

**30**  
**DAYS**  
**WILD**



# Your guide to Going Wild at Work



[wildlifetrusts.org/30DaysWild](http://wildlifetrusts.org/30DaysWild)



# Welcome to 30 Days Wild

**Thank you for taking part in 30 Days Wild – the UK's month-long nature challenge, taking place from 1 to 30 June. We want to help make nature part of your organisation and your daily lives.**

Whether you walk to work, schedule a meeting in the sunshine or take a lunch break outside, making nature part of people's personal and work life can improve the health and wellbeing of all employees. It can help you to get active, be more aware of the world around you, feel more confident, make environmentally-aware decisions and improve creativity. This is great for your organisation and great for wildlife too! This booklet includes loads of suggestions for how you and your colleagues can take part in the challenge, but you can get creative, too!

If you need any more resources, you can download them from our website. You can also encourage your colleagues to take part as individuals or with their families [wildlifetrusts.org/30DaysWild](https://wildlifetrusts.org/30DaysWild)

**Feel happier, healthier and more connected to nature with 30 Days Wild.**

We've worked with the University of Derby to measure how 'wild' people were before they started 30 Days Wild, again when they'd just finished, and again two months later. We also measured their health and wellbeing. The results were amazing<sup>1</sup>.



**People reported feeling significantly healthier and happier, even months after the challenge had finished!**



**Two months later the number of people reporting their health as excellent increased by over 30%**

**Feel happier, healthier and more connected to nature with 30 Days Wild**

[wildlifetrusts.org/30DaysWild/Business](https://wildlifetrusts.org/30DaysWild/Business)

#30DaysWild

30dayswild@wildlifetrusts.org



**Download  
our 30 Days  
Wild App!**

<sup>1</sup> Richardson, M., Cormack, A., McRobert, L & Underhill, R. (2016). 30 Days Wild: Development and evaluation of a large-scale nature engagement campaign to improve human and nature's well-being. PloS one.



# 5 ways to **Wild Wellbeing**

**Building these five actions into your everyday life can improve your mental and physical health:**

**Learn**  
from nature and  
share your  
knowledge with  
colleagues

**Give**  
by volunteering  
for your  
Wildlife Trust

**Take notice**  
of the everyday  
wildness on your  
doorstep. (Download  
our Nature Finder App  
to find your closest  
nature reserve!)

**Connect**  
with the people  
around you by  
doing a wild team  
building activity

**Be active**  
and get out in  
nature for a  
walking meeting!





# Hints and tips to get **Wild at Work**

To help motivate you and your rushed-off-their-feet colleagues, we've included a few activities that you can do to feel really wild...

## Let nature spark your creativity

Some of the greatest inventors were inspired by nature. If you're stuck on a problem, see if nature can provide the answer.



## Take a break in nature

Switch off your screens at lunch or after work and relax outside. Enjoy the colours of the flowers, the feeling of the sun (fingers crossed), the smells in the breeze, the sound of birdsong and the sweet taste of homemade elderflower cordial (page 9).

## Watch a wild webcam

Peek at ospreys, peregrines and other wildlife from afar, by tuning into an online webcam.







## Work out in the wild

Get active outdoors by volunteering with your local Wildlife Trust.

## Get crafty in the sunshine

Make something on your own, or get together as a team to create wild artwork.

## Explore the wild world nearby

Check out your nearest nature reserve, park or churchyard; what wildlife lurks nearby that you never knew about? Make a list of the species you see and compete with others in the office.

## Ditch your disposables

Buy a re-usable coffee cup for your commute to cut down on waste.



# Wild Team Building

A wild team building experience is a great way to use the Five Ways to Wellbeing to improve the mental and physical health of you and your co-workers. You'll be giving to nature and getting physically active in the fresh air. You'll connect with colleagues and get to know each other better whilst learning new skills and facts about wildlife. And as you'll be out in nature, you can take notice of the beautiful surroundings. If you'd like more ideas or help with a wild team building experience get in touch with your local Wildlife Trust [wildlifetrusts.org/map](https://wildlifetrusts.org/map)

**Here are a few activities you could do together as a team:**

Street  
or beach  
clean

Tree  
planting

Build bat  
or bird  
nest boxes

Wildflower  
& butterfly  
surveys

Wild  
treasure  
hunt



**“It was a really fun wild day out that  
that takes your mind off things”**



# Make your office **wild** with a mini **Nature Reserve**

The Wildlife Trusts have over two thousand nature reserves across the UK: that's more nature reserves than there are McDonald's restaurants. These help wildlife to flourish, create habitats and homes for animals, and provide benefits for their local communities. Our challenge to you – make your own mini nature reserve and be amazed at how quickly life springs up even in the smallest of spaces! And don't forget to tweet pictures so we can see how it's doing.

**1 Choose your site**  
Choose a safe place to put your window box – somewhere like an old bench or wall at an easy height for inspection.

