

How's Nature doing on the Solway Coast? Explore with a word artist, or make your own mini-film!

When someone says the word 'nature' to you, perhaps a special place or animal or tree springs to mind that you would like to protect from harm. We all connect differently with the natural world, but most of us know that nature needs a helping hand from time to time.

Join in a conversation about nature in the Solway Coast Area of Outstanding Natural Beauty (AONB): what's changing, and what you think is important to look after. This could be species, seasonal events or special places. Come along to one of three online sessions which will be held on **Tuesday 25th May at 6.30pm, Wednesday 26th May at 5.30pm Thursday 27th May at 2pm**. Meetings will be held using Zoom so all you will need is a computer, phone or tablet and access to the internet. Register here to attend: www.cumbriaaction.org.uk/news-events

Your words and feelings will feed into a piece of word art by Cumbrian writer Zosia Wand who will attend the sessions and create something to reflect on afterwards.

We would also love you to make a short video (60 seconds max) on your mobile phone or tablet showing or telling us about your favourite aspect of nature on the Solway or your favourite natural place, whether this is your garden or a local walk. All you need to do is film your special place and say a few words to explain why it is important to you - or even let the video speak for itself. These short films will be collated to record how important nature is for you and your communities in the landscape around you. Once you have made your film email it by May 19th, to nature@cumbriaaction.org.uk

These conversations will feed community voices into the Nature Recovery Network for Cumbria, and will highlight community interests in the Solway Coast AONB Nature Recovery Strategy. (If you're wondering what that really means then do join the conversation to find out more!) All of this will feed into the national programme of Nature Recovery Networks, restoring natural connections right across the country and giving threatened species and habitats some of the extra help they need.

For more information, to register your interest for one of the sessions or to send in a video, contact Fran Richardson, from ACTION with Communities in Cumbria, on nature@cumbriaaction.org.uk.