



Epping
Forest

Registered Charity

VOLUNTEERING IN EPPING FOREST

Get involved in volunteering in
Epping Forest

March 2024



www.cityoflondon.gov.uk/eppingforest

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WELCOME

The Oxford dictionary defines volunteering as “a person who does a job without being paid for it”. For those of us who choose to volunteer, we understand that there are many benefits to doing so. Examples of this include learning new skills, improving mental and physical health, connecting with new friends in the community, improving confidence and achieving a sense of fulfilment from giving something back to a worthy cause.



The UK Government's People and Nature Survey at the end of the Covid-19 pandemic stated that 83% of children believe nature makes them happy and that natural spaces are critical for children to make social connections. The campaign to end loneliness in 2022 found that 50% of all adults reported that they felt lonely, with 7% experiencing chronic loneliness. However, the Government's Community Life Survey in 2022 shows an 18% decrease in volunteering between 2013 and 2022.

We estimate that 12,637 volunteer hours were donated to supporting Epping Forest throughout 2023. This year, we have invested in dedicated staff to help support volunteering and, working with our

many partners to improve the number and diversity of volunteers, we want to ensure that this critical delivery arm is able to continue for many years to come.

As we re-set our volunteer strategy and strengthen our partnerships with individuals and businesses, I hope this new volunteer guide will help signpost those interested in volunteering towards joining us to in taking great care of Epping Forest.

The pages that follow are an introduction to some of the wonderful volunteer groups who operate across Epping Forest. This is not an extensive list and we invite any other organisations who participate in volunteering tasks supporting Epping Forest and who may like to be included in the next revision of this document, to please contact epping.forest@cityoflondon.gov.uk

Don't forget, the most important thing about volunteering is that it should be an enjoyable and rewarding experience!

On behalf of the Conservators, I offer my grateful thanks to all those who contribute their time and energy to help us look after Epping Forest. Long may it continue!



Benjamin Murphy,
Chairman of the Epping Forest and Commons Committee

EPPING FOREST VOLUNTEERS

We are extremely grateful to the groups of volunteers who offer valuable support with Epping Forest's mission and vision, helping us to achieve our strategic aims and priorities.



Mission:

To conserve and protect Epping Forest as London's largest biodiverse green space for the health, recreation and enjoyment of everyone.

Vision:

Epping Forest is a thriving, biodiverse green space that benefits the City of London's communities and enhances the wider environment as part of a larger, interconnected landscape.

Strategic aims:

We aim to conserve, enhance and protect the Forest's special natural environment and its heritage.

We aim to welcome encourage and inspire our visitors

We aim to support, collaborate and innovate, sustainably managing the Forest for future generations.

Strategic priorities:

1. A welcoming destination for all.
2. A beautiful Forest, sustaining an internationally and nationally important mosaic of wildlife habitats.
3. An inspiring space benefiting people's health, and providing opportunities for recreation and enjoyment.
4. A range of special heritage landscapes which are protected and celebrated.
5. A resilient environment, where challenges are embraced and opportunities explored.

VOLUNTEER GROUPS



EPPING FOREST CONSERVATION VOLUNTEERS

Hands-on conservation: Making a difference one task at a time.

Over the last 47 years The Epping Forest Conservation Volunteers (EFCV) have completed more than 2000 conservation tasks, leaving behind a legacy of positive impressions across the Forest.

Tasks usually take place every Sunday and the second Tuesday of the month. Each involves close coordination with the Corporation of London Conservation team to ensure they support the overarching management plan.

If you are interested in learning more about the Epping Forest Conservation Volunteers, please visit www.efcv.co.uk or contact Spencer Cleminson at efcv2@yahoo.co.uk

VOLUNTEER GROUPS



EPHING FOREST CONSERVATION VOLUNTEERS EVENTS

Sunday 24 March - Deershelter Plain South, leaders: Peter Smith and Steve Ford,
Young tree and holly felling. Halo veteran trees and create new pollards.
Parking: Broadstrood CP. GR:TQ428936

Sunday 31 March - Bury Wood, leaders: Kevin Mason and Steve Ford
Young tree and holly felling. Halo veteran trees. Parking: Bury Road CP. GR:TQ394952

