

# Bird Watching for Beginners



the brain injury association  
preston and chorley

# Introduction

- Bird watching can be a fun hobby
- You can do it simply from your window, whilst sat in the car or at your local park
- You can do it purely for fun or you can keep a record of what you see
- Whatever you choose – you'll be rewarded by beautiful sights and sounds



# Tips on how to get started...

Walk into your garden or just peer outside your window

Place food out for the birds (there are many types of bird food and bird feeders available to buy very cheaply)

If you can, leave out some water in a bird bath or a makeshift container like a bin lid – birds are attracted to water – especially in the summer months

# Examples of bird feeders



# Other useful items

- Binoculars
- A bird book
- A camera or smartphone
- Apps for your smartphone



## The Complete Garden BIRD BOOK

Mark Golley with Stephen Moss  
Illustrated by David Daly



# Bird watching APP

Download to your phone or ipad



Smart Bird ID (Europe)  
Instant Bird Identifier

GET 30-400 Purchases

4K RATINGS	AGE	CHART	DEVELOPER	LANGUAGE	SIZE
4.6 ★★★★★	4+ Years Old	No. 125 Reference	Yellow Cardinals	EN + 1 More	80.8 MB

European Robi

Identify birds with camera and microphone

Log sightings. Create lists.

Practice your skills with our fun quizzes

Identify birds with your camera or your microphone! Just point to the bird and we'll ID it for you. Over 1000 bird species from the UK (England, Wales, Scotland, Ireland) and the rest of Europe are available, with plenty more from around the world.

With Smart Bird ID, you'll:

- Identify birds by sound (song ID) or image (video or photo ID)
- Add your observations to your journal, and sync them across your devices
- Share your identified birds with others, and learn more about birds in your area
- Listen to bird songs, and learn more with photos and videos
- Improve your identification skills with fun quizzes

Here are some examples of  
birds which Daniel  
McCullough has captured on  
his camera over the last  
seven days.



Blackbird

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Black bird





Tree sparrow

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Wood pigeon

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House sparrow

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Song thrush



Robin



Long tailed tit



Long tailed tit





Great tit

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# Remember



Try to find different locations e.g. Canal, parks, fields.



'the early bird catches the worm' – you will see more birds early in the morning (or late in the evening)



Be patient! Don't give up if you don't spot many birds at first.



How many  
garden birds  
can you spot?

Thankyou for listening!