

Spring 2019

wren

Wildlife & Conservation Group

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Wren annual general meeting

I'm pleased to report that the past year has been another successful one for the Wren Group. Nature highlights for me last year were having great views of both Red-backed Shrike and Rustic Bunting on Wanstead Flats (both found by Nick Croft), seeing almost all of the year's 29 species of butterfly, and being able to record a few more moths new to our area. Other members of the group have been extending our knowledge of local bees, lichens, and plant galls.

In April we took the Group's pop-up stall to Forest Gate again and had another opportunity to speak with local residents. More than 200 people again attended our midsummer

bioblitz, the fourth we've organised, and Tricia Moxey led yet another successful autumn fungus walk in Bush Wood. In January we benefitted from Rob Sheldon's presentation on the 'People's Manifesto for Wildlife' and along the way there have been several waterbird counts, a visit to East Ham Cemetery, courtesy of the Newham Green Gym, and ad hoc survey sessions too numerous to list.

The practical work team, so skilfully marshalled by Peter Williams and Mark Gorman, has ensured that there will be another great show of bluebells in Chalet Wood, and has also devoted several hundred person-hours to carefully nuanced habitat management in the Old Sewage Works. This has paid, and continues to pay, dividends with floral and invertebrate diversity.

I'd like to pay tribute to every one of our fantastic committee for the commitment they've shown this year: Kathy Baker, Mark Gorman, James Heal, Mary Holden, Gill James, Jackie Morrison, Tony Morrison, Simon Raper, Mirza Rashid, Bob

Vaughan, and Peter Williams are a great team to work with. I've already mentioned Mark and Peter, but I'd also like to single out Tony for the work he does in putting together the newsletter and constantly updating the FaceBook page, Simon for keeping tabs on our money, and Gill for her relentless drive and enthusiasm. During the year we lost David Giddings, who moved to remotest Pembrokeshire.

Our president Richard Oakman and Paul Ferris remain invaluable links to the very earliest days of the Group in the early 1970s. It was Richard who invited me to join the Wren committee on 31 March 2009, just over 10 years ago. Just nine people were present at that AGM, but it was clear then that there was a need for the Group, and – although I stood down as chair at this year's AGM (where there were 51 in attendance) – I believe there is still that need, so I'd like to wish my successor every success.

Tim Harris
Outgoing Chair



James Heal
Chair



Richard Oakman
President



Gill James
Committee Member



Tim Harris
Committee Member



Mark Gorman
Membership



Jackie Morrison
Committee Member



Mirza Rashid
Committee Member



Moira Duhig
Committee Member



Mary Holden
Committee Member



Bob Vaughan
Committee Member



Tony Morrison
Newsletter



Peter Williams
Works Co-ordinator



Kathy Baker
Secretary



Simon Raper
Treasurer

a word from the chair

... or more appropriately, "A word about the last Chair". At the 2019 Annual General Meeting of the Wren Group in March, Tim Harris stood down after seven years in the Chair. I am pleased, and relieved, to say that he is staying on as a member of the Committee. Meanwhile, I have the rather unenviable task of replacing him as Chair.

Tim is a modest man, so I don't want to embarrass him, but I do want to recognise the

gratitude we have for all Tim has done for the Wren Group, for the wildlife, and for people locally.

Tim has gone way above the expectations we might have for a volunteer Chairman of a small, local, conservation Group. Supported by some passionate and dedicated members, he has raised the profile of the wonderfully rich and diverse natural life we enjoy here locally, helped secure Wanstead's place on the map as an important site in the London area for wildlife, helped protect the range of habitats we are lucky enough to have here, and fought for some of the species that are under threat; most notably the Skylarks.

It seems to me that Tim has an immensely strong sense of civic duty. Whilst not very fashionable, civic duty is important if we are to work together to overcome some of the challenges we face as a society; be they local issues, such as protecting the habitat for our breeding Skylarks, or helping to raise the profile of much broader issues such as the climate crisis we are facing.

In his own comments at the AGM, Tim mentioned some of the dynamic grass-roots movements that are rising up to address some of the biggest environmental issues. I agree with him that the sight of school children taking the lead in some of these campaigns (exemplified by a Swedish teenager, Greta Thunberg), is both humbling and hopeful.

The Wren Group may be small, but it is a wonderful example of local civic duty in action. Just by being a member you are a part of this, and the more you get involved, I am sure the more you will get out of it: whether helping with practical work, joining our events, surveying wildlife locally, or helping the next generation take an interest in what we have right on our doorstep. I feel enormous privilege to be taking over as Chair of the Wren Group, joining you in some of these activities, and treasuring what we are so lucky to have all around us.

James Heal
Chair Wren Group



The best time to plant a tree was 20 years ago. The second best time is now

I believe that this proverb says as much about people as it does trees.

If a child is taught to understand and care about nature then I believe he or she is likely to grow to be a better person for it. The proverb also implies that it's never too late to learn. Involving and encouraging others, both young and older, to care about their environment is to plant a seed whereby they may grow more a part of where they live - caring more for it and others living there.

The Wren Group is trying hard to engage more with local groups and people in caring about where they live. We now have a regular presence at local markets and events. We have a lively Facebook page as well as a website, and you can even follow us on Twitter.

However, probably the best way of spreading the word is through you. If you are not a Wren member - why not join? If you are a member why not tell your friends? Please take a look and 'like' our facebook

page – by following us you will be kept up-to-date with what's happening. And please tell your friends to like us.

Lastly, remember this is your newsletter and cannot be produced without your support so if you have any news, views or stories please send them to me at wreeditor@talktalk.net

Joining details, previous newsletters and much more can now be found on the Wren website at <http://www.wrengroup.org.uk>

why we need more trees

article by Tricia Moxey

In an earlier edition of the Wren Newsletter (Spring 2015) I wrote about the importance of green spaces as places to be visited for our health and wellbeing. Such places are incredibly valuable for wildlife too if they are managed appropriately as the results of successive local Bioblitzes have revealed.

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Covering 2,476 hectares (6,118 acres) Epping Forest is a much-loved open space but it is hemmed in by built development where some 412,000 households currently reside. Within the next decade the predictions are that the number of households will increase by approximately a further 72,000 units, presenting the responsible authorities with even greater challenges as they struggle to finance the maintenance of this and the many other local green environments for the benefit of the local communities.

There will be increased visitor pressure on Epping Forest as well as the green corridors of the rivers Lea and the Roding as more people realise the enhanced health benefits of walking in

more natural as opposed to urban environments. Individual gardens will also become even more precious as havens for people as the exercise of gardening is an excellent means of reducing stress! Biodiverse gardens full of wildlife develop curiosity about the natural world and appear to help reduce the risk of allergies and enhance exposure to beneficial microbes.

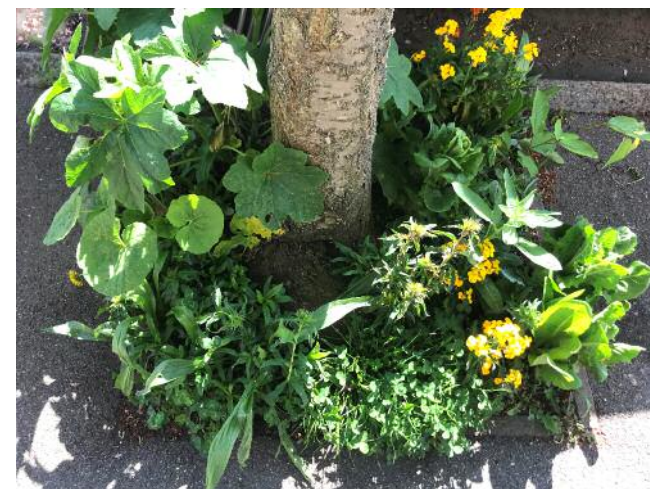
Trees form an important backdrop to our everyday lives and in an ideal world each one of us would benefit from seeing a tree on waking up! Trees are aesthetically appealing and

inspirational, and they provide living organisms with vital oxygen. Most native trees support a great variety of invertebrates which help feed other creatures and they provide roosting sites for birds and bats. They need the support of mycorrhizal fungi to thrive. A well grown tree canopy intercepts 19% of rainfall thereby reducing the risks of flooding and soil erosion.

