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networkbulletin

AUTUMN 2021

FOR TCV SCOTLAND'S COMMUNITY NETWORK



In this issue: creating the Glasgow Children's Woodland

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We're living in the midst of a climate emergency. Across the globe, countries and communities are experiencing an increase in extreme weather events, from severe droughts and deadly wildfires to devastating floods and rising sea levels. Nature is in crisis too, with habitat loss and many species in decline, some to the point of extinction. Here in the UK, we've been witnessing more erratic weather patterns, and we are of the most nature depleted countries in the world. In Scotland we've lost up to 25% of our wildlife. The climate and nature emergency is here and now.

To address the climate crisis, more than 100 world leaders and thousands of delegates, activists and members of the public are attending the UN COP26 Climate Change Conference in Glasgow, hosted by the UK Government, between 31 October – 12 November. This 26th meeting of COP (Conference of the Parties) seeks to limit greenhouse gas emissions and restrict the rate the world is warming. Countries are being



Biodiversity is also facing an emergency.
PAPAZACHARIASA/PIXABAY



Glasgow Science Centre FLORIAN FUCHS

asked to come forward with ambitious 2030 emission reduction targets that align with reaching ‘Net Zero’ by 2050, and limit the increase in global temperature to 1.5 degrees, which was agreed at COP21 in Paris in 2015. Net Zero means the amount of greenhouse gas emissions we put into the atmosphere balances with the amount we take out. The Scottish Government has a target of reaching Net Zero emissions of all greenhouse gases by 2045.

The climate and nature emergency requires urgent action from governments, business and industry alike, but action can also be taken at a local level by civil society, community groups and voluntary organisations, and by each of us as individuals.

The Conservation Volunteers is ideally placed to make a contribution to nature-based activities and solutions which address climate change – it’s what we do! Our volunteers plant trees and hedges, restore damaged peat bogs, improve wildlife habitats, conserve ponds and wetlands, support community food growing, and make space for nature in our schools, hospitals, parks and green spaces. By enhancing biodiversity we can reduce risk and increase our resilience against climate change. And these solutions don’t have to be large scale – there are lots of small things we can all do to make a big difference. And, as well as enhancing the health of the environment, these activities improve the health and wellbeing of everyone involved.

In the following pages we highlight just some of the ‘nature-based solutions’ being undertaken by TCV and groups in Scotland belonging to our [Community Network](#).

Say hello!

TCV will be present in the COP26 Green Zone at the Glasgow Science Centre on Friday 5th November. We’ll be showcasing the invaluable work of our volunteers throughout the UK, including live streaming from some of our projects. So, if you’re in the vicinity that day, please come and have a chat with us.

Dazed and confused?

There is a bewildering amount of information available on the COP26 conference and the climate and nature emergency. Here are *some* sources of information, from the governmental to the grassroots, to help guide you through the issues and highlight measures you can take to make a difference:

[COP26](#)

[COP26 Green Zone](#)

[Net Zero Scotland](#)

[Zero Waste Scotland](#)

[The Climate Coalition](#)

[Glasgow COP Collective](#)

[Climate Scotland Campaign](#)

[Keep Scotland Beautiful](#)

[NatureScot](#)

[Carbon Copy](#)

[greenspace scotland](#)

Reducing emissions – what about us?

The Conservation Volunteers is committed to ensuring that everything we do contributes to building a sustainable planet. Making sure that our relationship with the natural world is at the heart of what we do and how we manage ourselves as a charity. As part of this commitment to operate as sustainably as possible we are working with specialist consultants to undertake Scope 1, 2 and 3 carbon assessments to produce a carbon reduction strategy. Greenhouse gas emissions are categorised into three groups or ‘Scopes’ by the most widely used international accounting tool, the Greenhouse Gas (GHG) Protocol. Put very simply, Scope 1 covers direct emissions from our activities, Scope 2 covers indirect emissions from the generation of purchased energy, and Scope 3 includes all other indirect emissions that occur in our ‘value chain’, or overall operations.

These assessments will review our current emissions to establish a baseline, consider the positive work we do, eg tree planting and habitat management, and see where we can make improvements going forward. One example is the move to electric vehicles. Using a van or minibus is often the only practical way of getting volunteers, tools and materials to project sites, sometimes in out of the way locations. We are soon going to trial a number of electric vehicles to assess their suitability and their capacity to reduce our carbon footprint, or in this case carbon tyreprint! We already adopt sustainability in many aspects of our operations, such as making fewer, but larger bulk orders from suppliers to reduce the carbon emissions associated with delivery vehicles and mileage. We actively seek materials from sustainable sources eg peat-free compost, and we’ve greatly reduced the amount of our print-based marketing materials, with any we do produce using recycled paper. And all TCV buildings now use 100% renewable energy. So, we’re doing a lot to reduce our carbon footprint, but we realise there’s always room for improvement.





‘Mighty oaks from little acorns grow.’

