

2114097
Module – ECEY6005
Regaining Paradise - Sustainability in the Early Years



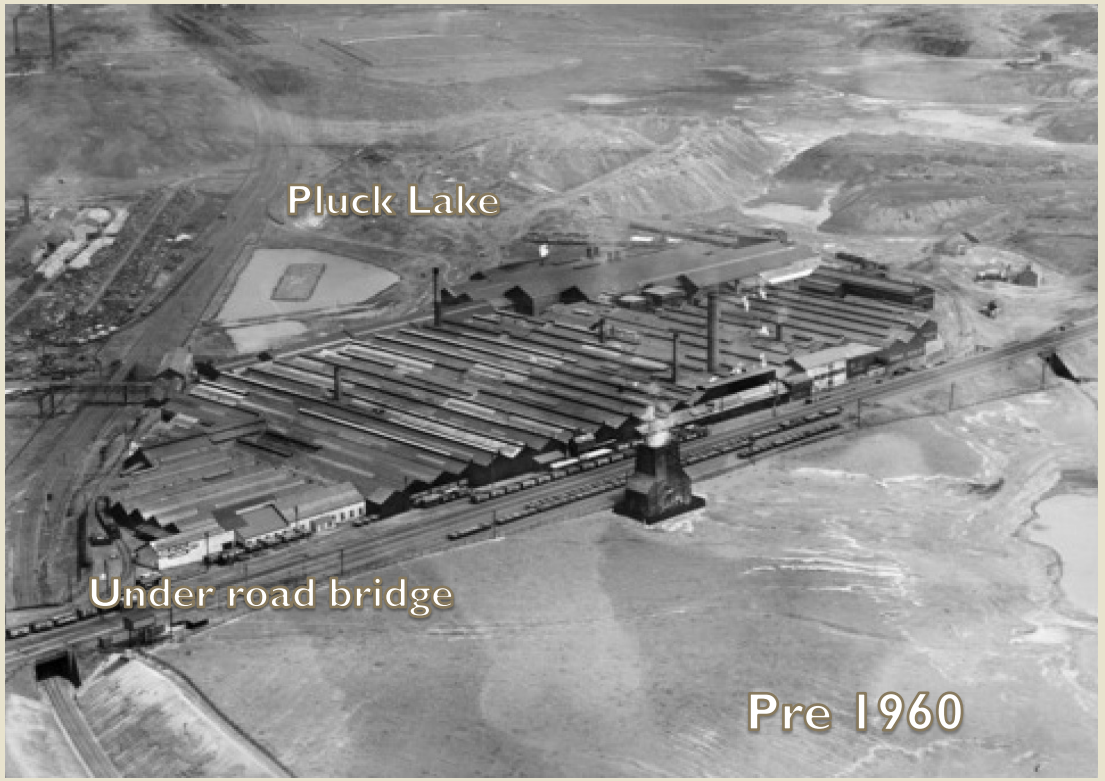
Discover

Swansea is a bustling busy city and as we get caught up with everyday life, it can be easy to ignore the beauty that is easily accessible to us. Situated in the Lower Swansea Valley is a beautiful forest and Lake on the East Side of Swansea. This area holds special memories from my childhood, of many fun adventures with family and friends.

However, the area has not always looked like this.







