

30
DAYS
WILD



This June,
can you

**Do
Something
Wild**
every day for 30 days.

A big thank you for signing up your
care home to take part in the UK's
biggest and best nature challenge:
Welcome to 30 Days Wild!

#30DaysWild
wildlifetrusts.org/30DaysWild

30 DAYS WILD

1st – 30th June

Welcome to 30 Days Wild

This June, The Wildlife Trusts challenge your home to do something wild every day for a month. By signing up to take part, your home's staff, residents and their loved ones will be joining thousands of others making nature a part of their life for 30 days.

Taking part in 30 Days Wild can open up new ways of engaging with your residents, sparking their creativity and uncovering memories of wild childhoods, climbing trees and exploring the countryside. It doesn't have to be difficult; there are lots of little things you can do around your home. Follow our simple ideas for ways to go wild, or get creative and come up with your own.

This pack provides loads of information and inspiration to enhance your care home's experiences during its 30 Days Wild. Come on in, and take a look...

You can find more activities and downloadable resources for care homes like yours by searching **30 Days Wild Care Homes**

5 Ways to Wellbeing

Connecting with nature is a great way to accomplish the 'Five Ways to Wellbeing', which are recognised by multiple health organisations. These steps can enrich your residents' lives and improve the experiences of those working alongside them.



1. Give

By taking part in 30 Days Wild your care home can find ways to give nature a helping hand, and remind residents they're still capable of so much within their community.

2. Take notice

Taking notice of the nature around you can remind residents and care staff members that there's so much to be seen and experienced, whatever you're doing. This new focus can aid therapies and communication, too.

3. Learn

Use the challenge as an opportunity to learn something new. Your residents' school days are behind them, but education doesn't have an age limit! Try and learn the different species of tree or butterfly in your garden, for example.

4. Be active

Even gentle exercises undertaken outside can do wonders for physical and mental health and wellbeing amongst the elderly and vulnerable.

5. Connect

Embracing nature and taking time out with one another is a great way for staff and residents to spend more meaningful time together, and gives family members and friends something really special to engage with during visits.

30 Days Wild is good for you

We worked with the University of Derby to test the impact of 30 Days Wild on people who take part. We've proven that participants felt happier, healthier and more connected to nature throughout the challenge, and for months after, too! We've seen the evidence: 30 Days Wild creates happier and healthier habits that last for months after June.

The benefits of spending time in nature are especially important for the elderly and vulnerable, who can suffer from anxiety and confusion, and can feel disconnected from friends, family and the community beyond their care home. Even a little time spent in nature can decrease feelings of stress, depression and bewilderment. Nature provides colours, textures, sounds and smells that will help improve

cognitive function, and aid sensory and reminiscence therapy. Time spent outdoors can complement the treatments and therapies you already have in place in your home.

Exploring nature together, through little daily ideas and activities can bring staff, residents and visitors closer together, sparking conversation and creating a warm, friendly and relaxed environment.

Activities for you and your residents



Learn something new

You don't need to be an expert to do 30 Days Wild. Why not use it as a chance to learn something new about the wildlife we often take for granted? Gather small groups of residents and staff members around a book or computer, and set yourselves a challenge to learn just one new nature fact per day. What can you teach one another about a particular species or habitat? Embrace nature by creating a display or hosting a small discussion group to share your nature knowledge.

Create a butterfly garden



You don't have to have access to lots of space in order to create a butterfly garden. Choose a small corner of your garden or a handful of tubs for a patio, and plant a variety of flowers and shrubs that are likely to attract all manner of insects. Buddleia, verbenas, aster, wild marjoram, knapweed, and lavender are great for attracting pollinators like butterflies, bees and moths. Remember to include a small pool filled with pebbles so that butterflies can rest and drink.

Make a home for nature

Create a hedgehog house, bug hotel or animal habitat that will encourage wildlife to your home's grounds. Our wildlife often needs a little help in order to thrive, and will appreciate your efforts to create a cosy shelter that's fit for hibernation or a quick snooze. A wooden lodge, stack of pallet trays, or a lean-to filled with straw would be ideal. Even upturned plant pots, piles of logs and leaves, and patches of unkempt shrubs and grasses can provide a perfect home for nature.

Switch off electronics

A tough challenge! Give over a full day to nature and step away from the tablets, televisions and CD players. Ask those that are able to step outside and enjoy nature's treasures; find beauty in the wild outdoors and make your own entertainment from the nature on your doorstep. Those that are less able can enjoy wild time, too. Bring plants and insects inside for observation, and choose a selection of books that you can read together. You may even wish to take a gentle stroll, with those less mobile in wheelchairs.

