



GET
INVOLVED
TODAY!

Creating Natural Connections

**WILD WAYS WELL -
SCHOOLS CPD**



Why Spend Time in Nature at School?

Because it's educational, the woodlands are nature's classroom; Because it's a great way to socialise and meet up with friends; Because it's a brilliant way to get some exercise in the wide open spaces; Because spending time outdoors fosters learning, encourages creativity and helps everyone to feel better about their lives.

But most of all, because it's fun!

A recent study in the UK found that three quarters of children spend less time outdoors in an average week than inmates in maximum security prisons. One fifth of children did not spend time outdoors at all.

Research is increasingly showing how dangerous this situation is. It is becoming more and more clear that spending time outdoors amongst nature is vital for everyone's health—particularly their mental wellbeing.

This booklet is packed full of easy, fun, activities that you can try out in your local area. You don't need special equipment, kit or training, it doesn't cost anything, you can just step outside into a green space and have fun!

Remember while you're out that lots of animals, birds, insects, plants and trees share these spaces with you. They are helping us to have fun, so we must look after them in return. Never hurt or damage any living thing while playing outside, take all your litter or rubbish home with you and practice trying to leave no trace that you were ever there at all.

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Wild Ways Well

The Wild Ways Well project is designed to get people outdoors to benefit their mental wellbeing. We combine the proven benefits of contact with nature with **The Five Ways to Wellbeing**—a proven mental health framework that is used by the NHS and the major mental health charities, as well as other organisations all over the world.

By encouraging everyone to play and learn outdoors we'll **Be Active**. A Wild Ways Well session will always include a walk and activities designed to get everyone moving and having fun together.

Whilst outside we'll discover a new way of looking at the world around us. While we are out we'll always be encouraging everyone to **Take Notice** via games and activities. We might ask people to look out for a certain colour, tune their ears into a particular bird song, or use their senses to find their way around.

Young people's minds are always absorbing new information. We'll encourage everyone to **Keep Learning** by exploring the natural world around us. What's the best way to build a beaver dam? How do squirrels find food in the winter? What's the name of that plant? How can we safely build a fire or a den? How tall or old is that tree? Why do bees have stripes? There is no end to the questions that can be asked – and often there is no right answer!

By encouraging young people to spend time together we'll also help everyone to **Connect**—spending time outdoors helps to break down barriers between people, encouraging them to form friendship bonds, discover shared interests and removing some of the intimidating feelings that being in school can create. We'll also help each other to connect with the nature, helping us to understand our place in the world and feel comfortable within it.

Finally we'll **Give**. By learning together about basic forest skills and simple rules such as 'leave no trace' we'll all help to conserve and respect nature. We'll help each other to learn and have fun—and we'll help wildlife by simple tasks like making bird feeders or bug hotels.

you can find out more details about Wild Ways Well on our website www.CumbernauldLivingLandscape.org.uk; our Facebook and Twitter pages ([@WildCumbernauld](https://www.facebook.com/WildCumbernauld)); or by contacting **Paul Barclay** directly - p.barclay@TCV.org.uk or on **01236 617 113**

The Five Ways to Wellbeing



BE ACTIVE – Take part in health walks and practical outdoor activities. Explore your local paths, woods and greenspaces.

Spending time with nature improves wellbeing

All sorts of scientific studies have shown that spending time outdoors, amongst nature, helps people live happier lives.

Spending time in nature has been shown to increase energy levels, help people concentrate and think more clearly, improve sleep patterns and lessen symptoms of depression and anxiety.

The Five Ways Well are a mental health framework used all over the world – including by the NHS and the major mental health charities.

Studies have shown that building these five easy actions into people's everyday schedule helps them to live healthier, happier lives.

Wild Ways Well is our natural health project in Cumbernauld which combines the effects of nature with the Five Ways Well to help people feel better and more connected to nature.

CONNECT – Meet new people. Connect with the people, the wildlife and the nature that's all around us.



GIVE – Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks.

TAKE NOTICE – Note the changing cycles of life. Use your senses. Listen to birds, smell the flowers, live in the moment.



LEARN – Identify plants and wildlife, try new crafts, learn new skills. Discover things about nature and about yourself.

