



STB Newsletter

October 2020

'After' Pictures

Last month's newsletter brought you "before" and "during" pictures of the works to improve the accessibility for visitors to the boardwalk's bird watching platform. The newly tarmaced surface and adjustments to the viewing windows of the birdwatching platform have all been planned with accessibility for all our visitors in mind.

It is with pleasure we are able to provide the follow up to last month's pictures ... the 'after' pictures showing the finished result:



Let's not forget too the installation of more of the new information boards. They're really brightening up the area and provide an abundance of information of the habit's flora & fauna



The Slash Pond Boardwalk is an alternative attraction to our wonderful Seaside Award beach (the national standard for the best beaches across the UK). At more than 350 metres, the boardwalk is a sheltered, non-slip, paw friendly decked walkway surrounding a serene pond in a habitat that supports a wildflower meadow, a picnic area, willow dens, bug houses and bat & bird nesting boxes.



Parking at Trafalgar Terrace car park (along the seafront, turn left at the Galleon Inn, ¼ mile on the left. Parking is free with a donation box at the entrance to help local community groups). Walk out of the car park, turn left, the walk entrance is 30 metres on the left. Sat Nav directions use SA62 3JU. Bring along a small net and enjoy the 'Dipping Deck' or test yourself with our Nature Trail Quiz. The area offers a circular route of approximately ½ mile which is accessible to motobility scooters, wheelchairs and pushchairs.

A Place of Escape

We've all seen the news of increasing restrictions around the country. At the time of putting together this newsletter those from many Welsh counties and some parts of the wider UK are currently unable to travel to enjoy the Havens in the way locals still can.

Though many Support the Boardwalk followers are local to Pembrokeshire, others live further afield and even locals to the area have extended family & friends in those locked-down areas, Their situations, or perhaps other challenges, can play on our mind. Layering up and heading outdoors to spaces like the boardwalk, for a breath of fresh autumnal air, helps us and in turn, we can support others.

The mental health support organisation MIND sum up the benefits of getting outdoors:

"Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing ... It can:

- *improve your mood*
- *reduce feelings of stress or anger*
- *help you take time out and feel more relaxed*
- *improve your physical health*
- *improve your confidence and self-esteem*
- *help you be more active*

Being outside in natural light can also be helpful if you experience seasonal affective disorder (SAD), a type of depression that affects people during particular seasons or times of year. People tell us that getting into nature has helped them with many other types of mental health problems."

So grab on your coat, hat & gloves and see how good the boardwalk makes you feel - let us know via our Facebook page, we love hearing good-news stories!

An Appeal to 'The Locals'

BOTH NUMBERS AND AVAILABILITY OF OUR VOLUNTEER GANG HAVE DWINDLED OVER THE PAST YEAR. FOR MANY REASONS, OTHER COMMITMENTS HAVE HAD AN EFFECT AND REGRETTABLY, WE ARE NOT ALWAYS ON HAND NOW TO ADDRESS THE MINOR ISSUES. WHILE YOU ARE OUT AND ABOUT ENJOYING THE LOVELY SPACE IF YOU NOTICE SOMETHING THAT NEEDS ATTENTION, REMEMBER THIS IS AS MUCH YOUR SPACE AS ANYONE ELSE'S. IF WE ALL PLAY OUR PART, IT CAN STAY SPECIAL FOR ALL. PERHAPS POP HOME FOR YOUR LOPPERS TO CUT BACK THAT ONE BRAMBLE THAT'S POKING THROUGH THE RAILINGS, GETTING IN THE WAY. OR GRAB A BAG & GLOVES SO YOU CAN PICK UP A COUPLE OF DISCARDED BITS OF RUBBISH. IF YOU SEE SMASHED GLASS - DO YOU HAVE A DUSTPAN AND BRUSH AT HOME YOU CAN POP BACK FOR AND ADDRESS THE ISSUE AT THE EARLIEST OPPORTUNITY? WE ARE ALL CAPABLE OF DOING OUR BIT, THERE'S NO-ONE EMPLOYED TO MANAGE THESE SMALL ACTS OF KINDNESS TO OUR COMMUNITY -

♥ YOUR BOARDWALK NEEDS YOU! ♥

Join Us:

Please keep an eye on our Facebook page for news of meetings, TLC days and updates to any of the dates/times listed in this newsletter.

If you're not on Facebook and have a query please email us boardwalkgang@gmail.com

'Support the Boardwalk' – Fundraising to Preserve and to Enhance

Facebook - [facebook.com/supporttheboardwalk](https://www.facebook.com/supporttheboardwalk)

Website - <http://www.supporttheboardwalk.co.uk>