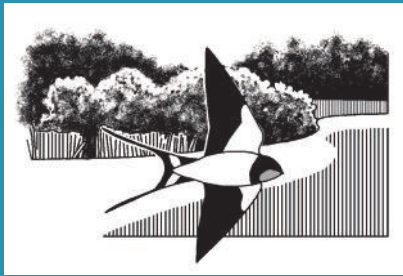


News from the Ouse

ISSUE NUMBER 17

November 2016



Where are your walking boots?

This winter, come and enjoy the peace and solitude of a walk round the LOHP fens, listening to the winter song of the robin or, if you are lucky, hearing the 'plop' of a water vole as it dives into the water. This is a rare place these days - no noise from traffic, and the mobile signal so intermittent that you won't be bothered by your phone, just maybe an occasional jet from Lakenheath.

Wildlife activity slows down in winter but doesn't stop - most creatures still have to eat. The most obvious are the flocks of small birds feeding in the trees, usually made up of various tits but if you look carefully there may be a treecreeper or goldcrest flitting around with them seeking the protection of the larger flock.

Only very few people have been lucky enough to see otters on the river - but we know they use it regularly because of their spraints (droppings), carefully deposited on prominent tree trunks, stones or grass. When fresh they have a slightly sweet smell.



Otters use obvious places like this tree root to leave their droppings (spraint). Here, Arthur Rivett collects a sample to find out what they've been eating.

In winter you can see the river much more clearly. Since Nigel Holmes's work in 2013 on the one kilometre stretch near Blo' Norton you can see the bottom more often and the various plants that grow in it. The engineering work modified the river channel to be more 'self cleaning', by creating deeper sections interspersed with shallow, narrow sections where the water flows faster. It is now a much healthier river, supporting a greater range of plants and animals.
Reg Langston

WELCOME

to the Little Ouse Headwaters Project.

I am so pleased that we have been able to produce another edition of our popular newsletter after my gloomy prediction last spring. We have found enough funding for this and one more edition and continue to work hard to secure the long term future of *News from the Ouse*.

This year the work of our wonderful volunteers has been recognised with a special award from the Norfolk Biodiversity Award scheme; our summer has been very busy in the field with surveys, guided walks and practical conservation work, and of course, we are continuing our management re-structure.

I hope to see many of you at our AGM in December when we can bring you up to date with progress.

Peter Coster, Chair

The European eel - a slippery tail

Come and discover 'eely' secrets at the AGM on Dec. 6th

There are far fewer European eels in our rivers, lakes and estuaries than there used to be. But eels are very furtive fish, active mostly at night and rarely seen except when accidentally caught by anglers. So how can we say there are not so many now, and what is to blame?

Alan Walker from the Centre for Environment, Fisheries and Aquaculture Science (Cefas) will explain how scientists and members of the interested public are investigating the eel in our local waters and much further afield, to answer questions such as 'How many eels are there?', 'Where do they come from?', 'Where do they go?' and 'How do we affect them?'.

(AGM details - see back page)



A silver eel disappears into the murky deep

EU-Eeliad research project



Why does this plant strike fear into so many hearts?

Find out on page 2

Toby Albrecht

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Garboldisham Primary School, learning in all weathers

Following on from the hugely successful peat digging done with the help and encouragement of volunteers from the LOHP, Mr Langston has kindly dried out the peat for us and will be bringing it in to school so that we can do an experiment to see how good peat is as fuel. Years 5 and 6 will be burning the peat, with a wood fire as a comparison, and seeing how long it takes to heat a known volume of water.

Science in the rain

In July, Years 1 and 2, accompanied by an army of willing parents, made the long walk from school to Broomscot Common. Our aim was to look closely at the creatures living on the Common and learn more about them and their habitats. We arrived to be met by Reg Langston and Rosemary Humphries armed with plastic hoops for identifying areas of research,



The children coped sensibly and cheerfully with being doused by a downpour

bug boxes and magnifying glasses. Having been split into groups, we set off across the Common to begin our adventure. Unfortunately the weather had other ideas! Ten minutes after arriving, the heavens opened and we all had to run for cover. As you can see from the picture we were soaked

through. Thankfully the children were very amused and, after a drink and a biscuit, were quite happy to squelch their way back to school, having had a wet but exciting afternoon! A huge thank you to Reg and Rosemary for joining us once again.

