



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



Newsletter No. 38 – September 2013

The benefits of becoming a paid up member of 'Friends of Suntrap'

Both the staff and committee appreciate the fact that we have the 'Friends of Suntrap' who show their support for the centre and its work by paying to become a member. However, the benefits to members have not always been obvious, so at the last committee meeting it was agreed to make some changes by introducing a new 'Activities Membership'.



For those of you with children who would like to come to lots of Suntrap events the new 'Activities Membership' is being introduced from Open Day. For just £10, your family can come to all our events for a year, taking part in all the activities free of charge. That's eight different family events which would cost a total £14 per person to do them all. Even if you only come to 2 or 3 events, if you have more than one child you will save money.

For those of you who wish to continue supporting the centre, but may not wish to take part in family activities throughout the year you may continue with your 'Supporters Membership', for £10 for five years. Then if you wish to come to certain events you can pay for these on the day.

Our membership has been falling in recent years. We hope that this change will encourage many of you to become 'friends', helping to support the centre and its work.



Some of the family events run over the last year: orienteering, spring surprise, pond dipping and lantern making above.

Open Day 12th October 1-5pm, help needed



Enjoying pond dipping at open day 2012.

Each year open day attracts hundreds of families who enjoy the many different activities which go on. These activities can only happen thanks to the help we receive from volunteers who run the refreshments, organise the car parking or help with craft or other activities.

The Suntrap staff and the Friends committee are in the process of planning how many different activities can go on at open day 2013.

Can you help? The more helpers we get the more successful open day will be. Please think about volunteering and ring or

email Suntrap to let us know. You can volunteer for the whole afternoon or just for an hour, but we need to know ASAP to help with the planning.

Summer holiday fun



Once again Suntrap had a busy summer holiday with groups in every day from either Waltham Forest or for the first time from Epping Forest District Council.

Those from the Epping Forest district were taking part in 4 Suntrap Summer Forest Adventure Days as part of their inclusion project for children and young people with a disability or special educational need and for older teenagers a two day camp.

Waltham Forest funded day trips as part of the Summer Daze Programme providing a huge variety of activities for children and families during the summer break, as well as targeted days for families with a child with a disability.



Families enjoying summer holiday activities.

Upcoming Family Events

Open Day Saturday 12th October 1-5pm

No booking required.

Come and meet the animals, pond dip, peer down microscopes, complete a map trail, have a go on the low ropes course, enjoy some craft activities, stroll through the forest on a guided walk, or enjoy some light refreshments.

Free entry - £3 charge for parking. Free shuttle bus to and from Chingford Station. Leaving Chingford station at 12.50pm, 1.40pm, 2.25pm returning from Suntrap 3.15pm, 4.30pm, 5pm.

In the footsteps of John Clare A Words over Waltham Forest Festival event

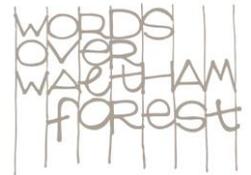
Saturday 9th November 12-3pm

No booking required.

An afternoon of family activities in Epping Forest including; a short talk, self-guided activity trail and arts & crafts.

Poet John Clare lived in High Beach on the site of Suntrap between 1837-41.

The forest had a huge influence on his work. Discover autumn in Epping Forest taking inspiration from the forest as John Clare did to produce your own piece of art. Free talk and activity trail, £2pp for art & craft activities. Light refreshments and limited parking available.



Lantern making, bonfire & burgers Saturday 23rd November 4-7pm

Booking required.

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. £1 to make a lantern. £5 per person for food & drink.

Limited parking available. Please bring a clean jam jar to make your lantern.

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