



High Fliers

Swifts

- Dark brown all over
- Larger than swallows or martins
 - Long, curving wings
- Distinctive screaming call
- Can be seen April to August



Swallows

- Dark blue-black above, creamy white below and a red forehead/throat
 - Very long forked tail with 'streamers'
- Often found swooping low over open fields
- Can be seen March to October, migrating to South Africa over winter

House Martins

- Blue-black back with bright white underside
 - Short forked tail
- Like to nest under the eaves of buildings
- Can be seen March to October



Sand Martins

- UK's smallest member of the swallow family
- Brown above, white below with a brown band across its breast
- Build their nests in sandy cliffs
- Can be seen March to October





Save Our Swifts!

Swifts are globally threatened, suffering a large population drop over the past 25 years.

Swifts only ever land to nest. They eat, drink and even sleep whilst flying!



Swifts pair for life, laying 2 or 3 eggs per season. They will also use the same nest year after year.



Swifts used to nest in caves, cliffs and holes in trees. They have adapted to live in urban areas such as towns and cities, where they can nest in buildings .

Due to their distinctive, loud calls, groups of swifts flying around their nesting areas are called 'Screeching Parties'



Why are Swifts suffering?

Nesting sites lost.

New buildings rarely have space for nesting. Building work during their nesting period disturbs them.

Food Shortages

Swifts feed on insects. As insect populations shrink rapidly, swifts struggle to feed themselves.

Climate Change

More extreme and stormy weather conditions endanger birds as they migrate.

How can we help Swifts?



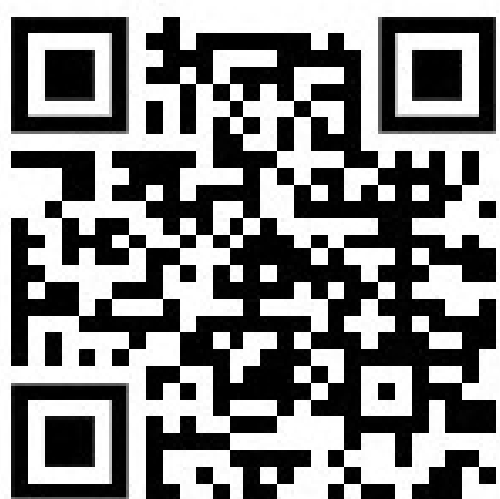
Create insect-friendly gardens:

- Plant a wide variety of native wildflowers
- Grow native flowering hedges & trees.
- Leave areas of long grass for insect larvae
- Create a pond or bog-garden for aquatic insects
 - Build log piles or bug hotels
- Rake leaves into habitat piles or leave them where they fall



Protect traditional nesting spaces. When it comes to roof repairs, make sure space is left for birds and work is done outside of the nesting season.

Make new nesting spaces by installing swift bricks or swift boxes.



For more tips to help Swifts, including building a swift box, Scan the QR Code!

