

Forest Focus

The newsletter for Epping Forest



Forest bus makes a comeback!

Visitors to Epping Forest can now benefit from convenient and regular access to High Beach from Loughton underground and Chingford railway stations with the introduction of a new, trial bus service.

High Beach is considered one of the most popular 'honey pot' areas of Epping Forest. The Epping Forest Visitor Centre is a great place to begin your exploration of the Forest with lots of information, and knowledgeable staff on hand. Epping Forest Information Assistants are also available at Queen Elizabeth's Hunting Lodge in Chingford, a beautiful Tudor building built by Henry VIII. There are many events taking place at these locations throughout the summer; visit www.cityoflondon.gov.uk/eppingforest for more details. The Epping Forest Field Centre is located in High Beach, for

interesting courses on offer; visit www.field-studies-council.org/eppingforest. The Forest at High Beach presents attractive picnic spots and opportunities for enjoyable walking and is well served by pubs and tea stalls. Until now, this area, considered by some to be the very heart of Epping Forest, was not accessible by public transport. However, in the past there has been a long history of arriving at Epping Forest by train, bus and horse-driven transport.

The Superintendent of Epping Forest, Paul Thomson, said: "We are very excited

to once again see these popular areas of Epping Forest at Chingford, Loughton and High Beach, connected by public transport and hope that people will really make the most of the service, enjoying the very best that Epping Forest has to offer without using their cars."

The service leaves Loughton underground station hourly from 9.30am, arriving at the Epping Forest Visitor Centre in High Beach 10 minutes later, and leaves Chingford railway station hourly from 9.50am, again arriving at the Epping Forest Visitor Centre 10 minutes

later. The last services from High Beach will be at 5pm to Loughton station and 4.40pm to Chingford station. The service will run every Sunday and public holiday until the end of October 2011. The bus also stops along the route within the Forest, if safe to do so, when hailed. The bus is fully accessible.

The cost is £2 each way or free for concessionary pass holders and children under 11. Passengers who are interested in using the service, or require more information about visiting Epping Forest, can call 020 8508 0028.

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Welcome



Clare Eastwood, Editor, Forest Focus

With summer finally upon us, we are delighted to see so many people out and about enjoying the Forest.

The long summer days tempt many of us out to explore the countryside and what better way to get to the Forest than by leaving the car behind and catching the Forest Shuttle Bus which runs throughout the summer months on Sundays and Bank Holidays from Loughton and Chingford Stations to High Beach (page 1).

Summer is the busiest time of year for the Forest Keepers who have to cope with the myriad of mishaps and concerns that the summer influx of visitors brings. As well as the usual run of lost dogs and Forest fires, Senior Forest Keeper, Jonathan Preston gives us an insight into the effects of increased traffic in the Forest (pages 6 & 7).

Despite the 12.5% cut to our budget, which has led to staff changes and the cancellation of the Forest Festival, there are still plenty of events and things to do in Epping Forest, many of which are free (pages 8 & 9).

Amongst all this talk of people in the Forest, there is still room for wildlife to flourish. The rediscovery of a rare moss (opposite) is an example of how remarkable Epping Forest is.

So do come and visit the Forest this summer, whether for the fun and laughter to be had at one of our events or to escape to the peace and tranquility in the depths of the Forest.

Police use of Wanstead Flats

The London Borough of Redbridge considered the Planning Application for the Muster, Briefing and Deployment Centre at Wanstead Flats, 24 February and has granted permission. The next stage is that a Legislative Reform Order will commence its parliamentary passage with the aim that it will be concluded prior to Parliament rising for the summer recess.

Epping Forest celebrates the **International Year of Forests** and is proud to be designated as a European Natura 2000 site for its internationally important wildlife.



'Green' Elizabeth's Hunting Lodge

Queen Elizabeth's Hunting Lodge was successful in 2010 in securing a place on Renaissance London's Regional Green Museum Grant Scheme. This offered membership of The Green Tourism Business Scheme, the largest and most established sustainable tourism certification scheme in the world and the only one validated by Visit England through the International Centre for Responsible Tourism (ICRT).

The Award also gave us the opportunity to bid for two grants, a Programme grant to support change to more sustainable practices and a Promotion grant to promote our green values. The Hunting Lodge was awarded both grants. The Programme Grant was used to purchase more sustainable Fairtrade, recycled and locally produced craft items for our small shop. The Promotion grant paid for the nuts and bolts of a travelling exhibition with reusable portable banner stands, craft and ecological resources to assist our Community Liaison Officer in her outreach work and a heat infuser machine to allow us to produce Braille versions of our exhibition to improve access to the visually impaired.

Visit the Green Business website www.green-business.co.uk if you'd like to know more about the scheme.



Queen Elizabeth's Hunting Lodge



Rare moss found after almost 100 years

A moss that has been extinct in Essex for almost 100 years, and is extremely rare in south east England, has been found in Epping Forest. The little shaggy moss, *Rhytidiadelphus loreus*, is a closely related species to springy turf moss (*R. squarrosus*), which is very common in lawns. The small patch of *R. loreus* was found by Environmental Stewardship Officer, Sally Gadsdon, and the British Bryological Society Essex Local Group. The only other record of this moss in Essex was found in Little Monk Wood, Epping Forest in 1912. The new colony of little shaggy moss is approximately 30cm across and is well established.



VAQAS victory

We are delighted that Queen Elizabeth's Hunting Lodge and Epping Forest Visitor Centre have received the VAQAS (Visitor Attraction Quality Assurance Scheme) award; the Hunting Lodge for the second year running and the Visitor Centre for the first time.

VAQAS is the quality marque of Visit England and is recognisable by the Tudor rose logo.



