



The Art of Sustainable Living: based on the principles of One Planet Living

5. NATURE and WILDLIFE: film script

Welcome to the Art of Sustainable Living, with Melanie Rees of the Green Centre

This month we are looking at the fifth of the One Planet Living principles and the final one in the **AND** group: that's **NATURE and WILDLIFE**.

According to Bioregional, the organisation who invented One Planet Living, the challenge we face as a global community, is loss of biodiversity and habitats due to development in natural areas and over exploitation of natural resources.

To address this challenge, we must ensure a positive contribution to local biodiversity, protect the carbon storing abilities of our soils and biomass, maximise the synergies between agriculture, forestry, biodiversity, and carbon storage, enhance "ecosystem services" such as providing clean water and clean air and finally engage people in recognising the value of nature including its value to human health.

How do we start to tackle the devastation caused by human activities which has seen the world's wildlife populations plummet faster than at any time in human history? Our behaviour is causing global warming and climate change which is changing habitats and creating hostile environments which some species cannot survive. Since 1970, there has been on average a 70% decline in the populations of mammals, birds, fish, reptiles, and amphibians.

We need to repair our broken relationship with nature. We must protect nature and in turn nature will protect us. We can only do this if we learn the value of nature to our existence and that of our non-human family.

Nature is wonderful, we depend on her, nature provides food, natural resources, controls our weather system as well as providing clean water and clean air.

Protecting nature can start at home. Create a home for wildlife in your back garden or create a community garden on unused land. Even the smallest gardens can be havens for wildlife if you grow pollinator plants. Make sure you don't use fertilisers or pesticides that harm wildlife (and people).

When we viewed our first premises in East Brighton, the biggest attraction was the large outdoor space. We shared our garden with an experienced gardener and learnt how to grow fruit and vegetables. Over the following 8 years we learnt about vertical growing, square foot gardening, companion planting, composting and rainwater harvesting. We rescued a wormery and made our own worm juice. The icing on the cake was when the community came together to install an award-winning wildlife pond.

We don't currently have a garden BUT it hasn't stopped us trying to connect with nature; we have made planters from waste materials and planted lavender for the bees, mint for tea and flowers to make you smile.

You can find out more about the Green Centre's **NATURE and WILDLIFE** journey on our website along with a FACT SHEET to help you map out your own bespoke adventure.

Let us act together, to make truly sustainable living a reality. Welcome to the Art of Sustainable Living.

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