



Epping
Forest

Registered Charity

VOLUNTEERING IN EPPING FOREST

Get involved in volunteering in
Epping Forest

June 2024



A local 14 year old boy interested in a career in conservation, and his Mother, attended our 'Lend a Hand Day'!

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 lots of non-monetary 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. However, the Government's Community Life Survey in 2022 shows an 18% decrease in volunteering between 2013 and 2022. We need to change that.

Our estimates show that 12,637 volunteer hours were donated to support Epping Forest in 2023. This year, with your support, we would like to see this number increase. To achieve this, we have invested in dedicated staff to help support volunteering and we are working with a range of community partners to diversify opportunities where you can get involved.

Don't forget, the most important thing about volunteering is that it should be fun! We welcome your ideas and feedback at epping.forest@cityoflondon.gov.uk

On behalf of the Conservators, I offer my sincere thanks to all those who continue to contribute their time, energy and skills to help us look after Epping Forest.

Benjamin Murphy CC,
Chairman of the Epping Forest and Commons Committee



A photograph of the Muslim Hikers event, hosted by one of our volunteer partners, Epping Forest Heritage Trust. Photo Credit: Kadeer Ali

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.

EPPING FOREST VOLUNTEERS

City of London Epping Forest has a variety of volunteer roles including conservation work, surveys, patrolling with our Keepers, helping at our visitor centres, and lots more.

In 2023 Epping Forest had:



**102 active
volunteers**



**2,529 hours
volunteered**



**6 project
areas**

What motivates our volunteers:

"to help my local environment"

"To help protect and preserve our local natural environment"

"To connect with nature"

"Get my steps in while helping to make a difference"

"An interest in the heritage of the Forest"

"A desire to give back to the Forest after benefitting from having access to it."

"Meeting new people"

Interested in joining the team?

Email: EFVolunteering@cityoflondon.gov.uk

Register your interest [here](#)



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 2 June – Thames Valley Stream Leaders; Kevin Mason & Steve Ford
Removing small trees along the length of the Stream and tributaries.
Parking; Jacks Hill North CP , GR TQ435995

Tuesday 11 June – Honey Lane. Leaders; Brian McGhie & TBA
Himalayan Balsam pulling within the boggy area. Evening task followed by pub night in the Woodbine
Parking; Honey Lane CP, GR TQ413996

Sunday 16 June – Woodyard pond. Leaders; Steve Ford & TBA
Removing small trees in the area of the Purlieu Bank.
Parking; Woodyard CP, GR TQ472030

Sunday 23 June – Furze Ground Leaders; Spencer Cleminson & TBA
Bracken pulling & small tree removal around the heather areas. Pollard maiden Hornbeams.
Parking; Broadstrood CP, GR TQ428986

Sunday 30 June – Copley Plain Ditch. Leaders; Peter Smith & TBA
Bracken pulling & bramble removal to protect Marsh Fern. Pollarding maiden trees. Small tree removal.
Parking; Jacks Hill South CP, GR TQ435995

Sunday 6 July Jacks Hill bog. Leaders; Spencer Cleminson & TBA
Felling small trees on the west side as part of bog management.
Parking; Jacks Hill North CP, GR TQ435995

Tuesday 16 July - Warren Plantation/ St Thomas Quarters Leaders; Kevin Mason & TBA
Rhododendron regrown removal
Parking; Warren Plantation, GR TQ429010

Sunday 21 July – Wake Valley heath & bog Leaders; Peter Smith & TBA
Bracken pulling & small tree removal on heath. Bramble & Pendulate sedge removal from bog.
Parking; Wake Valley CP, GR TQ423988

EPPING FOREST CONSERVATION VOLUNTEERS EVENTS CONTINUED..