CAMERON MACKAY

The Glasgow Children’s Woodland development has been supported through Scottish Forestry Grant Scheme funding and is a collaboration between The Lost Woods, Glasgow City Council, Green Action Trust, Trees for Cities, Scottish Forestry, Scottish Power and The Conservation Volunteers. Other key partners include Alba Trees, Eadha Enterprise, Castlemilk and Carmunnock Windpark Trust, Climate Ready Schools, Glas-go Bus Alliance, Glasgow Science Centre, NatureScot, RSPB, Scottish Communities Climate Action Network, The Woodland Trust and a number of creative artists.

The Lost Woods is inspired by [The Lost Words: A Spell Book](#) by Robert Mcfarlane and Jackie Morris.

The Lost Woods



In early October, TCV was involved in a fabulous tree planting project involving Glasgow’s primary schools, as outlined here by [The Lost Woods](#) team.

The Lost Woods, **Glasgow Children’s Woodland** is a volunteer-led initiative that is empowering young people in Glasgow, the UK and around the world to take positive action in the run-up to COP26. The project saw 147 Glasgow primary schools (including the Additional Support & Learning schools and the Glasgow Home Schooling Network) and over 1,200 children participate in the largest woodland creation in Glasgow for 40 years!

The children planted trees they had nurtured from thousands of oak seeds the previous year. In total, 17 thousand new trees will be planted on this spectacular 13hectare site that



Trees benefit our landscapes and the broader environment in so many ways:

- They provide food and shelter to a wide array birds, insects, and other wildlife.
- Their roots help capture rainwater and prevent storm runoff from polluting the watershed.
- Trees help cool air – people and animals take shade under trees when hot.
- Some trees give us a harvest of tasty, healthful fruits.
- Trees also help to purify the air we breathe. Tree foliage filters out pollutants such as nitrogen oxide, sulphur dioxide, and ozone, which contribute to both smog and greenhouse gases, as well as dust and other harmful particulates.
- Trees help the environment by taking up carbon dioxide, the greenhouse gas that is such a big driver in climate change.

overlooks the city, giving the next generation a voice, calling for change at COP26 and leaving a lasting legacy for today's and future generations to enjoy.

THE PROJECT

The Lost Woods was set up in December 2019 to help children feel more connected to nature. To give children the opportunity to grow a tree from seed and to experience all the learning provided when they have a piece of nature in their hands to nurture. As little acorns themselves we wanted to fire up their imaginations about nature and in March 2020 we distributed 50,000 Sessile oak acorns to 135 Glasgow primary schools across the city. These baby oak trees have been used to rewild school gardens, homes and local communities, and now the Glasgow Children's Woodland.

THE SITE

The Glasgow Children's Woodland lies on the southern outskirts of Glasgow, and forms part of the Cart & Kitch Community Woodland spanning 45ha of land to help create an integrated woodland habitat that stretches from Linn Park all the way to Cathkin Braes Country Park. This new native woodland also aims to contribute towards the Central Scotland Green Network vision of enriching the environment of Central Scotland, benefiting local communities and wildlife, and helping to mitigate against climate change by sequestering nearly 6,000 tons of CO2 over its lifetime.

As part of the project's ongoing legacy, The Lost Woods project seeks to forge new international relationships with children and teachers around the world, using the power of education and shared goals that unite us all and do not know borders or boundaries.

Alex Mackenzie, Project Co-ordinator of The Lost Woods says: *"The creation of the Glasgow Children's Woodland has been a community effort from across the world. We all shared in the vision that we wanted children to feel connected to nature and show in a tangible and simple way that they can transform their environment for the better ... even from a single acorn! Only together can we create a greener, healthier and happier world and the Glasgow children are proving that no-one is too small to make a difference."*



For the COP26 conference in Glasgow, a small army of volunteers has been recruited from all walks of life and backgrounds to assist conference delegates and visitors make their way around the city. In the run-up to COP26 many of the volunteers have themselves been doing their bit to enhance local greenspaces in a series of 'hands-on' conservation days with the help of TCV and others. At Linn Park on the Southside of the city the volunteers scythed meadows, removed invasive rhododendron bushes, improved paths and carried out citizen science activities, including deadwood surveys and butterfly transects, and they learned about bird ringing. And the historic Glasgow Green provided the location for meadow management and sowing wildflowers, plus air quality surveys.

As well as improving the local environment, these projects have been opportunities for everyone involved to learn new skills and meet their fellow COP26 volunteers. The events have been organised with the COP26 Team at [Glasgow City Council](#), with guidance from the [Friends of Linn Park](#). Many thanks!

