



Bringing nature nearer



Welcome to Suntrap Forest Centre

Situated in the heart of 2,400 hectares of the ancient woodland of Epping Forest, with its rich variety of habitats including woodland, grassland, heath, rivers, bogs and ponds, but within easy reach of east London. Just two miles from Chingford station (London over-ground from Liverpool Street) and Loughton tube station (central line).

Led by expert environmentalists, Primary and Secondary trained teachers, our memorable and affordable environmental learning activities have been connecting visitors of all ages with nature for well over 50 years.

A visit to Suntrap will equip learners with age-appropriate knowledge and experiences to educate about the climate and ecological crisis and inspire them to make choices to value and protect the planet.

Commitment to the environment

Our private 7-acre site includes sustainable features and examples of best practice design which are incorporated into our learning sessions including:

- a ground source heat pump
- solar panels for both hot water and electricity generation
- water harvesting
- food waste composting
- electric charging points and minibus
- a meat-free menu for catered bookings

To promote biodiversity our native planting supports many different habitats.



Our brochure is printed on recycled stock with a FSC Forest Management certification given to forest owners who use a sustainable forest management system.

*Photo credits: Jenna Selby
Illustration credits: Emma Smith*



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Our facilities

- Four large, fully equipped classrooms
- Outdoor classroom overlooking accessible terraced gardens
- Year-round residential facilities for up to 80 visitors
- A large, multi-purpose space for dining and events
- Bushcraft area and firepits
- Team games area
- Wi-Fi across the site
- Woodland, meadows and ponds (one raised for easy access)
- Animals suitable for handling including reptiles, amphibians, mammals and invertebrates

“The tutor was clear, enthusiastic and knowledgeable. Activities were fun, engaging, interesting and the children learnt such a lot.”

YEAR 1 TEACHER



Our offer for schools and colleges

Year-round day visits and residentials

All activities

- Are linked to the EY Framework, National Curriculum or exam board specifications for GCSE, BTec and A' level as appropriate
- Provide visitors with knowledge and skills to empower them to take action and make informed choices to use the world's resources wisely and to make a positive contribution to improve their local area
- Support classroom-based learning by developing understanding through practical real-world experiences
- Are led by experienced environmental education professionals
- Take place outdoors in our grounds or the beautiful setting of Epping Forest
- Are fully risk assessed

Team building and bushcraft activities build self-esteem, confidence and develop communication skills

Residential facilities for up to 64 students and 8 staff

- 20 wooden camping pods with underfloor heating (two pods are fully accessible)
- The Lodge, with a large multi purpose space for both dining and learning, showers and toilet facilities
- Eco camps option, no need to book a coach with luggage transfer from Chingford or Loughton stations

Outreach visits

A range of outreach options bringing Suntrap activities directly to your site or local green space.

INSET

- Environmental outdoor learning training for education professionals
- Bespoke team away days

Environmental learning

We have a proven track record of delivering environmental learning that remains with young people throughout their lives.

Early Years and KS1

Our fun, informative and memorable real-world education sessions allow our younger visitors to develop a sense of wonder and curiosity about the natural world.

KS2, KS3, KS4 and post 16

Our flexible and adaptable environmental educational programmes equip students with the knowledge and skills they will need to make decisions about the impact they have on the environment through-out their lives. Working together in a stimulating environment helps develop self-awareness, communication, teamwork and social skills.

Science and Geography activities

Provide stimulating practical experiences using scientific enquiry, enabling students to make informed behavioural changes to help reduce their carbon footprint.

Students learn about how human activity has impacted on the environment and habitats, both locally and internationally and the important role of both plants and soils in mitigating the effects of global warming.

We hope that our list of activities inspires you but we are equally happy to plan a bespoke session to meet your learning objectives.



“Love the hands-on practical elements. All children were engaged. In depth tuition on the subject area.”

KEY STAGE 2 TEACHER





Early Years Learning Activities

Barnaby Bear's Sensory Trail - Take Barnaby Bear on a sensory trail through Epping Forest, making smelly cocktails and rainbow palettes before making a mini shelter for Barnaby.

Early learning goal links: Communication and language; Physical development; Personal, social and emotional development; Understanding the world; Expressive arts and design.

Exploring the natural world - Meet and handle the Suntrap animals before a discovery walk in Epping Forest including paddling in the stream, climbing over logs, collecting natural materials and looking for small animals under foliage.