Sunday 2 June – Thames Valley Stream Leaders; Kevin Mason and Steve Ford
Removing small trees along the length of the Stream and tributaries.
Parking; Jacks Hill North CP , GR TQ435995

Sunday 28 July – Long Running Leaders; Kevin Mason and TBA
Annual bracken pulling in the orchid area.
Parking; Jacks Hill South CP, GR TQ435995

Sunday 4 August – Lower Forest* Leaders; TBA
Felling small trees and holly.
Parking; Woodyard CP, GR TQ472030

Tuesday 13 August – Wake Valley Pond Leaders; Brian McGhie and Neil Redgwell
Bracken management and small/medium tree felling. Removing dried material away from pond area. No working in pond.
Parking; Mount Pleasant CP, GR TQ417981

Sunday 18 August – Knighton Wood* Leaders; Spencer Cleminson and Ruth Moore
Felling small trees and holly.
Parking; Knighton CP, GR TQ407935

Sunday 25 August – Honey Lane* Leaders; Peter Smith and TBA
Felling/removal of small trees.
Parking; Honey Lane CP, GR TQ413996

Sunday 1 September – Long Hills* Leaders Steve Ford and TBA
Holly removal and haloing veteran trees.
Parking; The Warren, GR TQ409956

Tuesday 10 September – Warren Wood Slopes* Leaders; Brian McGhie and Neil Redgwell
Felling small trees and holly.
Parking; Connaught Water CP, GR TQ405955

Sunday 15 September – Lower Forest* Leaders; Steve Ford and TBA
Felling small trees and holly.
Parking; Woodyard CP, GR TQ472030

Sunday 22 September – Walthamstow Forest*
Leaders; Spencer Cleminson and TBA
Felling small trees and holly.
Parking; Mill Plain

Sunday 29 September – Barn Hoppitt
Leaders; Peter Smith and TBA
Clearing bramble and small trees around the
ant hills only.
Parking; Barn Hoppitt CP, GR TQ398947



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 charity and membership organisation that works to help the City of London Corporation's aims to preserve and protect Epping Forest and its irreplaceable biodiversity, culture, and heritage now and for generations to come.

Our vision is a thriving Forest, rich in biodiversity, heritage and culture, enjoyed and conserved now and for generations to come.

We aim to:

1. educate and inspire people about Epping Forest
2. do hands-on work to conserve and grow the Forest
3. protect the Forest through research and advocacy.

Our areas of work are:

- Inspiring people from all background to visit and love the Forest through regular guided walks, talks and community outreach events
- Sharing information about the ecology, history and culture of the Forest through talks and various collaboration events
- Organising the annual 'Epping Forest Big Walk'
- Managing the Epping Forest Visitor Centre at High Beach on behalf of the City of London Corporation
- Leading regular hands-on conservation sessions with volunteers to improve the biodiversity of the Forest, including women only sessions
- Advocating on planning proposals to ensure the Forest does not suffer damage from more development, traffic or pollution
- Championing sustainable transport to, from and around the Forest in order to reduce pollution and protect the Forest's biodiversity and enjoyment by the public
- Campaigning to raise awareness of the Forest with decision-makers and policymakers

Volunteering opportunities:

We have a range of volunteering opportunities, from one off volunteering to help conserve the Forest, to regular monthly shifts at the Visitor Centre. If you care about the Forest we are sure we have an opportunity for you to help!

- Helping at hands-on conservation sessions – either ad hoc or as part of a regular team
- Being an Information Assistant at the Epping Forest Visitor Centre at High Beach
- Leading or helping to marshal guided walks
- Helping develop our policy work, on planning proposals, the ecology of the Forest or engaging politicians and policy makers in the importance of the Forest
- Helping with our fundraising or office administration

Visit <https://efht.org.uk/volunteering/> to find out more.

Upcoming events

For more details see the links below:

- Friday 31 May: [conservation volunteering day](#) (women* session, for women, non-binary and trans people)
- Friday 7 June: [conservation volunteering day](#) (part of The Big Help Out)
- Saturday 8 June: [conservation volunteering day](#) (part of The Big Help Out)
- Sunday 23 June: [Guided Walk – Ancient Woodlands and Loughton Camp](#)
- Saturday 13 July: [Guided Walk – A Stroll in the Forest at Walthamstow](#)
- Sunday 18 August: [Guided Walk – The North Frontier](#)
- Sunday 15 September: [Epping Forest Big Walk](#)

To find out more

- Facebook, Instagram, X: @EppingForestHT
- Eventbrite: efht.eventbrite.com
- Visit our website: www.efht.org.uk
- Email admin@efht.org.uk, or call us on 020 8508 9061

What's new

Epping Forest Walks App: Explore Epping Forest and some of its most iconic trails with our simple to use GPS-enabled app that offers access to 20 unique trails, including 10 official waymarked trails by the City of London Corporation.

