



# Norwich Fringe Project

Newsletter  
Autumn 2011

*Conserving wildlife, landscape and recreational facilities for all*

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This newsletter was written and  
edited by Fringe Project volunteers  
Hazel Smith and Liz Gibson.

## *What's been happening this Spring/Summer?*

### **Schools**

Over the summer term we have been busy working with a number of local schools in the Project's area:

In May the Project Officer took two classes from Earlham Infants School pond dipping down on Earlham Marshes. It was a great day out and we found all manner of pond mini-beasts, dragon and demoiselle fly lava and caddis fly lava which create a little cocoon and cover themselves in small stones or bits of reed and sticks, we also found water scorpions.



On 6<sup>th</sup> July we attended the Bowthorpe St Michael's School Environment Day where we helped to create a Forest School area in the schools Wildlife Area and the pupils built woodland cookies to remember their day by.

### **Guided walks and talks**

On a regular basis the Project Officer has been attending society meetings and giving talks about the work and role of the Fringe Project, this has been followed up by guided walks around some of the Project sites.



### **Broads Outdoors Festival 7-15 May**

New for this year a partnership project run by The Broads Authority to promote the unique landscape of the Norfolk & Suffolk Broads. The Norwich Fringe project took part by organising two events to promote the countryside on our doorstep. Look out for this event next year. Details can be found on: [www.outdoorsfestival.co.uk](http://www.outdoorsfestival.co.uk)



## *Introducing Kaz Hopes, Health Walks Leader*

In March 2011, after 8 years of being part of the Norwich Fringe Project, due to financial constraints the Central Norfolk Health Walks Project officially became part of Active Norfolk. Kaz, a part-time walks leader, was given a new role to play in overseeing the Norwich Health Walks.

*Ed: What's your official title?*

KH: Fit Together Co-Ordinator, Norwich and Suburbs.

*Ed: What are the effects of the reorganisation of the Central Health Walks Project?*

KH: I am now responsible for organising walks in the City and surrounding area. I lead many of the walks ably assisted by a team of volunteers. The Health Walks Project is now managed by Active Norfolk based at Easton College.

*Ed: How long have you been in post?*

KH: Since February 2011.

*Ed: What qualities are needed for a job like yours?*

KH: Patience, listening ear, flexibility and the love of people.

*Ed: What do you like most about your job?*

KH: Being outside, getting people fitter or more positive and I like to have a chat.

*Ed: What's been your most challenging walk to date?*

KH: Whitlingham Woods and Arminghall.

*Ed: What's the funniest thing that's happened on a walk?*

KH: A goose chased a walker who was dressed in a cream fleece and a long peaked cap. I think the goose thought the walker was another goose!

*Ed: Who can join the walks?*

KH: Anyone from 16 yrs upwards— there's no upper age limit.

*Ed: Can GPs refer people to the walks?*

KH: Yes please! They should be onboard doing this already!

*Ed: Have you any advice for new walkers?*

KH: Start with a Level 1 Walk; do try and walk with someone; chat as you walk at your own pace.

*Ed: Do you have any new walks planned for the Autumn and Spring?*

KH: Yes, Earlham Hall and Park, Thorpe Marsh and Thorpe St Andrew.

*Ed: How do new walkers get started?*

KH: Pick up a programme, choose a Level 1 Walk, just turn up or phone me and I will meet them or brief a volunteer leader to look out for them.

**Contact Details for Norwich and Suburbs only:**

**Kaz Hopes 07825 833538. Email: [cityhealthwalks@gmail.com](mailto:cityhealthwalks@gmail.com)**

**Website: [www.activenorfolk.org/fittogether](http://www.activenorfolk.org/fittogether)**

## *What to look out for this Autumn*

### Migrating birds

- *leaving*: swallows and martins, warblers, flycatchers, wheatears, whinchats, redstarts, nightingales, yellow wagtails, tree pipits, cuckoos, swifts, nightjars, turtle doves, hobbys, terns .

