



'Preserving the Past,
Protecting the Present
& Enriching the Future'



BIODIVERSITY & WELL-BEING TOOLKIT POCKET GUIDE

This guide aims to connect nature, culture, and community health on Montserrat and provides information on how to protect wildlife and promote sustainability.

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



www.montserratnationaltrust.ms

Consultations

The Montserrat National Trust gathered people together ensuring the toolkit was built together ensuring it included:

- ✓ Community voices
- ✓ Cultural knowledge
- ✓ Science & local practice

Management Options

From knowledge to action. Management options turn ideas into practical steps anyone can use. They enable us to:

- Care for wildlife: Supporting native plants, pollinators and other animals on Montserrat
- Care for our Island: Supporting sustainable living on Montserrat
- Care for our Community: Supporting wellbeing on Montserrat

Management Options include:

1. Encouraging plants & support pollinators
2. Create 'microhabitats' for invertebrates
3. Help conserve endemic plant species
4. Leave patches to "run wild"
5. Grow food and medicinal plant
6. Reuse house-hold items
7. Build resilience and be climate smart
8. Grow a tea bush garden
9. Plant to create breeze, shade and shelter

How Can You Contribute?

- ✓ Use the toolkit
- ✓ Join monitoring
- ✓ Share knowledge
- ✓ Support Sustainable Development Goals & Global Biodiversity Frameworks

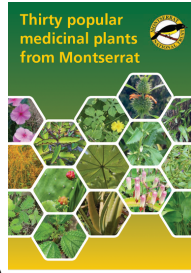


Management Options (cont)

Simple actions to protect biodiversity while supporting well-being could include:

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

Small actions can have a big impact – at home and island-wide



Monitoring Biodiversity (Tools)

Help to track nature via your phone. Register an account and download the apps:

- iNaturalist – record plants & animals look for ‘Biodiversity of Montserrat’ project
- Flower Insect Timed Count- to count pollinators.

What Happens to the Data?

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



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

Toolkit Success

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

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

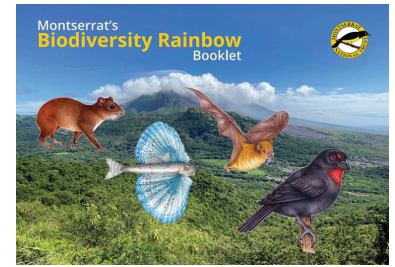
Reporting & Sharing

Are you using the toolkit in your backyard or a space you are managing? Tell us about activities to build island-wide impact via the QR code on the front page.

Culture, Well-Being & Heritage

Nature is culture. Some outputs include:

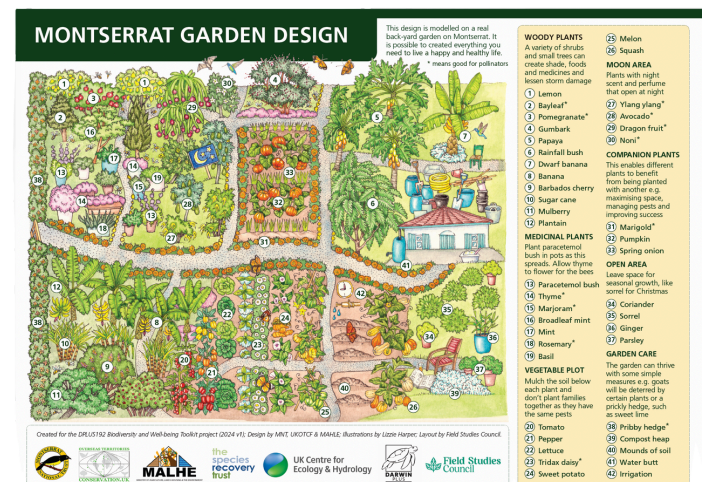
- Thirty Popular Medicinal Plants booklet
- Monty’s Messengers & Monty’s Ambassadors youth group activities (see Instagram)



- Museum & Natural History Collections including education materials in resources section of website
- National Herbarium of Montserrat situated at the Montserrat National Trust

Montserrat Garden Plan

The full plan, based on a model garden can be downloaded. Grow local and include native and useful plants for homes, schools, and communities.



Project Partners

This guide was created as part of the DPLUS192 project. Partners are grateful to the Montserrat community for taking part and to the UK Government’s Biodiversity Challenge Funds.



Illustrations on front cover by Lizzie Harper (clockwise: galliwasp, mountain chicken, Montserrat oriole and bottle bee & tisane