- Google play: <https://play.google.com/store/apps/details?id=uk.org.efht.eppingforest>
- Apple app store: <https://apps.apple.com/gb/app/epping-forest-walks/id6496284584>



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

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

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

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

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

Sunday 9 June, 11am: Litter pick and bookstall.

Saturday 22 / Sunday 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 Friends of Wanstead Parklands.

Sunday 7 July, 10am: Family cycle ride around the Ornamental Waters, led by Redbridge London Cycling Campaign with Friends of Wanstead Parklands supporting with marshals etc. Fundraiser for play area.

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

Sunday 15 September: Stall at Wanstead Festival.

Sunday 29 September, 10am: Late summer history walk in the Park.

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 Dee 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 or email info@eppingforestforum.com

FRIENDS OF WINTRY WOOD EVENTS

Summer Saunters: 12 June, 10 July, 14 August

Autumn Ambles: 11 September, 9 October, 13 November

Winter Warm ups: 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

Sunday 9 June, 10am - 12noon: Bee Walk in Wanstead Park with bee expert, Tony Madgwick. Meet at the Tea Hut in Wanstead Park. All children must be accompanied by adults. This is a free walk for all ages.

Saturday 22 / Sunday 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.

Sunday 7 July, 2pm: Redbridge London Cycling Campaign Family cycle ride around the Ornamental Waters in Wanstead Park to raise funds for equipment in the Woodland Play Area. This is a very easy ride, suitable for beginners and young children. Entry is free. (Contact Redbridge London Cycling Campaign to book)

Sunday 29 September, 10am: History Walk in Wanstead Park, Friends of Wanstead Parklands, Guided Walk. Meet at the Park gate, Warren Road, Wanstead E11 2LS

Join the Friends for a gentle morning ramble through the Park in late summer. Follow this with a short tour of the historical highlights of the Park, led by Committee Member Adrian Russell, and finish with a cuppa, lunch and a chat at the Tea Hut.

Please note that some of the paths are uneven and may be muddy.

Nearest public transport: Wanstead tube station. Car Parking in Warren Road. Disabled parking bays near the Temple.

More information: see www.wansteadpark.org.uk

Contact: info@wansteadpark.org.uk



VOLUNTEER GROUPS

FRIENDS OF SWAINES GREEN

Swaines Green is a 26 acre area of woodland and wildflower meadow on the edge of Epping, comprising partly City of London land and partly Epping Town Council land, and is designated as Epping Forest Buffer Land.

The Friends of Swaines Green help to ensure the habitat is maintained through regular conservation days in the winter, and also monitor the wildlife present. We are always in need of volunteers to help with these activities.

Our wildlife monitoring comprises the management of a large complement of nestboxes, as well as surveys of plants, animals and birds to see what is doing well and what might need some further help. Volunteers to undertake any work in this area would be very welcome.

For more information about Swaines Green, how you can help the Friends and how to contact us, please visit our website swainesgreen.org.uk or email swainesgreen@gmail.com

SWAINES GREEN EVENTS

Our conservation days are held from 10am on the second Sunday of each winter month (October to March inclusive). Please meet at the kissing gate entrance to Swaines Green, Lower Lincoln Field at the end of the Coronation Hill cul-de-sac. We provide all the tools, just wear working clothes, stout footwear and gardening gloves.

One of the ways we raise awareness and money is through the popular annual May Fayre held on Lower Swaines Recreation Ground. The May Fayre involves a lot of people helping to prepare, set up, run stalls and clear away again afterwards. Volunteers to help with this are always needed.



FIND OUT MORE...



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

E-mail: efvolunteering@cityoflondon.gov.uk

Telephone: 020 8532 1010

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