

nature
prescriptions | Angus

Here is your nature prescription



What is a RSPB Nature Prescription?

A RSPB Nature Prescription is a guided conversation between a healthcare professional and their client to encourage and support them to connect with the natural world to benefit their mental and physical wellbeing.

Complementing other health interventions, this conversation is supported by a prescription leaflet and a seasonal calendar of ideas and suggestions to enable people to explore ways of connecting to nature that are personal and meaningful to them.

A RSPB Nature Prescription:

- Is free to the patient / client.
- Is a non-medical approach based on fully accessible, self-led activities.
- Is adaptable and flexible to meet an individual's needs.
- Aims to cultivate lasting connections with nature that inspire a desire to take action to protect it.



November

- ❑ Note three things you notice in nature every day for a week.
- ❑ Sit under a tree and be showered by falling leaves. Look for Sycamore seeds twirling down from the sky.
- ❑ Play outdoors like a child: build a den, go on a scavenger hunt or play conkers. Listen to the crunch of leaves as you walk through them.
- ❑ Gaze at an autumn moon rise. Note how the moon changes shape throughout the month.
- ❑ Find nature in everyday things. Look for images of nature in your house, on people, or outside on walls, gates and buildings.
- ❑ Learn something new about nature. Find a book, magazine or online article, to discover something you didn't know. Try visiting a library to look for nature books.
- ❑ Find your nearest pond, stream, river or go to the seaside. What wildlife is here all year and who is paying a flying visit?
- ❑ Look out for owls or listen for their distinctive calls. Young owls are very noisy at this time of year. Visit [rspb.org.uk/owls](https://www.rspb.org.uk/owls) to learn more.
- ❑ Help to make a better home for nature by picking up litter when you see it.
- ❑ One of Norfolk's greatest wildlife spectacles is the sight and sound of huge flocks of Pink-footed Geese arriving from Iceland to spend the winter here. You could visit RSPB Snettisham nature reserve [rspb.org.uk/snettisham](https://www.rspb.org.uk/snettisham) in West Norfolk to see thousands roosting on the mudflats. Or go for a sunrise or sunset walk along the coast at Brancaster or Wells next the Sea in North Norfolk.



December

- ❑ Look for the first star appearing in the winter night's sky.
- ❑ Get up close to a bare tree to see what's been hiding behind the leaves. Are there any abandoned nests? Any mosses? Or interesting knots or secret hollows in the branches?
- ❑ Can you find a winter flower? Even in the long dark days of winter there can be a cheerful flower to find.
- ❑ Wrap up warm and go outside with a warm drink. Look around. Listen to the sounds of nature.
- ❑ Find a frozen puddle and look for patterns in the ice.
- ❑ Enjoy a walk on a frosty morning. Watch your breath in the cold air and frost sparkling on leaves and branches. Collect fallen branches, Ivy or berries and make a festive wreath or table decoration.
- ❑ Find a television or radio nature programme to watch or listen to. Have you tried listening to a nature podcast?
- ❑ Open a bird café and see who arrives for a meal. Take time to appreciate their colours and behaviour. Visit [rspb.org.uk/birdcafe](https://www.rspb.org.uk/birdcafe) for ideas.
- ❑ The Norfolk coast has some of the darkest skies in the country and is a great place to try stargazing. Look out for guided walks offered by the RSPB, Norfolk Wildlife Trust and the National Trust. Visit [gostargazing.co.uk/regions/county/norfolk](https://www.gostargazing.co.uk/regions/county/norfolk) for suggestions.
- ❑ Reflect on your year. What was your favourite nature moment? How does it feel now as you bring it to mind? What are you looking forward to noticing in nature next year?

This calendar of ideas is part of the RSPB's Nature Prescriptions, which was originally developed in partnership with the NHS and other partners. As with any trip outdoors, dress for the weather, follow the advice you were given and be aware of your own safety. Remember to follow the Countryside Code for England and Wales which is available at [gov.uk/government/publications/the-countryside-code](https://www.gov.uk/government/publications/the-countryside-code). This calendar and its contents cannot be copied, redistributed, adapted or built upon for any purpose without express prior permission from the RSPB. The RSPB is a registered charity in England and Wales 207076, in Scotland SC037654. Photos: Owl – John Ford | Robin – Ben Andrew [rspb-images.com](https://www.rspb-images.com)

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