



International Year of Forests

The United Nations has declared 2011 as the International Year of Forests, a global platform to celebrate people's work in managing the world's forests sustainably. It aims to raise awareness of the importance of forests as one of the world's most valuable resources.

Here in the UK, the Forestry Commission is planning to hold events around the country and show everyone just how amazing and how vital for the future our forests are. Events are being planned right now so watch out for more information on our website, in the next edition of Your Forest and on the boards around Alice Holt. We hope you'll come along to events and support us in telling the world just what a precious resource our forests are.



If you like playing then Alice Holt is the place to be on the 12th March!

We'll be hosting a day of activities as the culmination of a whole week of outdoor play across the South East.

Outdoor Play Week aims to encourage children to play outdoors just like children always used to do. It's been made possible by funding through Chances4Change and the focus will be on children under 11 and especially those who have very few, if any, opportunities to play outdoors.

During the week, our partner organisations, including local councils, Play England, the Department of Health and many others, will be working to make these opportunities available

where children live through play events at children's centres, nurseries and schools. At the weekend we want to offer a special day out to children who've never had the chance to visit a woodland. We want them to be able to enjoy the forest as much as our regular visitors do and everyone, of course, is more than welcome to join in. The event will be free of charge and we're planning exciting activities like den building, a discovery trail and bushcraft alongside all the play opportunities that the forest itself has to offer. Full details will be available nearer the time on our website and on our notice boards. Don't miss it!



your forest

what's happening in Alice Holt Forest January - June 2011

we love
alice holt
forest



On the trail of discovery

People with physical and learning disabilities will soon be able to get more from their visits to Alice Holt Forest as a result of a partnership between the Forestry Commission and the Treloar Trust.

The trust runs a school in Froyle and a college in Holybourne and is renowned nationally for its work with children and young people with physical disabilities and a wide range of learning difficulties.

The Easy Access Trail opened in 1994, with some advice in the planning stages from Treloar's. It provided an accessible route through the forest for people with limited mobility, including wheelchair users and children in pushchairs. The Easy Access Discovery Trail was installed along the route around four years ago and has proved very popular with families and children's groups. It's an interactive trail with ten lively activities for people to enjoy along the way.

Now the Forestry Commission is reaching out to people with speech and

language difficulties too, with a specially designed activity pack, the Treloar Pack. This will include a book of symbols to aid communication, notes for carers and resources such as paper and crayons for use along the trail.

Being still and listening to the sounds of the forest, finding faces in the trees, looking for minibeasts and making up a story about the deep, dark forest are just a few of the things you can do along the trail.

The pack is well on the way to completion but the trail itself, despite regular maintenance, is now 16 years old and in need of a good deal of repair and resurfacing. The Forestry Commission is currently seeking funding to cover the cost of the work to improve the surface for everyone.

How to find us

By car
Alice Holt is 4 miles south of Farnham on the A325. Parking charges apply. See website for details.

By bus
Stagecoach no.18 operates regularly between Aldershot and Haslemere, picking up from Farnham

station and stopping at the Halfway House pub in Bucks Horn Oak.

Contact
Forestry Commission, Alice Holt Forest, Bucks Horn Oak, Farnham, Surrey GU10 4LS. Tel: 01420 23666



www.forestry.gov.uk/aliceholt

If you need this publication in large print or in another language please contact The Diversity Team. **Tel:** 0131 314 6575
Email: diversity@forestry.gsi.gov.uk



Forest Schools at Alice Holt

The Abbey School in Farnham is a special school for children with learning difficulties. It runs a Forest School programme with year 10 pupils every week at Alice Holt Forest.

Nigel Pink, the Forest School teacher, told us about the far-reaching benefits of their weekly visits to Alice Holt Forest for the children and the whole school.

"As soon as we are out in the mini bus on our way to Alice Holt you can feel the tension disappearing. There's no school uniform for these visits and we keep it very relaxed. The young people don't see it as school even though they learn so much.

We teach them simple skills like how to make mallets or tent pegs out of wood. The children are amazed when they make kazoo's out of a split stick and elastic bands and love it because they can make as much noise as they like out in the woods. The sense of achievement gained from each of these activities builds up over the weeks and really boosts their self-confidence.

The whole school benefits immensely because the group is better able to concentrate and focus when back in school. They are a lot calmer and better placed to receive classroom tuition on other days.

