BIODIVERSITY & WELL-BEING
TOOLKIT POCKET GUIDE

This guide shares tips on how to protect wildlife and promote sustainability. It connects nature, culture, and community health and well-being on Montserrat.

Background
Montserrat's biodiversity supports health, culture, livelihoods, and resilience, but it needs active care by us all.

Global & Montserrat Biodiversity
Montserrat is small but biologically rich, with unique species and ecosystems found nowhere else on the planet.

linktr.ee/montserratbiodiversitytoolkit

Toolkit Development
The Montserrat National Trust gathered people together to build the toolkit that included:
- Community voices
- Cultural knowledge
- Science & Local Practice

From Knowledge to Action
The toolkit includes different 'management options', practical ways to care for biodiversity and the community. They enable us to:

- Care for wildlife, supporting native plants, pollinators, and other wildlife;
- Care for our island, supporting sustainable living;
- Care for our community, supporting our well-being.

Help Montserrat's Biodiversity by:
- Encouraging plants & supporting pollinators;
- Creating microhabitats for invertebrates;
- Conserving Montserrat's endemic plants;
- Leaving wild patches for nature;
- Growing food & medicinal plants;
- Reusing household items;
- Building resilience & being 'climate smart';
- Growing a tea bush garden;
- Planting to create breeze, shade & shelter.

How Can You Contribute?
- Use the toolkit
- Join in with monitoring
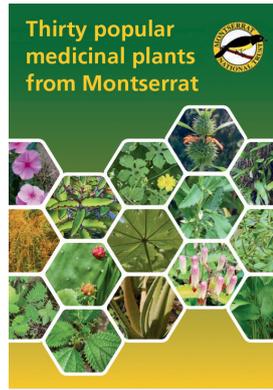- Share your knowledge
- Support MNT's work

www.montserratnationaltrust.ms

Practical steps

Simple actions can have a big impact:

- Backyard habitat care
- Native planting
- Cultural plant use
- Community monitoring

At MNT's Botanic Garden you can take a walk in the beautiful surroundings, buy native plants and copies of the booklet.

Monitoring Biodiversity (Tools)

Help to track nature via your phone. Register & download the apps:

- iNaturalist – record plants & animals under 'Biodiversity of Montserrat' project
- Flower Insect Timed Count- to count pollinators.

What Happens to the Data?

Your observations matter. Data from iNaturalist feeds into a Global Biodiversity Information Facility- hosted biodiversity portal to support planning and conservation

https://www.montserrat-biodiversity-information-portal.org

Toolkit Success

Trials show the toolkit supports learning, action, and pride in nature. Some examples included:

- Montserrat National Museum cacti garden;
- Glendon Hospital medicinal plant garden;
- Blyss Day Spa supporting resilience by adapting to dry conditions to enhance opportunities for well-being.

Reporting & Sharing

Are you using the toolkit in your backyard or a space you are managing? Tell us! Via the QR code on the front page.

Culture, Well-Being & Heritage

Nature is culture. As well as the management options in the toolkit, other project outputs include:

- Thirty Popular Medicinal Plants booklet;
- Monty's Messengers and Monty's Ambassadors youth group activities;
- Environmental education materials for children, young people, and educators;
- National Herbarium of Montserrat further developed with digital platform.
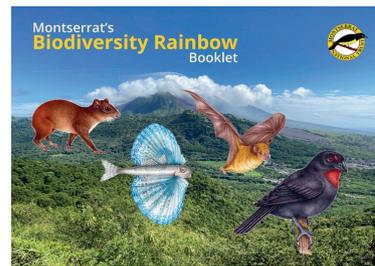
Montserrat Garden Plan

Download our plan to help you grow native and useful plants in homes, schools, and community spaces, while supporting the UN's Sustainable Development Goals.

Project Partners

This guide was created during the DPLUS192 project. Partners are grateful to the community for taking part and to the UK Government's Biodiversity Challenge Funds.

Illustrations on front cover by Lizzie Harper (L-R: Montserrat galliwasp, mountain chicken, Montserrat oriole, bottle bee, tisane & bitter bush)