Forest budget cut

A review of the latest forecast financial position of the City of London's private funds, which are the main sources of finance for managing Epping Forest, has confirmed the need to achieve overall budget reductions of 12.5%, which affects all parts of the City of London's charitable undertakings.

In order to maintain public access and protect Epping Forest's unique natural conservation and heritage area, savings have been identified and were approved by the Epping Forest and Commons Committee on 7 February.

Epping Forest, London's largest public open space, has been owned and managed by the City of London since 1878, at no cost to the local taxpayer. Currently it costs the City of London £4.4 million per year to run Epping Forest including income generated. Carefully targeted reductions in service are being made totalling £457k which will sadly result in reductions in funding for tree work, ride maintenance, equipment and machinery, together with less improvement work on the Forest's farmed estate. Safety will remain paramount.

As a result, the budget for annual events has been reduced, meaning that long-standing events, including the Epping Forest Festival, which has traditionally taken place in September, will cease until further notice.

Until now, the running of the Epping Forest Festival has been heavily subsidised by the City of London. Despite recently introduced car parking

and stall pitch charges, the event still does not generate sufficient income to cover its basic costs.

Superintendent of Epping Forest, Paul Thomson, said: "We are in a very difficult position and unfortunately tough decisions have to be made in order to ensure that we maintain a high standard of service provision here at Epping Forest. I understand local people, in particular, will be disappointed by the cancellation of this year's Festival but we will be working closely with any local community groups looking to raise funds and to organise a Forest Festival of their own. We will bring back the Forest Festival should the City's finances improve."

As a charitable trust, Epping Forest is seeking to offset the impact of proposed cuts by seeking additional grant support from key charities for the City's invaluable work on environmental education and biodiversity research. An update will follow on this application in the next edition of Forest Focus.

The support to date from the Heritage Lottery Fund, Environment Agency, Natural England and Tubney Trust are very much appreciated.

Wanstead Park Story – Where are we now?

In the last edition of Forest Focus we reported on the work we are starting, to improve Wanstead Park, following the decision taken by English Heritage in 2009, to place the park on the 'at risk' register.

The Conservation Statement, a document which outlines the key significances of the park, the challenges the site faces and the priorities for the future, was prepared by the appointed consultants, Chris Blandford Associates.

The draft document was published earlier this year and the Public Consultation, held between the 14th and 28th of the same month, was well attended. With the assistance of local user group volunteers, the project team opened the doors to The Temple every day during the two-week period, allowing visitors to view the Conservation Statement summary exhibition, speak to the project team and give their feedback. We received over 250 responses to the questionnaire and these were fed into the final version of the document, published in late March.

The next stage will be to prepare a Conservation Management Plan which will contain detailed proposals for work and activities to ensure the Park is enhanced, managed and protected for generations to come.

Additionally, some works have been undertaken at the Park, separate from the project, with access improvements to The Temple and work to stabilise the Grotto completed in late March.

If you are interested in the Wanstead Park Project please contact wansteadparkproject@cityoflondon.gov.uk for more information.



The Temple, Wanstead Park



Public consultation event within The Temple

Branching Out Update

Volunteering

Last year our volunteers gave over 20,000 hours of their time to Epping Forest. This vital contribution to the Forest is recognised annually at our Volunteer Awards Party. This year, for the first time, awards were made to 40 unsuspecting volunteers on 10 February. The Volunteer Awards Party is open to everyone who volunteers in Epping Forest, so why not have a look at the volunteering opportunities on our website www.cityoflondon.gov.uk/eppingforest. From Tree Wardens to Helping Hands in our Visitor Centres, there is something for everyone.

Butler's Retreat and the Interpretation Centre

The redevelopment of these buildings is well under way! Butler's Retreat has been stripped back to its timber frame and the Essex Barn it was originally. Fewer timbers need to be replaced than first thought, a credit to the craftsmen of the 1900s! Butler's Retreat is on track to open in summer 2011 and the Interpretation Centre a year later.

Forest Transport Strategy



One of the Forest's many busy roads

Many of you will have been involved in the recent consultations by Essex County Council about installing cattle grids, speed limit changes and road closures throughout the Forest. Numerous responses were received for and against the installation of the four cattle grids, which are essential to prevent cattle from accessing the main roads – M25, A121 and A104. These responses have been submitted to the Department for Transport, which will decide whether to proceed to a Public Inquiry and we may not know the outcome until autumn 2011.

Following feedback from the last public exhibition, the proposed seasonal closure of Wake Road in High Beach is no longer being pursued and the road will remain open throughout the year. Public notices regarding the proposed closure of other roads and speed limit changes will be viewable at www.engageessex.org.uk (under Epping Forest Transport Strategy) where a new online comment system for consultations is being trialled.

High Beach Masterplan

Over the next five years the High Beach area will be changing. With the help of Essex County Council, local residents and local businesses, landscape architects Chris Blandford Associates drafted a masterplan for the area. The plan is a long term vision to create a high quality environment that allows the existing attractions to work better together, preserving the natural environment while reinforcing and strengthening High Beach as a premier destination in Epping Forest.

We received 70 responses to our consultation on the draft plan in March, which provided valuable local knowledge as well as new ideas. Twenty-five people supported the plan, while most other wanted to see an improvement of the area and its facilities. Over half of the responses were concerned that the natural aspect of the area should not be harmed. Epping Forest's wild beauty is always in the forefront of our minds and the City of London has a duty to preserve the natural aspect. Your comments have fed into the next draft of our plan, which is on the website. More detailed drawings will be prepared for separate phases, the first of which is the Heritage Lottery funded improvements to the Manor Road (tea hut) car park.



