



Heath Hands Update – November 2022

Highlights

- Over 9,300 **hours** contributed by volunteers in the year to date (see chart overleaf)
- Over 7,000 participants in Heath Hands activities so far this year
- Recent conker championships a huge success with up to 400 competitors, following summer community festival and Afghan kite festival
- New laboratory installed at the Hive – collaboration with LNHS for millennial flora project

Coming up

- The 2023 **Hampstead Heath Calendar** is available at all the usual places and via the online shop: heath-hands.org.uk/shop
- Final preparations for opening of Dairy **interpretation centre** being completed
- Display of Hampstead Heath photos will be first exhibition on display
- **Annual Volunteer Survey** will be undertaken in November
- Seasonal events programme will include Ranger walks, Autumnal forest bathing and festive **wreath-making** sessions – Consultative Committee members welcome to join!

Conservation

- Over 400 volunteer **sessions** delivered working with Conservation, Ranger, Golders Hill, Keats, Highgate Wood and English Heritage teams.
- More than 1700 **corporate** volunteering hours contributed by 29 companies
- **Wildlife Monitoring** completed for 2022, with results to be published in due course
- Savernake Bridge and Hive landscaping ongoing, with initial **Hive wildflower meadow** work completed with sowing by 60 pupils from Gospel Oak Primary School.

Community

- Over 600 participants on 48 **community** activities so far this year
- Wildlife interpreting sessions in full swing running autumn activities on weekends and 8 new volunteers recruited to join the team.
- Young Barnet Carers hosted at Golders Hill Park, alongside groups from Mencap, Scouts and QCCA.

Learning

- Over 700 **school** children participated in activities and growing **youth** programme
- 15 **Heath Friendly Schools** active with a balanced mix of state and private
- Busy programme of **walks and talks** with a seasonal theme including walks on spiders, Autumn and hedgerows – more info here: www.heath-hands.org.uk/whatson

Wellbeing

- Discussions started with Camden Council about taking responsibility for and growing the regular **Health walks** on Hampstead Heath.
- **21 wellbeing activities** (forest bathing, Nordic walking etc.) delivered so far this year, including forest bathing for visually impaired participants.
- Social prescribing activities ongoing – 11 referrals signposted to heath activities as part of **health connections** so far and work progressing to set up two new group projects with local services.



Conservation and Community
on Hampstead Heath

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