Sunday 7 April - Lower Forest, leaders: Brian McGhie and Kevin Mason
Removing young trees around Woodyard Pond and Purlieu Bank at this new site for us.
Parking: Woodyard CP. GR:TQ472030

Tuesday 16 April - Warren Plantation, leaders: Brian McGhie and Neil Redgwell
Rhododendron regrowth removal. City of London Corporation will supply biosecurity measures for this task.
Parking: On the track to Copped Hall between the entrance and bridge over the M25. GR:TQ429010

Sunday 21 April - Birch Wood, leaders: Spencer Cleminson and Iona Kay
Removing trees to enhance adder habitat. Parking: Deer sanctuary, entrance off south side
of Coppice Row. GR: TQ440990

Sunday, 28 April - Kate's Cellar, leaders: Peter Smith and Steve Ford
Woody vegetation removal to open up grassland. Parking: Mount Pleasant CP. GR:TQ417981

Sundays 5 and 19 May - Paul's Nursery, leaders (5th): Spencer Cleminson and Iona Kay, leaders (19th):
Kevin Mason and TBA
Rhododendron regrowth removal. Parking: High Beach CP. GR:TQ410985

Tuesday 14 May - Ambresbury Banks, leaders: Brian McGhie and Neil Redgwell
Thinning birch and removing holly. Parking: Jack's Hill North CP. GR:TQ435995

Sunday 26 May - Lodge Road Lower Bogs, leaders: Peter Smith and TBA
Felling trees along the lower streams to increase light levels.
Parking: Lodge Road CP: TQ432998

VOLUNTEER GROUPS

EPPING FOREST CONSERVATION VOLUNTEERS



“It’s light exercise in one of the most beautiful places in London, and it helps maintain a site of immense natural value... It adds a real sense of meaning and purpose to spending time outdoors.” - Dan, Epping Forest Conservation Volunteer.

VOLUNTEER GROUPS



EPPING FOREST HERITAGE TRUST

Epping Forest Heritage Trust (EFHT) is a local charity and membership organisation that work to help the City of London's aims to preserve and protect Epping Forest and its irreplaceable biodiversity, culture, and heritage now and for generations to come.

EFHT inspire people to visit and love the Forest through regular guided walks and by managing the Epping Forest Visitor Centre at High Beach on behalf of the City of London Corporation. They help to improve biodiversity of the Forest through hands-on conservation work and campaign to raise awareness of the Forest and advocate at planning enquiries to ensure it does not suffer direct damage from more development, traffic or pollution.

Contact info: www.efht.org.uk, email: admin@efht.org.uk, tel: 020 8508 9061.
Facebook/Instagram/X handle: @EppingForestHT

EPPING FOREST HERITAGE TRUST EVENTS

27 April - Muslim Hikers
15 September - Big Walk

VOLUNTEER GROUPS



EPPING FOREST RIDERS' ASSOCIATION

The Epping Forest Riders' Association (EFRA) are always looking for volunteers to assist them with organising their events in and around Epping Forest. Volunteers do not need to be able to ride horses themselves, just happy to help with things. It is of course useful if volunteers understand being around horses but it also provides an opportunity for people who might want to know more about working with horses to get involved in an easy way.

For the escorted rides EFRA need people to act as stewards at road crossings, to assist with car parking and to help serve refreshments at the end of the rides. All volunteers at the escorted rides are provided with a free picnic following the event. Escorted rides are normally 10.30am -12.30/1pm. Volunteers should arrive at 9am to help with car parking. Venues are Bury Road Car Park or the Gardens of Hanbury.

The group also require volunteers to help at showing shows which currently take place in the Epping Forest area at Barnfields, Sewardstone Road. For these, volunteers are required to help with setting up/ taking down courses, gazebos, signs etc., helping with car park management. Volunteers are also required to assist the judges and the secretary.

Showing Shows timings: Help set up from 7.30-8.30am. Car parking from 8am-10am and 12-2pm. Ensuring arenas and car parking are clear between 9.30 am - 5pm. It may be possible to work as a volunteer in shifts for the longer days.