Collectively they provide cooling shade, shelter from the wind, hide unsightly structures and absorb pollutants from the atmosphere.

There are alarming statistics about the level of atmospheric pollution on roads in all urban areas. Recent studies indicate that having more trees,

shrubs and ivy present is one way to capture some of the pollutants, so initiatives to green up urban roads are to be welcomed and to keep those front gardens green too! Additional appropriate street trees should be planted wherever possible. The placing of vibrant flower filled planters on street corners and other locations can make a real difference to the appearance of an area as well as helping to reduce the impact of traffic pollution. The bees will love them too! Close access to quality green spaces increases the value of nearby properties.



Vibrant flower planters and tree pits can brighten up a location, provide a source of shelter and food for wildlife and help reduce the impact of traffic pollution. Here members of 'Wild Wanstead' have planted a tree pit with a selection of green and flower plants in Halstead Road.

Hard surfaces such as roads and buildings absorb the energy from the sun and machines of all kinds give off heat, so urban areas are much warmer than the surrounding countryside. In recent years the recorded summer temperatures in the green space of Epping Forest were much lower than in

the adjacent urban areas. Planting more street trees, retaining trees in individual gardens and open spaces and creating green roof spaces will help to reduce the life-threatening impact of predicted prolonged higher summer temperatures.



Recent research shows that spending time in nature is good for your wellbeing. Kathy Hartnett Grey Squirrel in Oak Tree (Reservoir Wood).

Larger trees have a greater value to wildlife and where possible should be retained and integrated into any new developments. Native species support a greater variety of other forms of wildlife than others; oaks and willows are top of the list, with over 300 other species being associated with them. Ash, beech, field maple, hawthorn, hornbeam, hazel and rowan are good too. However, introduced species trail well behind which is why planting with native species is usually recommended for new plantings to help retain and enhance biodiversity.

In 2018, research from the Fields in Trust demonstrated that if everyone in the UK has access to sufficient green space the benefits associated with increased physical activity are worth £34 billion per year with savings to the NHS of at least £111 million per year in prevented GP visits. The individual value of parks and green spaces is £974 per person.

Since 2008 it has been possible to obtain an indicative monetary value for urban trees as public assets rather than liabilities by using the Capital Asset Valuation of Amenity Trees (CAVAT) system. This was developed by Chris Neilan and the London Tree Officers Association (LTOA) and was designed not only to be a strategic tool and aid to decision-making in relation to the tree stock in an area but can also be applied to work out the value of a single tree. Why not download the details and to work out the value of the tree in a street near you? You will be pleasantly surprised and in doing so you will begin to understand more about such trees and their worth to you, your local community and the creatures which share our planet.

by Tricia Moxey



Further information on <https://fieldsintrust.org>
<https://ltoa.org.uk/resources/cavat>

About 47% of Greater London is made up of green spaces! In addition to all the private gardens, golf courses and playing fields, and riverside walks there are the Royal Parks, protected common land, 142 Local Nature Reserves, 3,000 parks, 37 Sites of Special Scientific Interest, 4 World Heritage Sites and 300,000 allotments. Covering 2,476 hectares (6,118 acres) Epping Forest is of course the largest of these green spaces! Although technically not within Greater London, the plantations of Thames Chase now extend to 9,842 hectares (24,320 acres) astride the M25 and are starting to impact on the landscape, but new woods take centuries to mature.

With an expanding population of over 8 million, the pressure on these green spaces is increasing as developers see some as building plots. But it is vital that these green space remain green as they provide opportunities for recreation, socialisation and many restorative properties to counterbalance the stresses of modern life. Research has shown that access to such green spaces by residents, workers or visitors has tremendous health benefits with significant therapeutic effects on mind and body. Observing the wildlife that lives there or learning about the history of the site enriches the experience.

More: www.gigl.org.uk

a nature fix is good for you

A new study reveals that for urban dwellers, spending just 20 minutes with natural elements significantly lowers stress.

Have you heard about “nature pills” and “nature prescriptions”? After repeated studies have concluded that contact with nature reduces stress and improves well-being, doctors have started “prescribing” time spent outside.

But while we know it works, the parameters have been a bit murky: What kind of nature works? How often should one spend time in nature? And for how long? With this in mind, researchers from the University of Michigan set out to discover the relationship between the duration of a nature experience (NE), and changes in two physiological biomarkers of stress – salivary cortisol and alpha-amylase.

The research is novel in that, among other things, the study participants were free to choose the time of day, duration, and the place of a NE in response to personal preference and changing daily schedules.

For eight weeks, 36 urban dwellers were asked to have a NE at least three times a week for a duration of 10 minutes or more. As the study explains:

“The NE was defined as anywhere outside that, in the opinion of the participant, included a sufficiency of natural elements to feel like a nature interaction. Participants understood they were free to adjust the place, time of day, and duration of the NE in response to changing daily circumstances to best accommodate their goal.”

During a NE, they could sit, walk, or do both – with only a few rules.

“There were a few constraints to minimize factors known to influence stress: take the nature pill in daylight, no aerobic exercise, and avoid the use of social media, internet, phone calls, conversations and reading,” explains Dr. Mary Carol Hunter, an Associate Professor at the University of Michigan and lead author of the research.

To measure stress, levels of the stress hormones were measured from saliva samples taken before and after a nature pill.

What they found was that just a twenty-minute nature experience was enough to significantly reduce cortisol levels. And even better, if you bump that up to between 20 and 30 minutes, cortisol levels dropped at their greatest rate. After that, de-stressing continues, but more slowly. From the study:

“For salivary cortisol, an NE produced a 21.3% per hour drop beyond that of the hormone’s 11.7% diurnal drop. The efficiency of a nature pill per time expended was greatest between 20 and 30 minutes, after which benefits continued to accrue, but at a reduced rate. For salivary alpha-amylase, there was a 28.1% per hour drop after adjusting for its diurnal rise of 3.5% per hour, but only for participants that were least active

sitting or sitting with some walking. Activity type did not influence cortisol response.”

Hunter says that we know that spending time in nature reduces stress, but until now it was unclear how much is enough, how often to do it, or even what kind of nature experience will benefit us. “Our study shows that for the greatest payoff, in terms of efficiently lowering levels of the stress hormone cortisol, you should spend 20 to 30 minutes sitting or walking in a place that provides you with a sense of nature.”

This is such valuable research because now doctors can have measurable standards for which to prescribe nature pills.

“Healthcare practitioners can use our results as an evidence-based rule of thumb on what to put in a nature-pill prescription,” says Hunter. “It provides the first estimates of how nature experiences impact stress levels in the context of normal daily life. It breaks new ground by addressing some of the complexities of measuring an effective nature dose.”

Imagine skipping the pharmaceuticals and having an effective, low-cost tool of preventative medicine so readily available. With increasing urbanization, sedentary and indoor lifestyles, and a preponderance of screen time, it’s good to know that the road to well-being could be as easy as a walk in the park.

The research was published in [Frontiers in Psychology](https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00722/full).

