**Somerset Wildlife Trust **

**https://www.somersetwildlife.org/**

**What We Do**

[**https://www.somersetwildlife.org/what-we-do**](https://www.somersetwildlife.org/what-we-do)

## Protect wildlife and wild places

Somerset’s wildlife is part of what makes living, working and visiting the county so special. We've been protecting and preserving Somerset’s wildlife and wild places for over 50 years. With over 21,000 members, we are the largest conservation charity in the county.  Our landholding of over 1,700 hectares incorporates a diverse range of habitats from wetlands to woodlands, grasslands and meadows, and provide secure environments for a diverse range of wildlife such as dormice, otters, hedgehogs, barn owls and many other species. Alongside our members and volunteers, we work year-round to protect wildlife, transform landscapes and put nature back into people’s lives.

## Create Living Landscapes

As the demand for land is ever growing, there is far less room for wildlife.  Natural habitats have been lost and we now have smaller, isolated, yet wildlife rich pockets of land that are surrounded by land that is inhospitable for many animals, so their populations cannot travel or grow. We must reverse this - and quickly.

A Living Landscape essentially joins the dots. It connects our remaining wildlife-rich sites in a certain area to create a dynamic, robust and naturally functioning large scale landscape for the benefit of wildlife – a ecological life support for the county that fits within a nature recovery network for the whole country.

## Keep up to date

Don't miss out on news, exciting events and special ways to get involved by signing up to our monthly enewsletter:

<https://www.somersetwildlife.org/what-we-do/news-publications/email-newsletter>

**Get in touch:** <https://www.somersetwildlife.org/contact-us-enquiries>

**Nature and Wellbeing:**

## People need wildlife

Studies have shown that those who have the least access to nature also have the worst levels of physical health and mental wellbeing.

We want more people to discover that daily contact with wildlife improves their mental health, and we want more people to care about and take action for wildlife as a result. Seeing birds near our homes, walking through green spaces filled with wildflowers, and along rivers that are clean and clear reduces stress, fatigue, anxiety and depression.

Daily contact with nature is also linked to better physical health, including reductions in obesity and improved concentration.

## Somerset Nature Connections

Somerset Nature Connections project aims to tackle some of the barriers that prevent people experiencing the health and wellbeing benefits of Somerset’s spectacular natural environment.

Somerset Nature Connections will help people to access these natural spaces, with a focus on supporting mental wellbeing and physical activity.

Funded by the National Lottery Community Fund, will support local communities and individuals most vulnerable to mental health issues, providing better access to nature spaces to encourage and increase self-management for individuals, and develop a network of skilled volunteers who can support communities for the longer term.

<https://www.somersetwildlife.org/wildlife/nature-wellbeing/somerset-nature-connections>

**Somerset Nature and Wellbeing Opportunities:**

<https://www.somersetwildlife.org/wildlife/wildlife-wellbeing/somerset-nature-and-wellbeing-opportunities>

## Get involved

Find local projects, initiatives and opportunities to take part in which are focused on improved mental and physical health and wellbeing. These are divided by area so you can find things going on near where you live. From taking part in practical conservation to mindfulness, there are plenty of opportunities to get involved with here in Somerset.

## Get close to nature

No matter what it is about nature that inspires you, we've got something for you to get involved with. From taking part in event, to volunteering, to helping wildlife on your doorstep, there is always plenty to discover.

<https://www.somersetwildlife.org/get-involved>

**Events & Workshops:**

Various events, workshops running throughout Somerset:

<https://www.somersetwildlife.org/events>

Download a walking route:

<https://www.somersetwildlife.org/wildlife/take-wild-walk>

Find a nature reserve from heathland to wetland, stunning open spaces to hidden gems, discover our best sites for nature across Somerset. Check out those that are great for insects, birds, woodland walks or wildflowers

<https://www.somersetwildlife.org/wildlife/nature-reserves>

Get more information by reading our 'Wildlife to see' blog by local photographer and wildlife enthusiast, Chris Chappell: <https://www.somersetwildlife.org/blog/category/wildlife-see>

**Volunteering Opportunities:** <https://www.somersetwildlife.org/volunteering-opportunities>