The Five Ways to Wellbeing

The five ways to wellbeing originate with the Foresight Mental Capital and Wellbeing Project, a piece of research commissioned by the UK government to look at the global challenges to people's mental wellbeing and the existing research which could help to devise strategies to ensure government, organisations and individuals within the UK were best placed to negotiate the future.

It drew upon the advice of hundreds of experts in the field and reviewed dozens of independent pieces of research into mental capital and mental wellbeing from all over the world.

As part of this project the New Economics Foundation was commissioned to develop the Five Ways to Wellbeing. Five simple actions, which anyone could take, which research had shown would be beneficial to their mental wellbeing.

The Five Ways to Wellbeing have now been adopted by mental health organisations, charities, health services and governments all over the world. They are advocated by the NHS, the major UK mental health charity Mind and the major Scottish mental health charity SAMH amongst many others.

Building these five simple actions – **Be Active, Connect, Give, Take Notice, Keep Learning** – into daily routines can help anyone to live a happier, healthier life.

Wild Ways Well combines the Five Ways with the proven health giving effects of exposure to nature and the natural world. Together they are powerful tool to help people get more from life.

The Five Ways to Wellbeing (and Wild Ways Well) does not replace traditional forms of therapy, they are a complement to them. They should be seen as something anyone and everyone should do as part of their daily routine. They are not a 'miracle cure' nor a substitute for prescribed medication. If you are worried about your, or someone else's, mental health you should always seek the advice of a medical professional.

Mental Health in Young People

Mental health issues are sometimes thought to be an issue which primarily affects adults.

Studies show however that young people are just as prone to mental health issues as adults but that these issues can often go unseen and undiagnosed.

It is estimated that 50% of all adult mental health problems start before the age of 14, and that 75% of children who experience a mental health problem do not get the help they need. Less than 1 in 3 children with a diagnoseable mental health condition will be admitted for NHS treatment.

A major NHS study in 2021 found that

- 1 in 6 children aged 6 – 18 had a probable mental health disorder. That's 5 in every class of 30.
- Problems sleeping affected 29% of 6-10 year olds and 38% of 11 to 16 year olds.
- Referrals to specialist young people's mental health services more than trebled since 2016.
- Children with probable mental health disorders are twice as likely as other children to miss more than 15 days of school during a term.
- The number of A&E attendances by young people with a diagnosis of a mental health condition tripled between 2010 and 2019.
- In 2019 24% of 17 year olds reported that they had self harmed.
- Almost half of 17-19 year olds with a diagnosable mental health condition has self harmed or attempted suicide at some point.
- Suicide is the leading cause of death for children between the ages of 5 and 18.

There are no easy answers to any of these issues and things are likely to have become even worse over the course of the covid pandemic.

How Does Greenspace Activity Benefit Human Health and Wellbeing?

Information obtained from the individuals and groups we work with show that Wild Ways Well provides positive results, but there is also real scientific evidence which shows that time spent in nature has positive health-giving benefits.

The **World Health Organisation** states that “Green spaces are important to mental health. Having access to green spaces can reduce health inequalities, improve well-being, and aid in treatment of mental illness. Some analysis suggests that physical activity in a natural environment can help remedy mild depression and reduce physiological stress indicators.

There is significant and growing evidence base for the use of greenspace to enhance health and wellbeing both in terms of access and proximity to greenspace and also in the provision of activities aimed at providing benefit—so called ‘eco-therapies’.”

Some of the health and wellbeing benefits cited include

- **Stress reduction** (e.g. Greenwood & Gatersleben., 2016)
- **Mood & self-esteem enhancement** (e.g. Barton et al., 2012)
- **Increase in positive affect and decrease in negative affect** (e.g. McMahan & Estes, 2015)
- **Increased wellbeing** (Bragg et al., 2013)
- **Improved concentration and attention** (e.g. Berman et al., 2012)
- **Increase in creativity by up to 50%** (Atchley et al., 2012)
- **Reduction in clinically relevant moods such as depression, anxiety and stress** (Brooks, et al., 2017)
- **Promoting physical activity** (Bauman et al., 2012)
- **Increase in social contact and interaction** (Wilson et al., 2009)

Why Does Nature Make People Feel Better?

