapel-le-Dale gatherings for tea and cake, and if you're lucky barn concerts for folk musicians travelling between gigs. Rachel and Mike say, “It was always our plan to ‘share’ Broadrake; we never wanted to live in isolation. We know that we did the right thing by choosing this location.”

GOD'S FIVE ACRES?

Lock-down unlocked, we are looking forward to opening Clearbeck Garden to the public again this summer: May 30th and 31st & June 27th, 11.00 to 5.00.

As always the income will go to nursing charities and teas money to NSPCC

(May) and Tatham Fells Church (June).



One big inspiration in planning the garden has been William Kent, especially his early 18th Century gardens at Stowe and Rousham where he introduced features that had a wider meaning. One such feature at Clearbeck is the Garden of Life and Death. You approach via a tiny valley with purple and black plants, descend into the tomb of the pyramid, then step up again to the pool of Baptism, where Moses (Baby's Breath) rests in the bulrushes. Golden Arbor Vitae, (Tree of Life), leads into the Garden of Life.

Life and everlasting life are celebrated there by plants such as “Trinity Flower” and “Angels' Trumpets” as well as Angelica. There are virtues like “Honesty”