Hear from TCV's Craig and Emma and some of the COP26 volunteers in a short video by [GeewhizDigital Limited](#).

make space for nature



Make Space For Nature in your garden or community. HIGH CONTRAST/WIKIMEDIA



Become a citizen scientist and take part in a survey such as our Dead Good Deadwood Survey. AMANDA MALCOLM

Make Space For Nature is the NatureScot campaign with simple tips and ideas for everyone to help reverse nature loss and fight climate change. A range of seasonal activities encourage you outdoors to benefit both nature and yourself. We can all do something to make a difference: provide water for wildlife, feed the birds, get crafty with natural materials, plant a tree or two, or explore your local greenspaces. And you can become a citizen scientist to build our understanding of biodiversity, with dozens of surveys and activities suitable for all ages, knowledge levels and interests. One example is TCV's own **Dead Good Deadwood Survey**

**Find out here how you can
Make Space For Nature in your life**



Get involved

There are various ways to get involved depending on where you live and your interests:

- donate to help us grow and speed up our impact
- volunteer at one of our events or join in one of our regular activities in Nairn
- become a member (if you live in the IV12 postcode), members can be voted onto our trustee board
- talk to your employer about becoming an organisational partner with Green Hive
- follow us on social media and subscribe to our newsletter – tell us what you would like to see us do next.

Green Hive of activity



Nairn on the Moray coast is the location for an active local response to global issues, as explained by **Neil Mapes**, Manager of the Green Hive project.

In the run-up to COP26 the work of organisations like Green Hive needs showcasing and amplifying to highlight practical and positive action which can be taken by individuals and communities to address the climate and ecological emergency we all face.

Introducing Green Hive

Green Hive is an award-winning local charity based in Nairn with ambitious plans for the future. Our Green Hive Growth plan outlines our mission 'to become a local exemplar taking action to address global environmental challenges'.



We strengthen and build the community of Nairnshire through our values of being Inclusive, Collaborative, Engaging, Solutions-focused and Sustainable.

We act as a local community hub supporting local people to design solutions with a focus on environmental challenges and empowering them to deliver a wide range of activities, products and services which benefit the people and places of Nairnshire.

What we do

Registered as a charity in September 2017, we were legally set up to achieve the following Objects:

- The advancement of citizenship or community development (including rural or urban regeneration)
- The advancement of environmental protection or improvement, and the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage

Our community-led activities can all be grouped under one of the following categories:

Green Environment – e.g. beach cleans, litter picking and community orchard maintenance

Green Enterprise – e.g. Bumblebags fabric recycling and plastic recycling workshop

Green Infrastructure – e.g. active travel maps, signage and e-bike/trailer hire

Everything we do is in support of Nairn and its people moving towards a Net Zero future, sooner rather than later. Happier people, happier places.

For more information about Green Hive and ways to get involved please visit:

W: www.hub.greenhive.co.uk

F: [@NairnsGreenHive](https://www.instagram.com/NairnsGreenHive)

T: [@NairnsGreenHive](https://www.instagram.com/NairnsGreenHive)

The impact we want to make:

“Volunteering with Green Hive feeds my need to craft and gives me a purpose – Bumblebags has been a lifesaver for me, even right from the beginning it is very important to me socially.”



TCV's Flooding Project Officer, **Claire Bailly**, with pupils from Coalsnaughton Primary School monitoring the local wildlife along the River Devon and looking out for signs of flooding. NEIL GARDINER



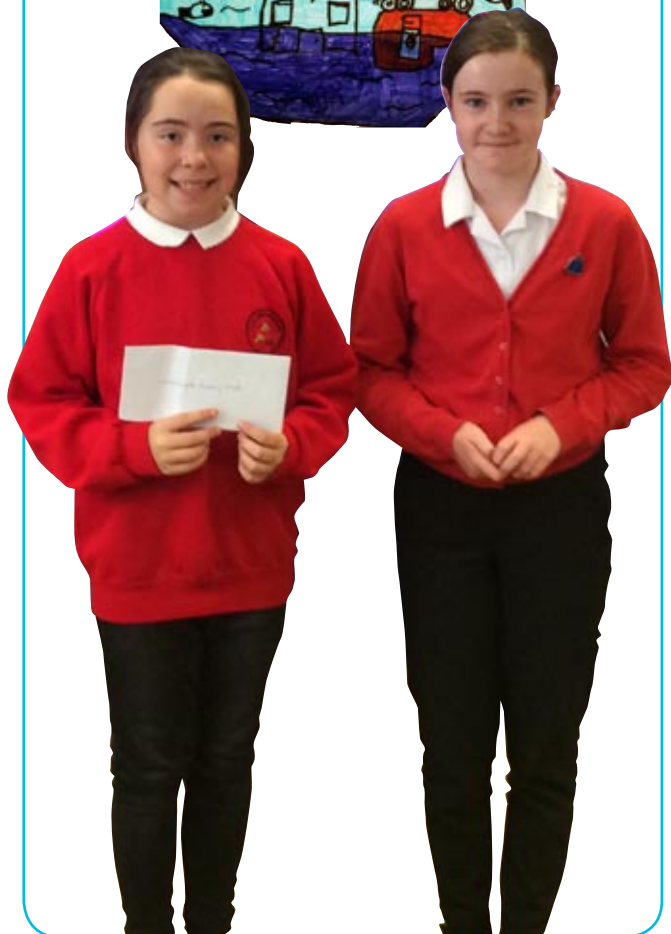
In recent years Scotland, as elsewhere in the UK and across the globe, has seen an increase in major flood events with devastating consequences for local residents and businesses. Although no single flood can be attributed solely to climate change, this is generally accepted by the scientific community to be a major factor in their increasing frequency. To meet this challenge, local volunteers across the country are raising awareness of flood risk and are monitoring flooding hotspots. The volunteers can spot the build-up of debris, including fallen trees, and report this information back to Flood Risk Management Teams who can take action to remove the debris before it causes major problems.