There are three main theories put forward to explain the benefits to health and wellbeing of spending time outdoors in green spaces.

Attention Restoration Theory (ART) (Kaplan, 1995): ART suggests that nature provides an opportunity to recover from attention fatigue by providing fascination, a sense of being away, and a broadening of horizons.

Psycho-evolutionary Stress Recovery Theory (SRT) (Ulrich, 1983). SRT focusses on stress reduction both physiologically and psychologically and suggests that in the presence of resources that would have been beneficial to our ancestors we experience reduced negative affect and increased positive affect.

Biophilia hypothesis (Wilson, 1984): According to this hypothesis, because humans evolved in natural environments and have lived separately from nature only relatively recently in our evolutionary history, people have an innate need to affiliate with other living things. Satisfaction of this need and feeling connected to the natural world are thus predicted to produce broad psychological benefits, including increases in positive affect and decreases in negative affect.



RESEARCH SNIPPETS

Spending time amongst nature really does make people feel better about themselves and their lives. As well as its direct effect, interacting with nature has also been shown to increase the benefit gained from other forms of therapy. Furthermore, the effects are felt over all age groups, multiple time spans and irrespective of the individual's perceptions of the outdoors.

- Improvements to wellbeing from time spent in nature are not explained by activity (e.g. walking) alone (Brooks et al., 2017)
- Improvements to positive affect and lower depression and anxiety have been observed from just 10 minutes simply sitting in a natural setting (Brooks et al., 2017).
- Patients with a view of greenspaces recover faster from operations in comparison to those that don't have a window (Ulrich, 1984).
- Nature helps us think more clearly when we're depressed – University of Michigan study shows memory and attention spans improved by 20% after a walk in Nature – even looking at a picture of a tree improved them by 10% (Berman et al., 2012).
- A systematic review found evidence of improvements to self-reported wellbeing over and above the effect of physical activity. Compared with exercising indoors, exercising in natural environments was associated with greater feelings of revitalization and positive engagement, decreases in tension, confusion, anger, and depression, and increased energy. Participants reported greater enjoyment and satisfaction with outdoor activity and declared a greater intent to repeat the activity later. (Thompson Coon et al., 2011).
- Systematic review found lower levels of negative emotions, such as anger and sadness, after exposure to a natural environment in comparison to a more synthetic environment (Bowler et al., 2010).
- An average increase of 69% in self-reported well-being (using the Warwick and Edinburgh Mental Well-Being Scale) was reported in patients suffering from depression who took part in 'a dose of nature'; a 12-week, nature-based intervention (Bloomfield, 2017).

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EXPERIENCE YOUR SENSES

One of the best things you can do while you're outdoors is tune into your senses. We're all used to experiencing the world through the things we can see – but what about all the other ways we can interact with what's going on around us?

Lots of people say we have five senses - What are they?

Sight : Sound : Smell : Touch : Taste

Head out into a natural space, sit or stand somewhere quietly, and close your eyes. Concentrate on your breathing.

Inhale slowly through your nose for a count of 4 seconds.

Hold your breath for 4 seconds (or however long feels comfortable)

Exhale slowly through your mouth for 5 seconds

Do this five times and then open your eyes and say out loud:

Five things you can See
Four things you can Hear
Three things you can Feel
Two things you can Smell
One thing you can Taste

You actually have lots more senses than these five – can you think of any?

Heat – you can tell the difference between hot and cold.

Orientation – you can tell if you're standing up, lying down, or even upside down.

Movement – you can tell the difference between moving and standing still.

Balance – you know when you're going to fall over.

Proprioception – the sense of where your body is in relation to itself (close your eyes and touch your nose – how do you do that without looking?).

Hunger – you know when you need to refuel.

Can you think of any more?

Take these senses one by one and find a way to experience or examine them while in a greenspace.

How do you think the animals that live in these woods experience their senses? Do they have the same senses as you? What about the trees? What can they feel?

COLOUR MATCHING

A great way to get more in tune with nature is to engage our senses and practice taking a bit more notice of the world around us. Look for different colours in the woodlands there might be some you will be surprised to find!

Equipment

Coloured squares. You can use the ones on this page, pick up paint sample cards from your local DIY store, use pieces of cloth or even just hand out some colourful crayons.

