

Appendix 2 – Examples of Natural Play structures, quotes about natural play and map of proposed and current sites

Natural Play areas are growing in popularity and can vary from simple provisions of a few logs, stumps and sleepers to more complex installations involving greater elements of construction and design:



Other examples of Natural Play areas



Current play provisions on Epping Forest

There are currently two formal, man-made playground structures on Epping Forest. One at Wanstead Flats and one at Lords Bushes.



There are also three Natural Play areas, Connaught Water and Butlers Retreat have been installed in the last two years and a third, larger site at Jubilee Pond has just finished construction.



New Jubilee Pond natural play area



Natural Play—Quotes

“Children are losing their connection with the natural environment and their wellbeing and environmental quality are inextricably linked. The worse a local environment looks, the less able children are to play freely” Thomas and Thompson, A Child’s Place Demos

“Evidence shows that contact with the outdoors, and especially with the natural environment, is important for children, particularly in the middle years of childhood. The benefits of building a relationship with nature include a sense of identity, of being in the natural world, and experiencing the restorative effects of special places, which are often secret”. Stuart Lester and Martin Maudsley of Playwork Partnerships

Research has shown that ‘...as well as the benefits to their health and well-being, engaging children in natural play at a young age can result in lifelong positive attitudes about nature and the wider environment.’ (John Plowman, Chair of the London Sustainable Development Commission, in ‘Sowing the Seeds’, November 2011)

Dr Marcus Roberts, Policy manager at the mental health charity MIND: *“Being outdoors and being active is proven to benefit mental health”*

PLAYGROUNDS AND PLAY AREAS IN EPPING FOREST

