

Knowsley Council Environmental  
Sustainability Team

# GREEN SPACE RANGER SERVICE



Knowsley Council

# BRINGING THE OUTDOORS INDOORS

The global COVID-19 pandemic has changed all of our lives. The government has asked us all to stay at home and be safe, which means no day trips to the parks.

Even though we can't visit our lovely parks, we've come up with some ways to stay connected with nature from the comfort of your home.

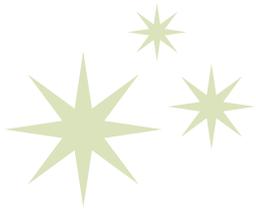
So whether you're looking for activities to entertain the children, tips to improve your wellbeing, want to find out more about nature - or test your knowledge of our green spaces, we hope we've come up with something for everyone.

**#stayindoors** - Nature facts and activities for you to try at home.





# STARGAZING



Are you new to astronomy but don't know where to start? Stargazing and observing the night sky may seem daunting, but by following a few simple steps you'll be amazed at the stars, constellations and planets that are visible, provided you know when and where to look.

Maybe you've just been struck by the view on a particularly clear night, or perhaps you're someone who loves to read and learn about astronomy but have never got round to spending time outside studying the stars.

As the weather is getting warmer and there are opportunities for cloud free evenings why not get outside and simply just look up at the stars.

Follow our top tips below to make the most of stargazing

## **Stargazing tips**

- Stargazing is best done before the moon is full, so check the phase of the moon before you start.
- Turn off all the lights in your home to reduce light pollution.
- The night sky is constantly changing, depending on the time of year and the time of night. Try stargazing at different times in the year to spot seasonal constellations.
- Download an app like Star Walk (iPhone) or Google Sky (android) to your mobile device, and they will tell you what stars you can see from your current location.



## What you will need

- Something to lie on. A blanket or camping mat will do.
- Food, drink and warm clothes to keep everyone happy and warm as you wait for the stars to come out. Hot chocolate is a perfect choice to keep cosy.
- How about uploading a playlist of space-themed songs to your phone? Or as the sun sets, you could read ancient myths about the stars and tales of space exploration.
- A star spotter guide and a compass to help you find a particular constellation or star.
- Your camera to capture the wonder on the faces of stargazers or the stars above.

## What to look out for

### The Sun

- This is our nearest star, and if you hollowed out the Sun you could fit nearly one million Earths inside it. But never look directly at the sun through a camera, telescope or binoculars. You will damage your eyes, and may even suffer permanent blindness if you do. You can make a simple pinhole viewer to project the image of the sun.

### The Moon

- All of the world's oceans are controlled by the moon. The moon is the reason we have high and low tides. Only 12 people have ever set foot there. But because there is no wind, if you visited the moon today you would still see their footprints.
- It wasn't until people saw the moon through binoculars that they realised it isn't a perfect sphere. On a clear night, it's easy to see its craters and bumpy edges.



## Stars

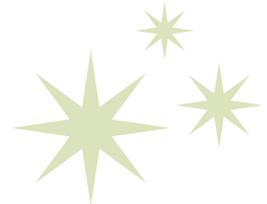
- When you see the stars you are actually looking into the past. Because light takes time to travel and stars are many light years away from us you could be seeing a star that doesn't even exist anymore.

I am sure you will be amazed at what you can see in the night sky and is something that all the family can get involved with

<https://www.schoolsobservatory.org/learn/astro/nightsky/maps>

<https://spotthestation.nasa.gov/sightings/> (Where it will be)

<https://www.youtube.com/watch?v=EEIk7gwjgIM> (View of Earth from ISS)



# BIRD WATCHING



Spread your wings into the wonderful world of birds. Stick your beak out, use your eagle-eyes and get spotting! What can you see near you?

Our gardens, countryside and even towns and cities, are full of amazing birds.

From acrobatic blue tits and charismatic robins to noisy magpies and cheeky gulls - birds are our most visible wild friends and no matter where you are, birds and their unique behaviours make for fascinating viewing!

Find a comfy spot to perch at home looking out of your window over your garden, neighbouring park or even just the trees in your street and see what you can spot!