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00722/full>



surveying for reptiles

Every spring, a small band of Wren Group members lay down some reptile mats called refugia in the area known as the Old Sewage Works next to Wanstead Park. These mats are heavy-duty black rubber mats which retain the warmth of the sun, if there is any to be had, and therefore attract any cold-blooded reptiles who want to warm up underneath them. This makes it easier to find them and count them. Then in summer we go around and have a peep under the mats to see what is there. Ideally the mats should be warm but not too hot when we visit.

What do we usually find? Grass snakes, of course! We know them by the distinctive yellow and black collar behind the head. It is a thrill to find a beautiful mature grass snake curled up by your toes. People often see grass snakes in high summer, especially near or in the lakes as they hunt for food. During the summer we start to see the babies, under the mats, and the cast skins (exuvia) as they grow bigger. We are fortunate to have a healthy population locally as they are a declining species. You might also see snails of various sizes, ants, woodlice, and the occasional mouse or toad.

The hope is to record a slow worm as they have not been recorded in our area for some time. Slow worms are not snakes but legless lizards. They are smaller than grass snakes, have a shiny smooth grey skin, and love to nest somewhere warm like a compost heap.

Why record what we find? It is useful to verify the presence or absence of reptiles in order to monitor distribution and population change and then to collate the information at the end of the season and send it to the relevant authorities.

Would you like to help with the recording? This should be done at least once a month and ideally more often. The Old Sewage Works near Aldersbrook Stables is a lovely place for a short walk in summer, amongst the wildflowers, despite its name!

If you would like to accompany a recording walk and find out what is involved please contact Gill James or Tim Harris:

email: gilljames@btinternet.com

email: tharris0457@gmail.com

*Demonstrators on Westminster Bridge in London for a protest called by
Extinction Rebellion to raise awareness of the dangers posed by climate change*

extinction rebellion

Peaceful revolution - Or a privileged middle-class indulgence?

We are running out of time. Climate scientists have concluded that global emissions must peak by 2030 and be net zero by 2050 if the world is to have a chance of staying within the temperature thresholds set out in Paris. But we are very far from that happening.

Extinction Rebellion is a socio-political movement intending to utilise non-violent resistance in order to avert climate breakdown, halt biodiversity loss, and minimise the risk of human extinction and ecological collapse.

Inspirational to some, apocalyptic to others, Wren committee member Gill James discusses the merits of this recent phenomenon.



In October 2018, Extinction Rebellion (XR) launched a series of actions that mobilized thousands of (many first-time) activists and caught the attention of the media. The movement is unusual in that a large number of activists have pledged to be arrested and go to prison. They injected a new sense of energy and urgency into the climate movement.

Thousands joined non-violent actions; London bridges were blocked, hundreds arrested. Sixteen-year-old Swedish schoolgirl Greta Thunberg moved thousands with her courage and determination and joined her Friday school walk-outs.



Thousands of climate change protesters block London bridges on day of civil action

A further week of Climate Change action is proposed for International Rebellion Week 15-19th April. A new support group called 'Wanstead

Climate Action' has been set up by local activist Kathy Taylor. The Group wants to connect with others to raise awareness and to press Local and Central Government to address the Climate Emergency, and, at least, meet the Paris Climate Agreement targets.

We are fortunate to live near Epping Forest, whose abundant trees create an effective carbon sink and actually act to keep the temperature down. Whilst London sweltered last summer, the Forest was actually 2% cooler than the surrounding urban sprawl.

So what is the urgency? Over the last 25 years, countries have agreed three international treaties: the 1992 UN Framework Convention on Climate Change, the 1997 Kyoto Protocol and the 2015 Paris Agreement which commits countries to keep the increase in global average temperature to well below 2 degrees Celsius and to strive for the considerably safer limit of 1.5 degrees Celsius.

But of the 185 countries that are parties to the Paris Agreement, around 157 actually have national greenhouse gas reduction goals. Only 58 of these 157 countries have greenhouse gas reduction policies enshrined into law and few have legally binding policies in place that would fully achieve their own reduction goals.

'We are facing an unprecedented global emergency. The government has failed to protect us. To survive, it's going to take everything we've got.'

Extinction Rebellion

Climate scientists have concluded that global emissions must peak by 2030 and be net zero by 2050 if the world is to have a chance of staying within the temperature thresholds set out in Paris. In the G20 countries – which account for 75 per cent of global greenhouse gas emissions – after three decades of scientific warnings, about 82 per cent of the energy supply is still sourced from fossil fuels and CO2 emissions need to decline to net zero by 2050. But we are very far from that happening. We're rapidly making our way to climate devastation.

Some critics see this movement as middle-class privileged Millennials indulging in doom-laden imagery at a time when climate impacts are becoming more acute for the Global South as well as the UK working class. Have not such grass-roots zealots, historically ended up failing to achieve their goals?

If you want to make up your own mind about the Rebellion, there's plenty of discussion on social media. Look it up and see for yourself.

by Gill James



love your garden

article by Gill James

When we pave over our gardens, the impact can reach much further than our own front or back door.

The loss of plants and green spaces can have a profound impact on our wider environment, climate and wildlife. Animals such as hedgehogs, moths, birds and bees lose their homes and are driven away. Reduced contact with nature and green spaces has also been proven to be detrimental to health and wellbeing.

Here local Gill James discusses the importance of bucking the trend of paving over our front gardens in favour of convenience and off street parking.

Are you lucky enough to have a front garden? Is your home a terrace house, circa 1900? If so, your front garden is likely to be quite small - no more than 3 metres deep. Doesn't sound much, maybe enough for a little hedge, a very small tree, a few carefully chosen plants, a bit of grass, and a front path. If you have more front gardens in your road, you may well also have sparrows, bees and butterflies - all animals in decline.

Nearly 1 in 4 UK front gardens are completely paved over

5 million front gardens have no plants growing in them

Three times as many front gardens are paved compared with ten years ago

Royal Horticultural Society (RHS) Survey 2015

Our little gardens can be an oasis for wildlife, providing a habitat for as many as 700 different species - though

not all at once! The plants you choose and the wildlife-friendly elements you include can really make a difference. Collectively, it is estimated that 24% of land in London is domestic gardens, although of course not all that land is used for plants. 25% of that garden land in London is at the front - so overall, front gardens can really boost the environment.



A typical street in Ilford, south Redbridge. A lack of 'green' is the legacy of past council policy to do away with on-street parking - benefits of this were easier access for waste vehicles and more efficient/cheaper use of mechanical street and pavement cleaning over traditional manual road sweeps. Tree planting was also discouraged and trees even removed to cut maintenance costs. Pic by local resident John Cochrane

Research suggests nature in cities helps combat air pollution, enhances health and wellbeing, cools rising urban temperatures, provides flood relief, and even improves children's cognitive and behavioural development. It is one of life's simple pleasures to walk down a tree-lined street and to enjoy the sights, smells and colours provided by front gardens.

But here comes the bad news. In towns and cities like ours, the shortage of room for parking and extensions means green space is rapidly being developed. Every year in London, an area two and a half times the size of Hyde Park of vegetated garden land is lost.

There is an urgent need to increase green spaces in our towns and cities by understanding how to select and use plants

Sue Biggs, RHS Director

In Redbridge, turning your front garden into a car park is very easy. Permits for dropped kerbs, which allow vehicular access to the front garden space, are issued routinely at a cost of just £100 for driveways up to a depth of just 2.4m! This takes no account of the fact that car sizes are increasing. Over the last 15 years popular hatchback models have increased in size by 16% on average and 4x4s have surged in popularity. Range Rovers and Audi Q7 models now measure 5m long and are more than 2m wide. In response to this, NPC have announced that they are now increasing the size of their parking bays due to the prevalence of larger vehicles. We are now all familiar with the sight of large

vehicles parked on small house frontages forced to overhang the pedestrian pavement, thus obstructing buggies and wheelchairs. Some boroughs, such as Newham, no longer issue permits for dropped kerbs. Other boroughs insist on a greater depth, typically 4.8m.