Since 2016, TCV's **Flooding Resilience Project** has helped several initiatives to train, equip and support local volunteers to increase their communities' resilience to flooding:

In Stirlingshire, TCV and the Fintry Flood Forum organised two days of citizen science activities and tree planting along the River Endrick, aiming to reduce the risks of flooding in the village. Local volunteers are continuing to monitor the local water courses.

Volunteers in Aberfoyle and Strathard in the Trossachs are monitoring and recording flood risk hotspots.

The TIDECO logo winners **Cerys** and **Mia** of Coalsnaughton Primary with their prize of gift tokens for their class.



In Clackmannanshire, volunteers in Alva are monitoring their local burns and flood hotspots, as are members of Tillicoultry, Devonside and Coalsnaughton (TIDECO) Flood Group and Menstrie Community Resilience Group (MCRG).

In Perthshire, TCV is working with local groups to develop the Alyth River Keepers to monitor and photograph flood hotspots, manage flood events, and to engage in broader biodiversity issues. In September, the first Bioblitz on the River Ericht was held in partnership with Cateran Ecomuseum. Local citizen scientists of all ages recorded a wealth of data on aquatic and land invertebrates, birds, plants and trees in an action-packed few hours to help build a picture of the health of the river.

As well as involving adult volunteers, the Flooding Resilience Project also engages primary school pupils to raise their awareness of flood risk and the theme of resilience. This is combined with citizen science activities to encourage the pupils' understanding of wider biodiversity and environmental issues. The primary schools in Aberfoyle, Menstrie, Fintry and Coalsnaughton have all taken part in indoor and outdoor sessions, in partnership with SEPA. And the pupils at Coalsnaughton Primary recently held a competition to design the new logo for TIDECO.

The Flooding Resilience Project has been developed in collaboration with various partners and organisations including the Scottish Flood Forum, Scottish Environment Protection Agency (SEPA), Clackmannanshire Council, Stirling Council and local resilience groups. Funding has been received from the Scottish Government, National Centre for Resilience and the respective Councils.

Want to know more?

TCV Flooding Resilience Project, email [Amanda Malcolm](#)

[The Scottish Flood Forum](#) has a wealth of information and resources on the flooding issue, including how to set up a community flood resilience group.

[SEPA](#) is Scotland's national flood forecasting, flood warning and strategic flood risk management authority.



Removing saplings from Killorn Moss SSSI.
ETTIE SHATTOCK

Managing a moss

As outlined elsewhere in this Bulletin, having more trees is generally A GOOD THING, but not everywhere! Here, **Ettie Shattock**, Senior Project Officer, gives an example:

Pulling up trees? That might not sound like something our environment loving TCV volunteers would usually get up to. However, that's what our Stirling Midweek Group have been doing alongside our partners at NatureScot. Working on Killorn Moss SSSI, volunteers removed tree saplings that were growing on the raised bog. Trees are great – but not on a bog. The roots soak up lots of the water, drying out the bog which causes it to release more carbon into the environment than the trees would capture if they were left to grow.

Our volunteers were also involved in building dams on nearby Flanders Moss National Nature Reserve, one of the largest intact raised bogs in Britain. By damming old drainage ditches the volunteers helped to raise the water level and keep the bog healthy and soggy! Peatlands in Scotland play an important role in the climate and nature emergency, storing some 1.7 billion tonnes of carbon and are home to a variety of birds, plants and bugs.

[Find out more here.](#)

For peat's sake

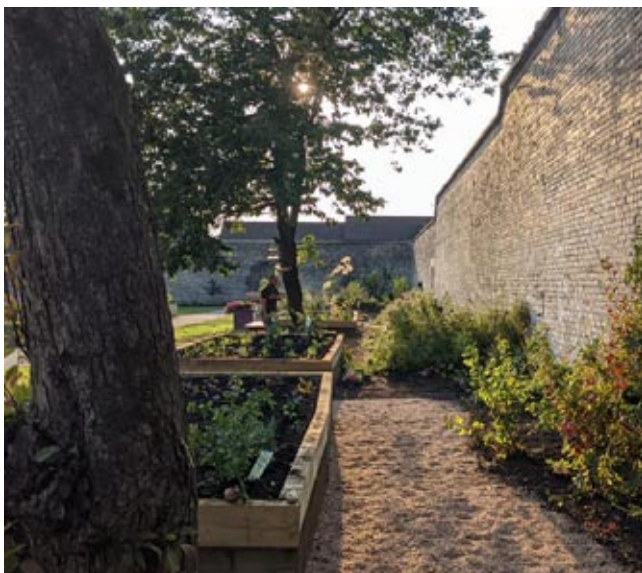
One of the main reasons for the loss of bogs in Britain is the use of peat for compost, which is still widely on sale in garden centres. If you have a garden or growing project, please use a peat-free compost.