Instructions

Give every person, pair or group a different colour. You can do this as a walking activity on your way somewhere or in a fixed location. If in a fixed location make sure to define your site boundaries so people don't get too far away or lost. Also remember to warn everyone about picking up anything 'nasty' on the ground. We don't want anything sharp, or anything man made. It might be appropriate to wear gloves if you're picking things up off the ground.

Ask everyone with a colour to go out and find it in the 'green' space. They must find exactly the right shade!

Once they've found it, they can photograph it in place or if they can safely take it without damaging or hurting anything, they can collect it and bring it back to the group.

Once everyone has brought their colours or photographs back you could try to make a rainbow or a picture from all the things you've found.



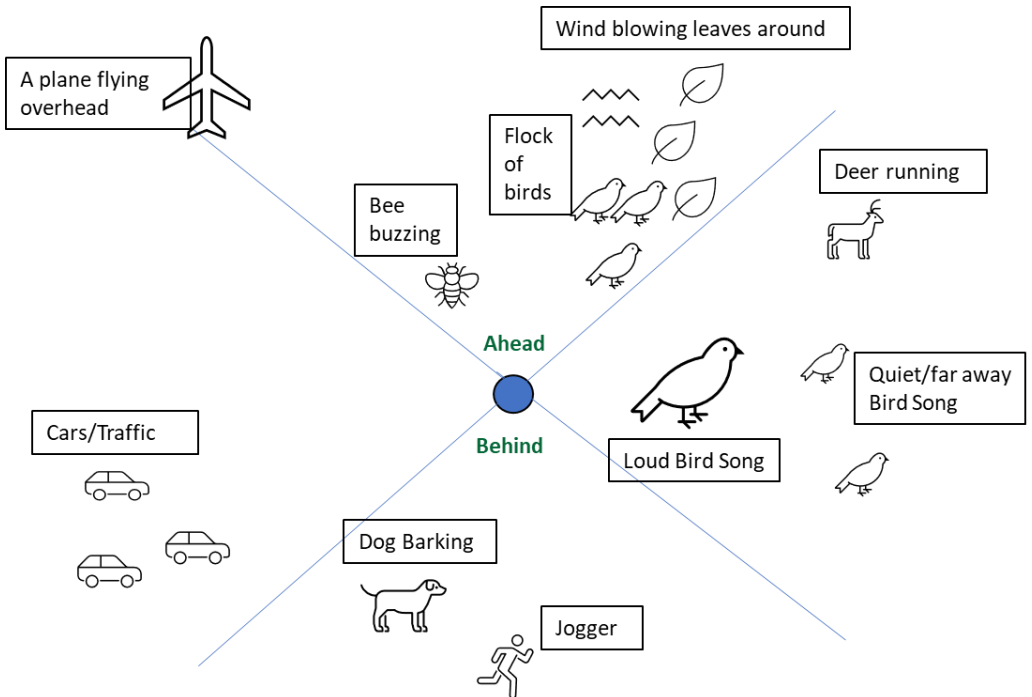
DEER'S EARS

Have you ever looked at a deer's ears before? Deer have brilliant hearing, they can turn their ears in all different directions so they can hear things sneaking up, no matter where they come from! Try it yourself, find a quiet spot to sit for a few minutes, close your eyes, open your ears and listen like a deer!

Draw a small circle in the middle of a blank sheet of paper and imagine this is your head viewed from above. Split the sheet into four to represent ahead, behind and to your sides.

Now mark on the paper all the sounds you hear and the direction they come from, showing where they come from in relation to you and how far away they are. You could draw pictures, write words, whatever you like (there's an example below).

Now try to use your deer senses... cup your hand behind your ears with the palm facing forward. How does this change what you can hear? Turn your hand around so it is in front of your ear with the palm facing backwards, how does this change things?



ASK A TREE ITS AGE

Did you know you can find out how old a tree is just by hugging it? First work out what kind of tree you have (check out www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/ for a free app or <https://www.woodlandtrust.org.uk/blog/2020/03/tree-id-kids/> for printable resources)

Next you have to measure the circumference of the tree's trunk (how big it is around) and you can do this by hugging it!