Create a mini nature reserve

If you can't get out to a nearby nature reserve, bring one to your residents. Source a selection of planters or shallow troughs and fill them with soil, pebbles, wildflowers and grasses, and tiny water features until you've created a series of magical gardens for your residents to nurture from the comfort of their own chairs. Watch how your mini nature reserve grows over the month. Have you had any wild visitors? These mini nature reserves can provide purpose and enjoyment, and encourage residents to relax if they're feeling agitated or confused by focussing on a pastime.

Create a nature table in the home

Nature's colours, textures and shapes can delight and inspire your staff members and residents; those that cannot easily access outside can enjoy its beauty, too. Fill your nature table with treasures you find around your home and grounds, and encourage staff, friends and family members to bring in their own. Show off anything from plants, feathers and pebbles to animal skeletons, shells and seedlings. The display can be changed weekly, and try to keep your table active after 30 Days Wild has finished.

Barefoot walking

Gently encourage your residents to remove their socks and shoes and experience the sensations provided by various surfaces found outside. Grass, soil, sand, water and pebbles can invoke all kinds of memories and sensory responses, which can inspire conversation and very happy memories for all involved. Those in wheelchairs will be able to rest their feet on these different surfaces, and share the joy with their able-bodied friends, family members and carers.

Watch the sun

One for early birds and night owls! Watching the sun rise or set is a magical experience – the perfect start, or end to a wild day. What's more, the peace and calm you'll experience is sure to ease a hectic shift, or bewildering day. Take a little time to capture the sunrise or sunset as a photograph, painting, or wild art piece.



Make a daisy chain

Do you remember making daisy chains when you were younger? This simple act could help residents to recall warm, childhood memories, and overcome agitation, bewilderment and anxious episodes. Try discussing other favourite pastimes with your residents. Nature creates important connections between the past and the present.

Sing childhood songs

Spark your residents' memories and best singing voices by starting a singalong, with music that references nature and wildlife wonders. *Lavender Blue*, *The Ugly Duckling*, *The Owl and the Pussycat*, and *I am a Mole and I Live in a Hole* should bring smiles to faces!

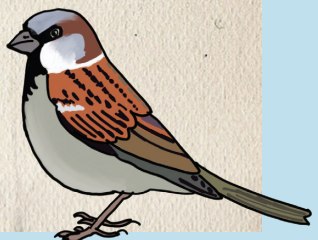


Picnic in the wild

Grab a few blankets, some favourite treats, and head outside for lunch. Residents might like to play lawn games and experience the grass beneath their feet, or talk about the picnics they may have enjoyed with friends during their childhoods. A picnic is an excellent way to engage with nature, with very little pressure placed upon staff members or residents; relax, and enjoy the time spent with nature and each other's company.

Bird watch in the garden

Bird watching can calm the soul and lift the spirits. As birds soar through the sky, hop amongst the grass or pick for food, you may find that your residents feel a sense of peace and quiet watching these animals going about their lives. Residents of all abilities can bird watch relatively easily, without the need for chatter.





1.

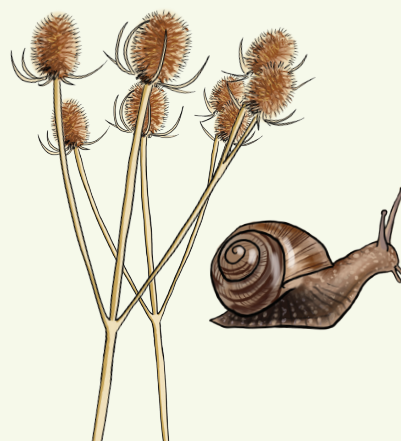
One residential home participating in 30 Days Wild noted far fewer falls throughout June. Just four residents suffered falls that month, compared to between five and thirteen tumbles during the five months before. The home's manager was delighted, and credited taking part in 30 Days Wild with a decrease in anxiety and agitation experienced by the most vulnerable residents. Those embracing nature appeared calmer, happier and more engaged with their surroundings.

2.

Another residential home shared that, through 30 Days Wild, its residents developed new interests. They noted that residents had adopted proactive and independent roles to encourage more wildlife to visit their garden. In fact, it was often the simplest connections with nature that brought them the most pleasure. This can be summed up in the words of one resident who was encouraged to walk bare foot on the grass, *"Feeling the grass beneath my feet took me back to my childhood, where every day was carefree. I felt free and exhilarated."*

3.