The RSPB has a Big Garden Birdwatch which happens each January and is the perfect birdwatching opportunity. And it helps our scientists too! But you can go birdwatching at any time of year.

Have a brilliant birdwatch and let us know how you are getting on and what you see.

**Did you know** that feathers are made of something called keratin - the same stuff as your fingernails?





## What you will need

Spotting birds is pretty easy and all you really need is a sharp pair of eyes! However, if you'd like to take a closer look at the feathered-friends you find, you'll need:

- Activity sheet (download in: English, Cymraeg, Bilingual)
- Online bird identifier
- Binoculars
- Elephant ears (see 'Step by step guide' below and all will be explained!)
- Camera or pens and paper

## Step-by-step

1. Head out into your garden or look out from your window. You'll find different birds in different places but no matter where you go. If you have a bird feeder, they are probably going to be there too.
2. Be still and be quiet. As exciting as it is to watch a blackbird bouncing around looking for worms, you'll get a better look if you're really quiet!
3. Look all around you, on the ground, in the trees and in the sky
4. Another good way to spot birds is with your ears! Yes, hearing where birds are and beginning to recognise their different calls and songs is a brilliant way to hone your birdwatching skills. You can listen to bird songs on our bird guide to train your hearing!

**Try elephant ears:** cup your hands around your ears and turn your head slowly like a satellite dish - you'll be amazed how focused and super-charged your hearing will become!

5. If you'd like to take a closer look then binoculars are a good idea, but if you're new to them you'll need to be patient as they take some practice. However, once you begin to get the hang of them, they're a great way to see a bird's colouring and shape close-up and help you determine what you're looking at.



**6. Don't forget to tell us when you have completed the activity!**

Upload a photo, drawing, painting or a piece of writing talking about your experience.

So what are you waiting for? You can watch from your windows or from outside.

<https://www.birdspot.co.uk/bird-watching-iphone-apps>  
[Martin Mere Wetlands](#)

[https://www.salisburycathedral.org.uk/visit-what-see/peregrine-falcons-0?gclid=EAlaIQobChMlucHsu5qQ6QIVjO7tCh1CPwNaEAAYAiAAEgIOMfD\\_BwE](https://www.salisburycathedral.org.uk/visit-what-see/peregrine-falcons-0?gclid=EAlaIQobChMlucHsu5qQ6QIVjO7tCh1CPwNaEAAYAiAAEgIOMfD_BwE)

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird>

<https://www.birdfood.co.uk/webcams>

[https://www.rspb.org.uk/get-involved/activities/birdwatch/webcam/?channel=paidsearch&gclid=EAlaIQobChMlucHsu5qQ-6QIVjO7tCh1CPwNaEAAYASAAEgLEmfD\\_BwE](https://www.rspb.org.uk/get-involved/activities/birdwatch/webcam/?channel=paidsearch&gclid=EAlaIQobChMlucHsu5qQ-6QIVjO7tCh1CPwNaEAAYASAAEgLEmfD_BwE)



# NATURE DETECTIVES



While we can't explore the world outside in the way that we used to, our gardens can be amazing places to discover wildlife and experience nature. There's so much for you to do on your doorstep: look for shooting stars, make a wild crown and get to know colourful birds or watch furry caterpillars. You can even help the animals who come to visit by building them a new home.

You don't need to buy anything as lots of activities just require you to observe, take part or simply find things.

There are lots of helpful sites below, to get you thinking about how close we are to nature and it's right on our doorstep. Why not go on a scavenger hunt, or make a bug house in your garden? What kinds of things fly in your garden? What colours can you see? What sounds can you hear? Can you make a bird feeder? Nature has always been around us, but maybe we've just been too busy to notice. Now is the perfect time to go outdoors and notice what nature is up to.