Early learning goal links: Communication and language; Physical development; Personal, social and emotional development, Understanding the world, Expressive arts and design.

We're going on a Bear Hunt - Go on an exciting outdoor adventure through the forest following the bear's footprints; splish splashing in the stream and squelching in the mud. Find the bear and make your own cave using natural materials.

Early learning goal links: Communication and language; Physical development; Personal, social and emotional development; Understanding the world; Expressive arts and design.

Key Stage 1 Learning Activities

Amazing animals and plant explorers - Find out about the animals which live at Suntrap and go on a plant adventure in the forest.

Curriculum links: Y1 Science (Plants; Animals including humans).

Forest sensory trail - Use your senses to explore the forest and try to identify some plants.

*Curriculum links: Y1 Science (Plants; Animals including humans; Everyday materials and seasonal changes)
Y2 Science (Living things and their habitats; Animals including humans).*

Comparing animals from different habitats - Meet and handle Suntrap's animals before going out to explore some of the invertebrate animals which live in the forest.
Curriculum links: Y2 Science (Living things and their habitats; Animals).

Pond dipping (April-Oct) - Collect and identify animals from one of the Suntrap ponds. Find out about life cycles and food chains.

Curriculum links: Y2 Science (Living things and their habitats; Animals).

Shelter Building - Work in groups to plan and build a shelter in the forest using natural materials. Challenge to make the shelter warm, stable and waterproof.

Curriculum links: Design and Technology (Make; Evaluate; Technical knowledge); PSHE guidance.

The Gruffalo - Help the little brown mouse find his way through the forest, meeting a snake, fox and owl on your journey. You might even meet the Gruffalo!

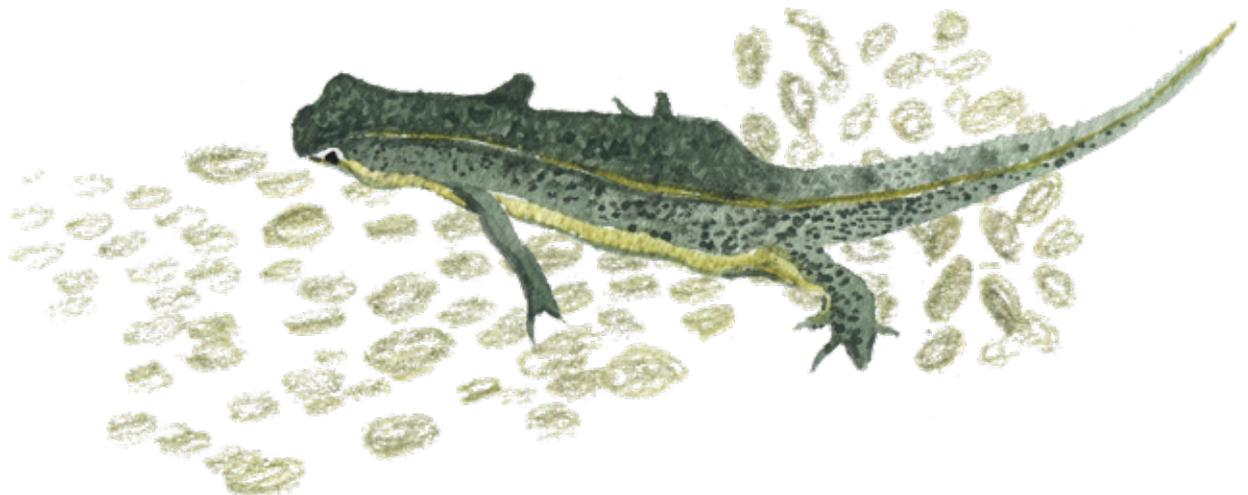
Curriculum links: English Y1 Reading comprehension.

Forest Map Adventure - Plot and follow a route through the middle of Epping Forest for an adventure which includes paddling in a stream and exploring a fallen tree.

Curriculum links: Geography (Place knowledge; Human and physical geography; Use basic geographical vocabulary; Geographical skills and fieldwork).

*"You do everything so well;
engaging the children and
giving them the courage to
have a go and just enjoy!"*

EYFS TEACHER



Key Stage 2 Learning Activities

Animals with or without bones - (Indoor activity).

Develop a respect for animals with this hands-on session to investigate vertebrates and invertebrates, using our bone collection and Suntrap animals.

