The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

It is great that we have had some sunny weather recently, perfect for being outside.

This terms newsletter is all about the benefits of spending time in nature. I think that sometimes, we can take nature for granted, we don't always take time to appreciate the world we live in. You can experience nature in your garden or go on a local walk.



Be Active

Go outside for a walk or explore your nearest nature reserve

Connect

With the people around you, share your wildlife experiences

Give

Do something to help your local place and the people that live there

Take notice

Of the everyday wildlife on your doorstep

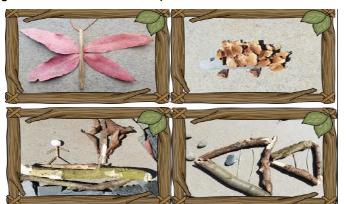


Ty something new outside

Y Y Y



There are lots of outdoor crafts that you can do, they don't cost any money! One of my favourites is creating nature pictures. Start by looking around your garden or local area for materials that you can use. Pick things that have fallen on the ground and leave plants to grow. I would love to see your creations.





There are so many positive effects of spending time in nature. Being outdoors improves your mood, makes you feel less stressed and angry. It helps to build self-confidence and positivity. It's great for your body and your mind!

Why not take a look at:

https://www.bbowt.org.uk/ - The
Buckinghamshire wildlife trust - lots of great
information, resources and places to visit

<u>https://www.birdnerd.io/</u> - Bird call identifier app - it will tell you the name of the bird that you hear!

Why not visit Iver Environment Centre! They have some great activities and ideas to do outside with the children! See the next page for some of their ideas.

If you need help...

Family Information Service (help with finances, wellbeing, housing)

https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=32

Restore Hope - 01494 765555

MIND - 01296 43732

Chiltern Foodbanks - 0808 2082138

Employment Support - 01494 463364 EXT 2

Safe Haven Crisis support - 01494 218098

Don't forget we are also here to help.