There are some great craft activities to get involved with too. Why not take some photos and send them to us. We would love to see what you are up to. Email them to us at:  
[www.dns.sustainability@knowsley.gov.uk](mailto:www.dns.sustainability@knowsley.gov.uk)





<https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/>

<https://www.nationaltrust.org.uk/lists/50-things-activities-to-do-in-your-back-garden>

<https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>

<https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/>

<https://munchingcaterpillars.org/resources>

<https://www.wildlifetrusts.org/wildlife-explorer/invertebrates/butterflies>

<https://www.wwf.org.uk/learn>

<https://lancswt.org.uk>

<https://twitter.com/mynaturewatch?lang=en>

<https://www.wildlifewatch.org.uk/spotting-sheets>

<https://www.mnn.com/earth-matters/animals/stories/animals-return-humans-coronavirus-lockdown>

<https://www.bbc.co.uk/springwatch>

<https://www.forestryengland.uk/forests-at-home>

[https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/ -](https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/)

[https://www.youtube.com/watch?v=rgeLp2TX36c&feature=emb\\_rel\\_pause](https://www.youtube.com/watch?v=rgeLp2TX36c&feature=emb_rel_pause)

<https://www.cumbriawildlifetrust.org.uk/wildlife/cams/badger-cam>

<https://www.wildlifetrusts.org/webcams>



# HEALTH AND WELLBEING



In light of the coronavirus outbreak, maintaining a connection with the natural world is more important than ever to ensure we're taking good care of our health and wellbeing.

We know that people who spend time in nature are happier and healthier, but it can be difficult to know how to do this safely in the current climate.

It's really important to stay active and exercise where and when you can. This can be as simple as doing morning yoga in your own back garden! Just a bit of time every day spent in nature can help relieve stress and improve your mental wellbeing.

It is amazing just what you can do and what you can achieve during the day when you have the time to explore and find out what is available.

Here are a selection of things to do, things to see and things to make. It is important that we still have routine and keep healthy. We need to be kind to ourselves and feed our wellbeing with activities and projects to help manage our own health effectively. It is amazing just what you can do and achieve during the day and what is available when you have the time to explore.

So enjoy discovering new activities and taking care of yourselves with the help of nature.





<https://www.wildlifetrusts.org/looking-after-yourself-and-nature>

<https://www.knowsleynews.co.uk/>

<https://www.countrysideclassroom.org.uk/>

<http://www.ltl.org.uk/>

<http://www.inaturalist.org>

<https://www.parentkind.org.uk>

<http://www.knowsley.gov.uk/pdf/Knowsley%20Heritage%20Walks.pdf>

<https://www.healthyknowsley.co.uk/>

<https://www.knowsleynews.co.uk/10-ways-to-wellbeing-during-the-coronavirus-outbreak/>

<https://www.visitcumbria.com/webcams/#north-lakes>



# WE'RE NOT OPEN, BUT YOU CAN STILL VISIT... VIRTUALLY.

So while we can't visit all the lovely places on our doorstep at the moment, there are other ways to enjoy them.

A number of organisations offer virtual tours and a 'behind the scenes' look at is happening during lockdown.

Why not check out some of the fascinating places from the comfort of your living room. You can explore our cultural history or find out what the penguins are up to at Chester Zoo.

Maybe these are visits that you always wanted to do, but didn't have the time so now there's no stopping you...just log on to one of the web pages and immerse yourself in some of our local attractions.

<https://www.forestryengland.uk/delamere-forest>

<https://www.chesterzoo.org/>

<https://www.liverpoolmuseums.org.uk/>

<https://www.nationaltrust.org.uk/speke-hall-garden-and-estate>

<http://www.roydenhistory.co.uk/halewood/history/history.htm>

<https://www.knowsleysafariexperience.co.uk/>

# QUIZ - HOW WELL DO YOU KNOW KNOWSLEY'S PARKS?

Here is a fun quiz put together by the Green Spaces Team, featuring parks they work in across Knowsley. Have a go and tell us how well you did.

Email: [www.dns.sustainability@knowsley.gov.uk](mailto:www.dns.sustainability@knowsley.gov.uk)

Just scroll down for the correct answers

## 1. What park in Knowsley was a former land fill site ?

- a. Stadt Moers                                      b. Mill Dam                                      c. Halewood Park.

