

# SPREAD THE WORD SAVE OUR BIRDS!

- The Stour and Orwell Estuaries are Special Protection Areas (SPAs) - this means it is designated as an area of protection for wild birds and their habitats.
- In Winter, the Stour and Orwell Estuaries provide a valuable place for migrating birds to feed and rest.
- Over the last 15 years, birds in the Stour and Orwell Estuaries have experienced a severe decline in numbers.

## Birds to look out for....

- ✓ GREY PLOVER
- ✓ REDSHANK
- ✓ BLACK TAILED GODWIT
- ✓ DUNLIN
- ✓ PINTAIL
- ✓ KNOT
- ✓ DARK-BELLIED BRENT GOOSE

**DID YOU KNOW** If birds are disturbed on the estuary they can become unsettled and take to the wing, meaning they may not come down to feed or rest. If they become too unsettled in their habitat, they may not return to sites on the estuary again.

### **You can help wild birds by:**

- ✓ Keeping to marked paths where possible especially when walking dogs off the lead.
- ✓ Making a note of the tide level and what the birds may be doing: Low tide is a great window for feeding while High tide provides an opportunity to rest.
- ✓ Avoiding walking too close to feeding or resting birds.
- ✓ Seeing how many birds you can identify on the estuary.
- ✓ Sharing the importance of looking out for wild birds with your friends and neighbours.