Supported by

The National Lottery[®]
through the Heritage Lottery Fund

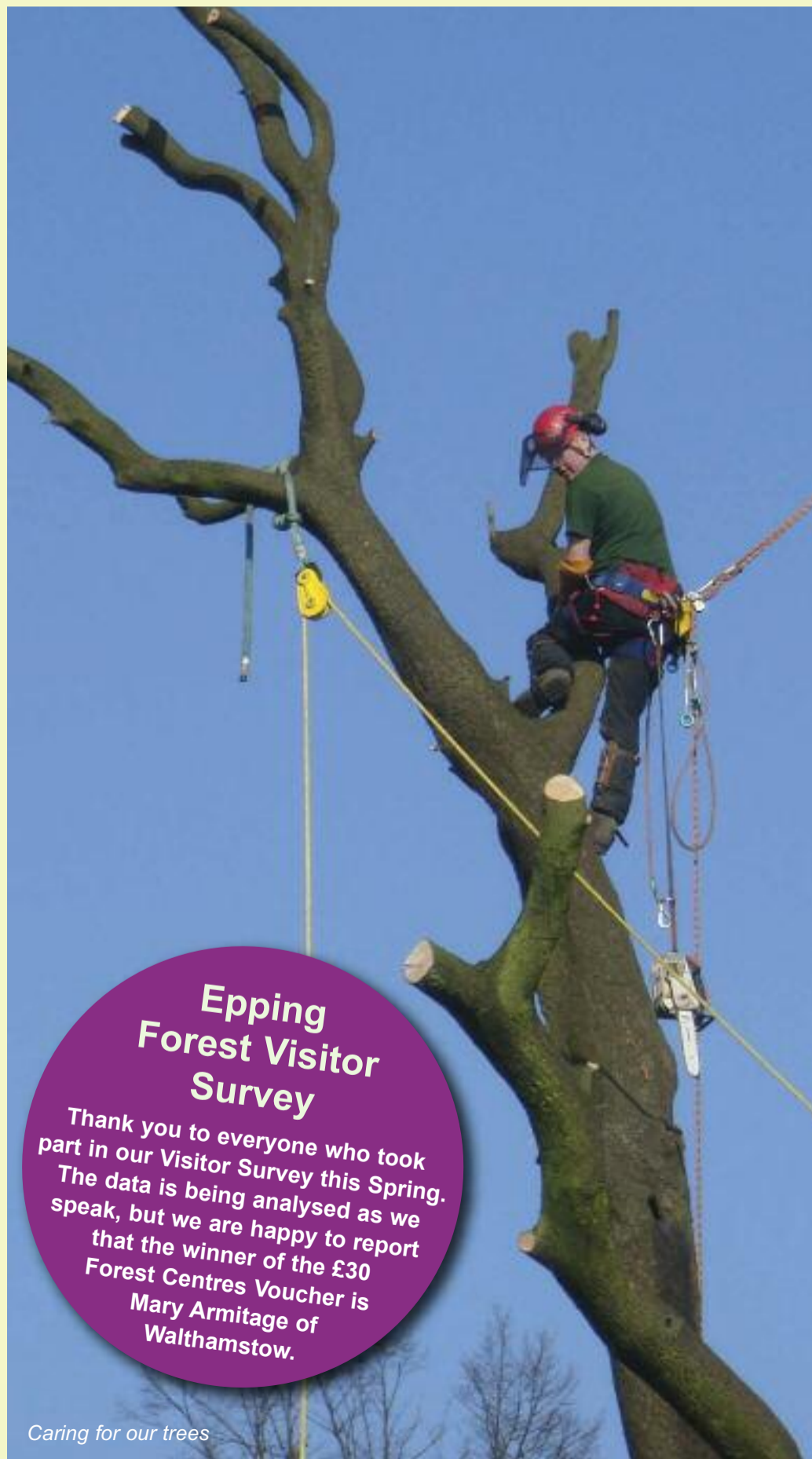


Walk Routes

Keep an eye out this summer for the route marked trails on the Forest, some of which were decided by you last summer in our 'Vote With Your Feet' campaign. You may have already noticed the route through Wanstead Flats and Bush Wood. This way marked 2.5km loop will be used at our Green to Gold event on 6 July, to promote health and wellbeing in advance of the Olympics. A calendar of similar activities will take place throughout City of London Open Spaces during 2012.

Keystone Tree Work

As the wildlife awakens from its winter slumber and the trees come alive, seasonal work finishes on the Keystone Trees, the Forest's most important and vulnerable Veteran Pollards. At over 300 years old these ancient trees need lots of TLC to prolong their life. Our arborists were working in Barn Hoppitt, Chingford this winter and are on target after reducing the crowns of 391 Keystone Trees. Find out more about our tree works by booking a place on our Arborists at Work event in July. www.cityoflondon.gov.uk/eppingforest



Epping Forest Visitor Survey

Thank you to everyone who took part in our Visitor Survey this Spring. The data is being analysed as we speak, but we are happy to report that the winner of the £30 Forest Centres Voucher is Mary Armitage of Walthamstow.

Caring for our trees

Learning in the Forest

We are now half-way through our three-year HLF funded programme. A Year 5 class from each participating school is benefitting from six, free modules delivered in the Forest across the academic year. Twenty-five primary schools are enjoying the free programme.

Kathryn Oddie from Epping Forest Centenary Trust and I have been responsible for the third module 'How people have used and shaped the Forest in the past: Hunting and Recreation'. In the morning, at Queen Elizabeth's Hunting Lodge, each class considers how the Forest was during different historic periods. We use Tudor and Victorian times as case studies. Once they have discovered what it was like for working class Victorian day-trippers, the children write

and draw postcards as if they are visiting the Forest in the 1800s. The completed postcards need to be posted. This is where new volunteer, Penny Evans, has used her creative skills to make a wonderful replica Victorian pillar box. The posted cards are surreptitiously removed from the box and passed to the teacher. The class can be amazed to find that, just as in Victorian times, their postcards have reached their destination before them – oh, the wonders of the steam train!