It's not just greenery that suffers - vehicles are getting larger and many households have more than one vehicle. As a result it is common to see vehicles overhanging the front garden and wheelie bins placed on the pavement. This is a considerable hazard to blind and partially sighted people and often mean that wheelchair users and people pushing buggies need to go out into the street to get past. More enlightened authorities, including Newham, place heavy restrictions on the conversion of front gardens into off-street parking.

Most of us now own a car and are faced with the problem of where to park it. We mostly live in controlled parking zones, without access to off-street drives or garages, and pay for a permit which allows parking on the street. Some people respond to this by taking out their front gardens, and this can create a

domino effect if enough people do it. If you have nowhere left to park, what can you do? There is unfortunately no incentive to keep a front garden, rather the reverse. There are moves afoot to address this, such as lobbying for a change to the Council Tax system to give a financial incentive to front-garden owners. Many people feel that something must be done to stop all our streets turning into urban deserts and to get people to take a hard look at their personal needs. Does one really need that second or third car? Does it have to be so big? Are there journeys which could be better made by foot, bike, or public transport?

Plants in our gardens absorb carbon and release oxygen, improving the quality of the air we breathe. As the number of vehicles on our streets increases, plants play an important role in absorbing some of these emissions. Urban gardens also help keep our cities 'above water' since the soil in gardens naturally absorbs rainwater, reducing the risk of flooding. Trees, hedges and climbers can also reduce the cost of heating and cooling by as much as 30% - they slow the speed of air movement around a building, as well as the temperature difference between incoming and outgoing air.

If you already have a paved-over frontage, there are lots of things you can do to make the area more wildlife-friendly. Firstly, all paving must be permeable to allow drainage. The website www.wildwanstead.org has loads of ideas for simple improvements and hardy plants for busy people. For example, you can use the cracks between paving slabs or take up one or two to create planting pockets. There are some excellent examples around our streets of good garden design for small paved frontages.



A survey by the RHS found some alarming trends in the reduction of plants in front gardens. The situation is worse in London, where at least half of all front gardens are paved over, than in the rest of the country. The North East is the only region in the UK that has reduced the number of completely paved gardens. We need to reverse this trend for the sake of the nation's health, for wildlife, to help combat pollution, reduce heat waves and to protect the UK's homes from flooding. Pic by John Cochrane

There will come a time not far off when new solutions will be found to our transport angst. Driverless cars, summoned to your door by phone? Who knows. But for now, let's give the sparrows and the bees and the butterflies a chance.

by Gill James





bee aware !

British Bees are under threat mainly due to changes to the way we manage our countryside. More efficient agricultural techniques has meant far fewer wildflowers in the landscape and as bees rely on flowers to feed it is becoming more difficult for them to survive.

Bees are extremely important to the British countryside, not just for biodiversity by pollinating wildflowers which helps insects, mammals and birds survive but by pollinating crops that we rely on as a food source such as tomatoes, peas and many fruits contributing hundreds of millions of pounds to the UK economy.

The UK has 24 species of bumblebee and eight of these can be found across a number of habitats including many gardens where ornamental flowering plants provide a valuable source of nectar in the spring that is now missing from much of the countryside. You can help bees by planting flowers that are rich in nectar and pollen and that flower in stages through the spring and summer such as:

- ☐ Green Alkanet
- ☐ Betony
- ☐ Aquilegia
- ☐ Borage
- ☐ Comfrey
- ☐ Foxglove
- ☐ Lavender

The more plants that flower throughout the year the better it is for the bees especially in spring as the queen comes out of hibernation and is looking for food, and at the end of summer when she needs to fatten up ready for hibernation. Be careful not to plant invasive species that might spread into nearby native woodland!

Glenn Mulleady

Forest Keeper, City of London Corporation (first published Sept 2013)

city of london cemetery

In Victorian times death was more of an integral part of the fabric of everyday life compared to modern western society. Our forebears of the Victorian era could be accused of having had a morbid fascination and peculiar obsession with death and dying.

However, concern for the health of the residents of the City and the crowded and run down state of the churchyards led to new spacious cemeteries springing up in the city outskirts. However, these new cemeteries were always intended to be more than just a place to bury the dead - heralding a mixture of mourning, promenade, nature and wildlife.

The following is a transcript of an article from *The Illustrated Times* dated July 5th 1858 when the cemetery was first new.



The City of London Cemetery at Little Ilford, Essex

The evils attendant upon intramural burial have for a long time forced themselves on the attention of the public. Not only is it felt that there is a degree of indecency and want of respect to the departed, in crowding their bodies into the dingy holes and corners of this mighty city, where the busy roar of trade, and the activity of life around, seem to mock the solemn rites with which the castoff shell of poor humanity is finally consigned to its last resting place; but apart from this sentimental feeling, which leads to most minds to long for some pretty rural spot in which to lay the forms that

they have loved in life, there is a positive unmistakeable evil in a crowded city churchyard, crying aloud in tones to which the most militarian and unpractical of us must listen; a danger to the living of more importance than the want of respect to the dead.

The City of London has been accused (with how much justice it is not now our business to inquire) of an unwillingness, or at least a want alacrity in adopting sanitary improvements. Whatever they have done or have neglected doing in other respects, they have, in the establishment of the splendid cemetery at Little Ilford, opened on Tuesday, last week, taken a grand step in the right direction.

Here, on the borders of the Epping Forest, far removed from busy London, have they found a spot, calm peaceful, and secluded, as befits a burial place. A spot where the mouldering dead shall not destroy the living. In few things do the poetry of sentiment and the press of self-interest point so exactly in the same direction as in this matter of extramural burial.

Remote as the Ilford Cemetery is from busy London, still it is most easy of access, it lies about halfway between two stations of the Eastern Counties Railway, Forest Gate and Ilford. There is not at present any branch running directly to the burial ground, as is the case with Woking Cemetery on the South

Western line, but we have little doubt that we shall soon see some such branch line formed and funeral trains running to Ilford as they now run to Woking. Apart from railway communication, however, the cemetery is most conveniently situated to the great Essex road from London, running through Bow and Stratford, passes close beside it, while numerous other roads across the Wanstead Flats, and through Epping Lower Forest,

The cemetery was laid out by William Haywood in 1855 and was opened in 1856, the first burial taking place in that year on the 24th June. It is among the largest municipal cemeteries in Europe and is second largest in London after the huge St Pancras and Islington Cemeteries. It has been described as William Haywood's 'masterpiece' and 'the finest example of a Victorian cemetery.'

connect it with the surrounding villages. The cemetery lies just six miles from the City's boundary at Aldgate, that being the nearest point at which, by the clauses of the Metropolitan Burials Act (15 and 16 Viet, c. 85) a cemetery at the eastern end of the metropolis could be formed. The total area enclosed is eighty nine and a half acre of which are to be consecrated according to the rites of the established Church, and twenty one acres left unconsecrated, and reserved for the use of



The City of London Cemetery in 1856 showing the main gate. New cemeteries of the time were an escape from the crowded city and a refuge from the stresses of everyday life. They also provided a place to promenade – a place to be seen 'demanding the keeping up of appearances and expensive rituals'.