Alison Nightingale and Carol McGahan

Look out for aliens ...



This pygmy plant does giant damage. If you see it - report it!

Invasive non-native species, sometimes called 'alien species', are an increasing problem in many places, and particularly in aquatic habitats.

The main problem we've had on the LOHP sites in the past has been with American mink, which thankfully have now been controlled, allowing the return of the native water vole to our river. However, a small aquatic plant, the New Zealand pygmyweed or swamp stonecrop (*Crassula helmsii*) has recently been found at Redgrave & Lopham Fen. This plant was originally imported into the UK for sale as an oxygenating plant for ponds, but its sale is now banned. It can grow both under and above water and spreads very rapidly, even from the tiniest fragment. In time it can completely choke ponds and lakes, excluding native plants and animals. Suffolk Wildlife Trust are undertaking

control measures, but once established it is very difficult to eradicate completely.

We can all help stop the spread Everyone can help prevent further spread by being aware of the plant, and reporting any sightings to site owners or managers. Information on how to identify pygmyweed, and other invasive species, can be found on the GB Non Native Species Secretariat website www.nonnativespecies.org. Although the pygmyweed at Redgrave and Lopham Fen is likely to have arrived on the feet of wildfowl, it, and other aquatic aliens, can also be spread by people visiting wetlands or moving plants and animals between ponds. Following the advice to 'check, clean and dry' boots and other kit after wetland visits helps to protect our native species.

Jo Pitt

LOHP BioBlitz weekend - late June 2016 - what could go wrong?

The idea of hosting a weekend of biological recording on the LOHP sites, on 25-26 June, using Blo' Norton Village Hall as our base, seemed a good idea at the planning stage. Rowena Langston describes how problematic it proved in reality.

'Bioblitz' events bring in specialists to record the more difficult species to identify, and provide an opportunity for volunteers to learn and put into practice whatever level of skills they have. Yes, a really good idea. We co-operated with the Norfolk Biodiversity Information Service (NBIS) and their week-long biological recording event, which included guided walks and training workshops on a variety of species, such as butterflies, dragonflies and damselflies. However, as we all know, the British weather has a habit of intervening with the best laid plans...

Wet, wet, wet

... Following heavy rain, Blo' Norton ford had already notched up a couple of cars which had to be rescued. But Friday evening brought pleasant sunshine for those who were setting traps to catch small mammals on

Hinderclay Field. It was a rather wetter experience for the moth-trappers who had to wade into water above welly height in places, to set up the light traps on Betty's and Hinderclay Fens, but at least the rain had stopped ... or had it?

Sites chosen according to footwear

Usually, we send specialist naturalists to sites for which we most need biological records, or to habitats where the species of particular interest to them are most likely to occur. On this occasion, we had to change tack and judge by their footwear where best to send them! Consequently, we collected lots of records for Broomscot Common, which was the only site navigable in walking boots.

Cooking in the rain

We held our annual volunteers' barbecue on the Saturday evening – indoors. A hardy band prepared the food in the rain (thanks especially to Pete, Reg, Margaret and Peter), whilst the rest of us feasted in the dry! Traps still need checking, whether the weather be wet or dry, so the mammal group ventured out



Rowena Langston

Blo' Norton ford ran so high with the rain in late July that at least two cars had to be rescued from it

afterwards, brollies in hand. The furry creatures we caught were warm, snug and dry in their traps, with food supplied. Over the weekend, we caught pygmy and common shrews, and bank voles. Moths caught included the striking-looking elephant hawk moth and many micro moths including several species associated with wetlands. Observers also recorded plants and fungi over the weekend.

Heaps more records

In spite of the weather, the BioBlitz was both enjoyable and productive, generating valuable biological records for LOHP, so we know more about what lives there. These records will also contribute to the bigger picture through the county and national recording schemes.

Rowena Langston



Rowena Langston

An elephant hawk moth - surely one of the UK's most dramatic moths?



LOHP on the map

The latest version of the local OS 1:25000 map has a photo of the Little Ouse and Thelnetham mill

on it. LOHP volunteer Sylviane Moss won a photo competition to get her picture on the front cover, so we are literally 'on the map' now!

