

flock
together
PRESENTS

YOUR STAGE

supported by
Timberland 

FLOCK TOGETHER IS A BIRDWATCHING COLLECTIVE FOR PEOPLE OF COLOUR.

WE EXIST TO CHALLENGE AND
DEMOLISH THE MYTH THAT
PEOPLE OF COLOUR DON'T
ENGAGE WITH NATURE.

TOGETHER WE ARE RECLAIMING
GREEN SPACES AND REBUILDING
OUR RELATIONSHIP WITH NATURE
- ONE WALK AT A TIME.



WHY
WE
WALK?



flock
together

The walk is the heartbeat
of Flock Together.

Walking should be done at a
relaxed pace. It's your time to slow
down and connect with the natural
world around you.

You can walk on your own, but we
recommend walking together. Use
this time to build bonds. Share your
bird sightings and your struggles
as you go. There's safety and
strength in numbers.

Learn to walk without
expectations. Nature does not
obey your schedule and every
sighting should be celebrated as
a gift from the bird Gods.

By walking, we root ourselves in
our communities. Green space is
closer than you think and it
belongs to everyone.

And lastly, we walk today so those
who come after us can walk with
greater freedom tomorrow.

MIRACLE

HOW DO YOU FEEL WHEN YOU'RE IN NATURE?

GOOD. I KNOW GROUNDED IS USUALLY THE WORD CHUCKED ABOUT, BUT I FEEL MORE THAN GROUNDED—OPEN FREE.

IS THERE A LOCAL GREEN SPACE YOU REGULARLY VISIT, AND WHY?

THE ALLOTMENTS BY BUSHY FIELDS,
I LIKE THE SCARECROWS

DOES NATURE PLAY A ROLE IN YOUR WORK?

IT PROVIDES A SPACE FOR REFLECTION
AND MEDITATION.

SHARE SOMETHING WITH US THAT HAS INSPIRED YOU RECENTLY.

I RECENTLY GOT A MAP OF THE GREAT TREES
OF LONDON

WHEN DO YOU FEEL FREEST?

WALKING / RUNNING



JAYDA DAVID

HOW DO YOU FEEL WHEN YOU'RE IN NATURE?

BEING OUT IN NATURE MAKES ME FEEL BOTH RELAXED AND ENERGISED AT THE SAME TIME. I SUPPOSE THE RELAXED FEELING COMES FROM THE EASE OF STRESS AND ANXIETY THAT NATURE BRINGS, BUT ENERGISING IN THE SENSE THAT IT INSPIRES ME; MOTIVATES ME.

IS THERE A LOCAL GREEN SPACE THAT YOU REGULARLY VISIT, AND WHY?

THERE'S A SMALL NATURE RESERVE NOT TOO FAR FROM WHERE I LIVE, AND I ENJOY GOING THERE AND TRYING TO FORGET I'M IN THE CITY - CLIMBING OVER ROCKS AND TREE TRUNKS, TRYING TO SPOT BIRDS.

WHEN DO YOU FEEL FREEST?

WATER MAKES ME FEEL FREE. IT REMINDS ME OF THE IMPORTANCE OF MOVEMENT AND STILLNESS. HAVING THE FREEDOM TO CHANGE AND ADAPT.



ADE OYEJOBI

HOW DO YOU FEEL WHEN YOU'RE IN NATURE?