- *arriving*: fieldfares, redwings, bramblings, Bewick's and whooper swans and many kinds of ducks, geese and wading birds. Many water birds also spend the winter on the sea around the UK coast, including common scoters, great northern divers and red-necked grebes.



### Fungi

Chanterelle, Common Earthball, Giant Puffball, Fly Agaric (poisonous), Stinkhorn - beloved of children for its shape, Parasol and Yellow Stainer.

Please keep up the feeding of the birds remembering to supply fresh water as well especially as the first frosty mornings will be freezing the bird baths. For those of you having bonfires the best way to ensure there are no unseen casualties is to store material next to the burning site, then light a small fire on fresh ground where you want the ash pile to be and once this is well lit feed the fire from the top of the stored heap. To enable air to enter the heap and make burning really efficient place material horizontally on the fire in one direction, as it burns down round up any un-burnt pieces on the edge and push these towards the middle.

## *What some of our volunteers have been up to...*

Hazel and Liz were working in Coopers Wood and Whitlingham Marshes (see map on page 4)

*Hazel writes:....*

When Matt asked would I like a day out helping to mend a boardwalk I wasn't sure what to expect. What I did share that day was the company of Matt, Student Alison, three boys from Eaton Hall School and 2 teachers. Using carefully selected tools and wood conveyed by truck and trailer through the leafier suburbs of Norwich, we measured, sawed and hammered until the damaged pieces of board walk were replaced and secured. The boys really enjoyed the hammering and the picnic beside the river Yare. A good day out in lovely early summer weather and a valuable job done.

*Liz writes:.....*

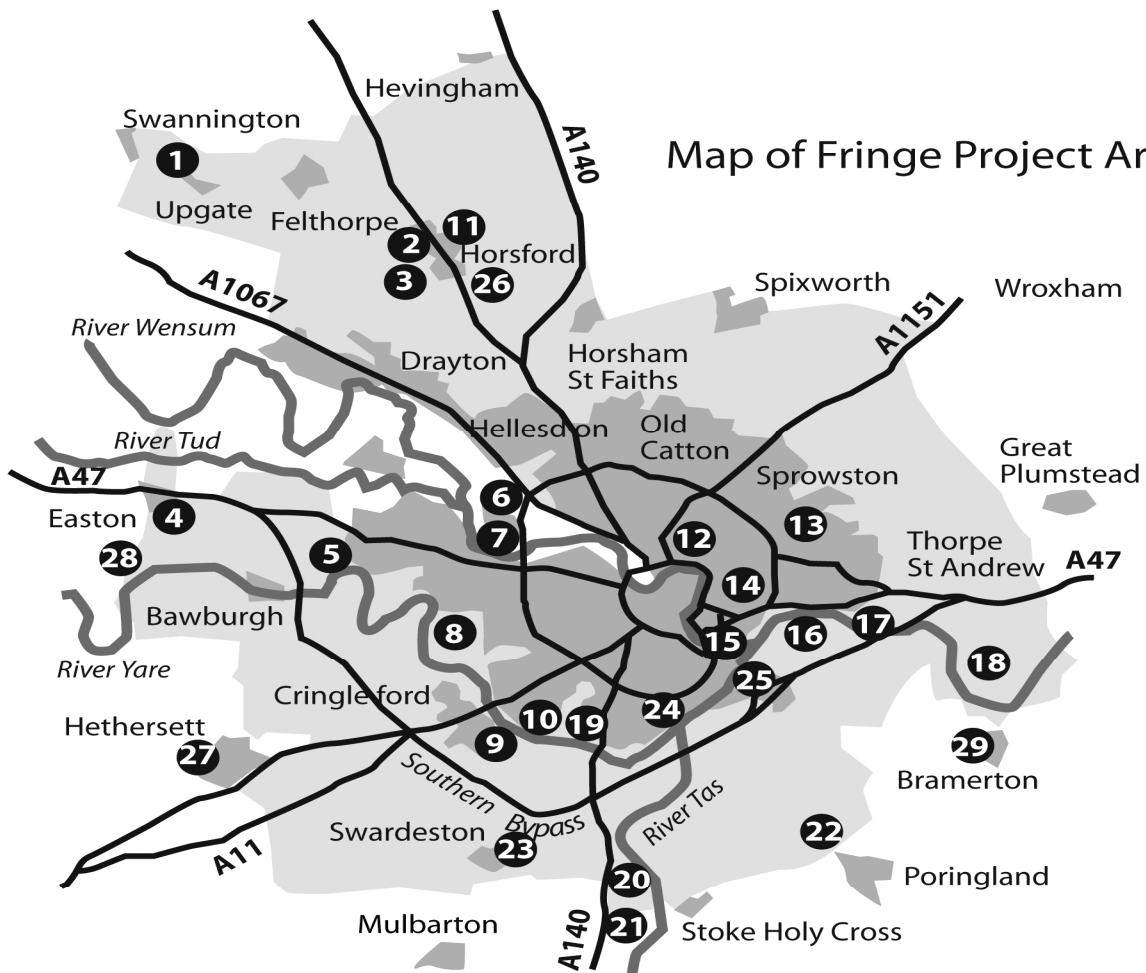
We set off with chain saws, loppers and flasks of tea to tackle the overgrowth of saplings and brush at Whitlingham Marshes. Once acclimatised to the pungent odour from the nearby sewage works we started work. Matt and Will felled trees whilst John and I lopped and sawed. We all mucked in building bonfires then sipped tea and ate sandwiches whilst watching the flames. Job well done and a grand day out!