£8.99 from book shops or online at www.ordnancesurvey.co.uk/shop/explorer-map-diss-harleston.html

Creating special places

Jo Pitt reflects on how much the LOHP's volunteers achieve by working together.

When people first hear about the LOHP they often ask, 'What makes it different from other conservation groups?' or even, 'Why do we need another group?' After all, there are plenty of organisations doing a great job of protecting nature, such as the county Wildlife Trusts and the RSPB.

How is the LOHP different?

But the LOHP is different - it was set up, and is still run, by local volunteers and is focused on a very small but incredibly valuable area of habitat. The upper Little Ouse valley forms a link between the Broads and the Brecks, but remains relatively unknown to the wider world. As a local group we've been able to take on the management of a number of small pieces of land which would be of limited interest to larger organisations based outside the area. We have built up a network of sites over the last 14 years that now covers 71 hectares (175 acres), something we couldn't have imagined when we started out. While some of the land is owned by the LOHP, other important sites in the network are leased from Poors Trusts and other charities in our villages – so there are links with, and benefits for, other organisations too.

1500 volunteer hours a year

Since the LOHP was set up the efforts of many volunteers, most from the

local area, have contributed to the success of the project. Over 1500 hours of volunteer time each year is dedicated to running the project, practical conservation tasks, raising funds, monitoring wildlife and giving guided walks and talks. Volunteers also work with local schools, keep photographic records of our work, research local history, and maintain our website. This is a fantastic effort in a rural area with a small population.

More than a million pounds

However, volunteers can't do everything - we've raised over £1,300,000 over the years to fund our land purchases and restoration work, and we put as much of this as we can back into the local economy. One of our biggest supporters has been the Heritage Lottery Fund, most recently assisting with the purchase and restoration work on land we've bought in Thelnetham, helping to restore the integrity of the Thelnetham Fens Site of Special Scientific Interest. Restoring and managing land for nature conservation is a long term commitment - the early stages of restoration can even seem quite destructive, but the aim is always to create and maintain a more diverse habitat. We have seen some notable successes in recent years, such as the return of water voles and otters to the Little Ouse river, and increases

We can't promise snow at every winter workparty, but we can promise rewarding work, good company and cake



Reg Langston

in nationally rare fen plant species. As well as managing land for nature, we want people to be able to see what's special here - we've created over 5km of new footpaths, built two footbridges over the river and made areas previously marked 'Private' open to all - as a result we've seen many more people enjoying the valley landscape and wildlife.

Top place in Norfolk awards

The efforts of all involved in the project were recognised recently when the LOHP was named 'Best Group' at the 2016 Norfolk Biodiversity Awards. The award was given for 'the imaginative way the LOHP have involved and informed their community in their ambitious, large-scale conservation work in several parishes'. We'd like to thank everyone who has helped us win this award, it is a great achievement for the local area. *Jo Pitt*

Collaborating to make Thelnetham Fen whole

Gathering data before making decisions

LOHP contractors and volunteers are doing some basic research on the newly bought fragment of fen between Thelnetham Middle Fen and Webbs Fen to understand its vegetation, soils and the ways that water moves through the site. These data help us make our preliminary plans for how to integrate it with the entire complex of Thelnetham's valley fens.

'Stitching' the fens back together

The reason for buying this crucial central piece was to enable the area to function as one valley fen instead of

little separate wetlands. We're working with the Suffolk Wildlife Trust (SWT), who lease the adjacent land, to make sure that the management on all the nature conservation sites in the valley is complementary.

A brighter, lighter future for New Fen

Volunteers and contractors removed the dense rows of abandoned plantation trees (most of them of non-native origin) last winter, and the timber has been extracted for woodchip. This winter we'll replant much of this relatively dry area with native shrubs to encourage nesting birds. Grassy glades for butterflies and for public access will eventually replace the bare ground and stinging nettles. On the wetter areas, tallows that have colonised in recent years will be removed to let in more light and extend the orchid-rich fen area on the adjacent SWT reserve.