The amphitheatre under construction.
DONNA MCLEAN

Developing Wimpy Park



A quiet corner of the walled garden.

In Alloa, Clackmannanshire, an enthusiastic group of volunteers are transforming a former walled garden, as **Donna McLean**, Secretary of **Wimpy Park Community Group**, explains:

The aims of Wimpy Park Community Group are to develop a large, under-used walled garden, originally part of the Mar Estate, into a safe, sociable space for the whole community to enjoy. Through partnership working with local groups and organisations, our key focus is providing social activities through the development of a community garden, sports facilities and adventure play, and enhance learning together through intergenerational opportunities. And extensive new planting and features like the bug hotel will attract wildlife. We also hope to develop a rainwater harvesting system and install an eco toilet, and have a focus on environmentally friendly, sustainable options throughout our projects.

As a charity, we have a strong ethos of working with local partners to build our knowledge with their guidance and expertise. We have a strong team of trustees

What's in a name?

It's certainly unusual, so where does the word Wimpy come from? One suggestion is that it's linked to the construction company Wimpey, who built some of the local housing. It's as good a theory as any, unless anyone else knows better?

Over the past three years TCV staff have been pleased to support the Wimpy group and their ambitious plans. Josh Thornhill and his volunteer group helped lay the site's original paths, and for the Beechgrove Garden makeover Eilidh Call gave some pointers/ideas for a wildlife area, while Bo Couch and the EPIC volunteers put in a big shift with some of the planting and work to create the new paths.

**The Beechgrove Mucking In programme will air on BBC Scotland in late October, featuring the Wimpy Garden makeover, with interviews from some of the participants and organisations involved, including TCV's Dom Hall, Assistant Operations Director.*

and over 200 members and work with like-minded community, voluntary and statutory organisations. We always welcome new volunteers to join our group, as developing and maintaining a 3acre piece of land is a big job! Whether it's to help in the community garden, fundraise or assist with planning and delivering our yearly Activity programmes, there is always something needing done.

One of our volunteers, Scott, has been coming to the park for the past 4 years and last year won a Hero Award with Clackmannanshire Third Sector Interface (CTSI) for his dedication to the project. Scott said *"I like volunteering with the Wimpy group as it lets me work and meet new people. I really enjoy helping out in the community garden, as well as keeping the park clean and tidy on a daily basis. Hopefully now the Covid restrictions are easing we can get back to organising events for the community. It's been fantastic to be part of this project from the beginning and be part of it all, working hard and watching it all grow."*

We recently completed a successful makeover with the BBC Beechgrove Garden* from bid to build, all within 6 weeks. The weather was on our side as we laid wheelchair accessible paths, built a sensory garden and raised beds, constructed an amphitheatre and educational/performance space, and planted an orchard of heritage variety apple, pear and cherry trees. All achieved thanks to tremendous community support and many hardworking individuals, including TCV's Bo and the EPIC (Enabling Projects in Clackmannanshire) team who were a great help!

Now the Covid restrictions are lifting, we can make further plans for our seasonal events such as Halloween walks and holiday programmes, and everyone in the community can enjoy the beautiful space on their doorstep.

[Find us on Facebook](#)

[...and on Twitter](#)



Planting a new forest for Glasgow City Region



CCF's David Walsh helping youngsters plant the new Glasgow Children's Woodland (page 5)

Work has commenced on the [Clyde Climate Forest](#), which aims to help tackle climate change and breathe new life across the Glasgow City Region, which encompasses the eight local authorities of Glasgow, East Dunbartonshire, West Dunbartonshire, Renfrewshire, East Renfrewshire, North Lanarkshire, South Lanarkshire, and Inverclyde.

Over the next decade, ten trees for every man, woman and child will be planted in the new 'forest'. With a population of 1.8 million that means around 18 million trees will be planted, increasing woodland cover in the region from 17% to 20%. The project is an ideal opportunity for Glasgow City Region to demonstrate its commitment to reaching Net Zero carbon emissions, as it hosts COP26.



The Clyde Climate Forest will:

- address climate change
- help nature's recovery
- contribute to Net Zero
- connect people to nature

There are around 29,000 hectares of broadleaved woodland in the region, but they are fragmented due to urban development. The new planting aims to connect these woodlands and help restore nature and boost biodiversity. New community woodlands, trees and forests will bring multiple benefits to local communities as well as to wildlife. The Covid pandemic has brought into focus like never before the value of local green spaces as places to exercise, de-stress and engage with nature.