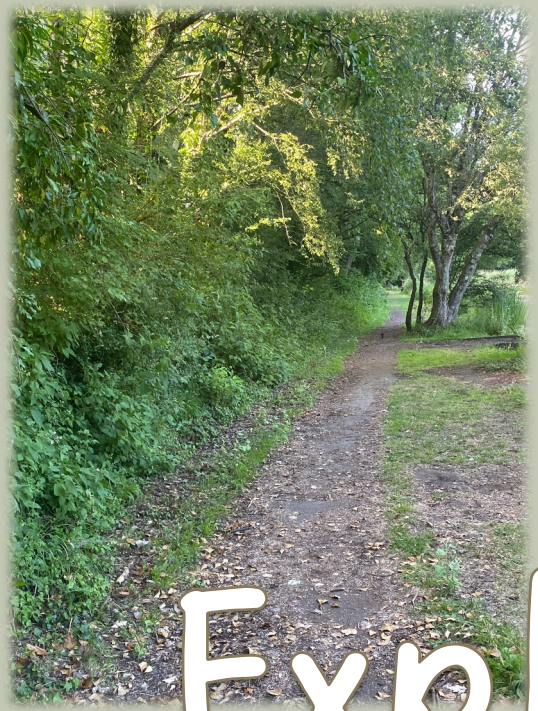
Video – Where no trees grew

How Pluck Lake came to be is a bit of a mystery. From the 1700's, the Lower Swansea Valley became the epicenter of the industrial revolution. It is thought the lake was manmade to provide water to the surrounding factories and metal works. As you can see from the images, the area has changed drastically from the baron, dry rough landscape to the lush green forest we enjoy today.