With spring comes the start of the next DEF module. This is on the theme of freshwater habitats. The children have the opportunity to do pond-dipping at Suntrap Field Centre, then to use microscopes to examine the mini beasts they find. They also take a walk through the Forest to a pond where they learn more about this important habitat. In module 5, the classes visit Epping Forest Field Studies Centre at High Beach. They study the impact visitors have on the Forest today. The final module consolidates their learning across the year and re-introduces them to their local part of the Forest as a place to value, learn and have fun.

The feedback from teachers and children has been consistently positive. Sometimes they have found the Forest wet and particularly muddy but, on every visit they have had an exciting experience and discovered something new. It is hoped that the main legacy of the DEF programme will be schools and families continuing to use the Forest as a learning resource for years to come.

Jo Price, Lifelong Learning Officer



Outdoor learning



Learning in the Lodge



Postcards from the past...

Cycle Hire
 now available from
 Epping Forest Visitor Centre
 for further information visit
www.cityoflondon.gov.uk/eppingforest



It's not just the birds tweeting in Epping Forest...



The City of London, Epping Forest are delighted to announce that Epping Forest can now be followed on Twitter.

Regular updates will be 'tweeted', including forthcoming events, wildlife updates, consultations and Epping Forest news.

Stay in touch with all that's happening in London's largest green space and be the first to receive all important and official information about Epping Forest.

To follow Epping Forest on Twitter visit www.twitter.com/coleppingforest



Traffic, trees and trippers

The impact of vehicles in the Forest

Epping Forest has long been an area of recreation for the people of East London and beyond. In the early 1900s, trains and motor-buses brought people to the Forest from places such as Finsbury Park, Liverpool Street and Manor House. Slowly, as the car gained in popularity, these services were reduced, often meaning that the only way to access the Forest is by car. This has a negative impact on the Forest, its wildlife and ironically its visitors.

Traffic affects your enjoyment of the Forest.

Tranquility is considered essential for a happy life but is something that is hard to define. People come to Epping Forest to 'get away from it all' and to indulge in quiet recreation such as dog walking, picnicking and kite flying. The ever present noise created by cars reaches far into the Forest and there are few places where they cannot be heard, especially in winter when the trees are bare of leaves to soak up the sounds.

In addition to this intrusion, vehicles can create other problems for us. Fly tips are on the increase in the Forest, meaning a huge cost to the Conservators to remove them and reducing the aesthetic appeal of the place for visitors. Forest Keepers are ever vigilant for such offences and have successfully prosecuted people for carelessly allowing their rubbish to be dumped on the Forest. Did you know that the duty of care for such waste lies with the home owner, so beware the 'man and van' who offers to get rid of your rubbish. Always ask to see their Waste Transfer Licence to ensure they are operating within the law.

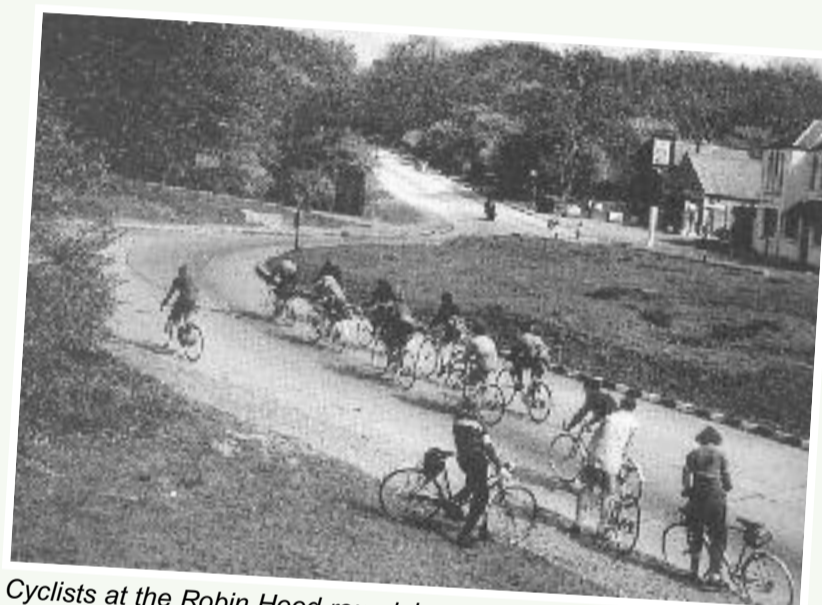
Despite the Conservators providing over 50 car parks throughout the Forest, it often appears that this is not enough for some people! Keepers investigate reports of off-road driving and again have been successful in prosecuting such illegal use. Taking vehicles, be they four wheel drives, motorbikes or quads onto the Forest not only creates a danger to other Forest users, especially horse riders, but can also damage the ground, tree roots and vegetation. Often these offences go unobserved but last winter, following reports of a motorbike in Highams Park, keepers were literally able to track the culprit back to their house by following the muddy tracks they left on the road after their adventures in the Forest!

Traffic affects the ecology of the Forest

Traffic also has a significant negative impact on the ecology of the Forest in several ways. Pollution from cars leaves deposits in the Forest, such as air pollution from exhausts, oil leakages and the wear and tear of vehicles creating general dirt. The amount of air pollution in the Forest is at a level where scientists expect the effects to be detrimental to habitats. One of the main effects is a change in soil chemistry which can lead to the worsening of plant health and changes in the combination of plants that are able to grow in the Forest. Air pollution affects animals as well. Dirt from roads coats plants in dust which makes it harder for them to make energy from the sun. Oil leaks are washed off the road and into ditches, eventually running into ponds and lakes, polluting the water.