Measure the distance between your fingertips in centimetres with your arms stretched wide apart (the average adult should be about 130cm) this is your hugging distance.

Now hug your tree and count how many full length hugs it takes to go right around the trunk at shoulder height.

Multiply this number by your hugging distance and you have the circumference in cm.

Name of tree	Divide girth (CM) by this number
Oak	2
Hazel, Elm, Ash, Beech	2.5
Holly, Yew	1.25
Pine, Spruce	3.25
Sycamore	2.75

Now use the table above to work out the age... For example, an oak tree with a girth of 260cm (2 adult hugs) would be 130 years old! But a Beech tree of the same girth would only be 104.

Some trees live a long time, an Oak could live to be 900 years old, and we think Yew trees might be able to live for thousands of years!

Other trees like Birch, Maple or Rowan might only live for 100 years. A healthy woodland will have a good mix of trees of different ages and species.

WRITE

John Muir said that “*One day’s exposure to mountains is better than a cartload of books.*” which is probably true, but then he also said that “*The Sun shines not on us, but in us. Rivers flow not past us, but through us, thrilling, tingling, vibrating every fibre and cell of the substance of our bodies, making them glide and sing.*” Which is a quote I have framed on my wall and which has inspired me probably more than any other. Mountains are great, but words have an effect too!

There are so many wonderful wildlife writers out there, seek them out, ask for recommendations and give your own. And once you’re done reading why not try writing yourself? You can do it just for your own enjoyment or you could publish it online.

*Wee, sleekeet, cowran, tim’rous beastie,
O, what a panic’s in thy breastie!
Thou need na start awa sae hasty,
Wi’ bickerin brattle!
I wad be laith to rin an’ chase thee
Wi’ murd’ring pattle!*

*I’m truly sorry Man’s dominion
Has broken Nature’s social union,
An’ justifies that ill opinion,
Which makes thee startle,
At me, thy poor, earth-born companion,
An fellow-mortal!*

Robert Burns

*Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day!
Every leaf speaks bliss to me,
Fluttering from the autumn tree.
I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night’s decay
Ushers in a drearier day.*

Emily Bronte

“Thus, from the war of nature, from famine and death, the most exalted object which we are capable of conceiving, namely, the production of the higher animals, directly follows. There is grandeur in this view of life, with its several powers, having been originally breathed into a few forms or into one; and that, whilst this planet has gone cycling on according to the fixed law of gravity, from so simple a beginning endless forms most beautiful and most wonderful have been, and are being, evolved.”

Charles Darwin

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature -- the assurance that dawn comes after night, and spring after winter.”

Rachel Carson

Don’t forget the oral tradition of folklore and storytelling too – not all stories have to be written down! www.scottishstorytellingcentre.com

HOW THE TREES LOST THEIR LEAVES

A long time ago, when the world was new, all the plants and animals had to learn the best way to live their lives and how to fit into the environment. The Red Squirrel had a busy first day running through the woods, up and down the trees, foraging and playing.

As the day came to a close however, she realised that she hadn't yet found a place to live, so she began to make her nest in an Oak tree. As soon as she started the tree shook and swayed, and knocked her nest to pieces, casting it down to the ground.

"Go away" the Oak tree said, "I am the King of the Forest, I am too grand to have a squirrel nest in me."

And so the Red Squirrel went on to the Beech tree and tried again, but the same thing happened. Just as she was nearly finished building her nest, the tree shook and swayed and knocked it to the ground.

"Go away" the Beech tree said, "My branches are full of Beechnuts, I don't want a Red Squirrel living here and stealing them."

The Red Squirrel tried to build a nest in tree after tree, but each time it was knocked to the ground for one reason or another. Soon it was dark, and the squirrel grew disheartened, she sat on the cold ground, with her tail wrapped around her nose, and cried.



All day long the Winds had watched the Red Squirrel playing and running through the woods and had grown enchanted with her. They had watched as she went from tree to tree and grew increasingly angry as each tree refused her nest. The Winds called all the trees together and demanded that they help the Red Squirrel, but the Oak was too proud, the Beech was afraid, the Rowan thought it was too delicate to hold a nest, the Ash claimed there was no room as it was full of bird nests.