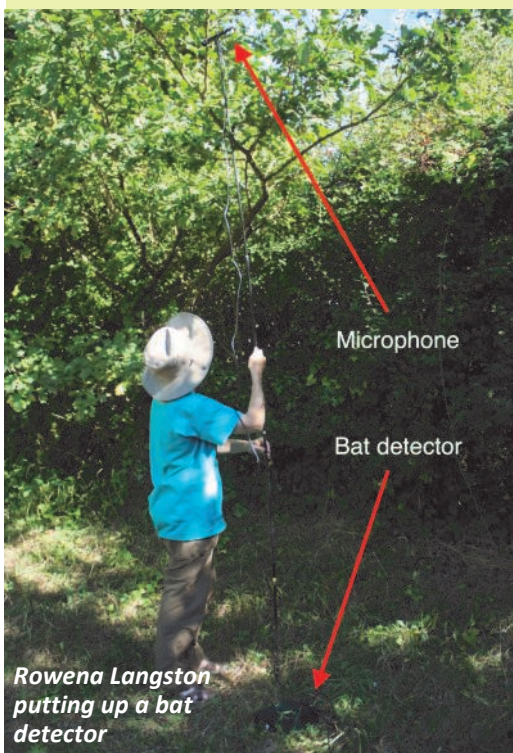
Finding bats - in 2017 it's your turn!

New technology can reveal many secrets about the hidden lives of less well-known wildlife. **Sam Franks** outlines how you can help.

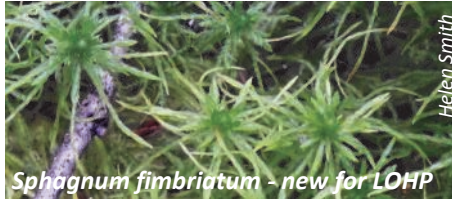
For the past two summers, LOHP's static bat detector has been telling us about the bats and crickets in the night skies and bushes of the Little Ouse valley, thanks to a partnership with Dr Stuart Newson at the BTO who analyses the ultrasonic recording data for us as part of the Norfolk Bat Survey. So far this summer, the detector has recorded plenty of abundant species like common and soprano pipistrelle, and also less common ones like Natterer's, serotine, barbastelle and Daubenton's. After a season working out standardised recording stations on LOHP sites, it's time for volunteers to have a go!

Between late April and early October *next year*, anyone can book the detector for three days and put it out at one of our recording stations (or even in your own garden!). It comes with a map of the locations and clear instructions. Put it out an hour before dusk, collect it in the morning, and a week or so later - hey presto! - you'll get an email from Norfolk Bat Survey listing what you found. Your data will help build the growing 'bat- and cricket-scape' of the Little Ouse valley!

To take part, and for more info. visit the LOHP website or email bats@loh.org.uk



Rowena Langston putting up a bat detector



Sphagnum fimbriatum - new for LOHP

Helen Smith

Fenland study - revelations

Sheffield University specialists led a detailed study of the LOHP fens this summer.

On three perfect summer days in July eleven eager volunteers were joined by a team of wetland specialists from Sheffield University for an in-depth study of the LOHP fens. As part of this course we looked at how wetlands are classified, the complex nature of fenland hydrology and considered how best to assess the conservation value of different habitats.

We also spent time outside looking at the main vegetation types and key species groups found in valley fens and how to identify them.

Revisiting David Bellamy's plots
Splitting into small groups we did two site investigations: we located and re-recorded plots set up by David Bellamy in the late 1950s on Hinderclay Fen - for future monitoring; and we made an initial assessment on Blo' Norton Little Fen by taking soil profiles and recording the vegetation. This included a first record on LOHP land for *Sphagnum fimbriatum*. The course helped to identify new environmental and biological monitoring priorities and improved our understanding of the LOHP fens. Many thanks to leaders Dr Bryan Wheeler, Dr Ros Tratt, Sue Shaw and Dr Phil Eades for a very enjoyable, informative and thought-provoking course.

Nicola Dixon

How are the birds doing?

Recording and monitoring is vital to the LOHP, to gain knowledge about the species living on our sites and about changes over time.

We've been monitoring breeding birds on Hinderclay Fen since 2007 by ringing, as part of the British Trust for Ornithology (BTO) programme of Constant Effort Sites (CES). We visit 12 times during the breeding season, May to August. On each visit, we set vertical mist nets to intercept the birds as they fly across the fen. On each visit, the same number of nets are set in the same places, for the same length of time. This standardised approach means the results, combined across UK sites, give a good measure of how breeding success and survival contribute to population changes. It also tells us about variation annually and geographically.

