



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



Newsletter No. 43 – May 2015

Family activities

30 bird boxes were made at the Bird Bonanza in February; these were taken home by each family to be put up in gardens around the area. Let us know if your new box is being used yet. The cold wind blowing on the 14th March was not enough to deter the families who took part in our Family Orienteering. After a quick introduction on how to use a map and compass, out they went; first to complete the co-ordinates challenge in the Suntrap grounds and once they had mastered that, off to the forest. Without any signposts, SATNAV or GPS no one got lost and some really enjoyed finding the muddiest route they could!



Ready to set off with maps & compasses



getting muddy in the forest



washing boots when they got back.

Then during the Easter holidays many families enjoyed our Spring Surprise and Pond Dipping activity days.

Each of our family activities is planned with a different theme to give families to learn more about the forest, while having fun.

We have lots more family activities planned for 2015, make sure you don't miss out by visiting www.suntrapcentre.weebly.com and clicking on the Family Fun tab.



Finding some amazing animals in the pond, including smooth newts and water boatmen.



Schools Open for Easter

During each school holiday the London Borough of Waltham Forest provides funding for local schools to run fun activities for children. The Suntrap animals were involved in this programme during the Easter holidays visiting six different schools (along with a member of staff). Both children and parents learnt about the animals and their habitats while being encouraged to handle some of them.

Four large groups of families from the borough also enjoyed day trips to Suntrap as part of the programme. They had fun exploring the forest, finding out about pond animals and building shelters.



Children from Emmanuel School, Walthamstow and Ainslie Wood School, Chingford meeting a giant African snail, a giant train millipede, a corn snake and a sunny stick insect.

Pond dipping & guided forest walk Thursday 28th May, 10-1pm (drop-in) grounds open until 3pm for picnics. £2 per person

Incredible Invertebrates Thursday 30th July & Tuesday 25th August, 10am-1pm (drop-in) grounds open until 3pm for picnics. £2 per person. Explore the meadows near to Suntrap to find the incredible insects and other invertebrates living there. Have a go at making your own incredible insect.

Open Day Saturday 10th October, 1-5pm (drop-in). Free entry - £3 charge for parking. Free shuttle bus to and from Chingford Station. Suntrap's annual open day where you can meet the animals, pond dip, peer down microscopes, have a go on the low ropes course, enjoy some craft activities, stroll through the forest on a guided walk, look at our exhibitions or enjoy some light refreshments.



A blackbird has made a nest on one of our gas bottles. The eggs have now hatched; keep up to date with latest developments via Twitter or Facebook.

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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: suntrapcentre@walthamforest.gov.uk or phone: 0208 508 0611