A view from the gatehouse east across the cemetery grounds towards the River Roding and Ilford beyond. This was before the land was laid out to plots and it was customary (as it is today) for gentle folk to take the air.

dissenters, thus avoiding any interference with the religious scruples of the body. The remaining nineteen and a half acres, lying at the south eastern end of the enclosure, are for the present left unappropriated. It is not unlikely that this portion of the cemetery may, at some future period, be devoted to Roman Catholic burials. and consecrated according to the rites of the Church. This has, however, not as yet been decided upon, and for the present Catholic funerals will take place in the same part of the cemetery as those of the other dissenting bodies. The consecrated area is separated from the unconsecrated by a road and iron posts two feet high, placed at distances of about 100 feet apart. Such, at least, is the present arrangement, whether any more marked distinction than the

London purchased for the cemetery amounted to some two hundred acres. More than one half to this, however, still remains unemployed. The cemetery is bounded on the north by Wellesley Park estate, on the south by the Eastern Counties Railway, on the east by the surplus land already mentioned, extending and sloping down to the river Roding, and on the west by the high road leading from Snaresbrook and Wanstead to the Ilford road. It has been formed under the direction of the Commissioners of Sewers of the City of London, who are constituted the Burial Board of the City by the Metropolitan Burials Act. The total cost expended in the purchase of land and the construction of the cemetery, amounted to £80,000

imaginary line thus marked out will be deemed necessary, will, we presume, rest with the bishop who performs the ceremony of consecration to determine. We believe opinions vary on the Episcopal bench as to the boundary requisite to mark the limits of the ground they bless, so, going so far as to insist on nothing less substantial than a brick wall to separate it from the unconsecrated ground that lies beyond it.

The site of the cemetery was formerly a portion of the Earl of Mornington's Wanstead property called Aldersbrook Farm. The total quantity of land which the City of

The ground upon which it is formed rises with gentle slopes from its eastern and southern extremities towards its northern and north western boundaries to a level of about thirty feet above high-water line in the river Roding, and thirty-one feet above high water line, Trinity datum, in the Thames. The soil over nearly the entire area is of fine bright gravel, varying in depth from ten feet to eighteen feet. The whole area has been well drained, its contiguity to the river Roding affording the means of most perfect outfall, and of deep drainage.

The cemetery can be entered at four different points, but the principal entrance of which we give an illustration) is by an ornamented gateway surmounted by the arm of the City of London, with elegantly moulded iron gates situated on the western side. On the right-hand side of this entrance is the porters lodge, and immediately facing it are the offices and dwelling house of Mr J. C. Stacey, the superintendent. Separate and direct roads lead the Episcopal and Dissenting chapels both of which are viable from the chief entrance, while in the distance is seen a semi-circle of low Gothic arches leading into the catacombs.

These catacombs stand in the lowest portion of the grounds, upon the site of what was once a deep pond, nearly three acres in extent. There will be room here for 600 bodies of such as can afford the luxury of being laid on shelves, instead of being consigned to the bosom of mother earth. For burying in catacombs will be expensive, ten guineas being the price of the fee-simp'e of one single resting-place, board-fees and funeral charges not included.

How false is the assertion that in death all men are equal. Besides the exclusiveness of the catacombs, we have first, second, and third classes in funerals. As upon

railways. Passengers are there to another world, conveyed in softly padded coffins and Plumed hearses, while others go in plain hard oaken boxes to their last long home. A certain payment will ensure a freehold of the grave, whence all intruders shall be kept out for ever a grave that may be railed in, marked with sculptured monument. and owners name engraved upon it, as on his door plate when alive. Common interments, as the cheapest kind of burials are called, have no such privileges. No monument or gravestone may be erected here, nor any enclosure made over the grave to keep out any future comer, whose society may not be welcome. . No coffin but a wooden one must be used in common interment, while in the catacombs, the vaults or brick graves, coffins of lead, or stone, or of iron are insisted upon. Truly there is an aristocracy in death as in life. We see one portion of the cemetery is called (First class select ground) Vanity of Vanities, saith the preacher. We say nothing. Those who like to pay for luxuries are welcome to them, for us, in mansion or in cemetery, in gilt coach or in hearse. As yet there have been very few interments in this cemetery. On Tuesday, last week, a party of some thirty of the commissioners came down from London to open it. There was no inaugural ceremony on the occasion, nor will there be until the ground is consecrated by the bishop. One funeral took place on the same day that the

cemetery was opened, and three or four other bodies have been buried since. All these were Dissenters, and were interred in the portion of the ground set apart for them. The Church of England funerals will not begin to take place, we presume, until the soil has received the Episcopal benediction. We have not yet heard what day is fixed upon for the ceremony of consecration.

It is now just two years since the construction of this cemetery commenced, the works of draining and enclosing the land, having been, begun in the month of June 1854 Though it was only opened, as we have said, last week, it has been ready over since last Christmas that is to say the drainage was all laid, the roads formed, the surface turfed and the buildings(with the exception of the catacombs, which are not yet completed) The whole of the works have been executed, the grounds laid out and planted, and the various buildings erected, from the designs and under superintendence of Mr William Haywood.

The cemetery is open to the public daily, from nine in the morning

until sunset, and on Sundays, after two in the afternoon. At present, while there are, as yet no monuments to mark the resting-places of the dead, and point out the true nature of the spot, its neatly-kept walks, its clean close shaven lawns, and clustering shrubs give it more the appearance of a park or pleasure ground than of a cemetery. Soon, however, tombstones will spring up, where now are only flowers, the freshly-planted yews, now pretty little shrubs, will spread and throw their funereal shade around. Then, will the visitor walk through the grounds with feelings softened by the emblems of mortality around, feelings more fitted for a burial-place perhaps, though not less holy, than those with which we now go over them, while everything around smiles gladly, and fairly glistens in heaven's brightest shine.

The Illustrated Times July 5th 1858



now & then

In each edition of the Wren newsletter we will be showing you a picture of a street in our area taken around 100 years ago and how it looks today. Just for fun have a guess where this picture was taken (answer ahead). If you would like to see your area in this slot why not get in touch and we will see what we can do.





New project encourages insect-friendly habitats in urban Wanstead

Insects have never been in more need of a bit of TLC, with further depressing news about the calamitous drop in their numbers. According the first global scientific review, which is due to be published in April, the total biomass of insects is declining by 2.5% per year, putting us on course for complete extinction within a few decades. With so many plants and animals reliant on insects, this is likely to have catastrophic repercussions for the planet's ecosystems.

However by changing the way land is managed, it is possible to address declines in insect numbers (at least to some degree). Intensive farming is believed to be one of the main drivers for the current decline in biodiversity, however organic farms host 30% more species and 50% more individuals than their non-organic counterparts. In urban environments, Amsterdam has achieved a 45% increase in its bee population since 2000 with approaches including wildflower areas and banning use of pesticides on public land.

This summer will see the start of an important new pilot project in Wanstead to try to create more insect-friendly habitats. Wild Wanstead is collaborating with Redbridge to implement a more wildlife-friendly mowing regime for some of the grassy areas managed by the council. The project involves a number of road verges and parkland sites, where turf will be left to grow long and naturalise with wildflowers by delaying mowing until late summer. The aim is to maximise the diversity of flowering plants in these areas, which in turn will support pollinating insects and other creatures by providing food and shelter.