This type of forest school model is not just beneficial for pupils in our school, it has similar results for children of all abilities in all schools and I would thoroughly recommend it to other teachers."

Cycling for All

Want to get into cycling but worried there are too many obstacles in the way?

This partnership between the Forestry Commission, East Hampshire District Council and CTC, with funding from the Big Lottery, makes cycling accessible to those who may need extra support to get into the activity. Barriers such as disability, health issues or other reasons can be overcome through the personalised approach and the help and support given by the Cycling for All team.

Individuals or small groups can turn up for a taster session on Thursdays, 9am-1pm. Community groups can also book private sessions. Contact Sarah Walker on **07775 595 998** or email sarah.walker@ctc.org.uk for more information, or visit the website on www.ctc.org.uk/easthampshire



Centre Stage

The Wind in the Willows

Saturday 2nd July, 5.30pm

Cambridge Touring Theatre takes a merry romp through the world of the river bank with their wonderful adaptation of 'Wind in the Willows'. Toad is boastful, proud and obsessed with motorcars. It is the job of Ratty, Mole and Badger to keep him under control. Along the way, they learn important lessons about what it is to have friends and to be a friend. This production lasts two hours with a twenty minute interval and is suitable for the whole family.

Adults £12, child £9, Family tickets (2 adults + 2 children) £38. Tickets and information from: Farnham Maltings on **01252 745444** or visit www.farnhammaltings.com, Quay Tickets on **0843 2080500**, visit www.cambridgetouringtheatre.co.uk, or pop into Café on the Green.

Optional Extra!

A 45 minute drama workshop before the show at 4pm in the Forest Classroom. Perfect for children between the age of 5-11 to come and meet some of the riverbankers and learn songs from the show. £3 child.

To book on this workshop, please call **01420 23666**.

Snow White

Weds 3rd August, 5.30pm

A fairytale like no other, this heart-warming story of magic, mayhem and mystery from the Chapterhouse Theatre Company will delight and enthral children this summer. And of course, everyone is invited to come along to watch in fancy dress and join in with the fairytale parade during the interval – whether seven or seventy!

Adults £11, children £7, family ticket £32. Tickets and information from: Farnham Maltings on **01252 745444** or visit www.farnhammaltings.com, SEE tickets on **0871 2200260**, or visit www.seetickets.com or pop into Café on the Green.

Get active in the forest!

In addition to school visits, group bookings and our own events, we run a number of more regular activities for children and adults.



Get fit in the forest, try Nordic Walking!

Babes in the Wood

Toddlers 14 months-2½ yrs with adult. £7 per child per session or £24 for four sessions.

There's a new woodland theme to enjoy each week as we head out into the woods for a lively activity walk. This is followed by story time and woodland crafts back in the classroom. These sessions are 1½ hours of fun for children with their carers. Refreshments are included. Booking in advance is essential as a parking permit will be issued.

Series one: Monday 10.30am-12. January 24th, 31st, February 7th and 14th.

Series two: Monday 10:30am-12. March 7th, 14th, 21st and 28th.

Little Explorers

Pre-schoolers, rising 3-4yrs with adult. £7 per child per session, £24 for four sessions.

Little Explorers is similar to Babes in the Woods but is a little more challenging and suitable for older pre-school children. There's plenty of scope for children and adults to use their imagination in these lively and fun-filled activity sessions. Refreshments are included. Booking in advance is essential as a parking permit will be issued.

Series one: Monday 2.30-4pm. January 24th, 31st, February 7th and 14th.

Series two: Monday 2.30-4pm. March 7th, 14th, 21st and 28th

Nordic Walking

Beginners: 4 week course, £32 including pole hire. Improvers: £6 per session plus £1 pole hire.

Nordic Walking is an increasingly popular form of exercise with poles and suits a wide range of fitness levels. Instructors all hold International Nordic Walking Instructor Qualifications. We ask beginners to attend four progressive sessions to develop good technique. Improver sessions take place at the same time but can be paid for individually.

Please wear flexible footwear for walking along the forest trails and wear suitable clothing for the weather conditions. Booking in advance is essential as a parking permit will be issued. Please park in the main car park.

Series one: Thursday 10-11.15am. January 27th, February 3rd, 10th and 17th.

Series two: Thursday 10-11.15am. March 10th, 17th, 24th and 31st.