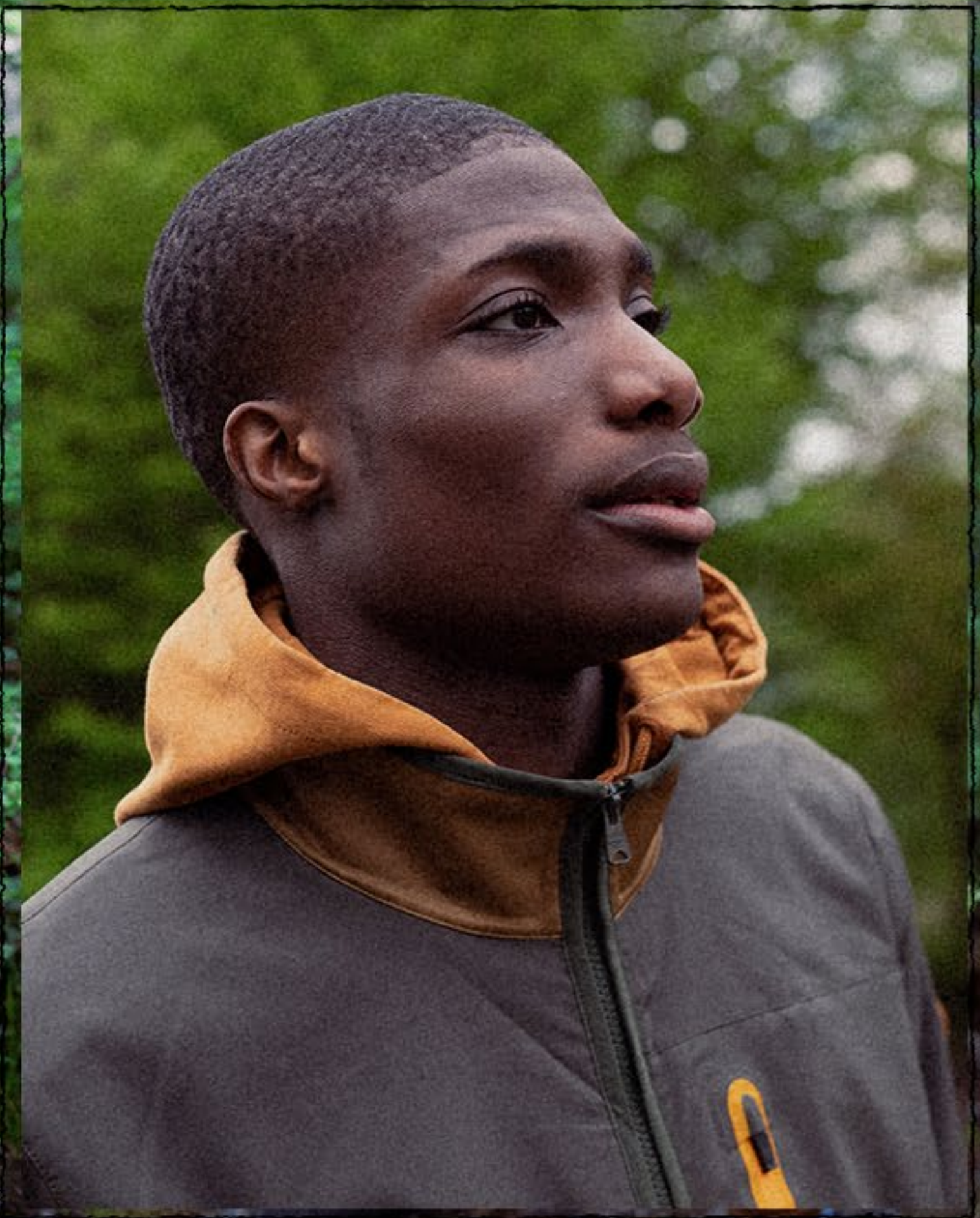
WHEN I ACTUALLY TAKE THE TIME TO LOOK AROUND ME, HEAR THE BIRDS CHIRP IN MY GARDEN AND SEE THE AFTERNOON LIGHT BOUNCE OFF NEARBY TREES I FEEL AT PEACE AND RELAXED; I FEEL AS IF THE PROBLEMS THAT MAY BE ON MY MIND ARE VERY MINUSCULE.

IS THERE A LOCAL GREEN SPACE YOU REGULARLY VISIT, AND WHY?

