



# Friends of Suntrap

Registered Charity No. 1102119

Patron – Lord Palumbo

Honorary President - Ken Hoy MBE



## Newsletter No. 47 – January 2017

### Fiftieth Anniversary – share your memories

Since the early 1960s Fred Speakman, Ernie Douse and later Ken Hoy had been providing "field studies" for schools in Walthamstow. However there was accommodation for only one class per day and the class had to be divided between two sites in the forest at High Beach and Jubilee Retreat. By the mid-60s demand was growing as more schools wanted their pupils to benefit from outdoor learning and the borough was growing. It was at this time that the Suntrap building and grounds were offered to the borough at a very reasonable price to be used for educational purposes.

So in July 1967 Ken Hoy (then working at Jubilee Retreat as a field studies teacher) met officers from the borough at Suntrap to discuss how the semi-derelict building could be made ready to receive its first classes.



Children arriving at Jubilee Retreat, where Ken Hoy worked as a field studies teacher.



Classes used to arrive in Waltham Forest buses, often three to a seat or even sitting on the floor between seats to get everyone on the bus.

Ken and Cate Hickling worked hard to make sure that everything was ready for the first classes in October 1967. From that point Suntrap grew until by the mid-1970s every child in Waltham Forest, including those from the borough's special needs schools, made 8 visits to the centre during their final year in primary school. Teachers at Suntrap worked closely with class teachers to plan an outdoor learning programme which supported school based learning.



Camping started in 1969, with the construction of the camping shelter by head teachers from the borough junior schools.

1969 was when camping first started – in place of classes' summer visits. The first camping shelter (a concrete base with corrugated metal roof) was constructed by junior school head teachers on a weekend camp!

**We would love to hear from you if you have any memories of your Suntrap visits – be it 50 or 1 year ago.** Please email [suntrap.centre@walthamforest.gov.uk](mailto:suntrap.centre@walthamforest.gov.uk) to share your memories – including photos if you have any.



Ken leading children into the forest, they would have made a "Suntrap line", as we still do to safely cross the road. We no longer take injured animals – but some may remember meeting foxes or other birds (including Dopey the owl) on their Suntrap visits.

### **Fiftieth anniversary – new wild flower meadow**

To mark Suntrap's 50<sup>th</sup> anniversary, part of the camping field, which at present is overgrown with bramble and completely inaccessible, is to be developed into a new wild flower habitat. Work began in October as staff and volunteers began to clear the bramble, thistles and coarse grass from the area. The next job will be to clear any small tree stumps and plough the ground - this will take place in early February. Then on 17<sup>th</sup> April we will have a family event (see below) to sow the grass and wildflower mixture. By mid-summer we should have a beautiful new habitat for both animals and families & children to enjoy. What an appropriate way to celebrate 50 years of environmental education.



Thistles and bramble which needs to be cleared to make the meadow.



Cutting back the very tangled bramble and pulling it out was hard work – but thanks to the help of volunteers the area is now ready to be ploughed, ready for the family meadow sowing event on 17<sup>th</sup> April.

### **Fiftieth anniversary – children's art competition**

Children can join in with Suntrap's celebration and have the chance of winning a meet the animals' session at their school by sending us a picture of their Suntrap Memories.

The art should be A4 in size and can be in any medium. There are three categories; 5 years and under, 6-11 year olds and over 11s.

On the back of the picture please write; name, age, school, contact details and a description of your memory of Suntrap (a parent or guardian can help with this!). Please send your picture to Suntrap, Drawing Competition, Church Road, High Beach, Loughton, Essex, IG10 4AJ, we are sorry but pictures cannot be returned. Entries must reach Suntrap by 15<sup>th</sup> March.

Good luck!

### **Open Day**



Trying out the map trail, making a book mark, discovering pond animals and clay creations at Open Day 2016 last October.



## Lantern making



The family lantern making event in November was as popular as ever. Some lovely lanterns were created. Hot chocolate and warmed spiced apple juice were enjoyed along with the burgers. Then under the watchful eye of mum or dad lots of children had a go at toasting a marshmallow on the embers of the bonfire. Tickets for lantern making 2017 will be available from August when we will send out a reminder.



## New children's holiday and pre-school outdoor programmes

Due to demand for children to be able to come to Suntrap apart from with their school, the Centre is now running three new activities. Click on each link for further information, to book please email;

[suntrapcentre@walthamforest.gov.uk](mailto:suntrapcentre@walthamforest.gov.uk)

### **Suntrap Squirrels**

Woodland based outdoor pre-school club aimed at ages 2-5 on the last Wednesday of each month, from 10:00am-12:30pm. First session Wednesday 29th March 2017.

