

NEWS RELEASE

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For immediate release



Do one thing for nature

Families across West Norfolk will be giving Mother Nature a hand this Autumn as they are invited to 'do one thing for nature'. As part of the BBC Breathing Places a selection of fun-filled activities will be held around the borough to inspire and motivate residents to care for green spaces where they live.

The Green Quay, with the Borough Council King's Lynn & West Norfolk, will be running a workshop on Monday 27th October from 10am-2pm aimed at encouraging families to get excited about what's on their doorstep and appreciate what nature offers. The workshop will start with foraging for natural materials like fungi in The Walks. Then back at the Green Quay people can take part in activities such as making fairies & elves out of twigs and leaves, plant a seed to take home and create different foliage friends. For more information and to book your place, please contact the Green Quay on 01553 818500.

The newly formed Woodland Friends* is holding their premier family event on Tuesday 28th October, 11am-2.30pm at Plantation Wood. Alan Boyer, Chair of Woodland Friends, explained: "We're thrilled to be holding our first event at Plantation wood. There will be a range of activities for everyone to enjoy including arts and crafts using materials found in the wood, woodland walks and litter-picking which believe it or not can be great fun! There will also be a free lunch and drinks provided so come along and join in!"

Southery Primary School has the theme of feeding wildlife for their autumn term and will be helping birds through the winter by providing food and water. Jackie Squires, Community Development Officer for the Borough Council of King's Lynn & West Norfolk, explained: "We will be running a community morning where people can make bird feeders and bird food recipes such as speedy bird cake, crumbly pastry maggots and cheesy fir

cones to help the bird during the colder months. The date is still be confirmed but will be well-published and I hope as many people as possible come along."

Breathing Places is a BBC learning campaign to encourage people to create and care for green spaces where they live. For full details of all the activities taking across the borough go to www.bbc.co.uk/breathingplaces

Ends

Note to editor

*Woodland Friends was formed in September 2008 with the support of Improving Neighbourhoods and the Woodland Trust to oversee the development and up keep of Plantation Wood, which sits between Gaywood Park and Fairstead. Woodland Friends currently includes Residents from Fairstead and Gaywood and representatives from the Fairstead Area Neighbourhood Group, Gaywood Park Action Group.

The Improving Neighbourhoods Board is made up of residents and representatives from key service providers. It is tasked with making the decisions to allocate the £3.6m made available to the area through Safer Stronger Communities Fund.

For further information contact

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This release has been issued by Laura Beveridge on behalf of the West Norfolk Partnership. For further information, contact Laura on 01553 616251