Series three: Wednesday 7-8.15pm. April 27th, May 4th, 11th and 18th.

Series four: Wednesday 7-8.15pm. June 8th, 15th, 22nd and 29th.

Pushy Mothers

Mondays: 11.15am-12.15pm. £7 per session. Parking charges apply.

Tailor made sessions for mothers, offering more exercise benefits in the shortest time – and baby comes too. Weight loss, better posture, muscle tone and a psychological boost are all included in these fun workouts. Instructors accredited by the Royal College of Midwives.

For more information and bookings please call Sophie on **07702 854581**

Walking for Health

Walking for Health at Alice Holt Forest provides two different levels of walks led by our own volunteer walk leaders.

Every Tuesday, from February to the end of March, there are short sociable morning walks lasting one hour. These start at 10am from the Cafe on the Green.

From April to August, walks are more strenuous and 4-5 miles long. These are also on Tuesdays but start at 6.30pm from the Alice Holt classroom and last up to 1½ hours. Enjoy this great opportunity to get out into the fresh air and meet new people.

Don't forget to wear suitable footwear to walk along the forest trails and wear appropriate clothing for the weather conditions. Children under 16 years, must be accompanied by an adult. A parking permit will be issued by your leader on the day if required. Please park in the main car park. For information contact Kat or Pam **01420 23666**.

BodyFit Bootcamps

Tuesdays and Thursdays, 9.30am term time. Parking charges apply.

Bootcamp sessions are great for building fitness and are led by a personal trainer who can ensure that you get the best exercise format for your needs.

For more information and booking, please visit www.BodyFitBootcamp.co.uk or call Mark on **07970 521848**.

Health Warning: Please note that people who do not exercise regularly and might have concerns about their health should check with their doctor before taking part in walks we lead. The Forestry Commission cannot be held responsible for the consequences if such participants do not take this advice.

What's on?

From Pond Dipping to Welly Wanging, here are the activities and events we've got coming up...



Learn bushcraft with the pros!



Where's the welly?

Booking is essential for all events and parking charges apply. Please park in the main car parks and walk to the classroom for your event unless otherwise stated. Children under 8 years must always be accompanied.



Build your own den!

February Half Term

Tuesday 22nd February

Where's the Welly?

Mixed ages. 10am-12. £5 per team (max 6 people).

Maps at the ready! A chance for the whole family to take up this active challenge. See how quickly you can solve the clues. You just might get a prize! Minimum of one adult per team. Not suitable for buggies.

Wednesday 23rd February

Welly Crafts

4-7yrs. 10-11.30am. £6 child.

We've gone welly mad and planned a session of arts and crafts with plenty of ideas; cute boots, boots with roots, even newts for boots! All materials provided.

Den Building

8yrs+. 10am-12. £7 child.

Our first den building session of the year. This activity is always popular, so book early and wrap up warm!

Welly Wanging!

11.45-12.15pm under 8yrs.
12.15-12.45pm, 8yrs+. £1 child.

Wellies (for wanging, not wearing) provided. There's a small prize for the winners of each age group.

Thursday 24th February

Willow Bird Feeders

8yrs+. 45 mins sessions. £5 per feeder.
10am, 11am, 1pm and 2pm.

Join us in the classroom to make a hanging willow bird feeder to encourage feathered friends into your garden. Open to adults too! Children should be accompanied and will need your help.

Easter Holidays

Saturday 9th-Sunday 24th April

Easter Clue Trail

£2 per sheet

Follow the forest trail, solve the clues and enter your sheet into the grand prize draw to win a 12 month Discovery Pass! The route is accessible for wheelchairs and pushchairs but some clues are off the path and not accessible to wheelchair users. Sheets are available from Cafe on the Green. Self-led, no booking required.

Tuesday April 12th

Den Building

8yrs+. 10am-12. £7 child.

A green home, a natural shelter or a luxury dwelling? Which will your team create? Dress for the weather.

Wednesday 13th April

Pond Dipping

6yrs+. Half hour sessions. £1 child.
Starting 1pm, 1.45pm and 2.30pm.

Spring is in full swing so let's see if you can find anything stirring beneath the surface of our pond. We provide all the equipment for you to dip.

Meet us at the pond by the cafe. Maximum 15 children at a time. Booking at the pond from 1pm on the day only.

Thursday 14th April

Camp Fire and Food

8yrs+. 11am-2pm. £9 child.

