



9 June 2022

For immediate release

MEDIA RELEASE

'LOOK UP AT THE SKY'

THE ROYAL PARKS AND THE URBAN BIRDER DAVID LINDO URGE LONDONERS TO TAKE UP BIRD WATCHING

The Royal Parks charity has enlisted the help of The Urban Birder, David Lindo, to inspire a new generation of bird watchers.

The charity will be running free sessions for bird watching novices across all of London's eight Royal Parks in June and July. Binoculars will be provided, and sessions will last up to two hours.

"Many people growing up in a city will not have had the opportunity, the equipment or the know-how to take up this activity", explains The Royal Parks' Biodiversity Manager, Pete Lawrence. "These free sessions aim to make birdwatching more accessible, and if they prove popular, we hope to repeat them in future years."

"There are numerous studies that show that learning about nature is the first step in caring about it and wanting to protect it" adds Lawrence. "Likewise, research shows that immersion in nature is good for people's mental wellbeing".

The initiative is part of the charity's mission to encourage visitors to [#KeepWildlifeWild](#), in a bid to help nature thrive. It encourages visitors to observe wildlife in its natural habitat, rather than touching or feeding animals.

Lindo, who grew up in Wembley, has been birdwatching since he was five years old. Now he's an author, TV naturalist and travels the globe spreading the urban birding word.

He says: *"Birding is not just for those who live in the countryside as there is an amazing array of birds to be found in the capital. All you need to do is look up!"*

As well as free birdwatching sessions, the charity is encouraging visitors to connect with nature through self-led wildlife trails and nature-inspired events such as Roadshows and Discovery Days.

As well as David Lindo, some of the free bird watching sessions will be delivered by the Royal Parks' Conservation Officer, Tony Duckett, whose passion for birdwatching spans six decades and local bird enthusiast.

The birdwatching sessions will be delivered as part of The Royal Parks' new [Help Nature Thrive initiative, in particular its adult and family learning programme](#). All of Help Nature Thrive's activities for park visitors are free to attend, thanks to the support of players of People's Postcode Lottery. The Royal Parks has also been running free birdwatching sessions with community groups such as [Fitzrovia Youth in Action](#) and Mind.

The charity will also be hosting a bird watching photography competition with a top prize of binoculars worth £400. To be in with a chance of winning, entrants need to take a photo of one of the birds included on the parks' bird spotter sheets and send it to competition@royalparks.org.uk or submit via The Royal Parks' social media channels. More details about the competition can be found here: www.royalparks.org.uk/photocomp

For a full timetable and information on how to book a tour visit www.royalparks.org.uk/birdingtours

Ends

Timetable for the tours:

Date	Time	Park	Birdwatcher
Monday 20 June	11am- 12.30pm	Bushy Park	Tony Duckett
Tuesday 21 June	12noon- 1.30pm	Bushy Park	Tony Duckett
Thursday 23 June	10am- 11.30am	The Regent's Park	Tony Duckett
Friday 24 June	10am- 11.30am	Kensington Gardens and Hyde Park	Tony Duckett

Saturday 25 June	10am- 11.30am	St James's Park	David Lindo (The Urban Birder)
Saturday 25 June	1.30pm-3pm	Brompton Cemetery	David Lindo (The Urban Birder)
Sunday 3 July	10.30am- 12noon	Greenwich Park	Julia Holland
Sunday 10 July	10am- 11.30am	Richmond Park	David Lindo (The Urban Birder)
Sunday 10 July	1pm-2.30pm	Richmond Park	David Lindo (The Urban Birder)

How to book: As places are limited, we are asking people to register their interest via www.royalparks.org.uk/birdingtours

If we have more interest than spaces, then we will randomly select entries.

Ballot will close for all June tours by 16 June 2022 at 1pm, and for July tours by 27 June 2022 at 1pm.

Notes to Editors:

For further information, please contact the media team on 0300 061 2128 or email press@royalparks.org.uk.

About The Royal Parks

The Royal Parks is the charity which manages, protects and improves the parks in an exemplary and sustainable manner so that everyone, now and in the future, has the opportunity to enjoy their natural and historic environments.

The charity looks after eight of London's finest open spaces: Hyde Park, Kensington Gardens, St James's Park, The Green Park, The Regent's Park and Primrose Hill, Greenwich Park, Richmond Park and Bushy Park. It also manages other important

open spaces in the capital, including Brompton Cemetery and Victoria Tower Gardens.

It costs around £45m a year to manage the parks. The charity raises around 80 percent of this money itself, with the remaining 20 percent coming from the Government.

For further information please visit: www.royalparks.org.uk and follow The Royal Parks on Twitter @theroyalparks, Facebook.com/TheRoyalParksLondon and Instagram.com/TheRoyalParks.

About David Lindo:

David Lindo is an author, TV naturalist and travels the globe spreading the urban birding word.

He is also the Vice-President of the Wildfowl & Wetlands Trust, Honorary President of the Colombia Bird Fair and has been voted 7th most influential person in Wildlife by BBC Wildlife Magazine.

Find out more: www.theurbanbirderworld.com