



# Friends of Suntrap

Registered Charity No. 1102119



## Newsletter No. 48 – April 2017

### Ken Hoy MBE

We were so sorry to learn that Ken Hoy, our Honorary President and first Head of Suntrap passed away in January, following a short illness. We send our sincere condolences to his family. We are extremely grateful for Ken's many years of leadership, for his support of Friends and for his passion and inspiration about Epping Forest seen by all who met him. He will be greatly missed. An obituary can be found at; <http://suntrapcentre.weebly.com/recent-news>



### Fiftieth anniversary – new wild flower meadow



We welcomed the Worshipful Mayor of Waltham Forest, Cllr Peter Herrington to the family meadow sowing event on the 17<sup>th</sup> April. Along with lots of families, Cllr Herrington helped to sow the wild flower and grass seed mixture. This followed the work undertaken by staff and volunteers to clear the scrub and bramble. Contractors then came to plough the area after which staff had to clear roots and rotavated the soil to level it.

Children also helped to make scarecrows and painted their own flower pots to take home.

Thanks to everyone who came and helped to sow the meadow.



### Come Out of Hibernation

There was a great turn out on a lovely February day for this family event. We were too busy to get out to the forest to take photos of the woodland activities, but here are some of the potters making their hedgehogs.



### Be Wild Forest Saturday Club



We have already had two Be Wild sessions. The club takes place on the second Saturday of every month from 10am-1pm for children aged 5-11 years. Children under eight must be accompanied by an adult. So far members of the club have enjoyed shelters building and making camp fires. Lots more fun activities are planned throughout the year. To book your place please email; [suntrap.centre@walthamforest.gov.uk](mailto:suntrap.centre@walthamforest.gov.uk)



## Suntrap Squirrels



We had our first Suntrap Squirrels session – a woodland based outdoor pre-school club aimed at ages 2-5 and their parents or carers on the last Wednesday of each month, from 10:00am-12:30pm. They had a chance to explore the forest, learn about themselves and make friends. In April, children enjoyed lots of springtime activities including lots of paddling in our stream!



To book your place on the next one (31<sup>st</sup> May Animal Homes), please email; [suntrap.centre@walthamforest.gov.uk](mailto:suntrap.centre@walthamforest.gov.uk)

## Waltham Forest Easter Holiday Activities for 11-14 year olds



During the Easter holidays, teenagers from Waltham Forest came to Suntrap to take part in Bushcraft and Animal Academy courses. These courses are free for Waltham Forest residents thanks to funding from the council. Teenagers were offered something unique and fun to do in their Easter Holidays. They enjoyed lighting fires, campfire cooking, building shelters, tracking, orienteering, handling and caring for our animals and learning about animals which live in different habitats in Epping Forest.



We are running more over the summer holidays booking opens soon on Waltham Forest's website.



## Bees at Suntrap

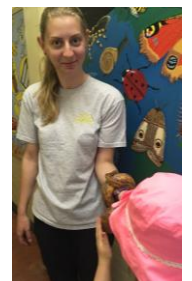
As part of our 50<sup>th</sup> Anniversary celebration, Friends of Suntrap have been successful in being selected for a Co-op community grant to enable us to keep honey bees. Due to habitat loss and use of pesticides, populations of pollinators like honey bees are becoming more fragmented and this has a negative impact on food production and the health of important habitats. This project will improve the biodiversity of our local area as well as providing opportunities for unique hands-on learning experiences to inspire and educate people about the importance of bees. If you shop at the Co-op and have a membership card, please don't forget to vote for us!



## New staff at Suntrap



Two new members of staff have joined us for our busy summer period. Emily Hirst, a recent graduate has come from an outdoor education centre in Surrey and has been a Brownie leader for the last 10 years. Stephen Goodwin joins us for a second summer, having last worked at Suntrap in summer 2015. He is a teacher with 15 years' experience working in primary schools in East London and a scout leader.



## Rescue chickens

Six new chickens have just arrived from Wood Green Animal Shelter. They are looking a little bald and skinny having spent their first 18 months as caged egg layers. But hopefully once they are settled in they will be able to enjoy the rest of their lives roaming around in Suntrap grounds! Look out for them on your next visit to Suntrap.



## **May half term activities at Suntrap**

Come to Suntrap next week for some holiday adventure fun. Each session costs £12 per child. **BOOKING ESSENTIAL**  
Please visit our website for more information: <http://suntrapcentre.weebly.com/suntrap-holiday-activities.html>

### **Tuesday 30th May - Animal Adventure**

Two and a half hours of animal based activities. Get up close and personal with our amazing Suntrap animals; fire salamanders, corn snakes and our bearded dragon. Be taken on an animal adventure into the forest, for a chance to find some amazing invertebrates and use a microscope to discover more.

Age 5 years and over only (under 8's must be accompanied by an adult)

10-12.30pm led by Suntrap staff (stay in the grounds for a picnic and play until 2pm if accompanied by an adult)



### **Thursday 1st June - Family camp fires at twilight**



Bring the family to Suntrap at twilight to learn the art of fire lighting. Suntrap staff will take you into the forest to collect your wood. Back at Suntrap, they will show you how to light your fire without a match. Toast some marshmallows and bring a picnic to enjoy whilst sat around the fires.

All ages welcome, all children must be accompanied by an adult

5.30-8pm led by Suntrap staff (bring a

picnic to enjoy around the fire)



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

### **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 (leaving Chingford Station at 12.50pm, 1.40pm & 2.25pm and leaving Suntrap at 3.15pm, 4.30pm & 5pm)

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.

### **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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