Join your child as they explore the forest, learn about themselves and make friends. Each month has a main theme, designed to progressively build important life skills. There is also free play time, where the woodland setting and supplied resources, act as the stimulation for children's creativity.

£12 per session or £60 for 6 months (Save £12!). **Booking essential.**

<http://suntrapcentre.weebly.com/suntrap-squirrels-club.html>

### **Suntrap Holiday Adventure Club**

**For 8-11yr olds ONLY** Monday 13th to Wednesday 15th February 10am-3.30pm

3 adventure packed days in Epping Forest including making shelters, making a bow and arrow, meeting animals, tracking skills, wild art, cooking on a fire and many more.

£35 per day or £100 for all 3 days. **Booking essential.**

Further children's holiday clubs will be added throughout the year.

<http://suntrapcentre.weebly.com/suntrap-holiday-adventure-club.html>

### **Be Wild Forest Saturday Club**

**For 8-11yr olds ONLY** Second Saturday of every month 10am—1pm, beginning on 11th March 2017

Natural play and exploration in Epping Forest for children who like playing in the woods come rain or shine! Children will take part in a range of activities throughout the year in the forest or in our grounds, such as den building, fire lighting, pond dipping, wild art, natural crafts and following trails. Individual activities will be chosen depending on time of year, weather and the children's interests.

£20 per session OR Buy 5 sessions, get 1 free! **Booking essential.**

<http://suntrapcentre.weebly.com/be-wild-forest-club.html>

## Adults at Suntrap

The first ever Suntrap Late; **An Evening with Animals** is taking place on Friday 3rd February 7-10pm, £18 per person. <http://suntrapcentre.weebly.com/an-evening-with-animals.html>

Escape the city for evening out at Suntrap Centre in Epping Forest. Try an invertebrate life drawing workshop, handle a wide range of animals and discover weird and wonderful animal artefacts. Forest themed food (venison/wild boar/veg sausages and cakes/biscuits) and two drinks (beer, wine or soft) included. **Booking essential.** Email [suntrapcentre@walthamforest.gov.uk](mailto:suntrapcentre@walthamforest.gov.uk)

### **Upcoming Friends of Suntrap family events**

**Come out of Hibernation** Thursday 16th February, 10-1pm (drop-in)

£4 per child (must be accompanied by an adult)

Meet, handle and learn about an animal that has woken from hibernation.

Follow a self-guided, interactive trail through the forest to find out about woodland animals that hibernate.

Make your own clay hedgehog to take home.

**50th Anniversary Meadow Sowing** Monday 17th April 10-1pm (drop-in)

Small charge for eco activities. Children must be accompanied by an adult.

Help to sow the new wildflower meadow being developed as part of Suntrap's 50th anniversary celebrations. Make and decorate your own plant pot or butterfly feeder.

The winners of our Suntrap Memories Picture completion will be announced.

Bring a picnic to enjoy in the Suntrap grounds (open until 3pm for picnics)

**Family Pond Dipping** Friday 2nd June 10-1pm (drop-in)

£2 per person (Children must be accompanied by an adult)

Use a net to carefully collect some of the fascinating animals from the pond. Use a microscope or magnifier to have a closer look. Learn what you have caught using our identification charts.

Bring a picnic to enjoy in the grounds (open until 3pm for picnics)

**50th Anniversary Suntrap Open Day** Saturday 14th October 1-5pm (drop-in)

Free entry and a small charge for some activities.

£3 for parking or free shuttle bus to and from Chingford Station. See times below.

Suntrap's annual open day where you can meet the animals, pond dip, peer down microscopes, complete a map trail, have a go on low ropes course, make a clay animal, stroll through the forest on a guided walk, look at our exhibitions or enjoy some light refreshments.

Free shuttle bus leaving Chingford Station at 12.50pm, 1.40pm & 2.25pm

Free shuttle bus leaving Suntrap at 3.15pm, 4.30pm & 5pm

**Lantern Making, Bonfire and Burgers** Saturday 25th November 2017 4-7pm

**BOOKING ESSENTIAL** limited availability tickets available from August – an email reminder will be sent out to the mailing list.

£7 per person

Make your own lantern which will light your way to the bonfire in the grounds of Suntrap. Enjoy a warm drink and burger round the fire before you finish off with toasted marshmallows.



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