

CARING FOR OUR COMMON HOME

WAYS TO EXPLORE AND SUPPORT WILDLIFE THIS SUMMER

PLANT FOR POLLINATORS

We can support our native pollinators by careful choice of plants with different flower shapes and flowering seasons.

Pollinators such as butterflies and moths also need the right plants to lay their eggs and feed caterpillars. Do some research on good host plants.



TAKE PART IN A POLLINATOR COUNT

Pollinator levels have decreased significantly over the last 60 years yet we depend on them for much of the food we grow. Help monitor these insect levels by taking part in a pollinator count. More details at <https://ukpoms.org.uk/>.

Other citizen science projects can be found via The Wildlife Trusts. Find your local one at <https://www.wildlifetrusts.org/wildlife-trusts>

SUPPORT WILDLIFE DURING HOT WEATHER

Make sure there is a supply of clean, fresh water for birds, insects and other small mammals. Have them at different heights and include few stones so that insects can drink without drowning. Keep ponds topped up, ideally with rain water. If you need to use tap water, let it sit for 24 hours to allow for any chlorine to evaporate first.

Keep your grass longer to provide shelter and extra shade. It can also help to hold on to additional moisture making it easier for birds and insects to find food.

Plant food sources. The RSPB now recommend people do not feed birds in the summer to reduce the spread of disease, but instead include plants with berries and seeds in your garden for birds to feed from.

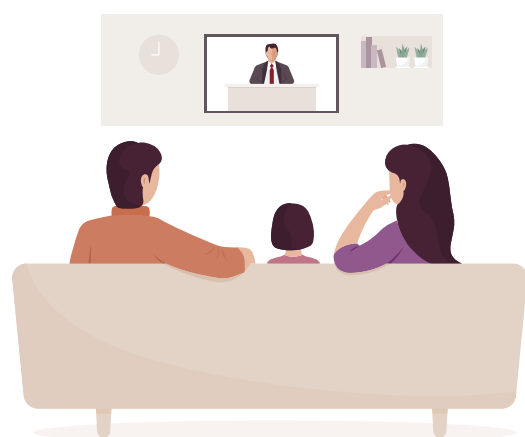
If you see animals behaving unusually, such as hedgehogs out during the day, they are likely to be hungry, thirsty or confused in the heat. Provide water and shade and call a local wildlife rescue shelter for further advice.



LAUDATO SI'

CAFOD have some great resources and prayers to accompany the encyclical *Laudato Si'* by Pope Francis, on why we should care for our common home.

<https://cafod.org.uk/Pray/Laudato-Si-encyclical>



LOOK AFTER WATER

Water is a precious resource. Install waterbutts to preserve water and use carefully on fruit, veg and nectar rich plants. Do not waste water trying to keep grass green. It will grow back once the cooler and wetter weather returns in the autumn.



<https://portsmouthdiocese.org.uk/caritas/>

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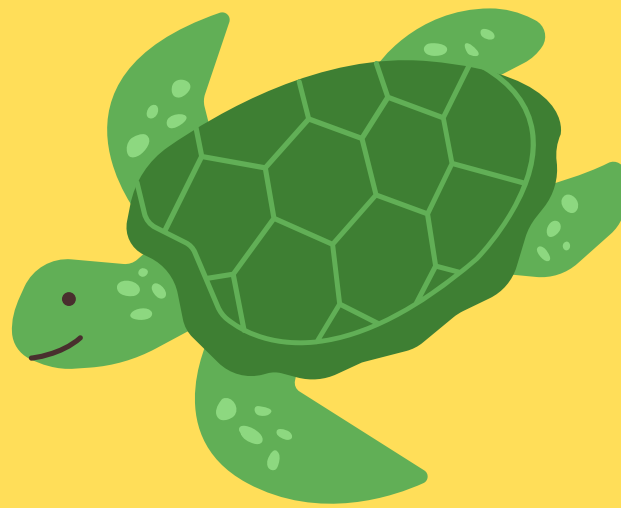
PLASTIC FREE JULY

Be part of a global movement to reduce the amount of single use plastic. This helps keep our streets and oceans cleaner and reduce pollution and waste of non-renewable resources.