There is a second more physical effect of vehicles on animals. The movement of traffic along roads creates a barrier for animals wanting to move between different areas of the Forest. This sometimes results in animals being killed by vehicles, common road deaths include deer, badgers, hedgehogs and birds. The noise pollution associated with transport has been found to cause birds to change the pitch of their song so that potential mates might hear them above the din of traffic, this could mean that some birds are unsuccessful in finding a mate.

Jonathan Preston, Senior Forest Keeper



Cyclists at the Robin Hood roundabout



Parking at Chingford



A charabanc poses for a photo outside the George PH



Getting to the Forest by tram



Heading home

EVs



Early motorist visits a snowy Forest



Forest Plain in the 1960s



Carriage awaits!



Early motor car approaching the Robin Hood PH



Time after school



Costermongers visit to Epping Forest



The school run



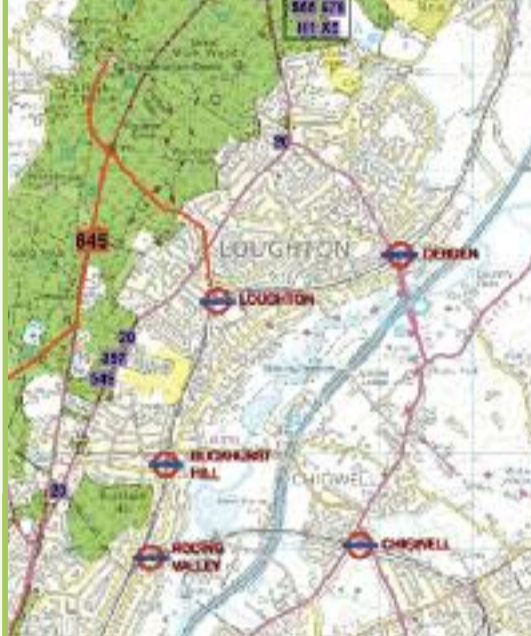
Commuting through the Forest



Queuing for the bus at Barn Hoppitt (Editor's note: We hope our new Sunday Shuttle Bus will as popular!)



M25 cutting through the Forest



Epping Forest public transport map

These two maps illustrate the many bus routes and train stations that serve Epping Forest. The map above shows the northern section of the Forest and the map to the right, the south. Should you require any further information on how to get to Epping Forest, please don't hesitate to call 020 8508 0028. www.cityoflondon.gov.uk/eppingforest

A large scale version of this map is included in this edition of Forest Focus.



How you can help?
 The Forest is well served by public transport links (see the bus and train map on this page). Many of our visitors come from the surrounding towns. Think about making some of your visits by train or bus; this is a good way to travel to the Forest because you can look out of the window rather than keeping your eyes on the road!

Summer Holiday Fun

The Artists' Eyes turns to Wanstead Park

Don't miss our Temple art exhibition opening this September. Local artist and illustrator, Barbara Sampson, is working with us to create an exhibition of the work of more than 12 artists and crafts people from 17 September to 30 October. Working in different media and in different styles, all have been inspired by the very special landscape and history of Wanstead Park.

We'll be selling greetings cards at the Forest Centres of Barbara's charming painting of bluebells starring our very own Chalet Wood, Wanstead Park, from April 2011. Look carefully and you'll see a host of hidden faces and fanciful figures. Barbara's summer painting of poppies, 'Populous' was chosen and exhibited at The Mall galleries in The Sunday Times Watercolour exhibition 2010.

Keep your eye on our website to see the most up to date list of artists involved in this local event.

Sophie Lillington,
Forest Centres
Manager

'Chalet Wood',
'Populous' and
'Snowdrift' illustrating
spring, summer and
winter: Barbara's
quirky floral
landscapes are well
worth a second –
and a third – look.



Sniff out the Hunting Lodge this Summer

We've a new kind of event at the Hunting Lodge this August and one that will use all your senses. We'll be using a variety of different kinds of experiences; smells; textures and mystery object discovery boxes to prompt visitors of all ages to sense our atmospheric Tudor building in different ways. Sensory Summer Days will run from **Wednesday, 17 August to Sunday, 21 August from 1.00 pm to 4.00 pm**. On Sunday afternoon there will be BSL signed tours of the Hunting Lodge at 2.00 pm and 3.00 pm.

Sensory Summer Days is a holiday event for both adults and children of all ages and welcomes all visitors with sensory impairment or special needs. The ground floor of the Hunting Lodge is wheelchair accessible and staff will be on hand to help those who can't get up to the upper two floors of the Lodge to participate in our activities.

If you would like to contribute ideas and help with the planning and preparation of this event, please contact me, Sophie Lillington, Forest Centres Officer by email (epping.forest@cityoflondon.gov.uk) or telephone (020 8521 7964).

If you are planning a visit and have special needs or are coming in a group, please give me a ring so we can help you out as much as we can.

Sophie Lillington, Forest Centres Officer

It's that time again...

This summer, we are delighted to see the return of our successful Wanstead Park outdoor theatre productions. Illyria will be performing Twelfth Night, The Fabulous Mr Fox and The Pirates of Penzance.

Saturday 11 June Come and enjoy Shakespeare's Twelfth Night - Illyria has won 4 international awards for performing Shakespeare. In their 20th year, Illyria returns to one of the greatest of all English comedies (which also happens to be on the Year 7 Syllabus). Following a shipwreck, Viola is washed ashore in Illyria, a country where everything is illogical, delirious, and completely topsy turvy. It could all end in tears - even if most of them are of laughter. Illyria presents an evening of romance, music and sheer and utter joy, performed on a stage inspired by those of the mediaeval touring troupes.

