



Leaves Wreath

The Conservation Volunteers – TCV’s mission is to connect people and green spaces to deliver lasting outcomes for both. In North Ayrshire, TCV is raising awareness and connecting locals with nature through the Green Health Partnership and workshops like this one.

Leaves Wreath comes out of the necessity to adapt to the “new normal life” the coronavirus pandemic restricts us to. We can still enjoy activities such as going for walks and exploring the woodlands areas such as the Woodland Trail of the Ayrshire Central Hospital.

This is mainly a craft mindfulness activity to immerse our senses in a different way and take advantage of the nature on our doorstep, while improving our physical and mental wellbeing.

Participants will collect leaves and others natural materials during a walk to create an autumn wreath.

Autumn is one of the most stunning seasons of year. There is so much to enjoy, the colourful leaves and berries that surrounds us to lift up our spirits; the pine cones, acorns and conkers around the paths looking to germinate providing us a sign of hope and new life, and the chilly fresh air making us to feel thankful for every breath we take.



Materials Needed





Risk Assessment

Hazards

Slips, trips, and falls

Collecting natural materials -
contact with leaves, acorns, etc..

Bacterial, Viral, and Parasitic Infections

Dog injury

Dangerous litter, dog faeces and
hazardous needles

People breaking from group

Controls

Advise in advance sturdy and waterproof footwear to be worn on slippery mud and fallen branches. Warn participants of any uneven ground or potential hazards as you approach them.

Avoid areas with hazardous litter items. Hygiene is of utmost importance. Warn not to touch any insects or unknown plants. Advise participants to wash hands before eating, drinking, or smoking. Provide hand sanitiser if necessary. After finishing the walk, participants must hand sanitised their hands.

Participants must not consume any of the materials collected. Advise participants to please wash hands before eating, drinking, or smoking. Provide hand sanitiser if necessary.

Warn participants of dogs off leads, ensure anyone concerned is accompanied by the group leader, carers, or health professionals. Advice on the diseases transmitted by dogs.

Avoid areas with lots of litter and faeces. Do not touch any litter or faeces. Report any needles or sharps to the responsible (e.g. North Ayrshire Council Street Scene department at 01294 310000) and they will come with a sharps box to collect.

Group leader to have mobile phone on them and to give the number to attendee. Walk at a suitable pace for group, stay together and do not split up. If breaking from the group, please make the leader aware. Regular head counts throughout walk or activity.

(Please use this space to add hazards specific for your group: things to consider are the abilities of the participants, the weather, contact with the public, coronavirus precautions.)



Risk Assessment

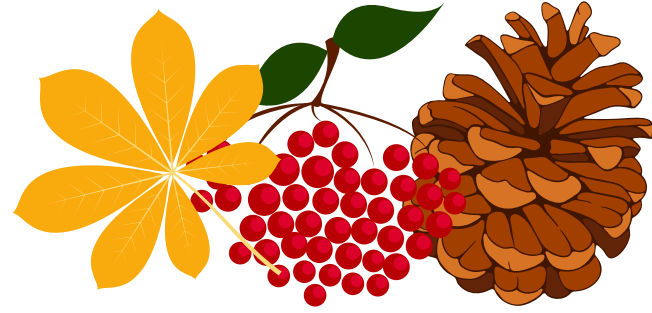
Approximate times	Task	Description
10 - 15 minutes	Plan your visit	Choose the site you are going for a walk. Print this pack. Look at the risk assessment and add anything necessary. Gather any materials required such as circular shape materials and glue.
05 - 10 minutes	Brief Participants	Explain the activity to participants.
30 - 60 minutes	Walk	Once walking on the woodland stop to collect the leaves, berries and acorns around. Make sure they are dry, if not dry them with paper towels. Inspire conversation with participants about their choices.
20 - 30 minutes	Wreath Making	Using glue paste leaves and other natural materials circular shape material.



If your group cannot go for a walk, the group leader can collect some natural materials in a woodland and do the activity in an indoor setting.

This activity packs are part of TCV's Natural Health project,
supported by:





Nature Sensory Box

The Conservation Volunteers – TCV’s mission is to connect people and green spaces to deliver lasting outcomes for both. In North Ayrshire, TCV is raising awareness and connecting locals with nature through the Green Health Partnership and workshops like this one.