**2 Gather your materials**

- window box
- a small log
- yoghurt pot
- some compost (peat-free)
- a rock

**3 Fill the box with compost**  
Always use peat-free compost and save our precious peat bags.

**4 Add a few features**  
Dig in the yoghurt pot and add the small log and rock.

**5 Leave!**

**6 Keep a diary**  
Record the changes you see. Make notes using guidebooks and take a photo every week.

**7 Management**  
Remove out of control plants or cut them back with scissors.

**Before**

**After**

put compost right up to top of box

log

rock

yoghurt pot buried up to the rim and filled with rainwater

look under rock for small creatures

with thanks to Patrick Roper for original idea ([windowboxwildlife.blogspot.com](http://windowboxwildlife.blogspot.com))

## Can you spot any of these critters on your mini nature reserve?



Why not do more for wildlife at the office or at home by crafting a bug hotel, making a hedgehog highway, sowing a wildflower meadow, leaving sugar water out for bees and butterflies, or hanging nest boxes for bats and birds. Visit our website for more ideas of how to get started on wildlife gardening [wtru.st/WildlifeGardening](http://wtru.st/WildlifeGardening)



# Bring **Nature to Work** by feeding the birds

You don't have to have a big garden, or lots of green space around your office, to feed the birds and enjoy their wild antics. Why not make your own bird feeder to hang outside and delight in the different species that you'll see visiting you!

## What you need:

- dry ingredients
  - bird seed
  - dried fruit
  - cooked rice
  - breadcrumbs
  - grated cheese
  - chopped nuts
- hard cooking fat (lard or dripping)
- a fir cone, coconut shell or yoghurt pot
- string

1 Mix all the dry ingredients together in a bowl



2 Add the fat and give it a good mix around

3 Choose your feeder



plaster all over a fir cone



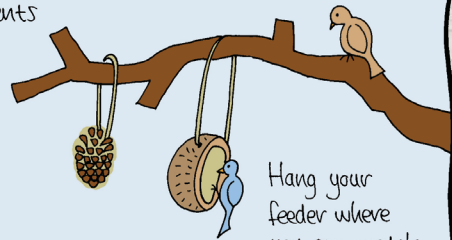
put it round the inside of a coconut shell



press into a yoghurt pot

You can hang this upside down like a bell or turn it out like a cake

4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



Hang your feeder where you can watch birds without disturbing them



Illustration: Corinne Welch © Copyright Royal Society or Wildlife Trusts 2015

## Have any of these birds visited you?



Goldfinch

© Amy Lewis

House Sparrow



© Richard Burkmar



Collared Dove

© Ian Rose

Great Tit



© Amy Lewis



Blackbird

© Neil Aldridge

Many common bird species have declined over the years which is why feeding the birds is an important activity. It can help bird numbers to recover and also provide you with great enjoyment, a meaningful connection with nature, and a love for looking after those birds that come back again and again! For more information on feeding the birds visit our resources page [wildlifetrusts.org/30DaysWild/Downloads](http://wildlifetrusts.org/30DaysWild/Downloads)



# Forage for Mocktails



**Make an elderflower cordial to mix with lemonade or tonic water (or make it a cocktail by adding your favourite gin!)**

In June, the boughs of the elder tree are strewn with sprigs of lime-cream blossom, releasing a light, fragrant aroma that is perfect for capturing in summer cocktails. Aside from the flowers, elder trees can be identified by their short trunks and grey bark, with 5-7 toothed leaflets resembling little feathers. To harvest, simply snip or break a few flower heads off and pop into a bag - and remember to leave a few behind on the tree for bees and butterflies who rely on them for nectar!

## Elderflower Cordial

Makes 1 litre

- ✓ 15 Elderflower Heads
- ✓ 1 Unwaxed Lemon
- ✓ 1 Unwaxed Orange
- ✓ 750ml Fresh Water
- ✓ 500g Sugar



**1** Shake elderflower heads gently outside to remove insects, and place each into a large bowl

**2** Finely grate the lemon and orange and add zest to the bowl, leaving the fruit to one side for later

**3** Bring the water to the boil and pour over the elderflower heads and zest, then leave over-night to infuse

**4** In the morning, strain the liquid through a piece of muslin to remove the bits, and pour into a saucepan

**5** Squeeze the juice from the lemon and orange and add to the saucepan, together with the sugar

**6** Simmer the mixture for five to ten minutes, pour the final syrup into sterilised bottles and seal

Your cordial is  
**ready to go!**



All of the activities in this booklet are designed to be carried out responsibly, without causing harm to persons or wildlife.

Foraging for wild foods can be dangerous if you're not sure what you're doing. Some plants can cause serious illness or death, so unless you're absolutely sure what you've picked, we suggest you get it identified by an expert/professional forager. The Wildlife Trusts do not take responsibility for any harm caused during the carrying out of these activities.



Your Wildlife.

