

This 'Item Menu' includes the list of things that you can apply for from our Winter Wellbeing fund.

Simply tick the appropriate box on the application form for your desired item and if you are successful, it will be sent directly to you at your service!

WINTER WELLBEING GRANTS

DISCOVER THE JOYS OF NATURE THIS WINTER

ITEM MENU

I. WILDLIFE PROJECTS



SEND US YOUR
COMPLETED APPLICATION
FORM BY 27TH
NOVEMBER!



IA. BIRD WINDOW FEEDER PACK

This window bird feeder pack is perfect for services without gardens, with small gardens, or for service users who love seeing birds up close! The pack contains 1 window feeder, 1kg buggie nibbles, 100g dried mealworms, and 900g premium sunflower hearts.



IB. BIRD FEEDING STATION PACK

Feeder stations are a popular choice for feeding garden birds. They enable you to hang multiple wild bird feeders, are usually easy to place in the garden in a location that suits you (and the birds!). The pack includes 1 feeding station, a easy-clean seed feeder and nut and nibble feeder, 1kg buggie nibbles, 900g premium sunflower hearts, box of 10 x buggie coconut shell treats



IC. SILHOUETTE CLASSIC APEX NEST BOX

RSPB bird houses provide a safe and snug place for birds to roost and nest. This nest box is made from sustainable FSC certified timber and has excellent insulation properties, making it warm in winter and cool in summer!



ID. HEDGEHOG HOME, FOOD AND BOWL

Make your services garden more hedgehog-friendly this winter with this Hedgehog house pack. Including a hedgehog home, 900g Brambles crunchy hedgehog food and a specially designed hedgehog snack bowl.



IE. BEE HOUSE

Specially designed for two common bee home dwellers; the leafcutter and red mason bees. This high quality bee home comes with removable nesting trays, metal fastenings for secure siting and an overhanging roof to protect bees from the rain.

2. NATURE WATCH



2A. WILDLIFE AND NATURE GUIDES

A set of wildlife and nature guides will help you appreciate the joys to be found in your garden and local parks. The collection includes 'What's that Flower?', 'What's that Tree?', 'RSPB Pocket Guide to British Birds', 'RSPB Handbook of Garden Wildlife' and 'Guide to the night sky' fold out chart.



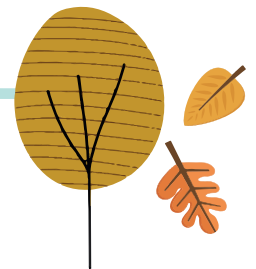
2B. RSPB PUFFIN BINOCULARS

This pair of good entry level, high-quality binoculars will help you see nature up close. Supplied with a case and strap, a handy bird identification guide and pin badge.



2C. RAINBOW HEAVY DUTY UMBRELLA

This heavy duty, rainbow umbrella will brighten any grey and rainy day! The perfect companion on a winter walk to watch nature. You can apply for up to five of these umbrellas for your service if you can evidence your needs for this.



3. SELFCARE AND WELLBEING



3A. YOGA STARTER KIT

This yoga starter kit includes a lightweight, portable yoga mat, foam yoga block and yoga belt/sling to use in practice. (the belt/sling can also be used to secure the mat once rolled up for travel) - you can apply for up to 5 of these kits if you can provide evidence for who will be using them.



3B. SMOOTHIE KIT

Create delicious smoothies in minutes with this blender and recipe book! The most nutritious smoothies are made with whole foods like fruits, vegetables, yogurt, and healthy fats such as avocado.



3C. SLOW COOKER KIT

Cook up comforting, hearty dishes with this slow cooker, and try some new recipes from the good food recipe book! The perfect winter kitchen gadget!