## *Update on Marston Marshes Easy Access Project*

Some exciting news on Marston Marshes – working in partnership with Eaton Village Residents Association they have been able to secure a grant of £49,976.00 from The BIG Lottery's Ground Work's Community Spaces Fund. The funding will be used to improve the path surface around part of the marsh, making it easier for those with mobility problems to visit the countryside on their doorstep. The work started in July and involved digging out small amounts of gravel which was used as base material for the path and then dressed with a layer of hoggin. New habitats have been created including a shallow scrape for wading birds and two fish fries, similar to a pond, connected directly to the river allowing young fish fry to shelter and escape the hazards of the river.

Why not take a wander around the marshes and see for yourself.

## Map of Fringe Project Area



- |   |   |
|---|---|
| 1 Upgate Common (Swannington)   | 16 Whitlingham Country Park   |
| 2 St Faiths Common, Site one  | 17 Whitlingham Marsh<br>Local Nature Reserve  |
| 3 St Faiths Common, Site two  | 18 Surlingham Church Marsh  |
| 4 Easton Farm Woodland Walk   | 19 Danby Wood Local Nature Reserve  |
| 5 Charter Wood  | 20 Caistor St Edmund Roman Town<br>(Venta Icenorum)   |
| 6 Earlham Millennium Green,<br>Earlham & Bowthorpe Marshes<br>and Bowthorpe Southern Park | 21 Dunston Common Local Nature Reserve  |
| 7 Sycamore Crescent Woods<br>Local Nature Reserve Park                                    | 22 Poringland Wood  |
| 8 Earlham Park and Woods<br>Local Nature Reserve  | 23 Swardeston Common  |
| 9 Eaton Marsh Local Nature Reserve  | 24 Coopers Wood, Lakenham   |
| 10 Marston Marsh Local Nature Reserve   | 25 Trowse Church Meadow   |
| 11 Horsford Woods   | 26 Green Lane Water Pit   |
| 12 Mousehold Heath  | 27 Hethersett Ullswater Open Space pond<br>and Hethersett Village Hall<br>Recreation Ground |
| 13 Cottage Plantation   | 28 Marlingford Conservation Area  |
| 14 Lion Wood Local Nature Reserve   | 29 Bramerton Village Ponds  |
| 15 Cary's Meadow  |   |

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