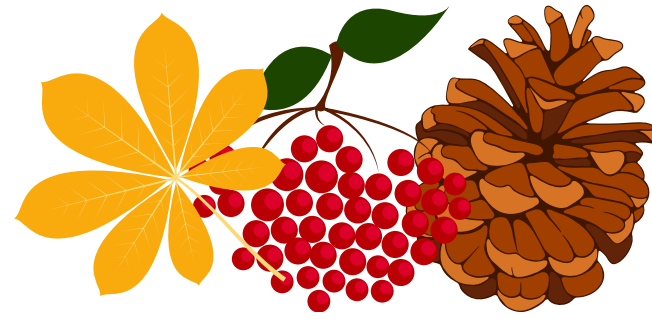
Nature Sensory Box comes out of the necessity to adapt to the “new normal life” the coronavirus pandemic restricts us to. We can still enjoy activities such as going for walks and exploring the woodlands areas such as the Woodland Trail of the Ayrshire Central Hospital.

This is mainly a mindfulness activity to immerse our senses in a different way and take advantage of the nature on our doorstep, while improving our physical and mental wellbeing.

Participants will collect various items during a walk that bring them joy, then share with friends and family what attracted them to collect these items .

Autumn is one of the most stunning seasons of year, providing a feast to connect our senses. There is so much to enjoy, the colourful leaves and berries that surrounds us to lift up our spirits; the pine cones, acorns and conkers around the paths looking to germinate providing us a sign of hope and new life, and the chilly fresh air making us to feel thankful for every breath we take.

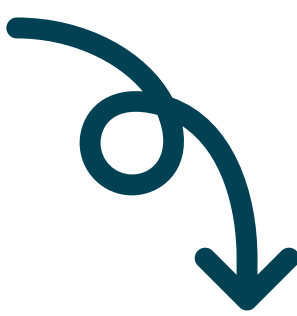
This activity pack contains a list of materials needed, a standard risk assessment and an agenda with approximate duration to make minimise preparation time.



Materials Needed

1

Risk Assessment
(look at page 3)



2

Small container
(box or bag)



3

You are ready to go!



Some items you might find in woodlands at this time of the year are feathers, leaves, berries, acorns, twigs, pine cones, flowers, rocks.

Ideas on how to connect your senses

Look



Colours, shapes and sizes, and structure.

Sound



Bird songs, wind, rain, leaves moving, water running, acorns falling.

Touch

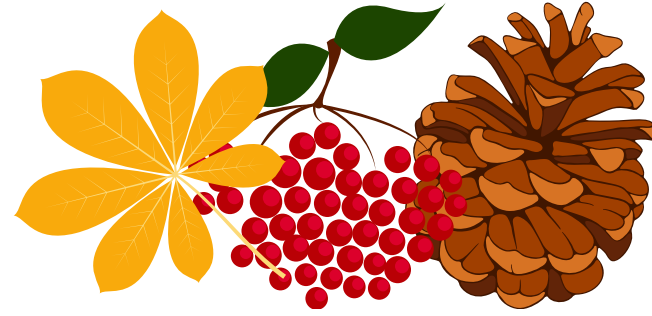


Slimy, smooth, cold, bumpy, hard, crisp, sticky, rubbery and sandy.

Smell



Odourless, pleasant, unpleasant, fruity. Does it bring back memories?



Risk Assessment

Hazards

Slips, trips, and falls

Collecting natural materials -
contact with leaves, acorns, etc..

Bacterial, Viral, and Parasitic Infections

Dog injury

People breaking from group

Dangerous litter, dog faeces and
hazardous needles

Controls

Advise in advance sturdy and waterproof footwear to be worn on slippy mud and fallen branches. Warn participants of any uneven ground or potential hazards as you approach them.

Avoid areas with hazardous litter items. Hygiene is of utmost importance. Warn not to touch any insects or unknown plants. Advise participants to wash hands before eating, drinking, or smoking. Provide hand sanitiser if necessary. After finishing the walk, participants must hand sanitised their hands.

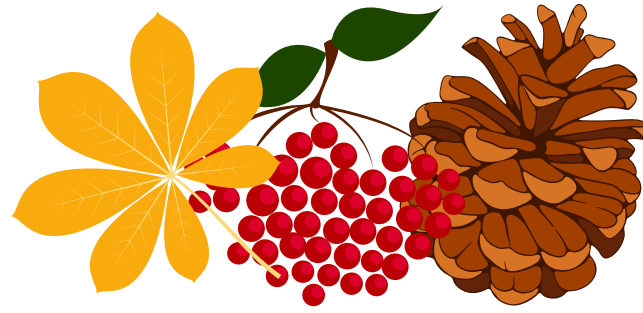
Participants must not consume any of the materials collected. Advise participants to please wash hands before eating, drinking, or smoking. Provide hand sanitiser if necessary.

