

# Connecting with Nature Through Gosforth's Wild Web

3 April 2025



## Nature Connection Training for North Tyneside Libraries and Community Hubs

At the heart of Gosforth's Wild Web is a simple idea: **noticing nature**. When we take the time to observe and appreciate the natural world around us, it deepens our connection to it. This can happen through small, everyday actions or more active involvement- whatever feels right for you.

Recently, the Gosforth's Wild Web team had the pleasure of running a training day for North Tyneside Libraries and Community Hubs. Together, we explored what “nature connection” means and how it could be woven into their workspaces, events, and community engagement.

### Making Nature Connection Easy and Accessible

Environmental topics can sometimes feel overwhelming- biodiversity loss, climate change, and eco-anxiety are real concerns. Our goal was to show that connecting with nature doesn't have to be complicated or time-consuming. Instead, small, manageable changes can have a big impact. By incorporating simple nature-focused ideas into their daily routines, the library and community hub teams would be more likely to enjoy and sustain these practices long after the training day ended.

### Ideas in Action

We started by looking at the **Nature Connection Handbook** from the University of Derby, a fantastic resource based on extensive research into the benefits of connecting with nature. Then, we brainstormed ways to bring nature into their workspaces and activities, including:

- Hanging flower baskets outside office windows
- Using social media to run a “Nature Book of the Month” campaign
- Displaying photos of nature and wildlife around the library and community hubs
- Organising nature-themed crafts and activities
- Incorporating environmentally friendly practices into their daily routines

By making small changes like these, they could invite nature into their spaces without major disruptions to their workflow.

### A Walk in the Wild

To end the day, we took a guided walk through Gosforth Nature Reserve, focusing on the simple act of noticing nature. Since it was late winter, the trees were still bare, making it a perfect time for nest spotting. We also tuned in to the sounds around us- some used the Merlin app to identify bird calls, but simply listening was encouraged. We



engaged our other senses too, feeling the textures of tree bark, observing different shapes and colours, and soaking in the peaceful atmosphere.

A special highlight? Spotting roe deer grazing in the fields nearby, a magical moment that reminded us why spending time in nature is so rewarding.



## A Lasting Impact

The day felt like a wonderful treat for both our team and the library/community hub staff. One participant summed it up perfectly:

*"I really enjoyed this morning's session- I felt lucky to be there, and it felt like a treat! It made me think about how we can promote the use of the garden to library users and incorporate the outside in. I'm looking forward to taking ideas back to the library and incorporating them into our spaces."*

We couldn't agree more! It was a joy to share this experience, and we hope it inspires others to notice, appreciate, and connect with nature- wherever they are.

### Emily Anderson

Assistant Naturalist

Emily works on Gosforth's Wild Web, sharing her enthusiasm for the outdoors with anyone and everyone. She is a MSc Conservation and Ecosystem management graduate with a special love for woodlands and birds.

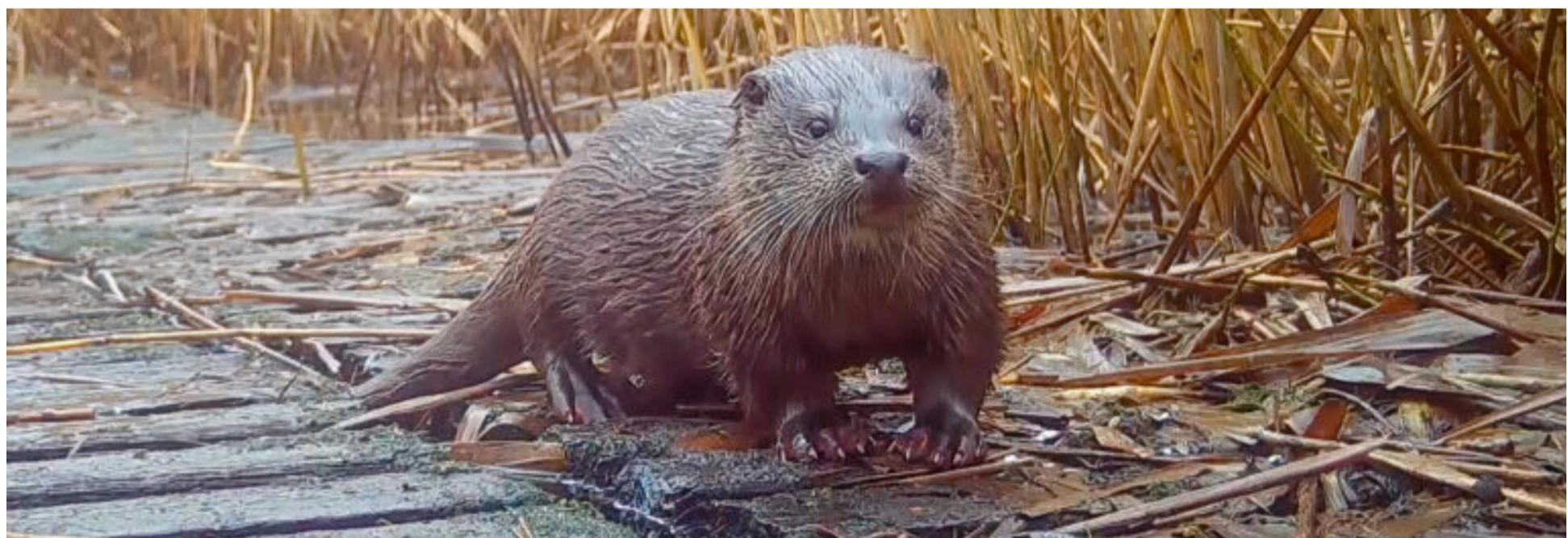


# Wild Web

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