An insight into history of Lower Swansea Valley

The Joyous walk through the various terrain and walkways through the forest



Explore

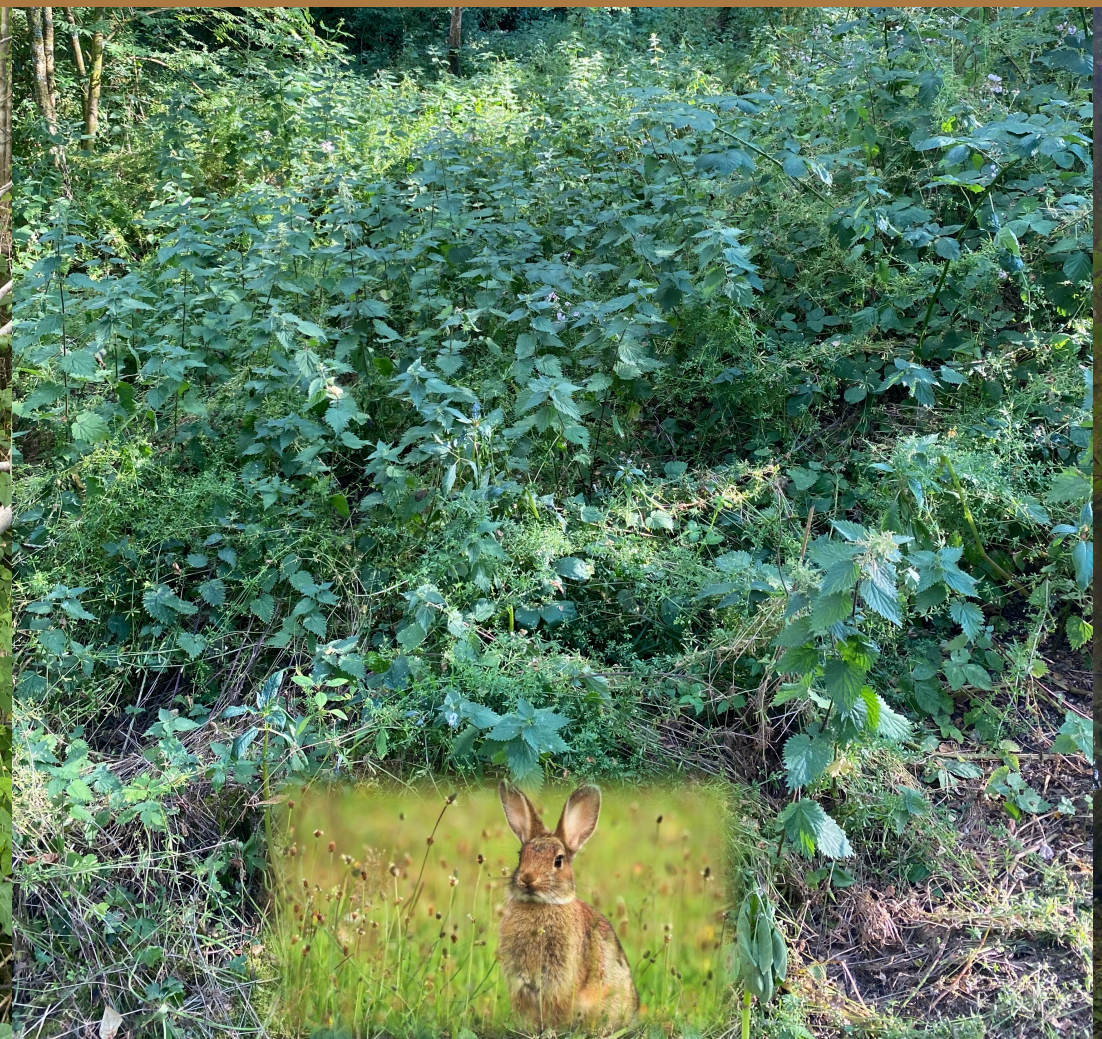


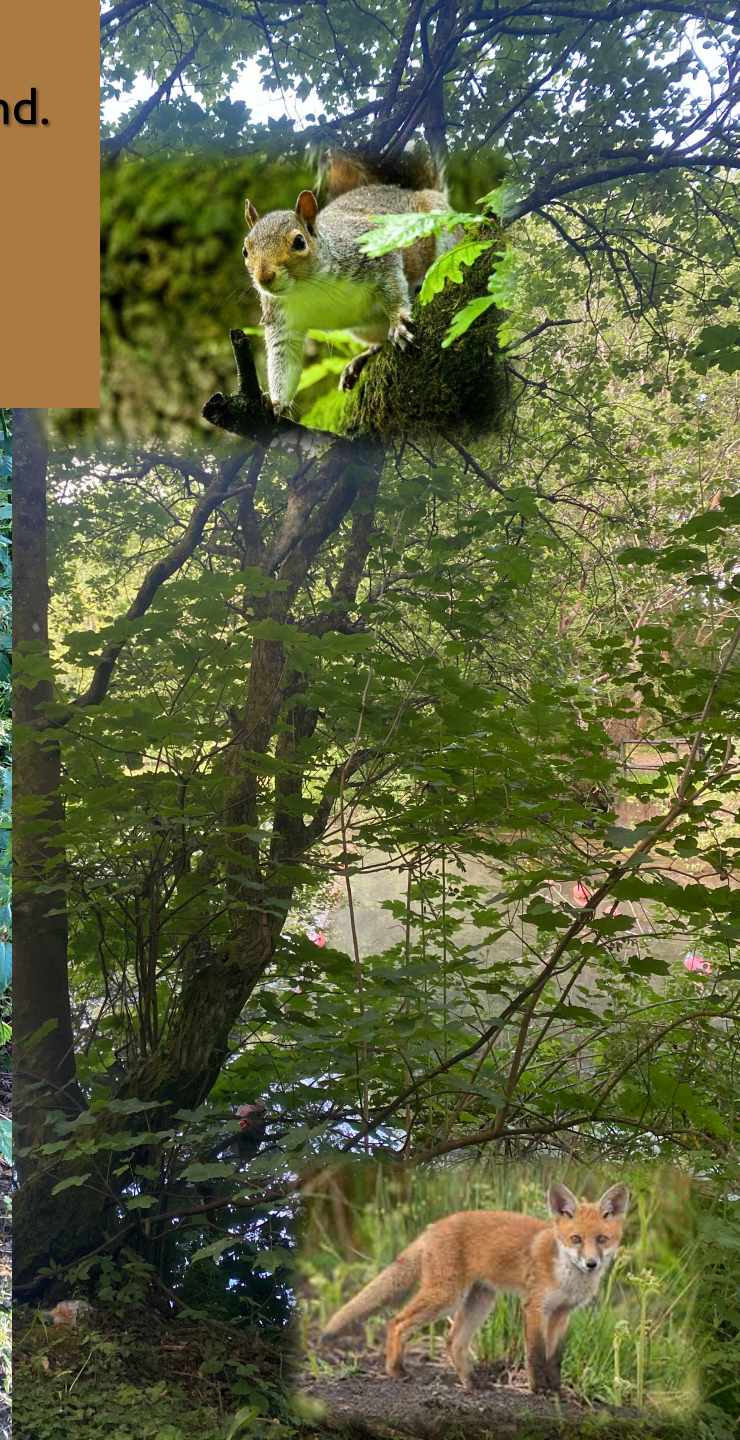




The forest is rich with biodiversity, such as various plants and animals which habitat the woodland. Animals rely on the forest for shelter from predators and the weather, it is a source of food, providing animals with berries, nuts, prey animals and leaves.







