



Friends of Suntrap
Registered Charity No. 1102119
Patron – Lord Palumbo
Honorary President - Ken Hoy MBE



Newsletter No. 39 – January 2014

Work experience at Suntrap

Did you know that Suntrap offers secondary school students work experience placements? Most schools expect pupils to undertake some form of work experience during Year 10 or 11 so that young people can learn 'about' work, 'for' work and 'through' work. In October Morgan Christie, a student at Walthamstow Academy undertook a two week placement and wrote about it on our website; *"I have really enjoyed it. I do all different sorts of jobs that are hardworking, fun and independent. I find it really great working with children and animals. I am also learning more information about the animal habitats and learning how to work well with others,"*

Morgan also learnt how to drive the sit on mower while helping with grounds maintenance tasks.



Adult away days



A day away from the office for staff from St Vincent's Primary School, Barnet, Lloyd Park Children's Centre and Buxton School, Leytonstone.

Did you also know that as well as school and youth groups Suntrap also provides away days for adults. The most recent were the administration and support staff from Buxton School in Leytonstone. On the first day of this term they swapped their offices for a day in the forest taking on an orienteering course set up by Suntrap. Away days are planned to give staff an opportunity to work together in a different environment helping to raise motivation, find new ways of collaborating and increasing mutual respect. After the recent rain the course around the forest was particularly challenging, but there was lots of laughter from the group, and hopefully this helped set the Buxton team up for a successful new term.

If you and your work colleagues would like an away day in the forest email or call Suntrap.

Pond clearance

Thanks must go to the Epping Forest Conservation Volunteers for their hard work in October helping to look after our ponds. With chest waders on they got into the water and with much heaving and muscle power managed to clear much of the vegetation which was beginning to choke the water, and all with a smile on their faces.



Hard working members of Epping Forest Conservation Volunteers working to clear Suntrap's large pond. For information regarding EFCV contact Peter Lyons (020 8529 3060) or Kevin Mason (020 8529 9273 / efcv2@yahoo.co.uk) or visit their website; <http://www.efcv.co.uk/>

Upcoming Family Events

We are always looking for volunteers to help at family events. Please contact Suntrap if you are able to help.

Bird Bonanza Tuesday 18th February 2014 12-3pm

Drop-in, no booking required.

- Dissect an owl pellet (£4 per owl pellet).
- Have a go at the forest bird trail (£1 including a souvenir pencil).
- Bird themed craft activities (£1 for each).

Meet and feed the chickens 2.30-3pm weather permitting.

A small charge for light refreshments.

Family Orienteering Saturday 15th March 2014 11-1pm

Drop-in, no booking required.

£2 per person.

Come to Suntrap's orienteering taster day to exercise both the mind and the body. Learn to read maps and navigate before taking your family for an adventure either in Suntrap's grounds or, for the more adventurous, in Epping Forest.

A small charge for light refreshments.

Suntrap Spring Surprise Tuesday 8th April 12-3pm or Thursday 10th April 10-1pm

Drop-in, no booking required.

£1 per activity

Spring crafts and outdoor activities. Refreshments available for a small charge.

Friends of Suntrap AGM Wednesday 23rd April 5-6pm.

Come to the Friends of Suntrap Annual General Meeting to share your ideas for future family activities. Refreshments provided.

www.suntrapcentre.weebly.com

If you have anything you'd like to contribute to the Friends Newsletter please send it to Suntrap, Church Road, High Beach, Loughton, Essex, IG10 4AJ or by email to: suntrap_centre@walthamforest.gov.uk or phone: 0208 508 0611