



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



Newsletter No. 44 - September 2015

Family activities

We welcomed many families to Suntrap to enjoy activities in our grounds and in Epping Forest.



Incredible insects

Using sweep nets, families found lots of incredible insects living in our meadow. Children made some fantastic butterfly models and feeders to take home.

Suntrap Animal Adventures and Survival Skills

Many families took part in either our day long or twilight sessions; building shelters and making fires or handling Suntrap animals and finding animals that live in the forest. Look out for these popular activities during upcoming school holidays.



Shelter building in the forest at twilight

Environmental Master class

20 children from schools in Waltham Forest came for an environmental, fun filled week at Suntrap. This was funded by Waltham Forest's 'Schools Open for Summer' program. They enjoyed a wide range of activities that included finding out which animals lived in different habitats in the forest, working in a team to make a shelter and a fire and navigating through the forest using maps and compasses. Children that attended said:

"Thank you for giving up your time to give us an amazing week."

"I'll miss Suntrap."

"All the staff we have been working with are very nice."

"It is an amazing thing. I hope you guys ask secondary schools."



Making animals out of clay



Admiring their fantastic shelter



Feeling proud of finding a vole using a mammal trap



Playing parachute games after enjoying a sunny picnic on the plain

Volunteers at Suntrap

Thank you to our volunteers over the summer that helped out on our family days, who find working with children in the outdoor environment very rewarding. We are always looking for new volunteers for our events, please email if you are interested.

Our annual Open Day is coming up on Saturday 10th October. Please let us know if you would like to volunteer to help with craft activities or serving refreshments, as this would allow us to include more activities for visitors.



Sophie assisting with a survival skills day



Do you have any spare recycled materials?

We will be constructing an insect hotel in our grounds for our 'Make nature a home' event on Saturday 7th November. We would be very grateful of donations of the following materials: crates, plant pots, plastic tubes, bamboo canes, drain pipes, old tiles, corrugated cardboard.

Thank you to Friends of Suntrap

During the summer holidays, we have had a new gate and shed installed, thanks to the funds raised by the Friends of Suntrap. The shed will mean that we can store equipment to be used by our school camping groups. This benefited over 700 children that camped this year.



Upcoming events

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.

Make nature a home Saturday 7th November, 10-12pm (drop-in). £2 per person.

Help us to make new habitats for animals in the Suntrap grounds, before making your own ladybird hotel or bird feeder to take home.

Lantern making, bonfire and burgers Saturday 28th November, 4-7pm.

£6 per person (£20 per family of 4) **BOOKING ESSENTIAL**

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



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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