Warn participants of dogs off leads, ensure anyone concerned is accompanied by the group leader, carers, or health professionals. Advice on the diseases transmitted by dogs.

Group leader to have mobile phone on them and to give the number to attendee. Walk at a suitable pace for group, stay together and do not split up. If breaking from the group, please make the leader aware. Regular head counts throughout walk or activity.

Avoid areas with lots of litter and faeces. Do not touch any litter or faeces. Report any needles or sharps to the responsible (e.g. North Ayrshire Council Street Scene department at 01294 310000) and they will come with a sharps box to collect.

(Please use this space to add hazards specific for your group: things to consider are the abilities of the participants, the weather, contact with the public, coronavirus precautions.)



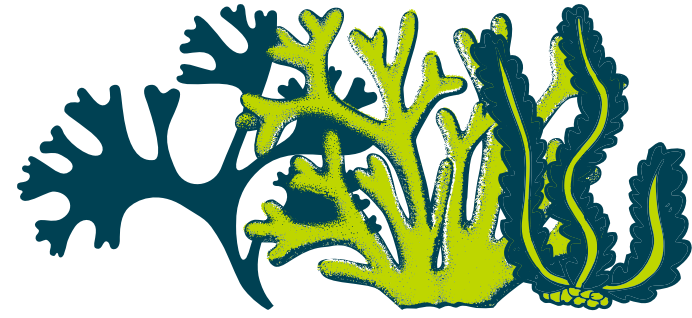
Agenda

Approximate times	Task	Description
10 - 15 minutes	Plan your visit	Choose the site you are going for a walk. Print this pack. Look at the risk assessment and add anything necessary. Ask participants to bring a small container.
05 - 10 minutes	Brief Participants	Explain the activity to participants. Make sure everyone has their container. Explain how to connect the senses with the surrounding area (page 2).
30 - 60 minutes	Walk	Once walking on the woodland stop to explore the leaves, berries and acorns around; and ask participants to collect at least 5 items. Participants can share throughout the walk what attracted them to these items.

If your group cannot go for a walk, the group leader can collect some natural materials in a woodland and do the activity in an indoor setting.

This activity packs are part of TCV's Natural Health project,
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Sensory Seaweed


The Conservation Volunteers – TCV’s mission is to connect people and green spaces to deliver lasting outcomes for both. In North Ayrshire, TCV is raising awareness and connecting locals with nature through the Green Health Partnership and workshops like this one.

Sensory seaweed comes out of the necessity to adapt to the “new normal life” the coronavirus pandemic restricts us to. We can still enjoy activities such as going for walks and exploring the spectacular North Ayrshire coast.


This is mainly a mindfulness activity to immerse our senses in a different way and take advantage of the nature on our doorstep, while improving our physical and mental wellbeing.

Seaweeds are like a bridge of strings of various sizes, shapes and colours connecting us with the wildlife in the rockpools, underneath the waves and the bottom of the sea. This connection could increase our coastal appreciation and inspire our senses to look, smell, touch and listen in a different way. Furthermore, evoke a sense of ownership to care for our coasts.

Ideas on how to connect your senses with seaweed

Look 


Colour, shape, size, and structure.

Sound 

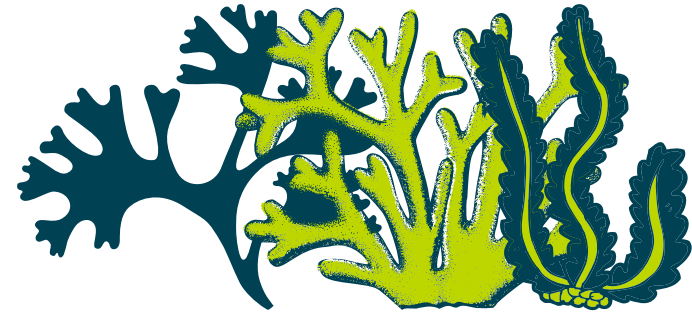
Squish any sacks. Shake the seaweed. Use objects like plastic bottle to test different sounds.

Touch 

Slimy, smooth, cold, bumpy, hard, crisp, sticky, rubbery and sandy.

Smell 

Odourless, pleasant, unpleasant, fishy, salty. Does it bring back memories?