To find out more please contact efranews@gmail.com

EFRA EVENTS

24 March - Arena Trec Woodlands, Sewardstone Road

Monday 1 April - Easter clue ride & Easter egg hunt - Bury Road or Gardens of Hanbury

6 / 27 May - Showing Show - Barnfields

30 June - Horseman's Sunday - High Beach Village Green in conjunction with High Beach Church

14 July - Midsummer Ride - Bury Road or Gardens of Hanbury

27 October - Halloween Ride - Bury Road or Gardens of Hanbury

29 December - Mince Pie Ride - Bury Road or Gardens of Hanbury

VOLUNTEER GROUPS



FRIENDS OF WANSTEAD PARKLANDS

The Friends of Wanstead Parklands (FWP) (www.wansteadpark.org.uk) is a campaigning group working with the City of London to improve access, heritage features and ecology in Wanstead Park. The group run events, fund improvements and raise awareness of the Park's history and natural beauty. The main priorities for the Group are restoration of the lakes, improved paths, and a new Visitor Centre hub.

Friends of Wanstead Parklands Events

Saturday 30 March, 9am-11am: Family Water Bird Walk in Wanstead Park led by the Wren Group with FWP support. Meet at the Tea Hut.

Sunday 14 April: 11am: Litter pick and bookstall. Meet at the Temple

Sat 27 April. 1-4pm: Butterfly Conservation Workshop in the Temple advertised widely. Summer survey of chosen area will be monitored by volunteers over the summer.

Sun 28 April, 10am: Meet at Warren Road entrance for Bluebell Walk and guided History Park walk for FWP members.

Sun 12 May, 11am: Litter pick & bookstall.

Sat 8 June, 10am: Bee Walk in Wanstead Park with bee expert Tony Madgwick.

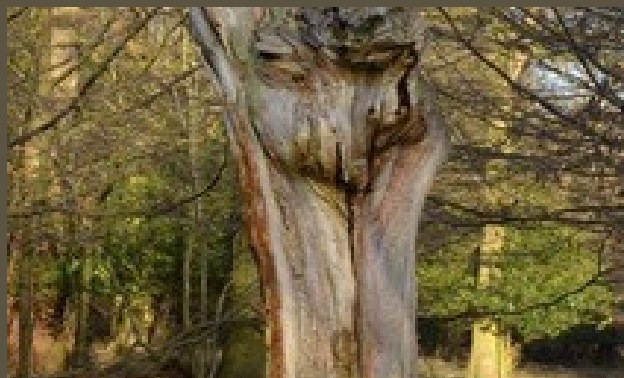
Sun 9 June, 11am: Litter pick and bookstall

Saturday / Sunday 22 / 23 June: Wren Wanstead Wildlife Weekend: various events such as guided walks, workshops, pond dip, picnics, stories for children run by Wren Group with support from FWP.

Sun 7 July, 10am: Family cycle ride around the Ornamental Waters, led by Redbridge LCC with FWP supporting with marshals etc. Fundraiser for play area.

Sun 14 July, 11am: Litter pick and bookstall.

VOLUNTEER GROUPS



FRIENDS OF WINTRY WOOD

The Friends of Wintry Wood is an informal group, formed in the summer of 2021, via the Epping Forest Forum, with the aim of raising awareness of the most northerly part of Epping Forest, shown on old maps and known locally as Wintry Wood, that is now recognised by the City of London Corporation as The Lower Forest.

This area is a gem, full of history, beauty, wildlife and interest.

In autumn 2022, following news of impending fuel costs, raising inflation and very gloomy news and in the hope of raising peoples spirits it was decided to trial a regular walk always an amble - not a ramble, in this part of the Forest, advertised as Wintry Wood Wanderers Winter Warm Ups. Proving to be a success the walks have continued, and are now in their second year.

The walks are led by De Spence a local resident with a love of this part of the forest. We note the changing seasons with spring strolls, summer saunters and autumn ambles. There is no charge made and dogs on leads are welcome. The group walk at a leisurely pace, taking time to see what is around them, chat, with some taking photographs, all in the company of like minded people. The group walk in all weathers and have walked in rain, snow and on hot summer days, always glad they made the effort because they have an enjoyable time, whatever the weather.