Native or Invasive species?







I never took the time to appreciate the
Beauty of the wild flowers
that grow through the forest but some are
Considered a threat to the eco system and
Are called invasive species.











Stingy nettles were the thing of nightmares as a child but this spiky plant is an important source of food for wildlife habiting the forest.



















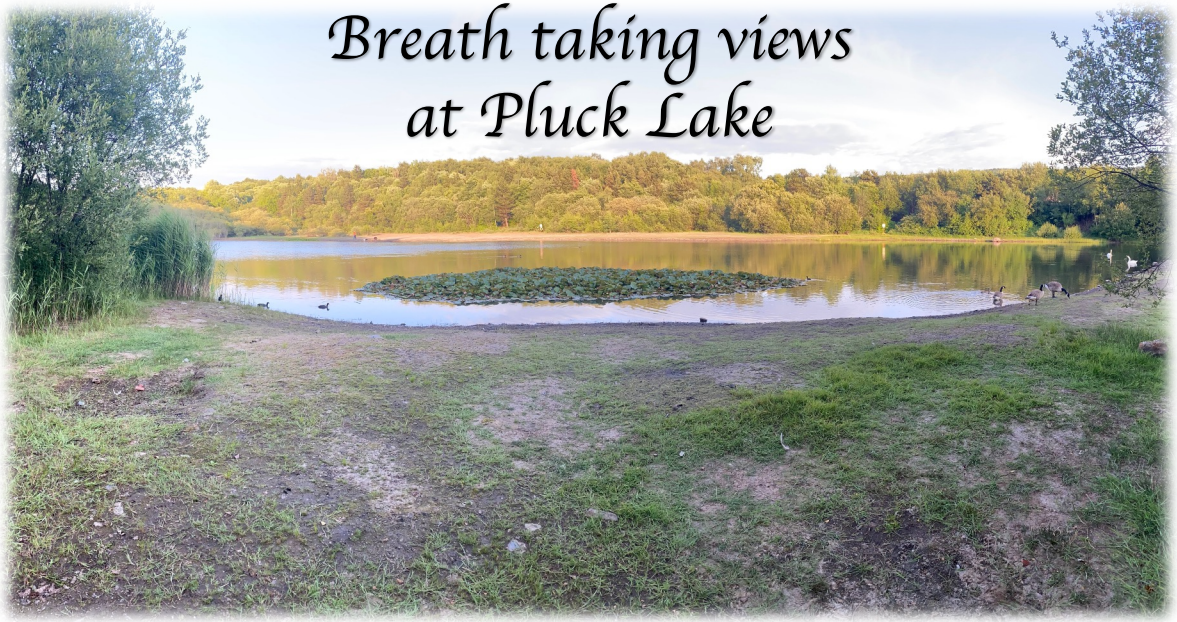







Various textures on tree trunks

Breath taking views at Pluck Lake









Lakes are not only important because they supply water to industries and homes, but because they are a habitat for wildlife to breed, shelter and use for stopping when migrating.

The lake is home to
Some interesting wildlife.

















CONSERVE







I was saddened to see even though bins are in place
along the walkway's, litter is scattered
some even dropped next to a bin.

The effects of litter has a negative effect on the environment Including the release of toxic chemicals, danger to wildlife, harmful to humans and is an appalling sight. To conserve the area, I decided to organise a litter pick with my family. Together we walked through the forest, collected litter while taking in the beauty of the surroundings and sharing memories from the past.

Taking part in this litter pick with my family gave me a sense of pride and a feeling of proudness of the contribution we made to the care of the environment. This has prompted me to continue to conserve the forest and lake area by undertaking regular litter pick activities during my walks.