TCV has recruited a project team to help implement the forest's vision and make it happen on the ground. Max Hislop is Head of Clyde Climate Forest, and is joined by David Walsh, Landowner Engagement Coordinator, and Graham McGrath, Senior Project Officer. Working to the principle of 'the right tree in the right place', the team aims to plant trees in areas where there are low levels of tree canopy cover, which often coincide with areas of deprivation.

The project team is calling on community groups and land managers in these target areas to help them identify places to plant new trees, or replace ones that have been lost in the past. These locations might include urban streets, derelict sites, parks or school grounds. Work is also beginning to encourage smaller landowners and local authorities to gear up for tree planting. They are being offered free woodland assessments to help them identify potential new areas to be greened-up with trees.

The Clyde Climate Forest is being delivered as part of the Glasgow & Clyde Valley Green Network, with support from The Conservation Volunteers, Green Action Trust, Glasgow City Region, Trees for Cities, Scottish Forestry and Woodland Trust Scotland. The project secured a £400,000 grant from the Woodland Trust's Emergency Tree Fund as well as £150,000 from Scottish Forestry to recruit the project team and kick-start the development of new planting schemes.

[Find out more and how to take part](#)



Aiming for Net Zero

By **Vicki Tierney**, Project Officer, West Lothian College

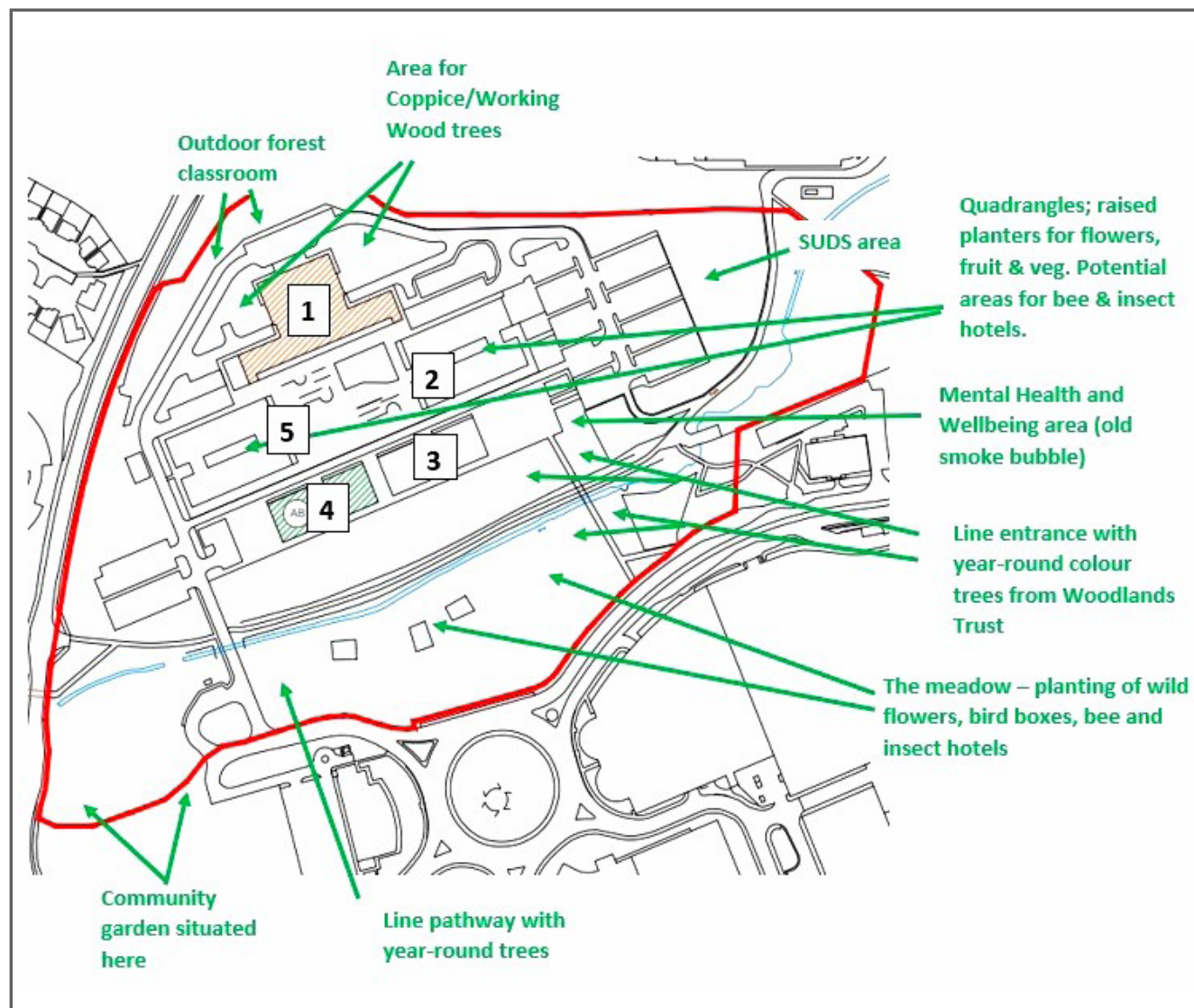
West Lothian College **Net Zero Group** was created in June this year to contribute to the college's Net Zero Plan. Scotland's colleges are all committed to achieving Net Zero carbon emissions by 2040 or earlier. West Lothian College, located in Livingston, has developed a Net Zero Plan with a view to embedding Scotland's colleges aims across all our activities to ensure we play a key role in achieving absolute emissions reduction by 2040. With the arrival of COP26 in Glasgow, the college is keen to engage with initiatives both across college and with our partners to raise awareness and agree actions to help tackle climate change.