## 2. What park can you see from Whiston Hospital?

- a. Eaton Street                                      b. Henley Park                                      c. Knowsley Safari park

## 3. Who plays football at Jubilee Park, Huyton?

- a. Liverpool FC                                      b. Huyton Juniors                                      c. Everton Ladies FC

## 4. Which Park in Kirkby is known locally as the 'Milly'?

- a. Mill Dam Park                                      b. Millbrook Millennium Green                                      c. Webster Park

## 5. What is the park in Cronton Called?

- a. Cronton Park                                      b. The Roundabout                                      c. The Pasture



**6. What park in Kirkby was named after Charlotte Elizabeth Henderson?**

- a. Saxon Green                      b. Charlotte's Pagsy                      c. St Chads Gardens

**7. What is the large pond in the middle of Halewood Park (Halewood Triangle) known as locally?**

- a) Ducky                      b) Swan                      c) Big

**8. What is the name of the park in Stockbridge Village which runs along the M57 Motorway?**

- a. Littlewood Park                      b. Wastlebridge Park                      c. Alt Park.

**9. What is the name of the park that has a road running through it and houses a formal Bowling Green?**

- a. Saw Pitt Park                      b. Ten Acre Pitts                      c. McGoldrick Park

**10. What small park in Huyton was formally known as 'Paradise Park'?**

- a. Rabbit Wood                      b. Saw Pitt Park                      c. Huyton Wetlands

**Bonus Question.**

**How many Green Flag Parks does Knowsley have?**

- a. 10                      b. 5                      c. 18



# QUIZ ANSWERS



- 1. Stadt Moers.** From 1976 to 1983 Knowsleys waste was disposed of at this site. When major excavation works take place, you can still see the layers of compacted waste as they are still decomposing. Methane gas is that is produced by compacted waste, is still safely extracted from various points across this site.
- 2. Henley Park.** This is a lovely local park that has a small Café, Green Gym, children's play area and small ornamental maze.
- 3. Huyton Juniors** have played grass roots football for many years at this park and regularly play match games on at Saturday. There is a lovely enclosed children's play area and a selection of green gym equipment.
- 4. Mill Dam Park** has a lovely fishing lake and an Environment centre that is home to one of our Green Space Rangers
- 5. The Pasture.** This is the home of the annual Cronton Gala which takes place during the summer.
- 6. Charlotte Elizabeth Henderson** was the Grant Holder who did much to improve and maintain the environment of her community in Melling Mount, Knowsley. The land was for years known as the 'pagsy', derived from 'paradise'. The Council named the land Charlotte's Pagsy in recognition of the Mrs Holder's campaign to secure play space for local children
- 7. Ducky Pond** in Halewood Triangle Country Park. Halewood Triangle was once a busy railway junction and network of sidings but is now a linear country park with footpaths, picnic area, fishing ponds and a haven for wildlife.

8. **Littlewood Park** is a quiet haven within the area of Stockbridge Village. It hosts an abundance of wildlife, a natural pond area and has a good pathway for people who like to take a walk in this beautiful woodland space.

9. **McGoldrick Park.** Huyton has lovely colourful gardens around an existing formal bowling green. There are also large grassed areas for play and for children there are closed play areas and an enclosed Multi-user Games Activity centre (MUGA) for football, basketball and net ball.

10. **Saw Pitt Park, Huyton.** Huyton Hey Manor farm on Huyton Hey Road, is the township's oldest surviving secular building. Originally with a datestone of 1670, it was renovated and enlarged, and now houses a residential care home. Adjacent to Huyton Hey Manor is a small park area called Paradise, which was made into a children's playground by the council after the land was donated by Lady Carr-Saunders (formerly Molyneux-Seel).

Bonus Question - Knowsley's **18 Green Flag parks** are among a record-breaking 1,970 UK parks and green spaces to have received a prestigious Green Flag Award, the mark of a quality park or green space. The Green Flag Awards Scheme ([www.greenflagaward.org](http://www.greenflagaward.org)) is run by the environmental charity Keep Britain Tidy.

## WANT MORE INFORMATION ABOUT KNOWSLEY'S PARKS AND GREEN SPACES?

For more information about parks and green spaces in Knowsley visit the council's website, [www.knowsley.gov.uk](http://www.knowsley.gov.uk) or contact us on [www.dns.sustainability@knowsley.gov.uk](mailto:www.dns.sustainability@knowsley.gov.uk)