Learn essential camp skills like fire lighting and tasty cooking. Join Nigel, one of our rangers, for an outdoor forest supper. Sizzling sausages, marshmallow heaven – whether you're 8 or over 11, come join the fun, give mum the time off, or bring her with you and have a great scoff!

Tuesday 19th April

Easter Babes in the Wood

Toddlers 14months-2½ yrs with adult.
10.30am-12. £7 child.

Spring has sprung with eggs and bunnies galore. We take an activity packed walk through the woods then return to the classroom for spring crafts. Refreshments are included.

Den Building

8yrs+. 1-3pm. £7 child.

Whatever the weather we can test your den, come rain or shine!

Visit www.forestry.gov.uk/aliceholt



Egg 'n' spoon race

Wed 20th April

Family Bushcraft Day

10am-4pm. All ages. Adults £25, under 16yrs £15, under 3yrs free.

Learn the secrets of the forest as a family. From ancient fire lighting to shelter building and a spot of open fire cooking, we will cover the skills you need to feel comfortable and confident in the wildest of woods!

Please remember to bring your own lunch but refreshments will be available all day. Minimum one adult per group.

To book contact Mollie on **07979 321369 / 01252 781309** or email molliebatters@hotmail.com and visit gonetothewoods.co.uk

Thursday 21st April

Easter Eggstravaganza

Children 3yrs+ with adult. £4 child.
Starting 10am, 11.45am, 1.15pm and 3pm (lasting one hour).

An eggceptionally smashing time to be had by all at our popular crafts and egg decorating session. Booking essential for both crafts and races.

Rabbit Races and Roly Poly Eggs!

Under 8yrs. Starting at 11.05am at the meadow near the cafe. £1 child.

Edible prizes for winners.

Egg 'n' Spoon Races and Exciting Egg Rolling

8yrs+. Starting at 2.20pm at the meadow near the cafe. £1 child.

Eggciting prizes for the winners!

Summer Half Term

Tuesday 31st May

Camp Fire and Food

8yrs+. 11am-2pm. £9 child.

Learn essential camp skills like fire lighting and tasty cooking. Join Nigel, one of our rangers, for an outdoor forest supper. Sizzling sausages, marshmallow heaven – whether you're 8 or over 11, come join the fun, give mum the time off, or bring her with you and have a great scoff!

Wednesday 1st June

Woodland Clue Trail

All ages. £2 per clue sheet.
10am, 11am, 1pm, 2pm and 3pm.

Ideal for families with young children. There'll be pictures and clues hanging in the trees to help you find the answers. There will also be activities you can try along the way. Small reward for all children. Please state ages when booking.

Thursday 2nd June

Den Building

8yrs+. 10am-12. £7 child.

For some constructive play, come and join a team of builders. Your shelter will be rated for safety, style and waterproofing!

Saturday 4th June – Sunday 5th June

Overnight Survival

Children aged 10+yrs. 3pm Saturday until approximately 10am Sunday.
£35 child, £15 accompanying adult.

Build a shelter and sleep in it overnight. Prepare and cook your own meal and learn some outdoor survival techniques with an expert. This is a very exciting opportunity for both adults and children to learn some survival skills and experience the forest at night.

Adults have the option to sleep in tents. Please telephone for full details. Each child must be accompanied by an adult. Places are limited.

The small print

Booking is essential for all events and parking charges apply. Please park in the main car parks and walk to the classroom for your event unless otherwise stated. Children under 8yrs must always be accompanied.

Workshops & walks



Rustic baskets

If you're more interested in learning a woodland skill or finding out about the wildlife, take a look at our range of workshops and talks for adults...

Saturday 26th February

Rustic Baskets from the Hedgerows

10am-4pm. £35.

A day of working with hazel, willow, ivy, dogwood and various hedgerow finds to create a rustic frame basket. Please bring a lunch or feel free to use the cafe on site. Beginners often do not finish their basket in one day. You will, however, have learned what to forage from your local hedgerow to finish your project at home.

Tuesday 5th April

Willow Crafts for the Garden

10am-4pm. £35.

A day of working with willow to create hanging spiral bird feeders, woven trays and wacky garden wildlife. Please bring a lunch or feel free to use the cafe on site.

Friday 6th May

Bat Watch Talk and Walk

8-9.45pm. £6.