Residents and migrants

We catch a mix of resident birds, such as blackbirds and blue tits, with migrants such as blackcaps and chiffchaffs. During the season, we catch birds holding breeding territories on the site, then as the summer progresses, we start to catch youngsters too.

Care for the birds is paramount

The nets are checked regularly, and each bird taken from the net is put into a cotton bag as a safe, quiet refuge. We assess the age and condition of each bird, and take various measurements. We place an individually numbered metal ring round one leg. All the information is kept, digitally, by the LOHP and the BTO. There is now a population of ringed birds on Hinderclay Fen, many of which we recatch, and can look up details of their previous captures, here and elsewhere. When you hold a small bird, like a willow warbler, in your hand, it's amazing to think that this creature, weighing less than 10g, can and does migrate to and from Africa. Each spring, year after year, they return to the same breeding territory.

Rowena Langston

One of the specialties of our CES site is the kingfishers breeding on the river



Rowena Langston

Getting back as much as they give

Two people who really seize life's opportunities talk to Nicky Rowbottom about what it's like volunteering with the LOHP

For people who don't want to get too involved, **Laura Cox** and partner **John McCormack** seem to have found the LOHP a perfect fit. 'When we moved here we didn't want to jump straight into local organisations and get over-committed,' explains Laura, 'But now I'm voluntary warden for two of the LOHP's sites - Broomscot Common and Scarfe Meadows; John has just become a Trustee; we're regulars at the Wednesday work parties and at many of the guided walks, and we recently borrowed the bat detector and surveyed our garden for bats. Is that enough?' It seems it's not enough. As we talked, I discovered that Laura and John also help check the valley's bat boxes annually, they were involved in a recent plant survey of Broomscot Common; Laura helped gather data on the new pieces of fen in Thelnetham (see page 4) and sharp-eyed readers will see she has also written a piece for this newsletter. In spite of all this they insist that one of the LOHP's huge strengths is that they don't feel pressured. They contribute what they can, but it isn't a demand - when they can't help they don't feel guilty.

Bringing an outsider's eye
With characteristic humour John protests that his main contribution as a new Trustee - certainly at first - was his ignorance. Unlike many other Trustees he doesn't have a background in conservation, (they are both actors by trade) and John feels that one of the strengths he brings to the board is an 'outsider's eye'. He knows from recent experience what it's like to arrive as a newcomer, and not have a clue about what the project has achieved, or is proposing,

or why. They both remember thinking, when they moved here, that Broomscot Common was the most boring site in the whole world. Now, knowing it better, they see it with new eyes, especially after helping with the Norfolk Wildlife Trust's recent plant survey which racked up an amazing 150 species on site.

Putting new knowledge to good use
Laura's love of nature was nurtured during childhood days spent pond-dipping or fossil-hunting, but she professes total ignorance, initially, about practical conservation, 'I didn't have a clue, when we started, about how to coppice a willow - or why we might want to. I've learnt so much, without even realising it. We find ourselves applying some of the same principles in the garden. It feels so good to know how to do things and what effects we'll have. I've also had the training to use a brush cutter, which is very handy, and a nice skill to be able to surprise people with.'

Therapeutic effects of work parties
Laura and John give a lot to the LOHP

but it's clear they get a lot back. The opportunities for learning new skills and gaining new knowledge are immense, 'It energises your brain,' says John, 'Lots of people in the LOHP are incredibly expert, theoretically and practically, and working with them keeps us constantly learning.'

'If I was a GP,' interjects Laura, 'and I had to prescribe something for a depressed patient, I'd say, 'Go and join an LOHP work party!' Sometimes you start the morning thinking, 'I don't feel like this today', but within minutes it blows the cobwebs away. It's so therapeutic. People all muck in and get on with the task and Reg is a brilliant teacher and work party leader. He's very welcoming to new volunteers, he always explains clearly what needs doing and why and his way of treating

If I was a GP, asked to prescribe something for depression, I'd say, 'Go and join an LOHP work party!'

us rubs off, there's a lot of laughing and gentle teasing and we all relate well to each other. As actors we know how rewarding it is to work in a good team, and the work parties are great team activities.'