10% of British wildlife at risk of extinction as species show massive decline - State of Nature Report

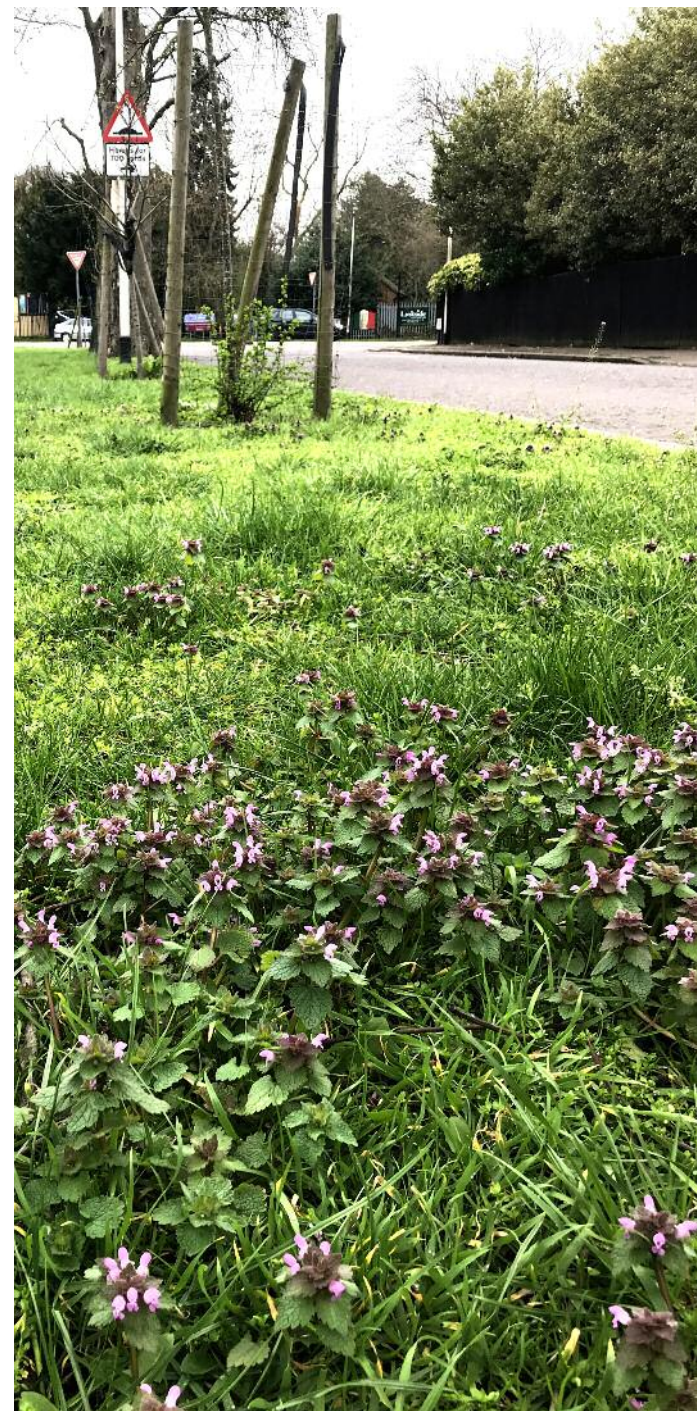
The trial sites include areas of grass on George Green and Nutter Lane Field, as well as parts of the verges on Nelson Road, Overton Drive, St Mary's Avenue and The Drive. Longer term, it is hoped the project will be extended by the addition of further sites and planting wildflower meadow areas in green spaces in the heart of Wanstead.

by Susie Knox
Wild Wanstead Project



www.wildwanstead.org/about-wild-wanstead

www.facebook.com/groups/WildWanstead





Spinner

by Alison Brackenbury

The spinner walks across the air
He curls a long foot round his thread
His legs, brown-striped in sunlit grass
Jerk, as awakened from the dead.

So I, a last released from work
Can sit beside the unwashed glass,
See the slow spider stalk through space
Until a green half-hour has passed.

Then as he twists and firms the thread
There swerves in me this sudden joy
Although his lightness turns a trap
Though all he makes there, will destroy.

“An unloved flower”

In 1911 poet Ella Wheeler Wilcox said in her poem, *The Weed*, “A weed is but an unloved flower!”

All plants were once wild and weedy. The ones humans favoured were nurtured, bred and coveted; they were chosen, and they were loved. The ancestors of our most loved plants were wild, all beginning life as weeds until their value was discovered and their breeding and cultivation began.

It is how we view and judge these things that we define what is and isn't a weed.

The Dandelion is typically thought of as a weed. Maybe we need to really get to know a weed before you can love and appreciate it.

Dandelion Facts

- Dandelions are not weeds
- A Dandelion seed can travel up to 5 miles before it lands
- Every part of a Dandelion is edible
- One cup of Dandelion greens = 535% of your daily recommended vitamin K
- One cup of Dandelion greens = 112% of daily vitamin A intake

Up until 1800's Dandelions were seen as extremely beneficial. People would remove grass to plant them.

Our gardens are a vital resource for wildlife, providing corridors of green space between open countryside, allowing species to move about. In fact, the UK's gardens provide more space for nature than all the National Nature Reserves put together. So why not try leaving wilder areas in your garden, such as patches of dandelions in your lawn or nettles near your compost heap, to see who comes to visit?



don't forget

Even though it's well into spring it can still be a bit parky out there so please keep an eye out for our feathered friends.

Provide fresh clean water every day.

Give kitchen scraps like cheese, cooked potato and bread.

Clear up uneaten food at the end of the day as it could attract rats.

Avoid giving salted nuts and only give peanuts from a good supplier.

Clean feeding areas regularly to prevent any disease.



congratulations

Congratulations to our own indefatigable Wren committee member Gill James. Earlier this month she won the Mayor's Community Award 2019 for 'Making a Greener Redbridge'. Gill's reaction: "Wow! A lovely evening at the Town Hall with some wonderful people being recognised for all sorts of activities, including helping the homeless".



no to greenbelt development

The City of London Corporation is planning to stop Billingsgate, Smithfields and New Spitalfields markets from operating at their current locations and move them to a single site.

Four potential host boroughs have been identified - Barking and Dagenham, Redbridge, Newham and Waltham Forest - as well as a fifth option, Thurrock in Essex.

The City of London Corporation says it requires a “long-term” base for all three wholesale markets and is currently in the process of shortlisting potential sites ahead of a public consultation in the summer.

The Aldborough Hatch Defence Association (AHDA) and the local group of the London Wildlife Trust have stated “we will resist at every stage”, pointing out that this green belt farmland is part of one of the largest Sites of Importance for Nature Conservation (SINC) in London and that it has been specifically recommended for upgrading to the highest level of designation - 'Metropolitan' - by the Greater London Authority.

Here Ron Jeffries, from the AHDA, explains why the proposed site in Redbridge may not be so ideal.

Redbridge Council announced on 1st March that the Borough is one of four sites in outer London being considered by the Corporation of London for relocating three massive London markets – Billingsgate, Smithfield's and New Spitalfields. The area pinpointed by Redbridge is 162 acres of farmland on Hainault and Red House Farms on Hainault Road, Little Heath – all part of London's green belt.

Objections to the proposals have been raised by Aldborough Hatch Defence Association (AHDA) as the proposed site is green belt land, contrary to the Redbridge Local Plan 2015-2030 which states that it will protect 'Sites of Importance for Nature Conservation' and goes against London Mayor's pledge that greenbelt is "sacrosanct".

