

## Contact me

If you would like more information about birdwatching classes, one-to-one tuition, or about the other services I offer then you can contact me on my mobile:

Tel: 07778 768719

or by email:

[linda.jenkinson1@ntlworld.com](mailto:linda.jenkinson1@ntlworld.com)

On the web [www.startbirding.co.uk](http://www.startbirding.co.uk)

Alternatively, have a look at my coaching web pages if you feel you would benefit from reconnecting with your natural surroundings. Visit [www.sidebyside.uk.com](http://www.sidebyside.uk.com)

This may be of particular interest to women who do not have the confidence to venture into remote places alone and would like a guide who will respect their need for peace and tranquillity.



[www.startbirding.co.uk](http://www.startbirding.co.uk)

# in focus

*The Binocular and Telescope Specialists*

Sponsored by In Focus, Westleigh House, Wakefield Road, Denby Dale Tel: 01484 864729



Linda Jenkinson is a member of the following organisations



# Start Birding!

## Birdwatching classes and individual tuition

Don't leave your binoculars behind on the table



[www.startbirding.co.uk](http://www.startbirding.co.uk)

## Take the first steps

Over the last few years there has been a lot of interest in watching birds and wildlife. However, there are still a lot of people out there whose only experience of wildlife is via their television.

If you've developed an interest in birds and would like to know more, I can help you to learn at your own pace by offering one-to-one, group or classroom sessions.

You can hire me as your guide for as little as 2 hours or for the whole day. My rates will depend on how much time you would like to have. Classroom sessions are arranged locally, where there is a demand, and I am currently considering arranging classes in more remote locations.

I can also arrange sessions for people with physical disabilities. Please call me for further details.



[www.startbirding.co.uk](http://www.startbirding.co.uk)

## Birdwatching classes

My introductory birdwatching classes cover the following bird subjects and aim to get you started on your road to becoming a birdwatcher.

- Binoculars: what to look for and getting the best from the ones you've got
- How to choose the right fieldguide
- The parts of a bird, note taking and (perhaps) some sketching
- How to identify birds through their characteristics
- Bird songs and calls
- Where to watch birds
- Clubs and societies: what they do
- How to attract birds into your garden
- Being safe and wearing the right clothing

Further courses take the subject to another level, looking at how birds adapt to their environment, migration and how weather can have an effect on the movement of birds.

We also arrange time during the courses to visit a variety of areas around the city that are good for birds.

If you're interested then give me a call on 07778 768719

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## Other services

**Holiday advisory service:** As well as indoor and outdoor classes and individual tuition, I provide a bespoke holiday advisory service to help you get the most out of your well earned break. This service provides you with details of sites in the area you are visiting and increase your chances of seeing more species.

**Wildlife garden advisory service:** Would you like to make your garden more attractive to birds and other wildlife? My wildlife garden advisory service will help you to increase the number of species that visit your garden. Advice is available about a range of subjects including plants, feeding birds, positioning feeders and nestboxes and building a wildlife pond. I also provide information about taking part in garden surveys.

**Life coaching and reconnecting:** As well as teaching birdwatching, I am a qualified life coach. One of my specialist areas is helping people to reconnect with their natural surroundings. I believe that the pace of modern life is disconnecting us from our ability to achieve our true potential. I find my focus by being outdoors and watching wildlife. Interested? If so, you can visit my coaching website at the following web address [www.sidebyside.uk.com](http://www.sidebyside.uk.com)

[www.startbirding.co.uk](http://www.startbirding.co.uk)