Ways of Delivery

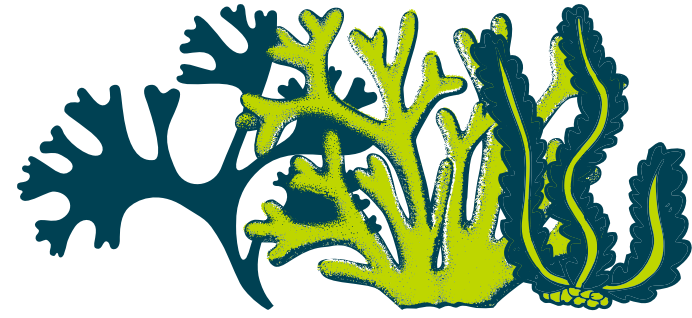
1. Walking the coastline of a local beach while discovering the seaweed in the strandline and rocky areas.

- a) Suggested beaches covered in the risk assessments are Irvine Beach Park, Adrossan South Beach and Fairlie Organic Growers Beach. However, the risk assessment applies to most beaches around North Ayrshire.
- b) Keep in mind some beaches are non-existent during high tides, we recommend to check the tides times and go an hour before low tide (and where possible to make sure it is around 0.6m high or less). Check in this link low tides: <https://www.tide-forecast.com/locations/Irvine-1/tides/latest>.

2. Take away seaweed to a nearby bench or to places such as the hospital, community centre, etc.

- a) You will need a clean container and the Seaweed Identification Cards sheet (page 3) to choose the seaweed species to collect; however, you can do the sensory part of this activity with any type seaweed. Add seawater to your container to reduce seaweed rooting and unpleasant smell.
- b) Keep in mind some beaches are non-existent during high tides, we recommend to check the tides times and go in low tide: .
- c) Please return seaweed back to the sea when possible or dispose it in a green waste. Also, seaweed is very good for raised beds and compost bins. Practice the leave no trace code.

This activity pack contains a standard risk assessment, printable identification and facts cards, and an agenda with approximate duration to make minimise preparation time.



Risk Assessment

Hazards

Slips, trips, and falls

Collecting natural materials -
contact with seaweed and sea creatures.

Bacterial, Viral, and Parasitic Infections

Dog injury

People breaking from group

Controls

Advise in advance sturdy and waterproof footwear to be worn on rocky areas and sand beaches. Warn participants of any uneven ground or potential hazards as you approach them.

Avoid areas with hazardous litter items. Hygiene is of utmost importance. Warn not to touch any live animals, especially jellyfish. Advise participants to wash hands before eating, drinking, or smoking. Provide hand sanitiser if necessary. After finishing the walk, participants must hand sanitised their hands - please make sure hands are sand free.

Participants must not consume any seaweed or organisms found on these beaches. Advise participants to please wash hands before eating, drinking, or smoking as water quality of the recommended coastal walks is not good or excellent. Provide hand sanitiser if necessary. According to SEPA water quality, Irvine Park Beach is poor, Ardrossan South Beach and Fairlie (Largs Pencil) is sufficient. More information of other locations in North Ayrshire: <https://www2.sepa.org.uk/BathingWaters/Classifications.aspx>

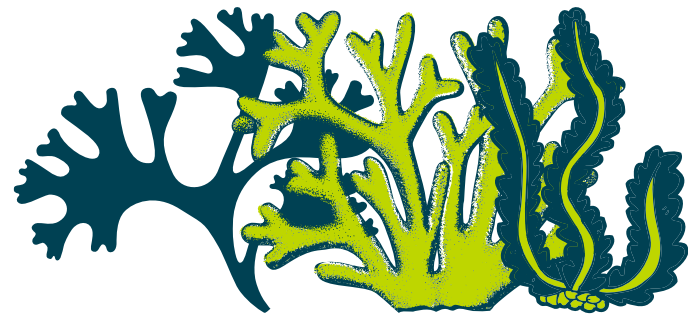
Warn participants of dogs off leads, ensure anyone concerned is accompanied by the group leader, carers, or health professionals. Advice on the diseases transmitted by dogs.

Group leader to have mobile phone on them and to give the number to attendee. Walk at a suitable pace for group, stay together and do not split up. If breaking from the group, please make the leader aware. Regular head counts throughout walk or activity.

Dangerous litter, dog faeces and hazardous needles

Avoid areas with lots of litter and faeces. Do not touch any litter or faeces. Report any needles or sharps to the responsible (e.g. North Ayrshire Council Street Scene department at 01294 310000) and they will come with a sharps box to collect.

(Please use this space to add hazards specific for your group: things to consider are the abilities of the participants, the weather, contact with the public, coronavirus precautions.)



Seaweed Identification Cards

Print "single sided" the seaweed identification cards and names and facts to provide each participant.