A strong local network
The fact that almost all the volunteers live nearby is a tremendous strength. 'It means we're part of a local neighbourly network which feels almost more like family,' says John, 'People help each other out and lend and borrow things. If you can't identify a poo you find in the garden you'll know someone who can - so you send them a photo of it, knowing they'll be excited not shocked.'

The otter addiction
John has also joined the LOHP Mammal Recording Group and is trained to recognise otter droppings. 'It was such a thrill to find my first bit of otter spraint by myself,' he recalled, 'I saw it, put it in the pot, recorded the location and felt like a real ecologist'.



Jane Maddison

Laura and John on a favourite LOHP site: 'We love them all, but Scarfe Meadows is special - timeless. The ditches recovered quickly from being dug out and now look beautiful. LOHP wanted to recreate wet meadows here - and that's what we've got. Wellies and snipe'

Nest box walk - April

In spite of a chill wind and threatening wintry showers, we were lucky enough to have some good sun and to see some wonderful nests in and around Hinderclay Fen. Sam Franks and David Hodgkinson, who regularly monitor the nest boxes, led the walk. At the very beginning we spent half an hour in the car park, asking eager questions sparked off by the discovery of starling and house sparrow nests in Thelnetham Village Hall roof.

Using an endoscope for wildlife purposes

On the walk to Webb's Fen various likely nest sites were pointed out, and at the alder carr we were shown the marsh tit nest. Only Sam went close, as it is surrounded by water, and no eggs were yet laid. We passed a treecreeper nest box, (so far only a blue tit has used it) and then, nearby, a box specifically for blue tits - with a clutch of eggs ready to incubate. In a gorse bush by the path we found a long-tailed tit nest, and - using an endoscope to take photos - we confirmed six chicks had hatched, still blind and naked. This made up for the disaster of the first long-tailed tit nest we found that had been destroyed by predators, leaving behind just one egg. We found a dunnock nest with four blue eggs, very low and easy to see, in a pile of browned brash. Along the way we saw many old and abandoned nests, and, at the end of the fen, we were lucky to

A precious investment for the future - a clutch of blue tit's eggs laid in a des. res. provided by the LOHP



see a sitting blackbird. In the open gorse and heather area, we inspected the site of last year's chiffchaff/willow warbler nest. We had heard them both singing, so assume and hope that they will breed again here this year. On the walk back we were delighted to find a common lizard out to enjoy the sun.

Becky Whatley

Please note... Obviously as a rule it's best not to disturb birds' nests. This walk took place within a special monitoring scheme run by the British Trust for Ornithology (BTO). To find out more about nest recording, visit www.bto.org/volunteer-surveys/nrs

Learning how to see even more

Going on a walk with experts, on a site they know well is very rewarding. You always see things you would have missed alone, and everyone shares their knowledge. Three LOHP volunteers here share their perceptions of some of 2016's guided walks.

Dawn chorus walk - May Day

A good turn out of around 30 people enjoyed this frosty morning walk which turned beautifully sunny but remained cold.

As far as bird songs go, it appeared that all we needed to be able to recognise were blackbird, robin, chiffchaff, wren, blue tit, great tit, blackcap and a few other common species, then at least we'd know the ones we couldn't recognise!

Many species were calling or singing, including cuckoo, tawny owl and treecreeper. We were lucky enough to see some shelduck fly past and a pair of mistle thrushes playing in the fields.

We're grateful to Rob Fuller, and to Reg and Rowena Langston for leading the walks and to the committee of Blo' Norton village hall for providing the very welcome refreshments as a fundraiser for the hall.

Bev Blackburn

Bats and Crickets - July

Hot-footing from plant surveying on Broomscot Common (sadly it goes in one ear and out the other, but quite fab all the same) I made my way to the Recreation Ground to listen to Stu Newson talk eloquently and enthusiastically about bats (mainly) and crickets and all the current research work. I could have listened to him for hours, but said bats and crickets called, so off to Scarfe Meadows we went (quite beautiful at dusk, you must go!), over the stile and down the track. Still quite light so not a bat to be seen or detected, however observant eyes soon spotted crickets and Rowena Langston was instant in her knowledge of species.

