



Essex Wildlife Trust

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Blogs

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Protect local wildlife



Species in the spotlight - Redwing

Posted: Monday, January 21, 2019 - 13:22

By: [Lily Chambers](#)

The Redwing (*Turdus iliacus*) is the UK's smallest true thrush that you'll be able to spot feeding in fields, hedgerows and orchards this winter.



5 ways to wellbeing in nature

Posted: Monday, January 21, 2019 - 10:05

By: [Essex Wildlife Trust](#)

Today is Blue Monday, said to be the most depressing day of the year due to a combination of failed New Year's Resolutions, financial stress and the long dark nights of winter. We explore 5 ways to wellbeing in nature to beat Blue Monday and lift your spirits!



Abberton Ranger Blog – January 2019

Posted: Sunday, January 20, 2019 - 16:29

By: [Abberton](#)



Brentwood & Billericay Talk - The Greater World of Little Things

Posted: Sunday, January 20, 2019 - 09:45

By: [Brentwood and Billericay Local Group](#)

A presentation about a personal view of nature



Winter Wildlife Spectacles

Posted: Friday, January 11, 2019 - 12:19

By: [Essex Wildlife Trust](#)

As the temperature drops, we begin to see some truly fascinating winter wildlife spectacles. Marc Outten, Landscape Conservation Area Manager - South East for Essex Wildlife Trust explores some of the winter wildlife survival techniques you may spot across Essex!

How to help garden birds this winter



Posted: Monday, January 7, 2019 - 14:09

By: [Essex Wildlife Trust](#)

January can be a difficult time of year for wildlife, as the long cold nights continue and natural food sources become harder to find. Lorna Shaw, Biological Records Centre Co-ordinator at Essex Wildlife Trust gives us some simple tips on how to help garden birds this winter, plus how to record your sightings!



[Abberton Ranger Blog – December 2018](#)

Posted: Sunday, December 23, 2018 - 13:50

By: [Abberton](#)



[Species in the spotlight](#)

Posted: Thursday, December 20, 2018 - 14:01

By: [Lily Chambers](#)



[Abberton Ranger Blog – November 2018](#)

Posted: Saturday, November 24, 2018 - 12:06

By: [Abberton](#)

[Brentwood & Billericay Talk- Nature Reserves](#)

Posted: Friday, November 16, 2018 - 11:54

By: [Brentwood and Billericay Local Group](#)

A photographic walk through some of the most important nature reserves across the UK.

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