



LITTER PICK AND CONNECTING WITH NATURE ON HAM LANDS & NEARBY GREEN SPACES

OCTOBER 7TH – 12TH

SUPPORTING WORLD HABITATS DAY

Friends of Ham Lands supports Richmond Council's work to preserve the unique biodiversity of Ham Lands



WHY ARE HABITATS IMPORTANT?

A simple definition of a habitat is an area that supports life.

Different habitats support different life. An ancient oak tree can support more than 2,300 different species. The picture with fungi above shows some life on an oak tree branch.

Climate change and land use is having a huge impact on habitats and biodiversity. Critical wildlife corridors are being compromised. Ham Lands, for example, has a unique variety of habitats. It's really important to understand as much as we can about different habitats and what life they support. Some species need very particular habitats to survive so areas need sensitive and informed management to support rich biodiversity.



JOIN THE FRIENDS OF HAM LANDS



FoHL is part of the story of preserving the unique biodiversity of Ham Lands Local Nature Reserve. Get involved in conservation and observation with us!

CONTACT US



friendsofhamlands@hamunitedgroup.org.uk



<https://hamunitedgroup.org.uk/friends-of-ham-lands/>



JOIN US FOR OUR TALK!



DISCOVER:
THE NATURAL HISTORY OF HAM
LANDS
DIFFERENT LIFE ON HAM LANDS
AND THE LINK BETWEEN
WELLBEING AND NATURE

Monday 7th October,
6:30pm - 7:30pm.
St. Richard's Church
Ashburnham Rd,
Richmond, TW10 7NL

TAKE PART IN OUR HAM LANDS LITTER PICK!



To celebrate world habitats day, we have dedicated the week of 7th-12th October to litter picking on Ham Lands and surrounding areas. This event is supported by FoHL, Habitats & Heritage and Richmond upon Thames Council.

Litter picking is important for the following reasons:



PROTECTING WILDLIFE

Wildlife can get stuck in litter, causing injuries, choking hazards, or even suffocation.



IT POLLUTES WATER AND SOIL

Litter contains harmful chemicals which can get into our rivers and soil. Microplastics have also been found in our food chain.



IT TAKES YEARS TO DECOMPOSE

Some plastic can take up to 500 years to decompose. Not only is litter unsightly but it destroys habitats.

Scan the QR code or visit
www.trybooking.com/uk/DWFW
to book a slot!



THE LINK BETWEEN NATURE AND WELLBEING

A simple walk outdoors in nature can have huge positive benefits. Trees and other plants produce phytoncides that support both our mental and physical health. Spending time observing colours, movements, sounds, textures, and smells gives us a positive focus. Particularly when the trees are in leaf, there are so many different shades of green. Standing watching clouds in a blue sky can be captivating. Take time to look at the different life all around you when you are out in nature. Actively supporting biodiversity gives us satisfaction.