The Net Zero Group is made of staff and student representation across all college levels, with external partners TCV. TCV had previously been involved with the college to help and advise on some outdoor activities. TCV's Alice Kenny has been an amazing support, helping us connect with local community groups to volunteer with during our 'COP26 Volunteer Week'. This is why we joined the TCV Community Network, which has been invaluable so far, with benefits continuing to keep that connection between the college and community groups, for more long-term Net Zero projects we have planned at the college and how we can help in the wider community.

We are planning a COP26 Volunteer Week beginning on 1st November for our staff and students go out into the community to help with some vital outdoor work needed at this time of year. For example, in Polkemmet Country Park we will help cut the wildflower meadows and bale the cuttings for animal feed or other uses. We will work with a local group that is trying to regenerate peatland back to its former healthy state as a wetland, encouraging specific diverse insect species and plant life. We will also have activities on campus for students to help with, such as creating a new wildflower area, installing bird boxes, installing bee and insect hotels, and using raised planters made from recycled wood produced by our own construction students to plant fruit and veg and more



We have an outdoor forest classroom where we prepare our childhood practice students to work with children of all ages to deliver outdoor learning experiences to support early years provision and child development. Students gain skills and achieve units such as Forest Kindergarten within their higher qualifications. Our Childhood Practice team are now delivering the John Muir Award scheme which we will hopefully be able to award our students across college throughout the Volunteer Week and we're looking to implement this alongside our Net Zero Action Plan in the future.



wildflowers. As well as the Volunteer Week for students to get hands-on experience, understanding how they can help tackle climate change, we are organising a COP26 Market where we will have 2/3 stalls each day to showcase local talent and sustainable products within the local area, showing items that can reduce your carbon footprint, but also have groups that can help with health and mental wellbeing.



Outdoors and Active Award winner
Florence. JEANETTE WILSON



Erica (right) receives her Heart of the
Community Award from Lindsay Twilley.

Local Heroes

Each year TCV celebrates the efforts and achievements of our volunteers through the TCV Heroes Awards. Of course, every one of our volunteers is a hero, but some have especially rewarding experiences. The TCV Heroes 2021 were recently announced with two winners from Ayrshire, having been nominated by **Lindsay Twilley**, Senior Project Officer.

Florence Murray won an Outdoors and Active Award. Florence is a regular member of the Castlepark Health Walking Group in Irvine:

"... I get involved with the old people and I like to see them going out and meeting other people, and during the last year and a half it's been so, so difficult for a lot of them. Activities that we had here in the centre have been closed for near on two years now and they're just so anxious to get back again into normality and to meet people.

...Our walks must be the best walks in all of the walks that you do, because we have so much fun... we have laughter... we find out all about nature, about the leaves and the trees, about the weeds in the ground. Prior to that you didn't think. But now you can walk with your grandchildren and say - that weed, its name's such and such, and do you know what you can do with this... it's just amazing... Monday morning - everybody looks forward to the Monday afternoon walks, and it's not often you can say you look forward to a Monday - is it?"

Erica Welsh is a member of the Kilwinning Library Green Gym and won the Heart of the Community Award:

"I look forward to Tuesdays when I come here because it means I get out irrespective of the weather. You start with the plant or the seed or the whatever and you watch it grow and you nurture it... and it just gives you a sense of satisfaction when you've been and you've done things in the garden, and you look at it and think that's down to me and the people who come to the Green Gym. Award or no award I would still come. It's good for me I think, and good for the community."

Watch Florence, Erica and Lindsay, and the other TCV Heroes 2021 on our [YouTube channel](#)



Our Natural Talent Programme provided training opportunities for dozens of budding ecologists. AMY STYLES



Building Roots volunteers making nest boxes. ALICE MCGILLICUDDY



Nature of Scotland Awards 2021

These annual awards from RSPB Scotland and NatureScot celebrate the fantastic people and projects conserving Scotland's unique wildlife and natural environment.

