



Hello

Now, perhaps even more so than in the first Lockdown, connecting with nature is a vitally important part of taking care of our mental and physical wellbeing. We may well have been battling the 'January Blues' as well as restrictions and limitations.

But while January might feel bleak, there are plenty of amazing local wildlife encounters you can keep your eyes open for. Like birds feeding on berries in the hedgerows, fascinating fungi flourishing on dead trees, and an amazing array of footprints left by creatures in the frost and snow!

And of course, our landscapes are looking as pretty as ever, often overlooked by dramatic wintery clouds. The photo at the top of this email was taken one early morning on the [Lincolnshire](#) coast.

This month's newsletter is jam-packed with ways to connect with nature and our sand dunes, even from home. We have kick-started a community arts project we'd love you to get involved in, launched two exciting student bursary opportunities and planned an exciting array of upcoming online talks. We've even asked our team to pick their favourite nature and wildlife films, which we think you might enjoy too.

Best wishes,

The Dynamic Dunescapes team

What we've been up to: [Welcoming frogs to our new ponds](#)

In the first week of January, we spotted masses of frogspawn in the ponds that we created just five weeks before! In December, our team had been out at Gwithian Green in [Cornwall](#) with diggers, removing overgrown vegetation and restoring pond habitats.

It seems the local wildlife already approves!



Blog: Connecting with nature from the couch; Our favourite wildlife and environment programmes

A study published this year has also found that watching nature on TV can help improve wellbeing.

Whether you can't or don't feel comfortable going outside at the moment, or if you just fancy a cosy night in, we've asked our team to pick their favourite wildlife and environment programmes, which we hope that you'll enjoy too.



[Read blog](#)

Lincolnshire: WE WANT YOUR VIDEO FOOTAGE!



We're working with local artists, who need your short video clips of places like Gibraltar Point, Coastal Country Park, Saltfleetby-Theddlethorpe and Mablethorpe beach to help them create a series of images, or frames, which will make up a film.

Each frame of this film will then be hand-painted by members of the community and turned into an animation.

Events

Book your place or catch up with our previous talks



Landscapes before the Dunes: the deep prehistory of Lincolnshire, with Sam Griffiths

Explore the changing coastlines of the county over the past 500 thousand years.

6pm Feb 15th

[Book your place](#)



Understanding and interpreting WW2 Coastal Crust defences with CITiZAN, with Chris Kolonko

Find out what we can learn about WW2 Coastal Crust defences through archaeology.

6pm Apr 19th

[Book your place](#)



From the sands of Fleetwood into the depths of the Irish Sea

Join Eve Mulholland and Lucy Mather from Living Seas North West, for a guide through the coastal and marine life and conservation of the area.

6.30pm Feb 11th

[Book your place](#)



Watch: History of Cumbria's Dunes

If you missed our popular recent talk, you can catch up on YouTube. Join local historian Iain McNicol for a tour through the history of Cumbria's dunes, with a presentation featuring the archaeological and historical features of our coastline.

Students & Volunteers
We have opened some new opportunities to get involved
Volunteer: Record natterjack toads in Cumbria



We have teamed up with Amphibian and Reptile Conservation (ARC) to increase our understanding of one of the UK's rarest amphibians and sand dune dwellers, the natterjack toad – and you can help us do this!

Find out more about joining our volunteer surveying opportunity.

[Find out more](#)

Students: Apply for our student research bursaries in Lincolnshire and Cumbria

We have a range of student research projects available across the project, such as exploring the impact of different land management actions or mapping species distributions, to looking at the impact of Covid-19 on reserve visitors.

In Lincolnshire and Cumbria, we have bursaries available to support students. Find out more and apply on our website.



Writers, poets, storytellers - We want to hear from you!

Whether you're a creator whose work is inspired by our sand dunes, a local expert who knows all about a particular coastal species, or you've got some wonderful photos that you'd love to share with us - [get in touch!](#)

For more information on how to pitch an article, email dynamicdunescapes@naturalengland.org.uk or use [this page on our website](#).

Find us on social media



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