Curriculum links: Science Y3 Animals including humans.

Exploring plants in Epping Forest - Enjoy a range of games and activities in the forest, to explore the role plants play in mitigating the climate emergency, while finding out about their different parts and functions and their life-cycles.

Curriculum links: Science Y3 Plants.

Rocks and soil - Find out why soil is vital to all living things. A hands-on session in the forest to explore the different layers found under the ground, before an indoor session to carry out some rock testing.

Curriculum links: Science Y3 Rocks.

Forest habitats - Use keys to identify and classify real live animals, understand how they fit into a food chain and discover some of the threats to our forest habitats. Choose one of the following to explore: Ponds (April to Oct only), Woodland invertebrates (all year), Suntrap animals (indoor activity).

Curriculum links: Science Y4 Living things and their habitats; Animals, including humans.

Human impact on the forest - Survey habitats in the forest to find out what impact humans have had. Through a series of games learn about the importance of plants in relation to the climate and ecological emergency.

Curriculum links: Science Y3 Plants, Y4 Living things and their habitats.

Plant life-cycles in Epping Forest - Explore the plants in the forest, find out about life-cycles, photosynthesis, identification, pollination, seed dispersal and germination and their importance in relation to the climate and ecological emergency.

Curriculum links: Science Y5 Living things and their habitats.

Parts of a flower - (April - Sept only) Use a microscope to observe, identify and record the parts of a real flower e.g. petals, stamen and carpel. Find out about the vital role insects play in pollinating 35% of our food crops.

Curriculum links: Science Y3 Plants, Y5 Living things and their habitats.

Pond life-cycles - (April - Sept only) Collect animals from a Suntrap pond. Observe, identify and group them. Compare life-cycles of amphibians and insects. Threats to forest habitats and on the species found there will be considered in relation to the climate and ecological emergency.

Curriculum links: Science Y4 and Y5 Living things and their habitat.

Tremendous Trees - Explore the trees in the forest to find out about their role in fighting global warming. Find out about photosynthesis, identification, life cycles, pollination, seed dispersal and germination. Undertake some practical measuring to calculate both the age of a tree and to find out how much carbon it is storing.

Curriculum links: Science Y5 Living things and their habitats; Y6 Living things and their habitats; Evolution and inheritance.

Adaptation and evolution in forest habitats - Through hands on activities explore how real live animals are adapted through evolution to their habitat and discover how the habitats may be under threat. Choose one of these habitats to study; - Meadow (April - Sept only), - Pond (April - Oct only), - Woodland.

Curriculum links: Science Y6 Living things and their habitats; Evolution and inheritance.

Suntrap animals; adaptation and evolution - (Indoor activity, available as an outreach visit to your school.) A hands-on session with real live animals to explore the characteristics of each of the vertebrate and invertebrate groups and to discover how each animal is adapted through evolution to survive in its habitat. We'll also consider the different ways in which their habitats may be under threat.

Curriculum links: Science Y6 Living things and their habitats; Evolution and inheritance.

Orienteering in Epping Forest - With a partner enjoy an orienteering adventure in the forest. Who'll win the orienteering challenge?

Curriculum links: Geography; Geographical skills and fieldwork; Physical education take part in outdoor and adventurous activity challenges; PSHE guidance a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Map co-ordinates trail - Learn how to read a map and use coordinates to undertake a map reading challenge with a partner in the Suntrap grounds.

Curriculum links: Geography; Geographical skills and fieldwork; Mathematics Y4 Geometry.

Forest stream study - Investigate the local stream in Hillwood, looking at how the channel changes downstream. Pupils will learn about the water cycle, and how water travels through the area, before carrying out measurements along the stream.

Curriculum links: Geography; Locational knowledge; Physical geography; Geographical skills and fieldwork.

Surviving the Stone Age - Enter the Stone Age in the forest; finding wild food, collecting clay to make a thumb pot, do some cave painting using natural pigments and build your own shelter.

Curriculum links: History changes in Britain from the Stone Age to the Iron Age.



“Practical hands on activity with children taking responsibility. A great day, safe, enjoyable learning!”

KEY STAGE 2 TEACHER

"It was an excellent experience and the girls got a lot out of it."