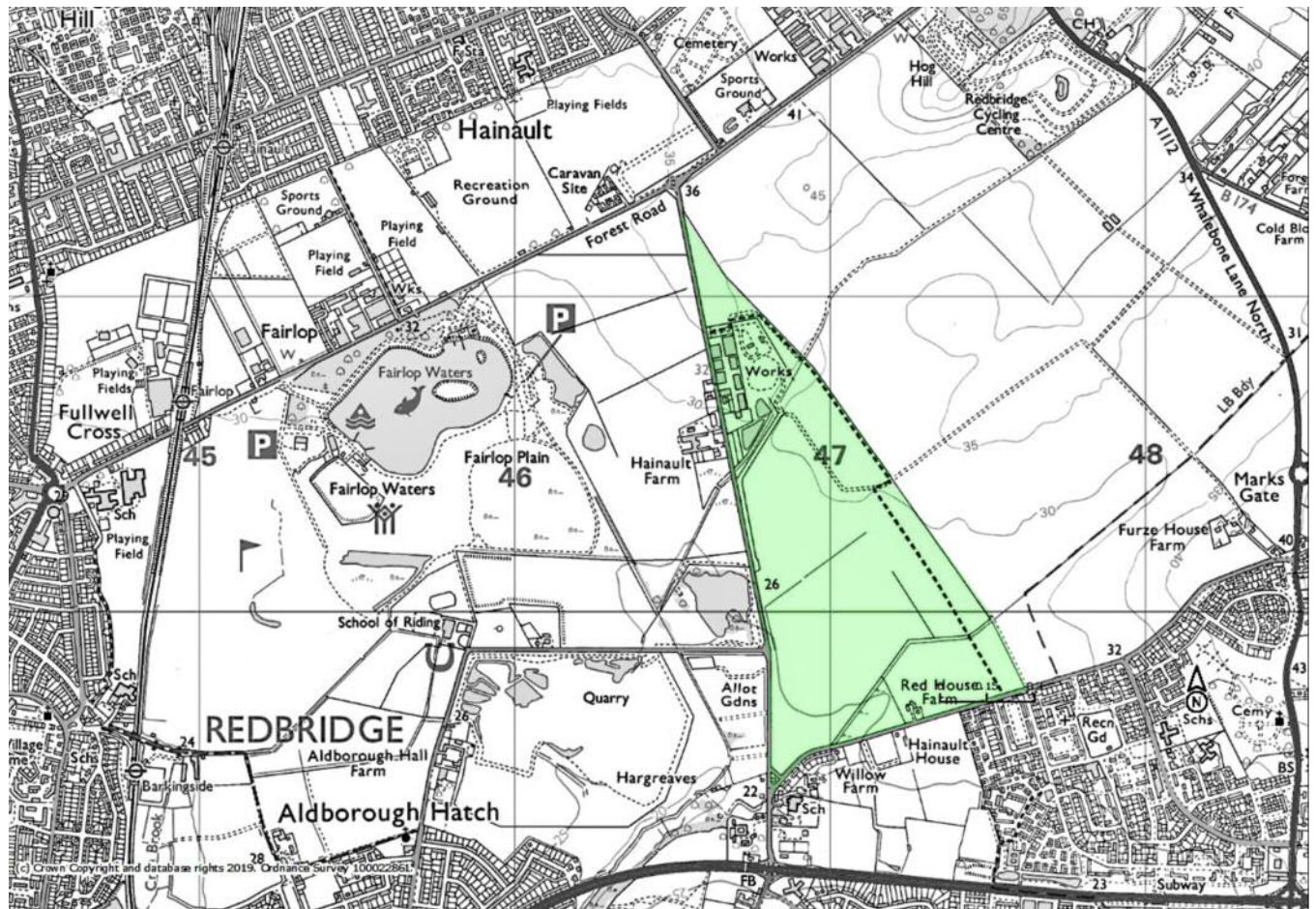
“The 162 acres of development will effectively cut the greenbelt of Fairlop Plain in two”

Chris Gannaway, AHDA

Fairlop Plain is one of London's largest Sites of Nature Conservation Importance (SINC) and the 162 acres of development will effectively cut the SINC of Fairlop Plain in two leaving the areas ripe for future development in any future development plan review.

The effect would be devastating to residents and to wildlife. Jenny Chalmers, Chair, AHDA, said: “The green lungs of London must be protected at all costs”. Hainault Farm is the last working farm in Redbridge and the area is likely to lose the remaining London Brown Hare population along with its farmland bird population.

Further development would include a processing plant, education unit and public market – operating seven days of the week. AHDA feel that housing would inevitably follow on the rest of Hainault Farm and the surrounding green belt.



One of the Corporation of London's preferred sites for the re-location of the three London markets - Billingsgate, Smithfield's and Spitalfields. The area identified is 162 acres of farmland on Hainault and Red House Farms - all part of London's green belt. The site is effectively a wedge dividing the plain in two.



Residents met on Wednesday 20th March with Keith Prince, Greater London Assembly member (far right) on the site of the proposed London Markets on the green belt of Hainault Farm, Fairlop Plain. Others present were Jenny Chalmers, Chair, Aldborough Hatch Defence Association (far left), Councillors Howard Berlin (fifth from right) and Linda Huggett (third from right). Residents were able to put their views to Councillor Prince on the appalling devastation to the green belt that the proposal would cause - and Councillor Prince promised to review his support for the plan in view of what he had heard first hand. Photo Credit: Raymond Small

Traffic would be a major problem adding to existing congestion in the area and that projected in light of the Crossrail corridor. Hainault Road would be made into a dual carriageway, requiring housing to be demolished, whilst a school, a Scout campsite and other facilities would lose grounds. Traffic during the early morning rush hour would add to the already massive congestion at the A12 junction from both commuters and the two hospitals in Barley Lane.

Roads heavily congested at peak times would become rat-runs. The additional traffic would increase noise and dust, causing pollution of unacceptable levels in a

residential area with playing fields, a campsite, day nursery and schools.

Keith Prince, London Assembly Member for Redbridge and Havering, previously said the borough is the “natural choice” for the rehoming of Billingsgate, Smithfields and New Spitalfields markets. Mr Prince was aware that proposals were on green belt land but on balance thought it was an acceptable sacrifice.

“I would love it to come to Redbridge, it would be fantastic, but it is a great idea in the wrong location..... I didn’t appreciate it will cut our green belt in half - you wouldn’t be able to walk from Redbridge to Havering on green belt land”

Keith Prince, London Assembly Member for Redbridge and Havering

However after visiting residents in Hainault Road, Little Heath, he did a U-turn and said he can no longer support the proposals.

“When the leader first put it to me I thought it was an exciting project and would bring lots of employment – 3,500 jobs – and £500,000 of business rates,” he said.

“It was explained to me that it was on green belt land but on balance I thought it was an acceptable sacrifice.

“I have spent quite a bit of time looking into the markets and while there are benefits for Redbridge there wouldn’t be as many as 3,500 jobs.

Ron Jeffries
Aldborough Hatch Defence Association



If you feel strongly against this proposal there is an online petition (link below) and more than 2,690 of the 3000 target signatures have already been received
<https://you.38degrees.org.uk/petitions/no-built-development-of-redbridge-green-belt>

For further information please contact:

Jenny Chalmers, Chair jay9space@yahoo.co.uk

Chris Gannaway, Vice-Chair
chris.gannaway@ntlworld.com

Ron Jeffries, PRO ronjeffries@live.co.uk

Ilford Recorder

<https://www.ilfordrecorder.co.uk/news/redbridge-residents-sign-petition-against-market-rehoming-1-5957240>

Please note: The opinions in this article are not necessarily those of the Wren Wildlife and Conservation Group.

What to look out for this season

The sweetly scented flowers of the Limes open in late June or early July and are very attractive to both Honey Bees and various species of bumble bees. There has been much debate about the toxicity of Lime nectar to bumble bees as often dead bees are found beneath such trees. Anthony McCluskey at Bumblebee Conservation Trust has explained that the observed mass deaths may just reflect aspects of bee biology and behaviour and those bumble bees found dead are the older workers and males. Many dead bees are then eaten by tits. Checking to see if they are older workers or males which die could be a topic for research this summer.

Not all Lime trees have this toxic effect on bees and our native Small-leaved Lime *Tilia cordata* and Large-leaved Lime *T. platyphyllos* are bee friendly and of course you can buy jars of Lime flower honey. However do check the webpage at Bumblebee Conservation Trust for more information about this. www.bumblebeeconservation.org.

Hawthorn or May flowers in

late April or early May when the orchard fruit trees are in flower too. Such flowers produce fragrances and sweet nectar to lure potential pollinators once the ambient temperatures are sufficiently high for the insects to fly.