# Your Wildlife Trusts

**No matter where you are in the UK, your Wildlife Trust is inspiring people about wildlife and wild places, and saving, protecting and standing up for the natural world near you.**

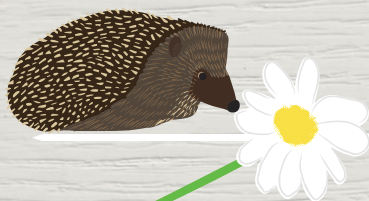
We believe that people are part of nature; that everything we value comes from it and everything we do affects it. The Wildlife Trusts care for over 2,300 beautiful nature reserves, from remote woods and rivers to inner city nature parks. We work all around our coast, connecting people with amazing marine life and campaigning for protection of our seas.

Much of our work is accomplished through joining forces with organisations all over the UK, across a variety of industries and sectors; we believe that everyone can make a positive difference to their local environment – whether schools, councils, farmers, businesses or individuals – and that by working together we can achieve nature's recovery on land and at sea.



Find your

## Wildlife Trust



**There are 46 Wildlife Trusts covering the UK, the Isle of Man and Alderney which means you will have a local Wildlife Trust caring for wildlife and wild places in your area.**

We are managing beautiful nature reserves; connecting children and families with nature; supporting a healthy and thriving society and economy; and contributing a huge amount to local communities all around the UK. Chances are, there will be a nature reserve, event or activity nearby that you can get involved with.



Details of how you and your families can support nature in your local area can be found at

[wildlifetrusts.org/30DaysWild](http://wildlifetrusts.org/30DaysWild)



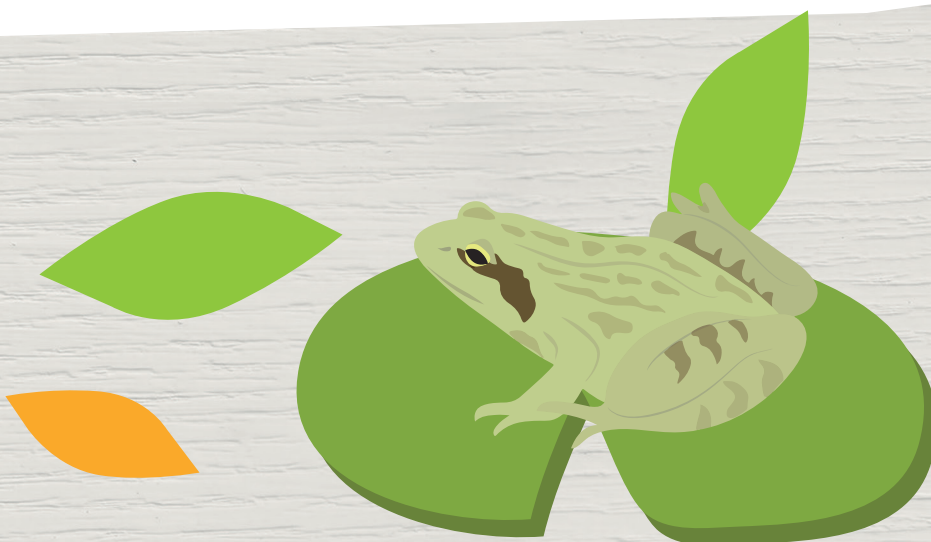
# Stay **Wild** at **Work**



**The Wildlife Trusts work with over 2,000 businesses across the UK. From corporate membership, to assessing and certifying management of landholdings, to major joint projects, we tailor offerings to meet your needs whilst benefitting local wildlife and wild places.**

Ultimately, we want to see more wildlife, more places and more people with a strong connection to the natural world. We are working to bring about Living Landscapes, Living Seas and a society where Nature Matters, and we believe we can work together to achieve this.

-  Boosting the health and wellbeing of employees through opportunities to learn, be active, experience local nature and give something back to local communities
-  Work together on collaborative projects which provide benefits for your local community
-  Local partnerships with Wildlife Trusts can help businesses to manage their space in a wildlife-friendly way by greening up your work area
-  Joint efforts to provide better opportunities for children to get out and experience nature whilst learning







## Tweet, hoot and holler

Share your #30DaysWild  
wherever you can...


✓ Add a hyperlinked 30 Days Wild logo to your email signatures to share the positivity with your contacts. These will have been sent to you digitally but are also available to download online [wildlifetrusts.org/30DaysWild/Downloads](http://wildlifetrusts.org/30DaysWild/Downloads)

✓ Use your website, intranet and external communications to highlight 30 Days Wild

✓ Go social – Get involved online in 30 Days Wild. We'll give you a big 30 Days Wild shout-out when your business does something wild!

✓ Use the hashtag and ask colleagues to tag The Wildlife Trusts in their updates

#30DaysWild  
@TheWildlifeTrusts



### Tweet us

#30DaysWild  
@30DaysWild



### Tag us in Instagram

Use #30DaysWild



Let us  
know what you're  
planning throughout  
the month, and we can  
make sure the rest of  
the 30 Days Wild  
community get  
to see it too!

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## Any questions about 30 Days Wild?

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