Finally the Winds came to the last tree, the Scots Pine, and asked why it couldn't host the Red Squirrel.

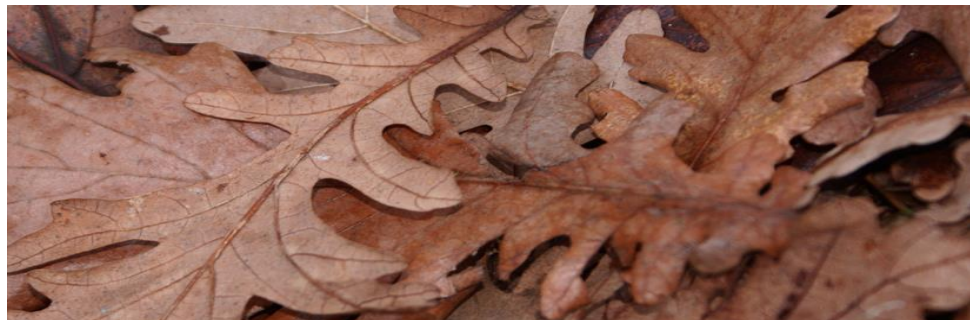
"I will gladly take the Red Squirrel" the Scots Pine replied *"I am not as beautiful as the Oak, my cones are not as tasty as Beechnuts, I am not as dainty as the Rowan or busy as the Ash, but if the squirrel will have me I will be proud to hold her nest."*

The Winds were delighted but their anger had not abated, and they determined to teach the trees a lesson. The Winter Wind came and blew with all its might and shook the trees to their very foundations. It raged through the forest and blew all the leaves right off the Oak and the Beech, the Rowan and the Ash.

"So be it" said the Winds *"This is your punishment for not helping our friend the Red Squirrel. You can grow leaves all summer but every year the Winter Wind will return in all its cold fury and will blow every last leaf from your branches. Only the Pine will we spare, in thanks for its kindness."*

And so it is to this day, the Red Squirrel makes her home in the towering Scots Pine which is one of the only trees in the forest allowed to keep its leaves all winter long.

Can you write your own story about some of the plants and animals that live in Cumbernauld?



WEE WAYS WILD

Draw a map of your local greenspace – but from an animal’s point of view. Choose your favourite animal species and then mark on the map places your animal could find shelter, water, food and other resources.

Make a nature bucket list. Think of all the natural things you’d love to experience and make a plan about how to do them.

Research the history behind your local greenspace. How did it get its name? How long has it existed for? Who looks after it?

Try and tell the difference between flowers just by smelling them.

Find the oldest tree in your local area and then research it. What things has it seen in its lifetime? Who might have visited it? Write a history or biography of it. Sketch or photograph a portrait of it.

Write a story about, or set in, your local greenspace and share it.

Volunteer! Search Volunteer Scotland for opportunities.

Be curious. Try to spot or identify one new thing on every walk

Walk like a deer. Move as quietly as you can through the woods. What do you see differently? Try and sneak up on an animal or bird

Take a photo or draw a picture of the same place every week for a month. How does it change?

Listen to the birds sing, can you tell the difference between different birds? Which is the loudest?

Mark out an area containing lots of flowers. Watch them closely and note all the pollinators (insects like bees and flies) that visit. Do the pollinators have a favourite plant? Is one colour more popular than others?

Explore your local woods. Measure the trees, can you find the oldest tree? What about the tallest?

Walk mindfully for five minutes. Focus on a sense other than sight. What can you smell, hear, feel? How do you experience the world differently?

Make a wildlife record in your local area. Add it to www.brc.ac.uk/irecord

WEE WAYS WILD

Go to the same place in the sunshine and in the rain. Can you see a difference in what wildlife is around? How do plants deal with the water?

Pick a leaf from a tree and draw it in as much detail as you can. Now walk into the woods and look at other trees. Can you find one leaf the same as the one you have drawn?

Sit really quietly and watch the birds. Which bird do you see most often? What colour is it? What does it eat? Where do you think it lives at night?

Try some nature magic. Go into a wooded area and then sit as quietly as you can in one spot. How long until the wildlife forgets you are there? It's almost like turning invisible!