Another home noted the benefits of wildlife during reminiscence therapy. While creating a daisy chain one resident clearly remembered her childhood, and happily commented that she felt like a young girl again. These kinds of conversations are invaluable for residents, the staff members caring for them, and the friends and family of loved ones in care.



A few considerations

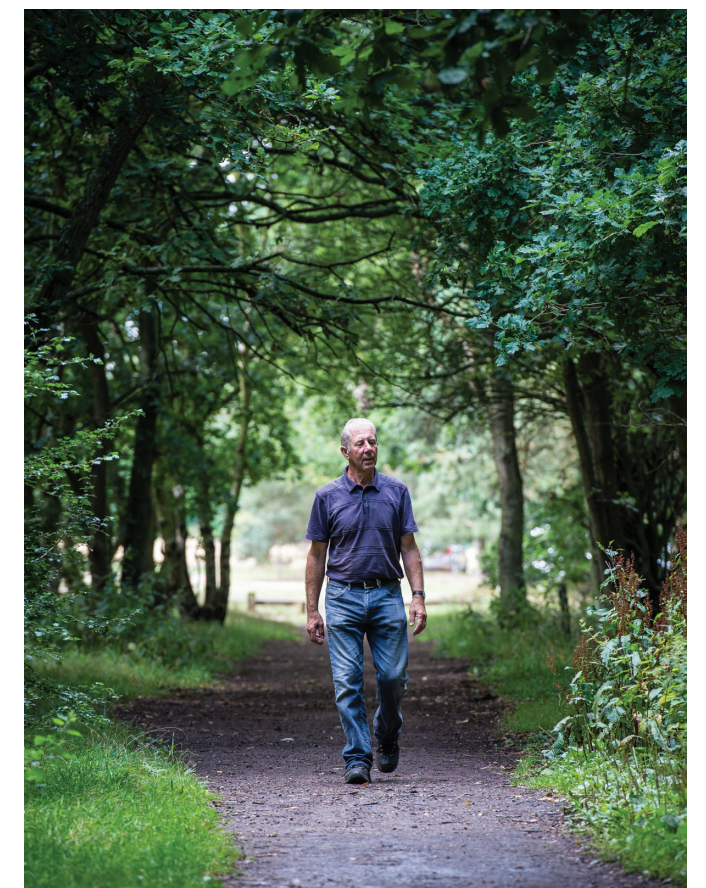
You know your residents, their limitations, personal interests and vulnerabilities. Consider the risks associated with some activities before getting started. Give special attention to those with restricted mobility, or residents living with dementia or similar, degenerative conditions.



We want everyone to enjoy 30 Days Wild, regardless of age, or ability. We've provided ideas for a wide range of simple activities that will be adaptable for almost all of your residents.

Search 30 Days Wild Care Homes and read our blog post about how taking part in 30 Days Wild helped one care group and its homes to thrive alongside nature. Your leap into 30 Days Wild is a pledge to do more for your residents and staff members, as well as the wildlife all around your home; a decision you'll value in the weeks, months and years going forward! Don't forget to observe your residents throughout the challenge, too. Have you noticed any positive changes in physical and mental wellbeing? Is there anything you'll take away from the challenge?

Happy Wildness!





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Be a Wildlife Hero with your Wildlife Trust!

We hope that your home will enjoy being part of the UK's nature challenge - 30 Days Wild. If you use social media, share what you're doing using **#30DaysWild** and talk to your local Wildlife Trust to discover how your home could become even wilder – we promise it's possible.

The Wildlife Trusts is a movement of people passionate about nature. We are local charities, formed by people

working together to make a difference where they live, and all working together for the wildlife of the UK. Wherever you are, there is a Wildlife Trust saving, protecting and standing up for wildlife and wild places near you.

Supported by our 800,000 members, together The Wildlife Trusts care for 2,300 amazing, diverse and beautiful nature reserves, from remote woods and rivers, to inner city nature parks. Most people live within a

few miles of one of these special places. We look after the amazing wildlife that lives on our coasts and in our seas.

We believe that people are a part of nature, so we empower more people to make a positive change for wildlife and wild places on their doorsteps.

By taking part in 30 Days Wild, you're helping to preserve our wildlife and wild places for generations to come – you're a Wildlife Hero!

Follow us...

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Follow your local Wildlife Trust, too – for local nature inspiration and wild ideas



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