Look at your waste and see what you can stop buying or swap for a greener alternative. It may not feel like much but every action counts.

You could also do a litter pick in your local area and always take your rubbish home with you and recycle what you can.

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



MAKE A METRE MATTER

Gardeners World are running a 'make a metre matter' campaign to encourage everyone, even with only a small piece of land to make a difference by improving biodiversity.

You can log your plot and get ideas at <https://www.gardenersworld.com/make-a-metre-matter/>



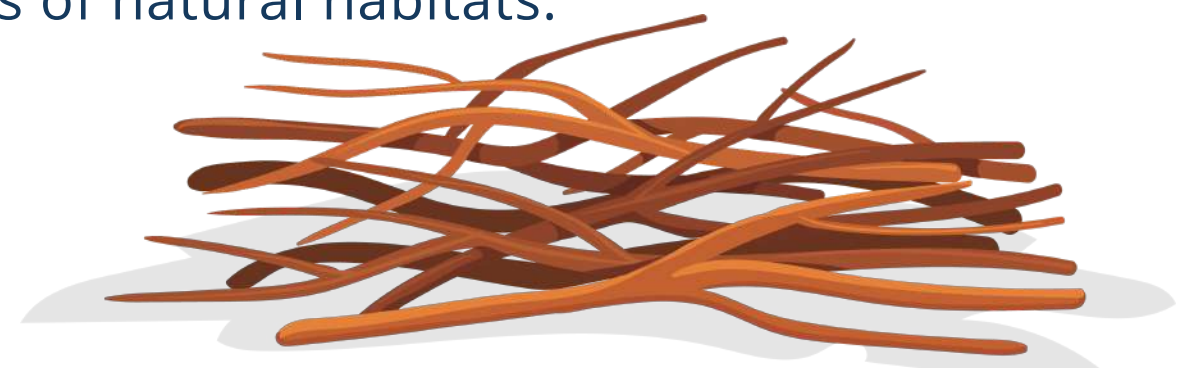
TALK ABOUT CLIMATE CHANGE

The Dicastery's for Promoting Integral Human Development and for Laity, Family and Life have produced Integral Ecology In The Life Of The Family. This is a resource for families to have age-appropriate conversations and includes practical actions to respond to '*the cry of the earth and cry of the poor.*' (Pope Francis, Laudato Si' #49).



CREATE NEW HABITATS

Insect hotels, bird/bat boxes, stacks of wood, piles of leaves, trees and shrubs provide great homes for native species by providing additional shelter and breeding places. Such interventions help counter the loss of natural habitats.



KEEP IN TOUCH

Let us know what you get up to. Send in photo's of your activities that help care for our common home this summer. You can email us at caritas@portsmouthdiocese.org.uk or if you are posting online do tag us. We are on [Facebook](#) and [Instagram](#).

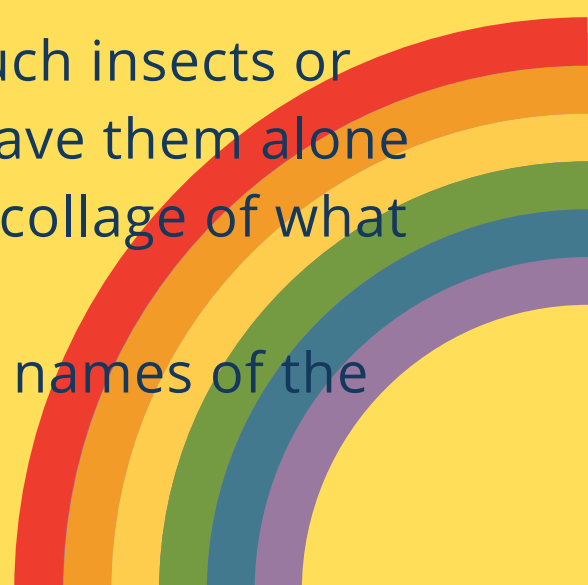


RAINBOW WALKS

When out for a walk, find something from each colour of the rainbow.

Don't pick any of the leaves or flowers or touch insects or animals, they may be toxic and we should leave them alone but take snaps and at home you can build a collage of what you have found.

Use a plant/insect identifier app to learn the names of the things you see.



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