Compose a letter to your local MP or newspaper making an argument in favour of conservation.

Go to the NBN atlas site <https://nbnatlas.org/> and look to see what species have been recorded around your local area

Go online and find out about birds that migrate to your area. Find a map showing how far they travel. Can you imagine their journey? (Hint. Try a Cuckoo, a Chiff Chaff, a Swift or a Goose.)

Look for animal footprints in a muddy spot – can you follow them? Where do you think the animals are going?

Touch a tree. Feel the shape and texture of its bark (the outer woody layer of the trunk). Why do you think different trees have different kinds of bark?

Take all your litter home with you and recycle it. What do you think happens to litter left in the woods? How do you think it affects wildlife?

If you have somewhere you walk regularly then make an effort to notice what's new. What has changed since your last visit?

Mark out a 2m by 2m area in a woodland and count how many different species or types of life you can find there. You don't have to ID anything, just note the differences

CUMBERNAULD LIVING LANDSCAPE

Cumbernauld Living Landscape is improving Cumbernauld's greenspaces for both people and wildlife, while helping everyone in the community connect with the nature on their doorstep.

Cumbernauld is incredibly green and we believe that everyone should benefit from this. However, these green areas are often disconnected from one another and many are not as good for people – or wildlife – as they should be.

Without good quality, healthy places people and wildlife cannot flourish. Working closely with the local community, we need to ensure that healthy places are at the heart of the town's future. We will achieve this through a range of projects across the town, divided into four major workstreams.

Improving Habitats and Access – We're improving habitats for wildlife and making it easier for people to find and access these sites. We will also enable people to volunteer and take practical steps to conserve and improve these places.

Connecting Young People to Nature – We're providing opportunities for children to get involved in practical environmental projects and helping schools use the outdoors as part of their lessons.

Promoting Green Health and Wellbeing – It is now well established that access to the outdoors is vital for people's health. The Wild Ways Well project helps people, care practitioners and groups to use nature to manage their mental health.

Unlocking Community Capacity – We are unlocking and developing the skills of the community. By building relationships with groups and individuals and helping them to take action for nature we will ensure a legacy that will last beyond this project.

There are lots of ways you can get involved in the project, as a volunteer, participant, or just supporter. You'll find more information about how at the end of this booklet.

LINKS

The Conservation Volunteers www.tcv.org.uk

Cumbernauld Living Landscape www.cumbernauldlivinglandscape.org.uk

Wild Ways Well www.cumbernauldlivinglandscape.org.uk/project/wild-ways-well/

The Five Ways Well www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing

Scottish Association for Mental Health www.samh.org.uk

There are many online resources which can help with outdoor activities, here are just a few of them

OPAL Citizen Science Surveys www.imperial.ac.uk/opal/surveys

Dead Good Dead Wood <https://www.tcv.org.uk/scotland/dead-good-deadwood-survey>

Zooniverse Online Citizen Science Projects www.zooniverse.org

iRecord Wildlife Recording www.irecord.org.uk

iSpot Nature ID www.ispotnature.org/communities/uk-and-ireland

NBN Atlas wildlife records for your area www.nbnatlas.org

Grid Reference Finder www.gridreferencefinder.com

Scottish Wildlife Trust Wildlife Watch www.wildlifewatch.org.uk

Woodland Trust Nature Detectives www.woodlandtrust.org.uk/naturedetectives

RSPB for Kids www.rspb.org.uk/fun-and-learning/for-kids

Outdoor and Woodland Learning Scotland www.owlscotland.org

Cumbernauld Living Landscape Activities www.cumbernauldlivinglandscape.org.uk/activities




Cumbernauld Living Landscape is a partnership between the Scottish Wildlife Trust, North Lanarkshire Council, Sanctuary Scotland, the James Hutton Institute and TCV – The Conservation Volunteers.


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 CumbernauldLivingLandscape

 @WildCumbernauld

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Our partners



Our funders



Cumbernauld Living Landscape is led by the Scottish Wildlife Trust, a Scottish registered charity (charity no.SC005792) and a company limited by guarantee and registered in Scotland (registered no. SC040247). Wild Ways Well is a provided by TCV, registered as a charity in Scotland (SC039302).