HEAD OF BIOLOGY



Key Stage 3 Learning Activities

Investigating Ecosystems - Students will study the animals in a habitat found in the forest, identifying them, finding out about their adaptations, and finding out about predator/ prey relationships. They will find out how habitats within the forest come under threat from both the climate emergency and other environmental threats. Choose one of these habitats to study; Pond (April - October only), Woodland (all year), Woodland/grassland (April - September only)

Curriculum links: Science, Interactions and interdependencies, Relationships in an ecosystem, Genetics and evolution, Inheritance, chromosomes, DNA and genes.

Stream Study - Students investigate the local stream in Hillwood, looking at how the channel changes downstream. They will learn about the water cycle, and how water travels through the area, before carrying out measurements along the stream.

Curriculum links: Geography, Human and physical geography, Geographical skills and field-work.

Key Stage 4 Learning Activities

GCSE Science Woodland transect

1 day course available April - October

This investigation involves the use of a belt transect from a shaded area to an area with no shade in Epping Forest. Students think about how to sample the area, including the identification and observation of plants/ organisms.

Students may also investigate the population size of a plant species using random sampling. They will use appropriate sampling techniques and apparatus to make and record a range of measurements accurately (to include: biotic and abiotic factors).

GCSE Science Freshwater ecosystem

1 day course available April - October

Students will investigate the relationship between different feeding levels within a pond ecosystem and whether environmental conditions affect the diversity of species found. They will use appropriate sampling techniques and apparatus to make and record a range of measurements accurately (to include: biotic and abiotic factors).

GCSE Geography River Study

1 day course available September - April

The form and function of a river is studied from its source in this investigation. Measurements are taken of width, depth, velocity, land use, surface run off, sediment size and common fluvial formations such as slip off slopes, meanders and river cliffs. Students can Investigate how and why drainage basin and channel characteristics influence flood risk for people and property along its length.



A level courses

Biology

- Freshwater ecology investigations - stream.
- Freshwater ecology investigations - pond.
April - October.
- Plant species investigations - woodland succession.
April - October.
- Plant species investigations – random sampling.
April - October
- Population size investigations - capture-mark-release-recapture

Geography

- Water cycle
- Ecosystems

“Perfect environment; practical, interactive, relevant and engaging.”

KEY STAGE 3 TEACHER

Fun and Cross Curricular Activities for Key Stage 2 to post 16

Bushcraft skills - Camp Fires (April - Oct only) Pupils will work as a small team to collect wood from the forest, bring it back to Suntrap, build and light their own fire using different techniques. If successful they will cook their toast on their fire (butter and jam will be provided!).
Curriculum links: PSHE guidance - Health and wellbeing, Relationships, Living in the wider world.

Bushcraft skills - Shelter Building Pupils will work as a small team to plan and build a shelter in the forest using natural materials.
Curriculum links: Design and Technology - Make, Evaluate; PSHE guidance - a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Forest art - inspired by the landscape artist Andy Goldsworthy, students will use natural materials to create their temporary sculptures in the forest. Don't forget a camera – you can't take the art home!
Curriculum links: Art and design.

Team challenges - A variety of short, fun activities to challenge pupils and encourage trust, teamwork and social skills. Includes; levitate a ball, tyre tower, crossing the swamp, low ropes course and ski-whizz.
Curriculum links: PSHE guidance - a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Day visit for up to 30 students March - October 2021	Day visit for up to 30 students November - February 2021/22	3 day residential April - October 2021 for up to 80 people	3 day residential November - March 2021/22 for up to 80 people
£350 - £408	£300 - £408	£6230 Plus £30 per pupil catering charge	£5730 Plus £30 per pupil catering charge
Adult team building away day/outdoor learning training	Overnight hire of residential facilities	Hire of indoor space	Hire of outdoor space
£600 minimum charge	£750 minimum charge	£180 per day	£160 per day



Family and Community groups offer

Our family learning activities connect users with nature and help them to learn about the climate and ecological crisis. A visit to Suntrap will equip learners, from early years to grandparents with age-appropriate knowledge and experiences to help them to make choices to protect the environment.

Day visits for

- Families, pre-school forest school, primary aged Be Wild Club, young people, children's holiday clubs
- Community groups

Fully catered activity camps

Two and three day Family Forest Explorer Camps

Corporate

Bespoke corporate team away days

Hire of facilities

- Indoor and outdoor spaces
- Fully catered residential in camping pods and lodge



Forest school and Be Wild Club	2 day Forest Explorer camp	3 day Forest Explorer camp	Children's holiday club
£8 per child	£80 per adult, £60 per child plus £45 per pod	£110 per adult, £80 per child plus £60 per pod	£30 per day
Adult team building away day	Overnight hire of residential facilities	Hire of indoor space	Hire of outdoor space
£600 minimum charge	£750 minimum charge	£180 per day	£160 per day

Booking

Please get in touch to check availability of your desired dates and find out more information from a member of the team.