As human beings, we tend to get caught up in the race of life, rarely taking the time for our own well-being and appreciation of natures medicine, the outdoors. I wanted to re-visit the forest and Pluck Lake to see if it was as exciting as it was as a child but it was better. This time I paid particular attention to the sheer beauty and all the elements Which make it such a special place. I was not disappointed.

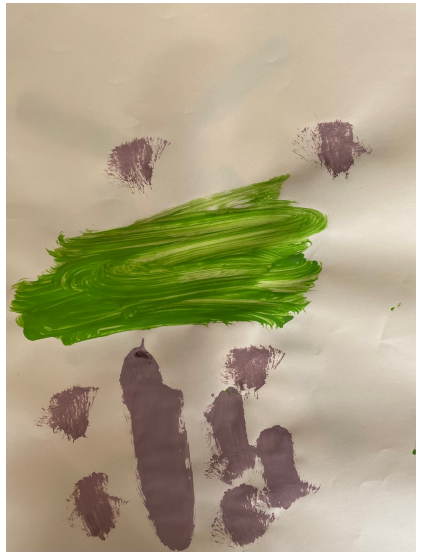


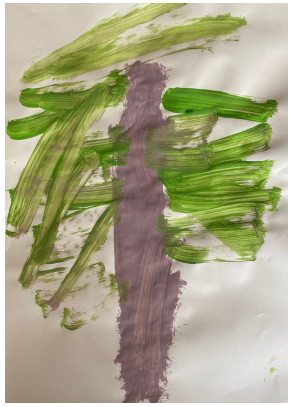


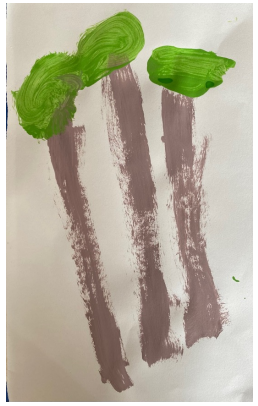
SHARE

Participating in the John Muir award has inspired me to share this experience, to encourage others to explore the outdoors, grow a love, appreciation for the environment and promote sustainability for the future of our children. The lower Swansea Valley and Pluck lake is well known to the residents on the East Side of Swansea, I will be sharing my experience on social media to celebrate the progress of the area, I am hoping people will share some of their own photographs to show how much has changed in the years since the industrial revolution ended. Whilst I was taking part in the experience, I shared photographs and stories with the children in my class at school. We explored tree's and the children created their own paintings. The children enjoyed learning about hedgehogs and created their own using natural materials. We also created new rhymes to say together, you can enjoy below.

- School
- Friends
- Family
- Social media







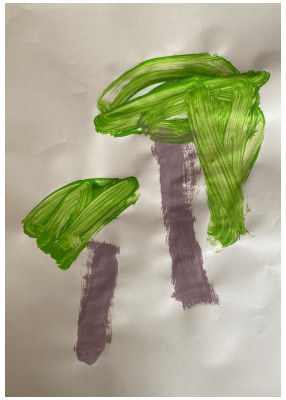
Oh how the tree's grow
Trunk of brown
Stretching tall

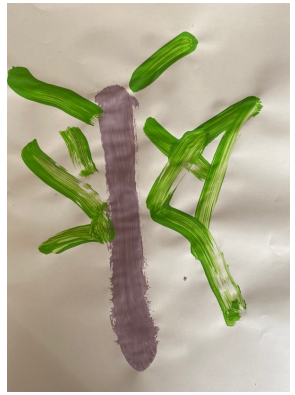
Oh how the tree's grow
Leaves of green
Gently flow

Oh how the tree's grow
branches dancing
wind blows

Oh how the tree's grow.







My name is Henry Hedgehog
I like to curl up tight
I roll myself into a ball
To keep me safe at night

I don't come out at daytime
I'm nocturnal didn't you know
I sleep all day inside my nest
of leafy undergrowth.











Little Daisy dancing

petals soft and white

Standing in the grass of green

Such a pretty sight

Little Daisy dancing

Standing tall and proud

Swaying in the gentle breeze

Beauty all around.