

Regaining paradise? Sustainability in the Early Years

- ECEY6005
- 2011534





- The area I chosen to base the John Muir award on is Fendrod lake. The lake is located in Llansamlet in Swansea. Fendrod lake stretches around 13 acres and is a one-mile route. The area is made up of the lake, trees, plants and much wildlife.

Fendrod Lake

FITNESS TRAIL

LLWYBR FFITRWYDD
Llyn y Fendrod

Welcome to the Great Outdoor Gym at Fendrod Lake

We have installed a range of outdoor gym equipment which will help you increase your activity levels and support you to lead a healthier lifestyle. The equipment is suitable for all abilities from beginners to fitness enthusiasts and designed for everyone from adults, older people, people with disabilities to teenagers. Each piece of equipment has easy to follow instructions to help you use the equipment correctly.

Croeso i'r Gampfa Awyr Agored Gwyh ger Llyn y Fendrod

Rydym wedi gosod amrywiaeth o gyfarpar campfa ychwanegol a fydd yn eich helpu i gynyddu'ch lefelau gweithgaredd a'ch cefnogi i fyw bysyyd iachach. Mae'r cyfarpar yn addas i bob oed a gallu, o ddechreuwyr i seicolegwyr ffisegol. Mae'n nhw wedi'u dylunio ar gyfer pawb, o oedolion, pobl hyn, pobl ag anableddau a phobl ifanc yn eu harddegau. Mae cyfarwyddiadau haws i'w dilyn ar bob darn o gyfarpar i'ch helpu i'w defnyddio'n gywir.

Important

- This equipment is to be used at your own risk.
- The City and County of Swansea does not accept responsibility for any equipment caused while using the equipment.
- Do not use equipment if you think it is faulty or broken.
- Only use the equipment if you are aged 14 years or above.
- You should obtain advice from a physio before using this equipment if you have a pre-existing health condition or are pregnant.
- Only use the equipment if you have been told to do so safely.
- Only use equipment for its intended use.
- The equipment should not be used for anyone under the influence of alcohol.
- Always use the equipment with respect and stop when you become tired.

WalkLife is part of the **Change4Life** movement and is all about encouraging families and adults to move more. Walking is a great start and almost everyone can do it, anywhere, at any time, and it's free.

We have marked a 1 mile walk around Fendrod Lake. Follow the purple 'WalkLife' disks and watch your gaiter rise up!

Sign up to **WalkLife** to plan your walks and track your progress at www.swansea.gov.uk/walklife

More Ceredid am Oes yn rhan o'r fferio

Read an Oes is a movement to bring together all generations to work together to make a great start and almost everyone can do it, anywhere, at any time, and it's free.

Rydym wedi marcio bath 1 filler o gwmpas Llyn y Fendrod. Dilyniwch y disgiau 'Ceredid am Oes' a gwelwch eich gaiter yn codi.

Cofrestrwch eich gair Ceredid am Oes i gynnwys eich teulu a'ch ffrindiau i dilyn eich camwedd. Cofrestrwch eich gair Ceredid am Oes i gynnwys eich teulu a'ch ffrindiau i dilyn eich camwedd. Cofrestrwch eich gair Ceredid am Oes i gynnwys eich teulu a'ch ffrindiau i dilyn eich camwedd.

Pwysig

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To report maintenance issues/ roi gwybod am broblemau cynnal a chadw: ☎ **01792 280210**

City and County of Swansea Dinas a Sir Abertawe



● “And into the forest I go,
to lose my mind and find
my soul”

- John Muir

Happy Memories

- The reason I chose this place is because before she passed away, my dog and I would take our walks here.
- Through the years as she got older, and our walks became a slower pace, we frequently enjoyed a stroll around the lake together.
- We would sit together on the benches and appreciate the peaceful surroundings.....



.....this area holds
fond and happy
memories for me.



One of the reason I chose Fendrod lake to walk with my dog for many years is because I have always found the area to be a fascinating place...



