

Sense and Motion in Basing Wood

Welcome to the first edition of the **Sense and Motion in Basing Wood** newsletter!

Sense and Motion is a Forestry Commission led project, funded by the Big Lottery as part of the chances4change portfolio. The aim is to make Basing Wood into a more valuable local resource for health and wellbeing within the local community. The Project wants to encourage people to see the wood as a site for physical exercise which is free and fun and also as a place where they can escape the pressures of modern life, relax and appreciate nature.

The Project was officially launched in May at the Popley Festival. Our stand displayed the designs for the wood including the natural play area, nature reserve, fitness trail, downhill bmx track, cycle routes, way-marked walks, woodland maze, den building area and free-running facility.

These designs are the result of an intensive consultation process and should really enhance the wood for local people. Keep involved and updated by visiting our website:
www.forestry.gov.uk/senseandmotion

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Sadie Ledger (11) and Louisa Benwell (7) with their winning den designs

Design a Den Competition Winners

If woodlands are to be protected in the future it's essential we learn to appreciate and value them as children. With this in mind we held a "Design a Woodland Den" Competition at our launch event.

We had over 100 great entries but congratulations go to **Sadie Ledger** (11) and **Louisa Benwell** (7) for their winning designs. Both included woodland wildlife in their den designs. Louisa, under 8's winner, drew a very big bear outside her den! Whereas Sadie, winner of the over 8's category, included a bird house in her den's garden. Something she can now recreate at home with their build-it and decorate-it yourself bird house prizes. Why not come and build dens for real on one of our free family events?



3Run run wild in Basing Wood!
Well, not that wild! Read about their day volunteering in the wood inside on page 2. (Don't worry - no 3runner was hurt posing for this picture!)

Free Summer Activities—Details Inside!

3Run in the Forest!

The Sense and Motion plans for Basing Wood include a unique forest parkour/free running training area. Basing-stoke based free running team 3run have been on board from the start helping with designs. It was only natural then that when the time came to clear some of the small "scrub" trees from the free running site they were first in there to help with the ground work. Nathan Barris from 3run said "helping out with all the guys was a great laugh, we worked hard and got loads done." The 3run team did get lots done although at times their methods were rather unusual! Karate chopping tree trunks is quite a unique and not hugely successful approach....definitely not one to be recommended from a H&S point of view!



3run volunteers and Project Officer Nayana Cintra

In all it was a great day, with lots of laughs and lots of hard work. There'll be more volunteer days in the near future so there's plenty of time for all free run enthusiasts to get involved with further scrub clearance and the building of the free-running equipment. Events will be organised with 3run and information can be found on our website (details on page 4) and on the 3run's web forum www.3run.co.uk/forum.

3runners: Matthew Kaye and Nathan Barris



Green Volunteering: The Facts!

When? Every second Sunday of the month.

10am to 3pm.

Sunday 9th August and 13th September

Separate days can be arranged for groups of 8 or more and activities can be tailored to suit the groups motivations and abilities.

What? Activities cover a wide range of tasks including habitat enhancement, tree planting and facility construction. Tasks are adaptable to suit all abilities.

Why? It's a great way to keep fit, meet people and get involved with nature. It's also useful practical experience or to enhance your CV.

Places and tools are limited so advanced booking is essential.
Booking details on page 3.

You don't need any experience - you just need to be keen!



Free Activities and Events!

As part of the Sense and Motion project we are running lots of free activities in Basing Wood. Keep an eye on our webpage for new events and dates.



If you are interested in arranging a free woodland activity for a specific group whether its for work, family or friends please get in touch and we'll do our best to help...

Family Den Building Day

Tuesday 4th August 10am to 12pm

Thursday 13th August 10am to 12pm

Tuesday 25th August 10am to 12pm

Walk into Shape

The second Monday of every month at 10am

Beginning Monday 10th August

Join us for short and varying 1-2mile walks in Basing Wood. A gentle and easy way to begin exercising.

Popley Summer Walk

Saturday 15th August

A family walk with craft and art workshops. For more information contact the Popley Fields Community Centre on 01256 414494.

Walk with a Wildlife Ranger

Monday 17th August 2pm

Join a Forestry Commission Wildlife Ranger to take a closer look at Basing Wood's wildlife.

Walkies!

Thursday 27th August 16:30 (1-2 miles)

Thursday 3rd September 11.00 (1-2 miles)

An ideal chance for you and your dog to get fit together and meet new friends. Dogs are to be walked on leads which allows safe socialisation for youngsters/rescue dogs and is a good training opportunity.

Organised Groups

Whenever suits you! If you are local to Popley and would like us to arrange a free activity for your family, friends or colleagues get in touch!

Activities meet at the Community Centre entrance to the wood.

Places on all events are limited so registering is essential.



How to book on an event:

- 1) Telephone or email with details of which event you want to book and for how many people.
- 2) Complete and return the registration form you will be sent or emailed.
- 3) Receive confirmation of your booking and more details on the activity.
- 4) That's it! You're all booked on!

Email: senseandmotion@forestry.gsi.gov.uk

Tel: 01962 774883

Did you know Basing Wood..

- Is pretty BIG! It covers over 107 hectares (264 acres).
- Has produced approximately 4500 tonnes of sustainable managed timber in the last 5 years alone. That's an awful lot of tables, chairs, fences, sheds, telegraph poles, paper etc etc!
- Is home to the protected Greater Crested Newt and the declining Purple Emperor butterfly.



Forestry Commission England

Put a Face to a Name...

Put a face to a name...

The Project involves many Forestry Commission staff but the people you are most likely to meet on our free events are Emily and Nayana, the Project Officers.



Emily Weller has previously worked as an outdoor pursuits instructor at the QE2 Activities Centre within Manor Farm Country Park.

Nayana Cintra was a Forestry Commission Recreation Ranger in the New Forest.



So there's loads of experience behind our free activities and events!



Contact Us:

Work on the ground...

Work in the wood is well underway now. We have created a new pond in the nature reserve and our forest craftsman have upgraded the entrance by replacing the bridge and widening and resurfacing the path. Elsewhere ride edges have been opened up by volunteers and groups from the Probation Service and others have been graded by the tractor. These may look a little barren now but the enlarged ride edges will allow more sun light to reach the forest floor providing a great habitat for butterflies and invertebrates.

Before After →
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chances4change
Improving health and well-being
for people in South East England

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