The spires of the Horse Chestnuts open in late April early May. Newly opened flowers have a golden central eye, which changes to bright pink once pollination has taken place. As with many trees a number of fertilised ova fail to develop and subsequently drop off leaving just a few to mature into conkers.

Growing up to 25cm long male flowers of the Sweet Chestnut do not appear until late

June or early July. The female flowers can be found in small clusters at the base of some of

the unopened male flowers. There are different forms of flowers in Sweet Chestnuts with some having just long male flowers which are the most prolific pollinators as cross pollination ensures a good crop of nuts. The pollen can be transferred by wind in dry seasons or locations but nectar is produced in damper summers and bees turn this into a dark woody flavoured honey. There is only a short growing period for ripening nuts to mature before autumn.

By Tricia Moxey



now & then

Were you right ?

Angel Pond, Wanstead Flats in 2019 and the same view in 2000 and again in 1916. Angel (or, more correctly Angell) Pond was named after Lewis Angell, the first borough engineer of West Ham. Note in 2000 it was not unusual to have water in the pond after rainfall but today it is no more than a bog. It is hard to believe that it was once a boating lake.



plants overwhelmed

Fossil fuel emissions are exceeding what natural systems can absorb, as year-on-year comparisons attest

The level of climate-warming carbon dioxide (CO₂) in the atmosphere is forecast to rise by a near-record amount in 2019, according to the Met Office.

The increase is being fuelled by the continued burning of fossil fuels and the destruction of forests, and will be particularly high in 2019 due to an expected return towards what are known as El Niño-like conditions. This natural climate variation causes warm and dry conditions in the tropics, meaning the plant growth that removes carbon dioxide (CO₂) from the air is restricted.

In early April the Guardian started publishing the (CO₂) levels in its daily weather forecast. Measurement is taken from Mauna Loa, Hawaii - this being an indicator for the whole northern hemisphere. Each day you can see the numbers change a little. Over the last year they varied between 404 and 415 parts per million (ppm)*. They were lowest in late summer due to plant photosynthesis and greatest in spring from emissions that accumulated during the winter.

Year-on-year comparisons are important because each year there is a natural rise and fall of CO₂ levels, rather like the planet breathing. Trees and plants absorb carbon and release oxygen as they grow, lowering atmospheric CO₂.

As most plants are in the northern hemisphere, CO₂ reaches its lowest level each year at the end of the growing season in October. Then it begins to rise as dying plants decay, reaching a peak in May or June.

But compare year on year and you will see CO₂ rising as emissions from our fossil fuel burning exceed what natural systems absorb. Globally, about 70% of CO₂ emissions come from cities. In leafy Egham, west of London, summer CO₂ decreases by day due to plant photosynthesis and then plant respiration releases some of this at night. Along with emissions from fossil fuels, typical summer days show a variation of about 25ppm**.

For nearly 10 years, scientists at King's College London have been measuring CO₂ right inside the city. Here, the daily changes from the plants are completely overwhelmed by emissions from traffic and building heating. Close to roads CO₂ can reach 1,000ppm. These measurements will tell us if our vehicles and buildings are really becoming more fuel efficient.

The world's nations have set a target of below 1.5C of warming. In order to reach that target we need to halve emissions by 2030 and reach zero by 2050. It is also likely we will need to remove CO₂ from the atmosphere, perhaps by the large-scale restoration of nature.

It is a huge task, but it is hoped that tracking the daily rise of CO₂ will help to maintain attention on it. When the 400ppm milestone was passed, Prof Ralph Keeling, who oversees the Mauna Loa measurements begun by his father, said: "It is symbolic, a point to pause and think about where we have been and where we are going."

* NOAA - Trends in Atmospheric Carbon Dioxide
<https://www.esrl.noaa.gov/gmd/ccgg/trends/weekly.html>

** Science Direct - Seasonal, and annual trends in atmospheric CO₂ at south-west London
<https://www.sciencedirect.com/science/article/pii/S1352231015000333>



events diary

April

Tuesday 16th April: Forest Stewardship Council (FSC) family event in Wanstead Park (book via FSC website). Meet 10am at The Temple.

Sunday 21 April: Easter picnic/bluebells walk at The Temple in Wanstead Park – Lead tbc

Sunday 21st April:

Easter Sunday Spring Fun for children at the Temple in Wanstead Park:

Make Easter cards and spring crowns: 12.30pm-4.30pm

Family Walk and Stories in the Bluebell Wood: 2pm-3pm

Free event but donations welcome

Friday 26 April: Wanstead Park Activities - The Global City Challenge. Wren Group and FSC Bat walk: 7.30 - 21:30 pm. Meet at the Tea-hut, Wanstead Park. (FSC). Free event but please book on the FSC website.

Moth trapping at The Temple, Wanstead Park: 20:45 - 23:00 pm. Tim Harris (Wren Group)

Sunday 28 April:

Dawn Chorus walk: 05:30-07:30 am. Meet at Tea-hut, Wanstead Park – Bob Vaughan (Wren Group)

Nature walk: 14:00-16:00 pm. Meet at Tea-hut, Wanstead Park - Tricia Moxey and May Webber (Butterfly Conservation)

May

Sunday 19th May:

Bugs and Butterflies in Wanstead Park: 12.30pm-4.30pm

Children's craft activity with stories at The Temple in Wanstead Park: 2pm-3pm

Mini beast hunt in the Park for families: 2pm

Free event but donations welcome.

Thursday 28th May: Minibeast hunt. FSC Family event. Meet 10am in Wanstead Park. Book your place via the FSC website.

June

June date to be confirmed: Midsummer evening walk with Tricia Moxey

Saturday 20 - Sunday 28 July: National Parks City Festival Mayor of London partnership event with Redbridge and based on River Roding. Proposed Wren contribution includes history walk/treasure hunt

Sunday 28th July: Bat walk and butterfly walk to be scheduled in some time during the week.



Note: Events are subject to change and confirmation. Please look out for email updates or check the Wren Facebook page for updates

links

Links

Got any links to go on this page? Get in touch
wreeditor@talktalk.net

Wren links page <http://www.wrengroup.org.uk/links>

Facebook <https://www.facebook.com/WrenOrg>

Twitter <https://twitter.com/wrenwildlife>

Local

Wanstead Wildlife
<http://www.wansteadwildlife.org.uk/>

Friends of Wanstead Parklands
<http://www.wansteadpark.org.uk/>

RSPB North East London Members Group
<http://www.rspb.org.uk/groups/northeastlondon>

Wanstead Birding Blog
<http://wansteadbirding.blogspot.co.uk/>

Epping Forest
<http://www.cityoflondon.gov.uk/things-to-do/green-spaces/epping-forest/Pages/default.aspx>

British Naturalists' Association
<http://www.bna-naturalists.org/>

Bushwood Area Residents' Association
<http://www.bara-leytonstone.org.uk/>

East London Nature <http://www.eln.yorkshirefog.co.uk>

East London Birders <http://www.elbf.co.uk/>

Friends of Epping Forest
<http://www.friendsofeppingforest.org.uk/index.htm>

East London Nature <http://www.eastlondonnature.co.uk>

Plenty of info here about walking in Essex - including the forest <http://trailman.co.uk/>

National

The Wildlife Trust <http://www.wildlifetrusts.org>

BBC Nature <http://www.bbc.co.uk/nature>

BBC Weather <http://www.bbc.co.uk/weather>

British Naturalists Association
<http://www.bna-naturalists.org/>

RSPB <http://www.rspb.org.uk/england/>

UK Safari <http://www.uksafari.com/index.htm>

Natural England <http://www.naturalengland.org.uk>

The British Deer Society
<http://www.bds.org.uk/index.html>

London Natural History Society
<http://www.lnhs.org.uk/>