Wednesday 10 August Or why not catch our two matinee performances, suitable for all the family? The Fabulous Mr Fox - this classic story from Roald Dahl about the adventures of Mr Fox who, in order to feed his family, steals chickens, ducks and turkeys from three

mean, but wealthy farmers, Boggis, Bunce and Bean, who try to stop Mr Fox and his family. However, Mr Fox is too clever for the three farmers - See how really cunning Mr Fox and his family are!

Sunday 21 August You may also like to see Pirates of Penzance. In this most popular comic opera, an apprentice pirate, born on 29th February, who learns he is contracted to the pirates until his 21st BIRTHDAY, not his 21st year. The show is packed with laughter, romance and a galleon-full of memorable songs such as "I am a Pirate King!"; "Modern Major General" and "A Policeman's Lot is Not a Happy One". Bring a picnic and the family.

Tickets; Adults £10.95; Children 16 and under £5.95; 3 and under £1.95 and family ticket @ £29.95. Book via our Visitor Centre (020 8508 0028) or by visiting www.illyria.uk.com.



Health Walks

Tuesdays 10 am –
Harrow Road Sports Pavilion

Thursdays 10 am –
Connaught Water car park

For more information,
contact 020 8508 0028 or
www.cityoflondon.gov.uk/eppingleisure

Forest launches a programme of summer health walks

For all of you who don't really 'do' sport but want to get active, why not join us on a weekly health walk which started in April and will take place every Tuesday at Wanstead Flats and Thursday at Connaught Water. The walks are free of charge and all we ask is that you complete a health questionnaire before you start the walk. The aim of these walks is to help you gain or regain fitness; whether you have just got out of the habit of exercising, are recovering from surgery or need to lose weight, walking is a great way of exercising and meeting people!

These walks are not 'power walks' and you walk at your natural rhythm, only just a little faster, so why not come along and bring a friend! Places are bookable in advance.

Bringing the Forest's past to life

Curriculum-oriented school sessions and informal workshops for children's leisure groups are available at Queen Elizabeth's Hunting Lodge, Chingford throughout the year. They are held outside public opening hours so classes/groups have our atmospheric Tudor building to themselves. They are guided by enthusiastic, knowledgeable City of London staff.

Pre-booking is essential.

School sessions include

- KS1 Gunpowder Plot (1 hr)
- KS1 Visit A Local Historic Building (½ hr - 1 hr)
- KS2 Tudors (1½ hr)
- KS2 Epping Forest in the Past (Victorians) (1½ hr).

Sessions based on these can be tailor-made for SEN classes or for older students. Leisure workshops are available on a variety of themes related to the Forest's historic heritage. Adult groups can also book private tours of the Hunting Lodge.

Visitors are recommended to combine a booked session with independent exploration of the Forest surrounding the building. Within easy walking distance are habitats as varied and interesting as woodland, grassland, ponds and lakes. Bring a picnic and enjoy a day of learning outside the classroom!

For further information, please visit www.cityoflondon.gov.uk/eppinglearning or telephone me on 020 8529 6607.

Jo Price, Lifelong Learning Officer



Buy yourself something beautiful!

We've been working with local craftspeople and fair trade suppliers' to broaden the range of tempting buys at the Hunting Lodge and Visitor Centre. As well as traditional pocket money toys for children, we've some hand-crafted goods selling for well under £20 to encourage a little adult indulgence too.

Enjoy the feel – and smell – of good solid leather. We are now stocking local craftswoman Mia Sabel's key rings, artists' notebooks and other stationery. Mia retrained as a traditional saddler on a prestigious QEST (Queen Elizabeth Scholarship Trust) scholarship and both lives locally and rides in Epping Forest. She has created an exclusive range stamped with an Epping Forest oak leaf in honour of our fantastic oak pollards.

What could be a better souvenir of the Forest than a wooden bowl turned from Epping Forest wood by 'Colin the Bowl Turner'? Each of Colin's bowls is unique for its shape, grain and character. They show to perfection the beauty of the natural woods of the Forest.

Colin has been developing with us a Tudor range carefully researched from the wooden objects found on Henry VIII's flagship, the Mary Rose which sank in the 1540s and is contemporary with the Hunting Lodge. We also have some charming boxes or canisters turned in English Oak, replicas of those found in the Mary Rose's Barber Surgeon's chest.

And, if you need a little bag or gift box, we've a range of small bags and boxes made from the bark of the Avaha

bush 'adorned with flowers and dried in the moonlight on the island of Madagascar' as our suppliers assure us. Add one of these or our newspaper bags made by a community project in India to your indulgence and you can dream yourself on holiday with a clear conscience too.

Sophie Lillington, Forest Centres Officer



A PECK TO EAT

The bird feeding station at Epping Forest Visitor Centre is a popular feature. Human visitors often enjoy the opportunity to take a peek at the avian visitors as they take advantage of the food on offer. The bird feeding station, as well as the food supplies, is very kindly provided by The Friends of Epping Forest.



We have been serving the local community for over 150 years, are open 365 days a year and pride ourselves on delivering sympathetic and professional customer services to all.

Contact us: 0208 530 2151
Aldersbrook Road, London, E12 5DQ
cemetery@cityoflondon.gov.uk
www.cityoflondon.gov.uk/cemetery



Forest Focus Survey - Thank you!

We should like to extend a big thank you to all of you who kindly took the time to complete the Forest Focus Survey. We had an overwhelmingly positive response to the survey and were delighted that so many of you value receiving the Forest's newsletter.

We are currently collating the replies and crunching the numbers to find out where we go

with Forest Focus and we hope to advise more on the outcome of the survey in the autumn edition of Forest Focus.

Mrs Varney is the lucky winner of a £25 Forest Centres voucher and a family ticket to one of our summer outdoor theatre productions.

