



MCR *Strollers*

Weekly (mini) update – 8th February 2021

The Dig

Some of you may have seen the recent new movie on Netflix – The Dig – about the excavation at Sutton Hoo.

There are some fascinating videos about this on YouTube

[What does Sutton Hoo mean](#) (National Trust) 2 min 59

[The Sutton Hoo Sword](#) (British Museum) 12 mins

[Sutton Hoo masterpieces](#) (BBC) 30 mins

You can even explore Room 41 at the British Museum via [Google Street View](#) to explore the Sutton Hoo treasures.



Discovering local walking routes

February is LGBT History month so here are suggestions on where you can walk that relate to [LGBT history in Manchester](#) and surrounding areas and [RAINBOW inspiration](#) sharing places in the region that are worth a walk now (depending on where you live) or in the future once lockdown rules ease.

Don't forget you can explore your local area or somewhere new in Greater Manchester on the [GM Walking website](#).

Gardens

If you are on the Wirral, [Ness Botanic Gardens](#) remains open. It is spread across 64 acres with stunning views of the River Dee and North Wales.

The garden was first created in 1898 by Arthur Kilpin Bulley. Bulley had an interest in unusual plants, sponsored plant-gathering expeditions by collectors including George Forrest and F Kingdon Ward. Many of the plants brought back by the collectors were planted at Ness. The site was donated to the University of Liverpool in 1948 and is now used for public and educational interests. From 1957, the compartmentalised structure of the gardens was softened as Ken Hulme created more naturalistic settings for the plants.

Ness Gardens [video](#)



Virtual walks

The [GARDEN OF NINFA](#) is considered to be one of the most beautiful in the world. It also has a very interesting history. Ninfa started as a town on the main route between Rome and Naples. After the fall of the Roman Empire, the Holy Roman Empire gave this land to the Pope. Years later in 1297, another Pope gave the property to his nephew, a member of the Caetani family. The property was owned by the Caetani family for 680 years, all the way up until 1977. Ninfa has been the site of an English Garden since 1921. This virtual walk of the [Garden of Ninfa](#) gardens is 37 mins long and has stunning scenery and sounds.

Webcams

This is a fabulous [live webcam from Kenya](#). Hopefully you get to see the elephants at the water hole!



For all the family

- ♥ Learning resources on [Orangutans](#) and [elephants](#).
- ♥ Leo the Wildlife Explorer [explains orcas](#) to little people.

Wellbeing UOM

[Join a virtual fitness session with our friends from UOM Sport](#)

Tuesday, 9 February from 1pm until 2:30pm

[Positive Psychology for Managers](#) - introducing ideas of self-care and positive psychology, and how they can be used in a management context to support the wellbeing of teams.

Thursday 11 February, 1.30pm

[Wellbeing Event: LGBT+ History Month](#) - the session will focus on wellbeing for the entire LGBT+ community and it's intersections, as well as the support available at the university, and the importance of allies and their support/awareness.

Have a GOOD WEEK!