The group meet on the second Wednesday of the month, meeting at Forest gate 11, which is opposite St Margaret's Hospital, The Plain, Epping CM16 6TH. Public Transport is convenient and parking is available close by. Time: 11am duration of walk approx 1 - 1.5 hours. There is a [Friends of Wintry Wood Facebook page](#) where contact can be made as well as via eppingforestforum.com/foww

FRIENDS OF WINTRY WOOD EVENTS

10 April, 8 May, 12 June, 10 July, 14 August, 11 September, 9 October, 13 November, 11 December.

VOLUNTEER GROUPS



HIGHAMS PARK SNEDDERS

The Highams Park Snedders are a friendly group of local volunteers from the Highams Park Planning Group (HPPG) who help the City of London Corporation to look after Highams Park Lake and the surrounding Forest. The name Snedders comes from the old Saxon word “sned”, which means to prune.

The Snedders work closely with the Epping Forest Conservators from the City of London Corporation who provided helpful logistical support and training when the Snedders were set up. The works they undertake in the woods form part of a management conservation programme set by the conservators' ecologists.

They have undertaken a variety of works in the local woods, such as clearing undergrowth, which was necessary after the cows stopped grazing in the mid-1990s and opening up windows in the vegetation and reed planting to improve the wildlife habitat and water quality at the Lake.

The Snedders have also undertaken other projects such as establishing Humphry's Café and the new path across the park to the café; signage throughout the woods and the new viewing platform at Highams Park Lake.

This year the Snedders have been focussing on restoring the bluebell patches in Great Sale Wood and maintaining the windows at the Lake.

HIGHAMS PARK SNEDDERS EVENTS

Outside of the bird nesting season, the Snedders usually meet on one weekday and Saturday each month, although sometimes more often. Sessions generally run from 9.30 am until 12.30 pm and tea/coffee and biscuits are provided.

New volunteers are welcome and you can sign up to help out on this link:
<https://highamparkplan.org/home/get-involved/>

VOLUNTEER GROUPS



THE WREN WILDLIFE AND CONSERVATION GROUP

The Wren Group (www.wrengroup.org.uk) work with the City of London Corporation to conserve local open spaces in the south of Epping Forest. They run practical work sessions in the winter, do recording work on flora and fauna, and run events to educate and increase enjoyment and awareness of the biodiversity of the area.

The Group does habitat management work in the autumn and winter in the Wanstead Park area. Sessions are each Thursday morning for two hours and also the first Sunday of the month. Tools and training provided.

If you are interested, please sign up for updates by emailing wrengroup.distribute@gmail.com.

The group also conducts survey work - including of birds, invertebrates and plants - throughout the year. If you are interested in updates on this, please email tharris0457@gmail.com.

The Wren Group have recently been helping us to conserve the last remaining skylark population so close to the centre of London, at Wanstead Flats



VOLUNTEER GROUPS

THE WREN WILDLIFE AND CONSERVATION GROUP

WREN GROUP EVENTS

Spring 2024

Mid-March: Temporary fencing of the skylark area on Wanstead Flats completed. Wren Group volunteers hold friendly hearts and minds patrols. Practical work clearing brambles etc continues until the end of March.

Saturday 30 March, 9am-11am: Wanstead Park duck spotters alert: family waterbird event by the Wren Group with Friends of Wanstead Parklands support. Meet at the Tea Hut in Wanstead Park.

Saturday 27 April, 1 - 4pm: butterfly conservation workshop in the Temple - advertised widely. Summer survey of chosen area will be monitored by volunteers over the summer.

Saturday 11 May, 10am: wildflower walk in Quaker Burial Ground on Bush Road, with a focus on bees and artistic input.

Saturday 8 June, 10am: Bee Walk in Wanstead Park with bee expert, Tony Madgwick.

Saturday / Sunday 22 / 23 June: Wren Wanstead Wildlife Weekend: various events such as guided walks, workshops, pond dip, picnics, stories for children etc. run by Wren Group with support from Friends of Wanstead Parklands.



FIND OUT MORE...



To find out more about volunteering opportunities in Epping Forest please visit:
www.cityoflondon.gov.uk/eppingforest

E-mail: epping_forest@cityoflondon.gov.uk

Telephone: 020 8532 1010

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