

# Connect with Nature

**Connect with Nature** is a non-profit group. We are a friendly group of nature and wildlife enthusiasts, of all ages, from all backgrounds, interested in bird-watching, butterfly-watching, learning new things, discovering new interests, meeting like-minded people, and having loads of fun. All events are free, it is fully-funded by Rowena Castillo-Nicholls. Everyone is welcome to attend.

## **Aims of Connect with Nature:**

- To raise awareness and advocate on "Sustainable Development Goals number 3", which is "Good Health and Wellbeing".
- To encourage people to connect with nature because it benefits both our physical wellbeing and mental health.
- To raise awareness on the importance of wildlife.
- To do something green and sustainable for our environment.
- To appreciate the beauty and wonder of our natural world.
- To meet like-minded people with the same passion and interest for nature and wildlife.

## **Projects of Connect with Nature:**

- 1) Bird-watching Fieldtrips
  - Birdwatching at Mevagissey Harbour
  - Birdwatching at Ruan Lanihorne
  - Birdwatching at Towan Head Newquay
- 2) Butterfly-watching Fieldtrips
  - Various locations in Cornwall
- 3) Moth Trapping Evenings
  - Various locations in Cornwall
- 4) Wildlife Recording and Monitoring
  - Butterfly Recording at Woodland Valley Farm
  - Butterfly Recording at Trewithen Garden
  - Butterfly Recording at Lanjeth Nursery and Water Garden
- 5) Talk and Presentation
  - Talk and Presentation on "*A Decade of Chough Watching*"
  - Talk and Presentation on "*Butterflies in Cornwall*"
- 6) Butterfly Education Kits Giveaway
  - Various Primary Schools in Cornwall
- 7) Beach Clean and Litter-picking
  - Various beaches in Cornwall
- 8) Raising awareness on the importance of wildlife through "*Wildlife Matters*"

**Rowena Castillo-Nicholls**, chair and founder

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**Instagram:** [www.instagram.com/cwnwrowena](https://www.instagram.com/cwnwrowena)

**YouTube Channel:** [www.youtube.com/c/ILoveCornwall8/videos](https://www.youtube.com/c/ILoveCornwall8/videos)