A fantastic evening learning about bats with members of the Hampshire Bat Group. After an introductory talk and seeing convalescent bats, it's into the woods at dusk to see and hear them in action! You need transport to transfer a short distance to the walk site. Children over 10 years old may attend.

Saturday 7th May

Hazel and Willow Plant Supports

10am-4pm. £35.

A day of working with willow and hazel to create supports for climbing plants like sweet peas or beans and mini-hurdles for herb beds. Please bring a lunch or feel free to use the cafe on site.

Saturday 21st May

Bark Basketry Course

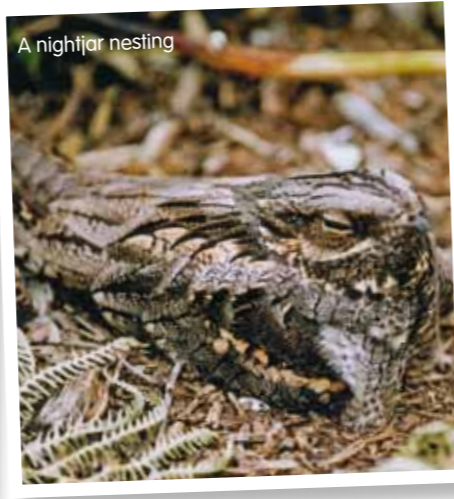
9am-5.30pm. £60.

This unique day will take you from sweet chestnut bark to basket! Using locally sourced bark we will take you through the process of preparing your bark and then weaving your own simple baskets. The course will cover all aspects of safety and tool use.

Refreshments will be available all day, but please bring a packed lunch with you. The course will be run outside around the campfire so please wear appropriate clothing and footwear.

If you have a collapsible camp chair, bring it along with you, if not there will be slightly less comfortable logs to sit on! Please arrive at 8.45am so that we can start the day promptly.

To book contact Mollie on **07979 321369 / 01252 781309** or email **molliebatters@hotmail.com** and visit **gonetothewoods.co.uk**



A nightjar nesting

Wednesday 15th June

Nightjar and Wildlife Talk and Walk

8.15-approx 10.15pm. £6.

Our wildlife ranger starts the evening with a talk in the classroom about nightjars and other nocturnal creatures of the forest. This is followed by a walk in the woods. We will look and listen for nightjar birds as well as spotting other creatures out and about in the evening. You need transport to transfer a short distance to the walk site. Children over 10 years old may attend.



Make a difference

Would you like to get involved at Alice Holt, meet new people, learn new skills and be a part of something special? We are looking for people to join our team of volunteers.

We would be very grateful to anyone who can spare a few hours or even a day a week to help with anything from woodland management and practical maintenance to PR and running events.

So, if you're interested in a rewarding challenge, please contact Julian Williams, Visitor Manager on **01420 23666**.



Cooling down with an ice cream from the cafe

A bigger and better cafe

The Cafe on the Green is growing and will soon be complete with a brand new kitchen, outdoor kiosk and colourful mural, showing life at Alice Holt Forest – from purple emperor butterflies and dormice to people enjoying the woods.

The kiosk will provide an express service on busy days and the new kitchen means a wider choice of freshly prepared home cooked meals, a more relaxed atmosphere and space to host children's birthday parties. For more information call **01420 521267**.



Save money support the forest

If you're a regular visitor to Alice Holt, then why not get a Discovery Pass? At £40 for the year, it is excellent value for money (about £3.33 a month). The pass provides free car parking, discounts at the cafe, Quench Cycles and Go Ape, as well as local and national benefits.

The money from the pass provides a large part of the funding for our work and goes into maintaining the forest.

Buy online or onsite at the cafe: www.forestry.gov.uk/pass



Pedal Power

Quench cycles offer a range of biking services including cycle hire, mountain bike accessories, cycle repair, training courses, guided rides and children's birthday parties.

They are open seven days a week between 9am and 5pm all year round.

For more information contact Quench Cycles on **01420 520355**, email **alice.holt@quenchuk.co.uk** or visit **www.quenchuk.co.uk**



If you're itching to swing through the trees, try some monkeying around at Go Ape! You need to be at least ten years old and 4ft 7in to have a go. Liking bananas helps, but is not essential!

Go Ape will reopen for February half term, at weekends until the end of March, then every day from Easter. For more information visit **www.goape.co.uk** or call **0845 643 2036**.