We hope that our list of activities inspires you but we are equally happy to plan a bespoke session to meet your specific learning objectives.

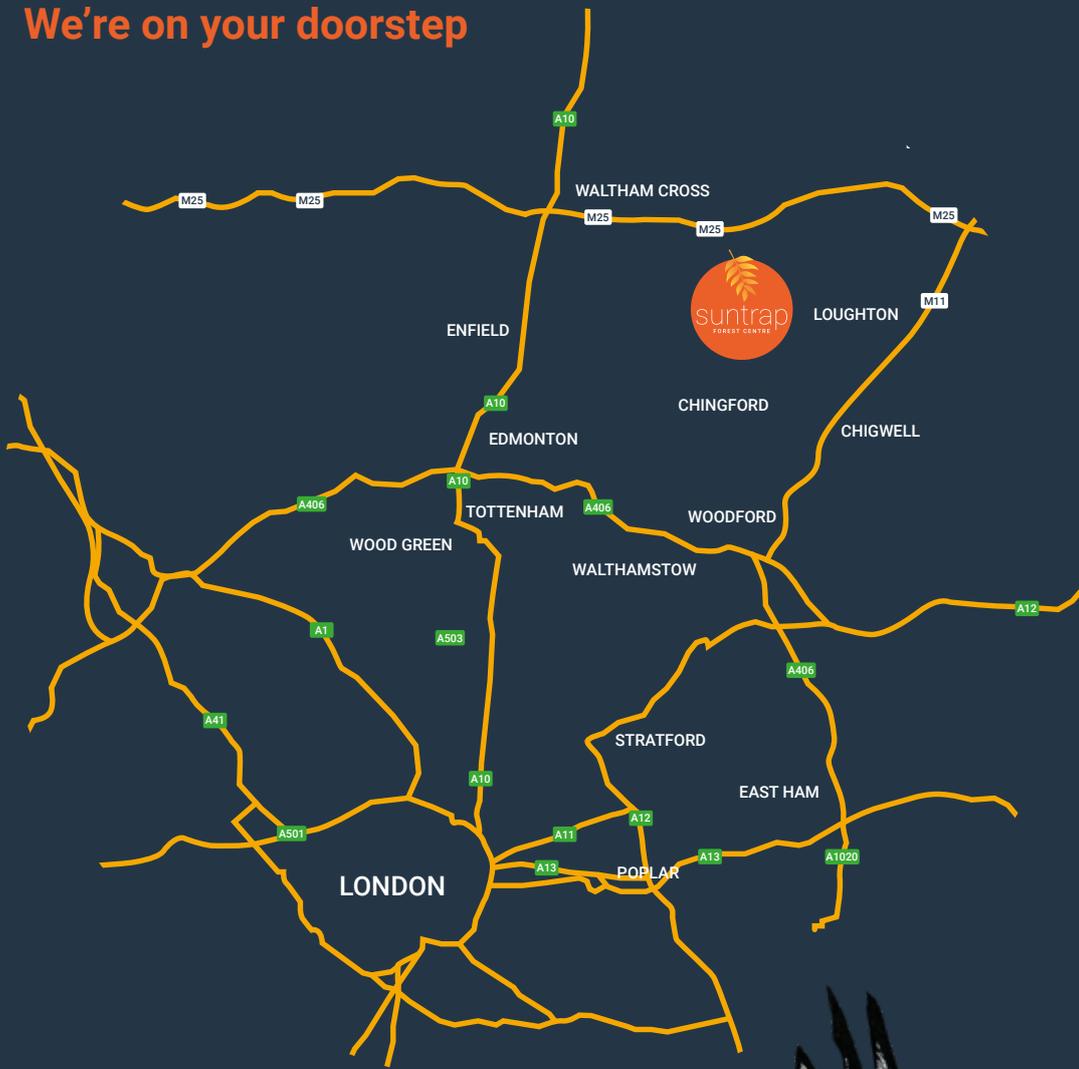
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We're on your doorstep



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