Darkness descended...time to head back...and THEN the bats appeared, swooping out of nowhere! I've never seen them recorded before and it looks rather lovely. There were about fifteen of us that evening, and one of the most magical things was the friendliness and fun (and banter) and the sharing of knowledge and anecdotes between all.

We tramped back in the dark, guided by the occasional torch, exhausted (well, I was!) but exhilarated by the evening. It felt magical, as though we'd been through a fairy grotto of delights! And bats! And crickets!

Laura Cox



The back of a car makes a good impromptu lecture theatre for bat expert Dr Stuart Newson of the British Trust for Ornithology

Rowena Langston

Membership application

(not renewals)

Name:

Address:

Postcode:

Phone:

E-mail:

I wish to support the LOHP as a:

Friend of the Fens: £10 min a year

Ordinary member: £2 a year

Junior member (<18 years) 25p a year

Please tick one category and write the amount donated below.

I wish to donate £..... to the LOHP.

Please make cheques payable to the 'Little Ouse Headwaters Project'.

We can reclaim the basic rate of tax that you have paid on the gross equivalent of your donation so, for example, a membership payment of £10 is worth £12.50 to us. Therefore, if you are a UK taxpayer, we would be very grateful if you would Gift Aid your subscription by simply completing the Gift Aid section, and date and sign this form.

I want to Gift Aid the above donation to the LOHP

Please treat as Gift Aid donations all qualifying gifts of money made today and in the future. I am a UK Taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations to charities it is my responsibility to pay any difference.

I understand the Little Ouse Headwaters Project will reclaim 25p of tax on every £1 that I give.

Signature:..... Date:.....

Please notify the LOHP if you 1) wish to cancel this declaration 2) change your name or home address, or 3) no longer pay sufficient tax on your income and/or capital gains. If you pay income tax at the higher or additional rate and you want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Note on renewals: All renewals are due in April. We send a letter to all members. *Please don't use this form to renew your membership.*



A big thank you to all those members who send donations along with their renewals. We greatly appreciate this extra support for the work we're doing to enhance the valley and its wildlife.

The LOHP needs you!

The LOHP relies on volunteers to run the charity and help with conservation (and other) work. Might you have some energy and time? If so we'd love to hear from you.

To get involved, and for more information, contact **Bev Blackburn**, Volunteer Coordinator and Event Manager at beverly.blackburn@lohp.org.uk or 07747 691285 or **Pete Fox**, Hon. Secretary on 07500 044587.

Workparties

Get out and enjoy yourself whatever the weather at an LOHP work party or event. Work parties are monthly on Sundays (dates below) and weekly on Wednesdays. *Check website for details and confirmation of where to go.*

| | | |
|--------------------|------------------|----------------|
| 13 November | Tree planting | New Fen |
| 11 December | Coppicing | New Fen |
| 8 January | Scrub bashing | Blo'Norton Fen |
| 12 February | Scrub bashing | Hinderclay Fen |
| 12 March | Willow coppicing | Broomscot |

| | | |
|----------------------------------|--------------|--------------------|
| Nigel Clark | 01379 890460 | New Fen |
| Jo-Anne Pitt | 01379 898684 | Blo'Norton Fen |
| Reg & Rowena Langston | 01379 898009 | Hinderclay/Parkers |

LOHP on Facebook & Twitter
for news and *great* photos go to www.lohp.org.uk and click on the icons

Events

Dec 6 Tues: The European eel – a slippery tail. Annual Talk and AGM

7.30pm, Hinderclay Village Hall, Bells Lane, IP22 1HX. All welcome.

Jan 2 Mon: Traditional LOHP Winter walk

Blow away the Christmas Cobwebs and learn something about the area's wildlife and landscape. **10.15am for 10.30am** start at **Garboldisham Village Hall** - a gentle amble (approx. two and a half hours) followed by homemade soup and a roll. Well-behaved dogs on a lead welcome, but *please note there are 2 stiles to negotiate.*

This walk will happen whatever the weather. **Please book** if you want refreshments: by email to beverly.blackburn@lohp.org.uk or text 07747 691285, otherwise just turn up!

To contact the LOHP (Reg. charity no: 1098232)

Email: enquiries@lohp.org.uk
Write: LOHP, Waveney Cottage, Redgrave Road, South Lopham, Diss, IP22 2JN **Phone:** 07500 044587
Website: www.lohp.org.uk