Connaught Water and Fairmead

A circular walk for summer

Botanical illustrations by Katherine Poluck
katherinep.art@hotmail.co.uk



C. arvensis creeping plume
this site grows in clumps often
two clumps on opposite sides of a
path prefers stoney ground dry
conditions - will grow near water
K Poluck
march 2011
watercolour



Ranunculus acris meadow
buttercup grows in grass verges
prefers shady conditions
K Poluck
march 2011



Iris pseudacorus
grows on the
waters edge
and in the
mud of the
lake
K Poluck
march 2011
watercolour



Rubus Blackberry showing flower bud and developing
fruit young leaves and mature leaf furled *Rubus*
typically grows around trees and through other foliage
K Poluck
march 2011
watercolour



Starting Point: Connaught Water car park

Terrain: Mostly good walking over varied surfaced tracks and grassland. There is one short steep slope heading away from the lake by the dam.

Time: Approximately 1 1/4 hours.

Distance: Approximately 1.5 miles.

1. From Connaught Water car park follow the lake round to the left, and admire the views over the lake. In early summer, look out for the clumps of Yellow Flag Iris bordering the lake.

2. Where the lake flows into the stream take the path to the right of the stream down the side of the dam. This is a good spot to see Meadow Buttercups. Walk along the unsurfaced path bordered by scrub and brambles until you reach the surfaced path, and turn right. As you walk along this path Chingford Plain is on your left. Keep heading straight on the path. As you head onwards the habitat changes to woodland and you will see all three main tree species of the Forest – Oak, Hornbeam and Beech, along with Field Maple, Blackthorn and Hawthorn.

3. When you reach a cross roads of surfaced paths keep straight on and head up the slope on the Green Ride. You will see pollards are along the route, including those which have recently been worked on; this is part of our veteran tree management and wood-pasture restoration.

4. The main path bends to the right, keep on this and ignore the smaller unsurfaced paths that lead off it. You will pass a small plain on your left, this is Pear Tree Plain. This is a rush pasture which is grazed by our free roaming cattle in the summer, and it is also a good place for dragon and damselflies.

5. Eventually the path splits twice, both times keep to the right. As you do so look to your left, you will see Almshouse Plain which is a good place to go and see wild flowers such as Sneezewort, Lousewort, Thistles and Buttercups.

6. Continue down path, you will reach a T-junction, turn right onto the Grimston's Oak Ride.

7. At the end of the ride the path bends round to the left and splits, take the left hand path. Before continuing, appreciate the large oak tree which is Grimston's Oak. Continue on the path which is the Ash Ride. As you walk along you will see small areas

where the trees have been re-cut at the base – this coppicing is done for wildlife that prefer this habitat to woodland.

8. As you come to the end of this ride you will come out onto Fairmead Bottom. Turn right, walk over the bund, and turn right onto the surfaced path – Red Path. In summer you will see many wild flower species such as Dog Rose, Red Clover, Red Campion, Greater Stitchwort and Honeysuckle.

9. Keep on this path, ignore the first path that splits off to your right, but take the next path to the right and follow the edge of the lake. You will see many species of waterfowl such as Swans, Ducks, Geese and Coots. This path will take you back to the car park.

Coppice habitats

Coppicing involves re-cutting a woody plant repeatedly over a cycle of many years producing thick bushy regrowth. This is done in stages over an area so that there are plants of different ages. Traditionally this is done to harvest wood, but the re-growth is especially valuable for wildlife and is favoured by some birds such as the Nightingale which can be heard in Epping Forest.

Epping Forest Summer Events Planner May – August 2011

**Wednesday
6 July**
**Green to Gold
Olympics — one year to go!**
Wanstead Flats
Please visit our website for further details
www.cityoflondon.gov.uk/eppingforest
(free event)

May

- Sunday 1 Dawn Chorus Walk** (Connaught Water Car Park)
- Sunday 1 Tudor Knot Gardens** (QEHL)
- Sunday 1 & Monday 2 Craft Demonstration: Mia Sabel, Saddler & Leather Designer** (EFVC)
- Saturday 7 to Sunday 26 Exhibition: Vestiges of War** (The Temple)
- Saturday 7 Archive Walk: Explore the Forest: Vestiges of War** (Meet at Wanstead Park Station, Station Approach, Woodgrange Road, E7 0HX)
- Saturday 7 Take a Peek: Baby Birds** (EFVC)
- Thursday 12 Vestiges of War: Nostalgia Tea Time** (The Temple)
- Saturday 21 Guided Walk: Wildlife & Historical Walk** (Snaresbrook Car Park)
- Friday 27 Guided Walk: Epping Forest & Wintry Wood** (Meet at the entrance of Epping Underground Station)
- Saturday 28 10.30am-12.30pm Guided Walk: The Garden History of Knighton Woods** (Knighton Wood Car Park)
- Monday 30 Half-Term Family Learning Event - Insects: Butterflies & Moths** (EFVC)

June

- Wednesday 1 Half-Term Family Learning Event: Ladybirds** (The Temple)
- Friday 3 Half-Term Family Learning Event: Crickets & Grasshoppers** (QEHL)
- Friday 10 Guided Walk: Open Access Day in Epping Forest** (Connaught Water & QEHL)
- Saturday 11 Outdoor Theatre: Shakespeare's Twelfth Night** (The Temple)
- Tuesday 14 Explore the Archives: Holiday Delights & Postcard Memories** (London Metropolitan Archives)
- Friday 17 Guided Walk: Fitness from the Forest** (Rushey Plain Car Park, High Beach)

- Sunday 19 Guided Bike Ride: Family Bike Ride in Epping Forest** (QEHL)
- Monday 20 Guided Walk: The Longest Day** (Lodge Road Car Park, off Epping New Road)
- Saturday 25 Guided Walk: Meet the Cattle** (Chingford Railway Station)
- Saturday 25 Guided Walk: Wildlife & Historical Walk** (Snaresbrook Car Park)

