

Wild Wellbeing

AUTUMN

Wild at Heart

Be wild, whatever your age

A Wild Welcome...

You may have already noticed a chill in the morning air and the beginnings of a change from Summer to something deeper and richer. Autumn is Nature's End-of-Year show when berries and leaves seem to glow with vibrant colour.

Nature is putting all her energies into seeds and fruits to ensure another generation of trees and flowers, and to provide food for the birds and mammals, who will eat the fruit and spread the seeds across the land. For the local wildlife, it's a time of preparation. Hedgehogs and Queen bumble bees are looking for places to hibernate. Watch out for the squirrel, hiding nuts from your bird-feeder, building up his winter stores.

Once we pass the Autumn equinox (22nd September), days become shorter than nights, and just as we reach for that cosy jumper, the birds begin to gather in the evenings to roost, huddling together for warmth. In October, notice the morning mists in the valleys of Sheffield and Rotherham, how they highlight the golden autumn leaves, and watch them melt away as the food sun rises.



Sheffield & Rotherham

For nature, for everyone



AUTUMN

Seasonal Recipe Apple and blackberry crumble

Make the most of fresh British apples and fresh-picked blackberries with a delicious classic crumble!

Ingredients:

- 3 cooking apples (575g)
- 300g blackberries
- 200ml apple or orange juice
- 225g plain flour
- 110g sugar
- 110g butter
- 50 porridge oats

Method:

1. Preheat oven to 190°C/170°C fan/Gas 5.
2. Slice apples thinly and place in a baking tray (25cm x 19cm x 5cm), add the blackberries, and pour over the juice.
3. Make the crumble by rubbing the butter into the flour and sugar, until it is all mixed through and looks like moist breadcrumbs.
4. Stir in the porridge oats, then pour the crumble over the apples.
5. Bake for 45-50mins, or golden brown on top and the apples are cooked.

At Wild at Heart we often start our sessions with an active short walk in the park together to experience the sights, sounds and smells of nature all around us. It's great to chat and get to know each other and really get to know the beauty of the greenspaces we are in.

FINDING BEAUTY IN NATURE IN AUTUMN

- Vibrant reds, oranges and golds
- Ruby red conkers
- The crunch of dried leaves underfoot
- Migrating geese fill the sky
- Strikingly dried flowers, like teasel
- Mushrooms popping up after the rain



Jenny, Project officer



Jess, Project Assistant





FEATURED LOCAL GREENSPACE

Clifton Park

Clifton Park is truly a gem right in the centre of Rotherham. Built in 1784, and opened to the public in 1891, Clifton Park makes a wonderful day for exploring some history, getting involved with sports or community events, or simply relaxing on one of the many benches.

If you are visiting for a day trip, you are spoilt for choice: Clifton Park has a fantastic Museum, a cafe, mini golf, a skate park, a bowling green, tennis courts, kids play area, and the Water Splash!

Autumn is easily my favourite time to visit Clifton Park, when all the leaves turn red through orange to gold, bringing a burst of warmth to the whole landscape even as the air gets fresher. You can collect ruby red conkers from the horse chestnut trees near the Roman Ruins,

admire the apples and pears being grown in the volunteer-run Walled Garden, or enjoy the splash of floral colour in the Memorial Gardens under the Cenotaph. And if you do visit Clifton Park in Autumn, you must visit the Japanese Acer at the top of the Rock Garden - you won't be able to miss this stunningly red tree!



Lucy, Connecting Steps
Project officer

BRAIN TEASER

Autumn Quiz

Can you work out what these spooky nature-themed cryptic clues are describing?

1. Spins a trap with many legs (6)
2. Another term for a carved pumpkin (4,1,7)
3. Fruit that you might go 'bobbing' for in water! (6)
4. A mammal that flies at night (3)
5. A popular red nut from the horse chestnut tree (6)
6. When might a werewolf howl at the sky? (4,4)
7. A black bird that must live in the Tower of London (5)
8. A cold creature that hisses at passers-by! (5)



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If you would like to find out more about all of our work across Sheffield and Rotherham Wildlife Trust please contact us or visit www.wildsheffield.com.

For more activities, wild recipes, videos and small ways to stay connected to nature, find Wild at Heart on **Facebook** at [Facebook.com/WildatHeartproject](https://www.facebook.com/WildatHeartproject) and follow us on **Twitter**: @WildatHeartSRWT

Take a look at our Wild at Heart at Home Nature Adventures page on our website www.wildsheffield.com/home/wild-at-heart-at-home

More information about the project can be found at: www.wildsheffield.com/discover/your-community/wild-at-heart

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Connecting  Steps



Rotherham Social Prescribing Service
Health in your hands

Brain Teaser answers: 1. Spider, 2. Jack-O-Lantern, 3. Apples, 4. Bat, 5. Conker, 6. Full Moon, 7. Raven, 8. Snake

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