There are ten different categories including the Health and Wellbeing Award, whose nominations include TCV's **Building Roots Programme** – introducing 'New Scots' to our natural environment and historic heritage. And to mark the Award's tenth anniversary the judging panel selected 10 outstanding former winning projects for consideration as the Nature Champions of the Decade. Nominations include TCV's **Natural Talent Programme** which between 2006-2019 provided 65 training opportunities for a new wave of ecologists, many in some of the less glamorous fields of natural history.

The Award winners will be announced on **17 November** via an online ceremony. Details of the Award nominations and ceremony are available [here](#)

Nature Notes

Leaf fall



Apart from the nights drawing in, another obvious sign of autumn is the change occurring to our trees, as leaves 'turn'. **Paul Barclay**, Project Officer with Cumbernauld Living Landscape, explains:

Tree species that drop their leaves in autumn are called deciduous. They do so in preparation for the harsh weather conditions of winter. As the days begin to get shorter trees are able to sense this change thanks to special chemicals which are sensitive to red and blue light. This forewarning of winter allows them to make the physical and chemical changes that result in leaf fall.

By the end of summer many leaves will have been damaged by the weather, disease or insects so it's worth renewing them. The lack of light means that each leaf will be much less efficient in producing energy through photosynthesis, and the thin fluids which pass



through the leaf from the tree and transport nutrients will also likely freeze in the coming low temperatures anyway.

The trees stop producing the green chlorophyll which allows them to produce food from sunlight, and as this green fades from the leaves it reveals the yellow, orange and brown colours, which were always there, just hidden beneath the green. Some trees will produce red and purple chemicals called anthocyanins which may give some protection from the cold and allow their leaves to last a little longer, but even these will eventually fall.

This doesn't all happen at once, each tree will time things differently, depending on season, location and species. Oaks are often among the last to go but a warm autumn can delay things considerably. The best autumn displays are considered to occur in those years where the summers have been wet and the autumn clear and cool.

When it is time for its leaves to fall an array of cells positioned at the point where the leaf stem meets the twig, called the abscission layer, activates and chokes off the water supply to the leaf. Once the water is gone the leaf dries out and drops off. Nature rarely wastes anything though. The fallen leaves decompose and their nutrients feed back into the soil, feeding future generations of all sorts of plant and animal life.

Some trees, evergreens like Scots Pine or Yew, have special adaptations, waxy cold resistant leaves and antifreeze chemicals that keep the water flowing so they don't have to drop their leaves and stay green all year round.

[Download \(pdf\) more autumn facts, traditions and folklore, poetry and more.](#)

Together for Our Planet

The National Lottery Community Fund has grants of £1,000 – £10,000 to support communities across the UK to take action on climate change. Projects should reflect what matters to your community and can be small in scale. They could cover an area like: food, transport, energy, waste and consumption, and the natural environment. You do not need to be an expert in any of these areas to apply. The Fund is particularly interested to hear from people starting to think about taking action on climate change in their communities.



Application deadline:
18 November

Details [here](#)

TCV: looking ahead

The Conservation Volunteers recently released our refreshed strategy for 2021-25, continuing our mission to connect people and green spaces and targeting our work to provide multiple benefits. We know that poor mental health, social isolation and inequalities are ongoing, exacerbated by Covid-19, and the climate and ecological emergency is ever more urgent. To address these, we have refreshed our strategy with three focused goals and pledges for 2021-25:

Goal 1: We will deliver, demonstrate and promote projects that deliver multiple outcomes for people and green spaces. **Our pledge: 5 million trees – for people and green spaces**

Goal 2: We will do more to support and empower others to connect people and green spaces and deliver lasting outcomes for both. **Our pledge: 5,000 community groups – a thriving network**

Goal 3: We will support more diverse audiences to connect with green spaces. **Our pledge: More diverse, year on year – for everyone**

Read the [strategy \(pdf\)](#)



Free trees

Now in its seventh year the **I Dig Trees** campaign from The Conservation Volunteers and OVO Energy is providing 600,000 free trees to community groups and organisations across England, Wales and Scotland. The trees are available in packs of 50 trees, including oak, birch and rowan, and can be ordered for delivery up to the end of March 2022. A maximum of 19 packs are available per application, and the trees can be pledged as a contribution to the **Queen's Green Canopy**. The trees are being snapped up fast, so get your order in now [here](#)



Free membership

With support from players of People's Postcode Lottery, TCV's Community Network offers free one year membership to community organisations who care for their local greenspaces. The Community Network has almost 1700 member groups spread throughout the UK, with over 230 in Scotland.

Find out more and join the Network here



The Network Bulletin is produced by The Conservation Volunteers in Scotland and features groups belonging to the Community Network, plus news of TCV's own projects and volunteers.

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TCV Scotland's community, health and environmental volunteering activities are supported by organisations and partners including:



Views and opinions expressed in the Network Bulletin do not necessarily reflect those of the editor or of The Conservation Volunteers.

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