July

- Wednesday 6 Green to Gold Olympics—one year to go!** (Wanstead Flats)
- Saturday 2 to Sunday 11 September Exhibition: Literary Footsteps in the Forest** (The Temple)
- Saturday 2 & Sunday 3 The Pirate Queen** (QEHL)
- Sunday 3 Junior Angling Event** (Theydon Bois Pond)
- Saturday 9 Archive Walk: Literary Footsteps in the Forest** (EFVC)
- Saturday 9 Music in Wanstead Park** (The Temple) 020 8989 4898 www.aldersbrook.info email: gilljames@btinternet.com
- Saturday 16 Tarzy Wood Community Fun Day** (Tarzy Wood, Wanstead High Street)
- Sunday 17 Guided Walk: Theydon Bois & Surrounding Areas** (Theydon Bois Tube Station)
- Sunday 24 Meet the Arborist** (Meet at Buckhurst Hill Tube Station)
- Sunday 24 Guided Bike Ride: Family Bike Ride in Epping Forest** (QEHL)
- Tuesday 26 Wildlife Rescue!** (EFVC)
- Thursday 28 Meet Dick Turpin!** (EFVC)

August

- Saturday 6 to Sunday 11 September Exhibition: Witch Hunt** (QEHL)
- Wednesday 10 Outdoor Theatre: Roald Dahl's Fantastic Mr Fox** (The Temple)
- Sunday 14 Guided Walk: Epping Forest & Wintry Wood** (Meet at the entrance of Epping Underground Station)
- Sunday 14 Guided Bike Ride: Family Bike Ride in Epping Forest** (QEHL)
- Wednesday 17 Sensory Summer Days at The Hunting Lodge** (QEHL)
- Saturday 20 Guided Walk: Wildlife & Historical Walk** (Snaresbrook car park)
- Sunday 20 Junior Angling Event** (Theydon Bois Pond)
- Sunday 21 Archive Walk: Heydays and Holidays** (Meet outside QEHL)
- Sunday 21 Outdoor Theatre: Pirates of Penzance** (The Temple)
- Thursday 25 Meet the Victorian Keeper & Poacher** (The Temple)
- Saturday 27 & Sunday 28 Tudor Spices and Exploration** (QEHL)

QEHL - Queen Elizabeth's Hunting Lodge
EFVC - Epping Forest Visitor Centre
LLP - Lake House Lake Project
The Temple - Wanstead Park

Get involved

There are several local groups that help protect and conserve the Forest by organising practical tasks and activities. The Forest really benefits from all the vital management work they do. You are very welcome to join them at any of their events – all tools provided, all levels of fitness catered for and no experience necessary!

Useful Contacts:

City of London

If you are interested in becoming involved in Epping Forest, please contact Martin Whitfield, Volunteer Development Officer on **020 8532 5335**, email martin.whitfield@cityoflondon.gov.uk or visit www.cityoflondon.gov.uk/eppingforest

Epping Forest Centenary Trust (EFCT)

The Trust aims to promote access, understanding and interest in Epping Forest through awareness and conservation programmes. To book contact **020 8508 9061** or office@efct.info or visit www.efct.info All ages welcome, children to be accompanied by an adult.

Epping Forest Conservation Volunteers (EFCV)

Practical conservation work in Epping Forest. We meet most Sundays and occasional weekdays at 9.30am at The Warren. Tasks start at 10am. For further information contact: Peter Lyons **020 8529 3060** or Kevin Mason on **020 8529 9273**, email efcv2@yahoo.com or visit www.efcv.co.uk

Epping Forest Field Centre (EFFC)

Information about family courses, family drop-in days and half term children's safaris can be found on the website. Places must be booked in advance. For further information telephone **020 8502 8500** or email enquiries.ef@field-studies-council.org or visit www.field-studies-council.org/eppingforest

Lakehouse Lake Project (LLP)

All events take place around the Jubilee Pond, Dames Road on Wanstead Flats, meeting place is at the Lakehouse Road Car Park at 11.30am. Children must be accompanied by an adult. All events last approximately one hour. For further information contact Keith Osborne **07899 970870** or **020 8926 8567**.

Woodford Green Amenity Group (WCWG)

Several activities are organised throughout the year in various locations in Woodford Green. For further details contact Mr G Stimpson, **020 8504 2330**, 7 Beresford Drive, Woodford Green, IG8 0JH.

Wren Conservation and Wildlife Group (WCWG)

Practical work in and around Wanstead Park on the first Sunday of every month. Meet at 10am at the Keepers Cottages, Wanstead Park, near Northumberland Avenue entrance. For further details contact Richard Oakman on **020 8989 3243**.

The Three Forest Centres

Epping Forest Visitor Centre, High Beach, Loughton, Essex IG10 4AE

Summer (April-September)
10am–5pm open every day,

Queen Elizabeth's Hunting Lodge, Rangers Road, Chingford E4 7QH

Summer (April-September)
12noon–5pm Wednesday-Sunday,

The Temple, Wanstead Park, Wanstead E11 2LT

Summer (April-September)
12noon–5pm Saturday and Sunday,

For all inquiries, please telephone Epping Forest Visitor Centre on: 020 8508 0028



Volunteer Epping Forest



Community



Knowledge & Skills



Impact



Friendship

If you would like to join our wonderful team of volunteers, please contact our Volunteer Development Officer, Martin Whitfield on **020 8532 1010** or email epping.forest@cityoflondon.gov.uk

Forest Focus is produced by the City of London Open Spaces Department, Epping Forest, The Warren, Loughton, Essex, IG10 4RW

020 8532 1010
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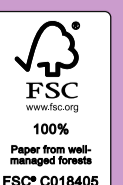
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