- the lake is directly in the middle of a built-up area, surrounded by factories, pub, restaurants and many other business, a world away from anything natural.
- However, ...

.....when you are walking at the lake, you feel you are miles from any hustle and bustle of city life, and to me this is an example of how amazing nature can be.



Even in the middle of a busy city with a population of over 300,000 people, Nature has the ability to transport us to a place of tranquility.



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- “Nature is always lovely, invincible, glad, whatever is done and suffered by creatures. All scars she heals, whether in rocks or water or sky or heart”
- John Muir

Explore



The lake is home to an abundance of wildlife including ducks, geese, swans, smaller birds, squirrels and a wealth of insects and bugs.



The area is mostly dominated by the wildlife that live on the lake.



Whilst walking around the lake you may be lucky enough to spot a squirrel or smaller birds....

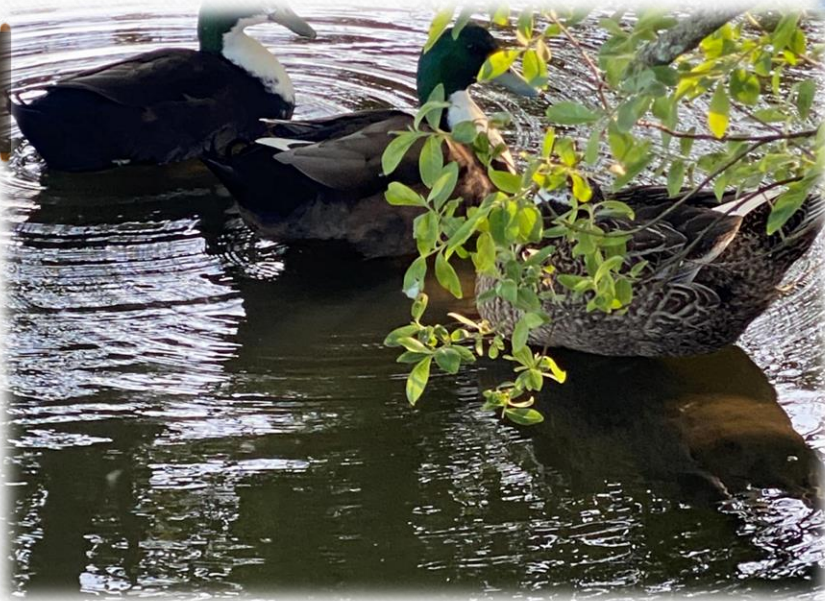


.... And I was lucky enough to see a
Squirrel

My nephew is four and was fascinated by the swans who attempted to approach him. The animals are often fed by visitors, and they will regularly approach humans seeking food.



Humans often feel they have a right or need to insert themselves into nature, often not realizing the negative affect and dangers it can have on wildlife and their sense of security in their habitat.



One thing I noticed when walking around the lake is a lack of educational information on what is appropriate to feed the animals, or even if it is safe to feed them at all.





Discover

The children expressed their views on how litter such as plastic takes a long time to decompose and how it was wasteful to not recycle.

Litter can do terrible damage to the wildlife living in the area. Animals can climb inside plastic bags and suffocate, or attempt to eat them and choke, they can also cut themselves on sharp plastics and encounter deep wounds.

As we walked around the lake, I noticed items that did not belong in the natural environment, such as cigarette butts and litter



The children and I discussed the implications of people not respecting nature and what we thought the consequences of litter could be to the environment and wildlife.



