

Regaining Paradise: Sustainability in the early years

Burry Port Harbour

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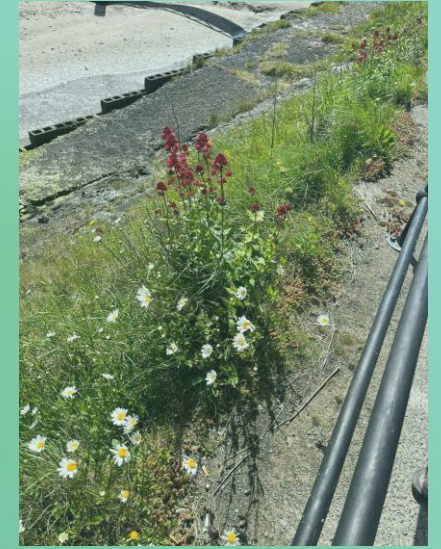
Discover

- Growing up as a child I always had the pleasure of living near to the Burry Port Harbour. I could walk down within half an hour and on the way you were able to see the many different aspects of outdoors for example wildlife and the many different colours. The harbour has 2 sides which have many facilities for the public. One side of the harbour has facilities for example, café, public toilets, ice cream van and pub. On the other side of the harbour there are facilities such as, the RNLI lifeboat station which includes a café and shop, there is also a food truck which makes homemade food such as pizza and chips. There are many different wildlife in the area.

Discover the Harbour

- Whilst walking around Burry port Harbour I was aware of the 5 senses mainly touch, sight, hearing, smell and taste.
- I could feel the wind blowing against me while walking through the beach. The smell the sea and the salt was very apparent. The sense of sight was evident and appealing all around including a variety of bright colours which can help to uplift and improve moods. I could hear a variety of sounds including the sea waves hitting against the rocks, noise of the birds flying around the harbour. While walking closer to the beach the taste of the sea salt was getting stronger.
- I appreciate the harbour as it is a place where I am able to take time to myself where I can think about things and reflect on life and everyday situations.





Explore

- While walking around the harbour, I was aware of many examples of wildlife and nature. There were 2 types of birds that were prominent, mainly seagulls and black birds.
- There were many seagulls around the harbour which is expected within a coastal locality. The seagulls were mainly on the beach but some were flying around searching for food.
- There was also a few black birds which were flying around the harbour and was sitting on the benches.
- There was variety of flowers that were around the harbour including, daisies, red valerian and seneccio vernalis.



Explore

- Although the Burry Port Harbour is a nice looking place there are signs of litter and rubbish which can also make it look unpleasant. I noticed lots of rubbish on the path as I walked around, including many cigarettes. This could be a hazards for young children or any animals that come across it. Additionally, there was glass along the path which can be very dangerous for anybody that goes and comes across it. There was also plastic along the beach which looked like it had been washed up onto the beach. There are stickers on the bins which tell people to dispose of their rubbish responsibly.



Reflection

- I decided to make use of open spaces within my area due to the benefits associated with physical and mental health and well-being. I particularly chose Burry Port Harbour as when I walk around the area it makes me feel relaxed and is an enjoyable area to walk around. Whilst enjoying this space I am also aware the need to protect the wildlife within the harbour. To do this I would like to keep the harbour clean in which it would be important to contact the council if there is any problems and be involved in any community projects that there are.