



MCR *Strollers*

Weekly update – 29th January 2021

Big Garden Bird Watch

It's the Big Garden Bird Watch this weekend. You only have to pick one hour to record the birds in your garden. Here is [everything you need](#) to get started. If you are worrying about identifying birds here is a video on [how to identify common garden birds](#) including their songs.



If you spot any of these you may have an exceptional garden.....



Discovering local walking routes

One of our readers got in touch in the week as they were struggling for walking inspiration as they lived in Manchester City Centre having previously been based in the countryside.

We had a search and came up with these links and suggestions. If you have any more ideas do let us know.

- ♥ The Bridgewater Canal: <http://www.bridgewatercanal.co.uk/location/default.aspx>
- ♥ Best walks in Manchester <https://www.designmynight.com/manchester/blog/best-walks-in-manchester>
- ♥ Walk to Hulme Community Garden Centre. HCGC is mainly outdoors and keeps very covid safe walking system. You can rest there too. <https://hulmegardencentre.org.uk/>
- ♥ Walk along the Rochdale Canal towards the Northern Quarter then pick up the Cheshire Ring/Ashton Canal to walk to New Islington and then towards Ancoats and Rudy's pizza bar (when reopened)!
- ♥ If you like walks that focus on history, architecture etc you can use <https://www.gpsmycity.com/gps-tour-guides/manchester-2633.html>
- ♥ Manchester Green Trail: <https://buzzmanchester.co.uk/movemore/manchestergreentrail>

Explore your local area or somewhere new in Greater Manchester on the [GM Walking website](#) or you can visit some of these local walking spots (subject to your home location)!

- ♥ [Hebden Bridge](#)
- ♥ [Best trails in Wigan](#)

Post lockdown walking inspiration

We all hope we may be able to get outdoors by Easter. Here are some [family friendly walks](#) in the Lake District. If you are walking with someone who may be disabled or less active this is an online guide to [Accessible Britain](#).

Gardens

When you think you know all the gardens to go to and then discover [Southlands Garden](#) in Stretford. Southlands was created by artists Maureen Sawyer and Duncan Watmough, and has been awarded BBC Garden of the Year for the North of England. In 2000 'Southlands' opened its' gates to the public and from 2002, the National Garden Scheme. Since then the garden has gone on to raise thousands of pounds for charity.



During lockdown, you can be transported to some of the most beautiful gardens that open for the National Garden Scheme with their [programme of online talks](#) and hear behind the scenes information from the garden owners themselves.

Virtual walks

This is a beautiful [virtual walk](#) (55 mins) of Derwent Water. It has amazing nature sounds. If you fancy a virtual climb this is four minute film of a [summit climb](#) of Everest. It really conveys the exhaustion. Stunning scenery.

Incredible birds

Learn about the [South of Scotland Golden Eagle Project](#) that is helping reinforce the population of one of Scotland's iconic species. Here is a [great video](#) showing releases.

The White Tailed Sea Eagle is actually the [UK's biggest bird of prey](#). They actually went extinct in the UK during the early 20th century, due to illegal killing, and the present population is descended from reintroduced birds. They are stunning birds. <https://vimeo.com/80365771>

Ring necked parakeets are a common feature around south Manchester. But there is a lot of debate on the source of them. [Academics are trying to establish](#) if Jimmy Hendrix or George Michael are the source of this cheeky bird.

[Andean condors](#) are massive birds, among the largest in the world that are able to fly. Because they are so heavy (up to 33 pounds), even their enormous 10-foot wingspan needs some help to keep them aloft. For that reason, these birds prefer to live in windy areas where they can glide on air currents with little effort. Watch [this video](#) of them flying.

Gardening and allotments

If you're not sure growing veg is for you, Kew Gardens [has tips on what to grow on your windowsill](#). Don't fear – there aren't any giant veg about!



Webcams

[Bald Eagles](#) - this lifelong pair of eagle parents lay and protect eggs, feed their chicks and teach them to hunt and fly. These [bald eagles](#) were posing perfectly for the webcam at lunchtime.

You won't be able to stop smiling watching this [panda cam](#)!! They live at the Shenshuping Gengda Panda Center in China.

We are sharing this link again as at lunchtime today there was fantastic film of the bears! Brooks Falls - Katmai National Park, Alaska - watch [brown bears live](#) salmon fishing!



For all the family

- ♥ Home learning activities from [the WWF](#) with quizzes and creative activities.
- ♥ [Wild challenge](#) for families from the RSPB

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.

Tuesday 16 February at 10am

[The 4Ds of Distress: Distract, Dilute, Develop and Discover](#). Approaches and exercises that can deal with stress and also restore wellbeing in the long term

..... and finally uplifting videos to keep you smiling

- ♥ Look at this [Viennese wild hamster](#)!
- ♥ The [life of a sloth](#)
- ♥ How clever are [Honey Badgers](#)
- ♥ Dancing [sifaka lemurs](#)
- ♥ [Wild orang-utans](#) have learnt to wash with soap
- ♥ [Rescued farmies](#) – including a calf that gets to visit the ocean
- ♥ Emma the [friendly tiger shark](#)
- ♥ You will never believe how friendly (and intelligent) this [pacific octopus](#) is!
- ♥ [Wally](#) is a licenced support alligator!! He gives cuddles....

Have a happy weekend!