I VISIT MY LOCAL RECREATION GROUND AS IT'S A NICE WALK THROUGH GREENERY AND IT'S SITUATED ON QUITE A STEEP HILL WITH AN AMAZING VIEW OF MY VILLAGE. THAT'S WHERE I WRITE MOST OF MY POEMS - JUST, MYSELF AND APPLE NOTES.

SHARE SOMETHING WITH US THAT HAS INSPIRED YOU RECENTLY.

I WATCHED THIS MUSIC VIDEO: LITTLE SIMZ - INTROVERT. IT COMPLETELY BLEW MY MIND WITH IT DRAMATIC AUDIO, BREATH-TAKING VISUALS AND POWERFUL MESSAGE I'M ALWAYS INSPIRED BY VISUAL ART AND SHORT FILMS THAT I STUMBLE ACROSS.



ANU BAJOHN



HOW DO YOU FEEL WHEN YOU'RE IN NATURE?

I FEEL REALLY AT PEACE AND LIKE LIFE SLOWS DOWN IN THE BEST WAY. EVERY TIME I SEE A BEAUTIFUL LANDSCAPE I WANT TO STOP AND TAKE A PICTURE, BECAUSE EVERY TIME IT LOOKS BEAUTIFUL IN A DIFFERENT WAY.

IS THERE A LOCAL GREEN SPACE THAT YOU REGULARLY VISIT, AND WHY?

I MOVED HOUSE AND ITS OPPOSITE A PARK THAT I HAVE TO WALK THROUGH EVERY DAY. IT'S SORT OF ON A HILL, SO WHEN I SIT ON THE BENCH AT THE TOP AND LOOK OVER AT THE HOUSES I SEE IN THE SKY. WHATEVER THE WEATHER AND I LOVE TO GO THERE TO TAKE IT IN.

HOW DO YOU FIND CALM IN DIFFICULT TIMES?

I THINK MY PETER IS HOW I CATCH MYSELF IN DIFFICULT TIMES. IF I WANT A QUICK FIX, I'LL PLAY SOME GOOD MUSIC BUT IF I WANNA REALLY FOCUS ON HOW I FEEL, I'LL WRITE ABOUT IT AND GET IT OUT. IT REALLY HELPS ME.



LOCAL GREEN SPACES





WILD FLOWER GUIDE.

FIVE BIRD-FRIENDLY WILDFLOWERS THAT YOU CAN FIND IN LONDON'S GREEN-SPACES

1 **THISTLE**
A favourite among finches.



2 **TEASEL**
Holds seeds throughout winter - a source of food for hungry birds.



3 **HONEY SUCKLE**
The flowers attract insects. The insects attract birds.



4 **MARIGOLD**
Brightly coloured and popular with bees #savethebees.



5 **TICKSEED**
A hardy wildflower you can grow on any balcony or windowsill.

WE BEG THE EARTH TO SWALLOW US
WITH A FISTFUL OF RAIN

AS WE OPEN OURSELVES
TO THE FRESHNESS, A TASTE OF ENDLESS

WE BURY OUR SHOES ACROSS
MUDDY FIELDS TO SEE

AND PRIZE WAKING AS THE MORNING

DRAWS OPEN EYELIDS
TO BIRD SONGS.

WE COME HERE TO REMEMBER

WHAT IT MEANS TO BE FREE
AS ROOTS DON'T MEAN A THING.

THE GREEN AGAINST MY BLACK
CRIMSON AGAINST MY BACK

THE SHRUBS

THE GRASS

THE TREES

WE STAND TOGETHER
APART, UNINTERRUPTED HERE

LIKE TREES
THERE'S NO DIFFERENCE
BETWEEN THE FOREST

AND WE IT'S ALL
GRING GRING

SOMETIMES WE LIFT
A BRANCH

TO REMIND OURSELVES
HOW TO LIFT AN ARM

THE SERPENT

MIRACLE



flock
together

@FLOCKTOGETHER.WORLD
WWW.FLOCKTOGETHER.WORLD