Conserve

Whilst we strolled around the lake, we safely collected the litter we saw and disposed of it in the nearby bins provided



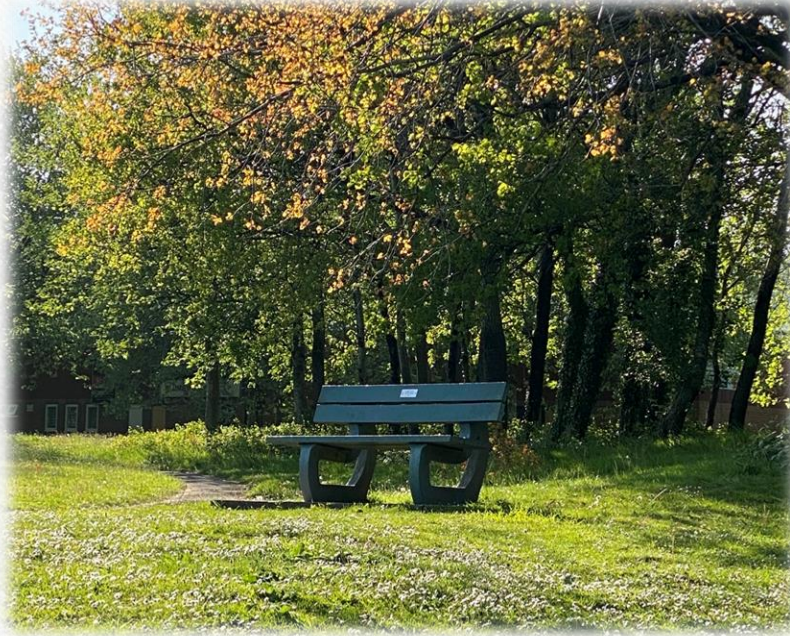
I was encouraged by the excitement the children expressed at the thought that they were genuinely making a difference to the environment and helping to keep the animals to safe.

Reflection

- As we walked around the lake I reflected on the current world and how as life becomes busier, humans are constantly searching for ways to make life faster and easier.
- However, these approaches are often harmful, as the continued creation of disposable items and the lack of knowledge on how to correctly dispose of these said items, causes greater threat to the planet.

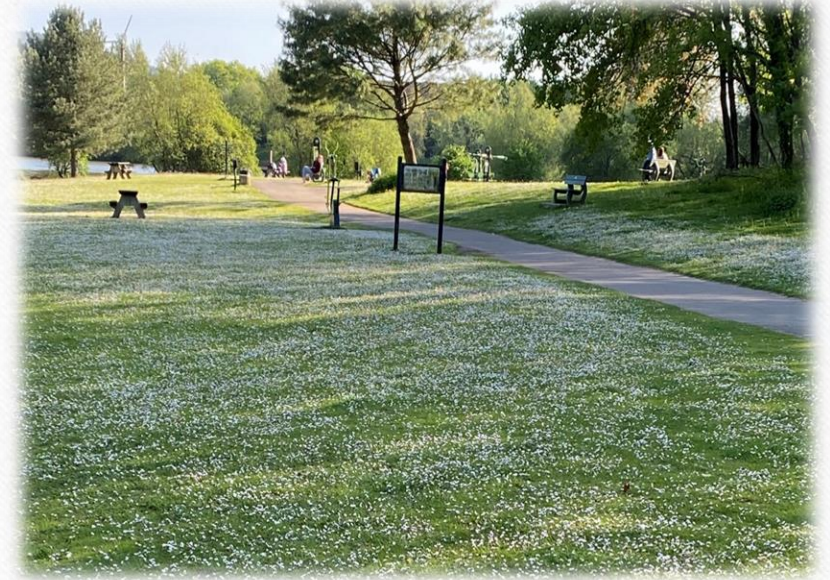


The John Muir award is an excellent approach to demonstrating to children the impact that we can have on the planet.



I have always been passionate about education and believe that the only way to break negative cycles is by educating future generations on the importance of natural resources and how we rely on them for our survival.

I feel my experience at the lake was made more enjoyable by taking my niece and nephew along. I was able to witness first-hand the incredible influence, we as adults and practitioners have on children's view on the planet and wildlife.



It is our responsibility to not only teach, but to demonstrate a more sustainable way of life.

• “I only went out for a walk,
and finally concluded to stay
out till sundown, for going out,
I found, was really going in.”

• - John Muir