Sugar Kelp



Photo taken by Robert Walsh

Spiral Wrack



Photo taken by Robert Walsh

Gutweed



Photo taken by Robert Walsh



Sea Lettuce



Photo taken by Robert Walsh

Oarweed

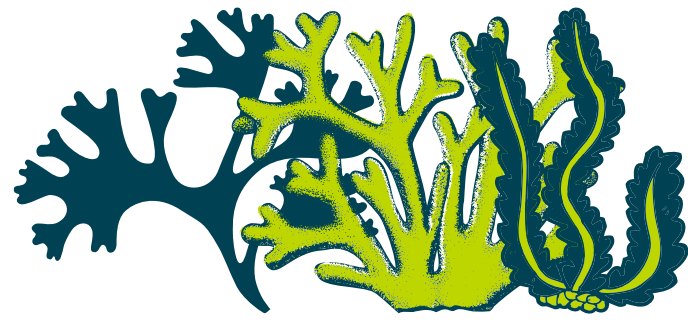


Photo taken by Robert Walsh

Channel Wrack



Photo taken by Robert Walsh



Seaweed Identification Cards

Print both sided the seaweed identification cards and names and facts to provide each participant.

Sugar Kelp

Bold brown, almost reddish tinted.

Bumpy in the middle, smooth and flatter near the sides.

Fishermen used them wto gauge the weather out at sea.

Spiral Wrack

Short and twisty fronds.

Flat stems ending with small bumpy bulbs which keep reproductive parts!

Gutweed

Vibrant lime green, clung to rocks.

Feels soft when you brush your finger down.

Its name is from the long tendril strands.



Sea Lettuce

Smooth, vibrant green and flimsy.


Hold up to the light and light will still pass through the seaweed

Oarweed

Long, flat stems, bright-ish brown, and somewhat flimsy.

Split into finger-like sections, often resembling a hand.

Look at the holdfast (roots-like) and see if any sea creatures inside.




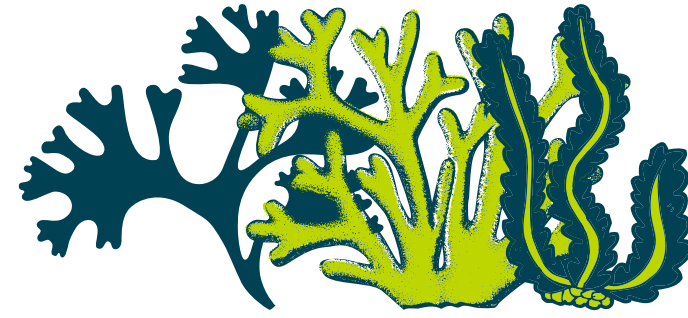
Channel Wrack

Yellow and green colour.

feels 'smooth with the groove'.

It can survive for up to eight days out of the water. In fact, if it is fully submerged for too long, it may die.





Agenda

Walking the coastline of a local beach, while discovering the seaweed in the strandline and rocky areas.

Approximate times	Task	Description
10 - 15 minutes	Plan your visit	Choose the beach you are going to explore, plan travel route. It is recommendable to go on low tide, check tides in this link: https://www.tide-forecast.com/locations/Irvine-1/tides/latest . Print this pack and make copies of Sensory Seaweed Identification Cards for each participant. Look at the risk assessment and add anything necessary.
05 - 10 minutes	Brief Participants	Explain the activity. Give participants a copy of the Sensory Seaweed Identification Cards. Explain how to connect the senses with seaweed (page 1).
30 - 60 minutes	Beach Walk	Once walking on the beach stop to explore the seaweeds and use your senses to engage participants.

Take away seaweed to a nearby bench or to places such as the hospital, community centre, etc.

Approximate times	Task	Description
10 - 15 minutes	Plan your visit	Choose the beach you are going to collect your seaweed (any rocky areas are fantastic to find seaweed). It is recommendable to go on low tide, check tides in this link: https://www.tide-forecast.com/locations/Irvine-1/tides/latest . Print this pack and make copies of Sensory Seaweed Identification Cards for each participant. Look at the risk assessment and add anything necessary.
10 - 20 minutes	Seaweed collection	You can use the information cards to guide you, but any seaweed species can be good for this activity.
05 - 10 minutes	Brief Participants	Explain the activity. Give participants a copy of the Sensory Seaweed Identification Cards. Explain how to connect the senses with seaweed (page 1).
20 - 30 minutes	Sensory Seaweed	Once you have the seaweeds, explore the seaweeds and use the senses to engage participants.

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