



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



Newsletter No. 46 - September 2016

Open Day

Could you help at Open Day our biggest event of the year on 8th October from 1-5pm? We are looking for volunteers to help with craft activities, serving refreshments or helping organise car parking.

If you can help with any of these (even if you could do an hour) please get in touch.

Team Challenges



During the summer and early autumn terms, as well as our usual day visitors, 24 classes camped at Suntrap.

Activities included shelter building, making camp fires, orienteering, pond dipping, natural art, learning about the Suntrap animals and a variety of team challenges - including trying to build the tallest bamboo tower, using only masking tape.

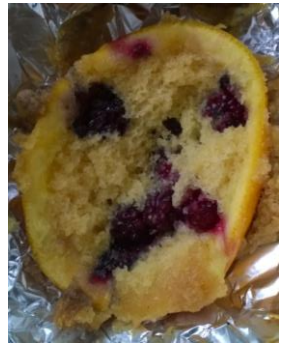
Summer Holiday Activities

Schools may be closed during the summer holidays - but Suntrap stays open. This year we welcomed Epping Forest Sports Inclusion group for 3 day visits, Chance UK had a day enjoying making camp fires and meeting the Suntrap animals and Suntrap took part in the Waltham Forest Holiday Activities Programme, free activities for 0-19 year olds who live in the borough.

The Suntrap animals had trips to a number of drop-in family play sessions in schools.

Meanwhile, back at Suntrap teenagers got to learn the art of bush craft including navigation, shelter building, fire lighting and campfire cooking including making nettle soup with campfire bread, followed by cake cooked in a scooped out orange with blackberries.





Waltham Forest Traded Services

From April Suntrap became part of Waltham Forest Traded Services providing high quality, competitive, traded services which support educational settings in improving attainment for the children and young people of Waltham Forest.

Staffing changes were included in this restructure which will mean we will be able to offer lots more holiday and weekend activities. Watch this space for new "out of hours" activities which will be available soon including family learning and birthday parties.

New Staff

Joseph Ahvee joins us as Tutor Resources Manager. Joe comes to Suntrap after working as an assistant ranger for the National Trust in Dorset and brings a wealth of knowledge and experience in maintaining habitats.

Louise Horsfall has been appointed as a Tutor bringing her experience as an Education Ranger for Essex.



Upcoming events

Open Day Saturday 8th October, 1-5pm (drop-in)

Free entry - **£3 charge for parking.**

Free shuttle bus to and from Chingford Station.

Pick up from station; 12.50pm, 1.40pm & 2.25pm. Return from Suntrap; 3.15pm, 4.30pm & 5pm.

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.

Lantern making, bonfire and burgers Saturday 26th November 4-7pm

£6 per person (£20 for family of 4) **Booking essential** please ring or email Suntrap to book your places. 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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facebook.com/suntrap.eppingforest

www.suntrapcentre.weebly.com

suntrapcentre@walthamforest.gov.uk

phone: 0208 508 0611

Suntrap, Church Road, High Beach, Loughton, Essex, IG10 4AJ