



Epping
Forest

Registered Charity



VOLUNTEERING IN EPPING FOREST

Get involved in volunteering in
Epping Forest

| January 2025

www.cityoflondon.gov.uk/eppingforest



Wardens



Visitor Centre



Carbon Removals



Photographers



EPPING FOREST VOLUNTEERS



Conservation



Biodiversity



Learning Team



Litter pickers

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WELCOME

The Oxford Dictionary defines volunteering as “a person who does a job without being paid for it”. For those of us who choose to volunteer, we understand that there are lots of non monetary benefits to doing so. Examples of this include learning new skills, improving mental and physical health, connecting with new friends in the community, improving confidence and achieving a sense of fulfilment from giving something back to a worthy cause.



The UK Government's People and Nature Survey at the end of the Covid 19 pandemic stated that 83% of children believe nature makes them happy and that natural spaces are critical for children to make social connections. The campaign to end loneliness in 2022 found that 50% of all adults reported that they felt lonely. However, the Government's Community Life Survey in 2022 shows a decrease of 18% in volunteering between 2013 and 2022. We need to change that.

In 2024, over 15,000 volunteer hours were donated – an increase of 16% on 2023. With ever growing demand, we would like to see this number increase further in 2025."

We have produced this volunteer guide to demonstrate some of the many opportunities we have for you to help us. Our volunteering scheme is open to those of differing skills, experience and abilities. So, whether you're looking to join a regular activity, or just want to give volunteering a try, please do get in touch with our team at efvolunteering@cityoflondon.gov.uk.

Finally, on behalf of the Conservators, I would like to thank all of the individuals and groups who continue to generously contribute their time, energy and skills we couldn't do it without you!

A handwritten signature in blue ink that reads "Benjamin Murphy". The signature is written in a cursive style and is enclosed within a large, loopy blue scribble.

Benjamin Murphy CC
Chairman of the Epping Forest and Commons Committee

EPPING FOREST VOLUNTEERS

We are extremely grateful to the groups of volunteers who offer valuable support with Epping Forest's mission and vision, helping us to achieve our strategic aims and priorities.



Mission:

To conserve and protect Epping Forest as London's largest biodiverse green space for the health, recreation and enjoyment of everyone.

Vision:

Epping Forest is a thriving, biodiverse green space that benefits the City of London's communities and enhances the wider environment as part of a larger, interconnected landscape.

Strategic aims:

We aim to conserve, enhance and protect the Forest's special natural environment and its heritage.

We aim to welcome encourage and inspire our visitors.

We aim to support, collaborate and innovate, sustainably managing the Forest for future generations.

Strategic priorities:

1. A welcoming destination for all.
2. A beautiful Forest, sustaining an internationally and nationally important mosaic of wildlife habitats.
3. An inspiring space benefiting people's health, and providing opportunities for recreation and enjoyment.
4. A range of special heritage landscapes which are protected and celebrated.
5. A resilient environment, where challenges are embraced and opportunities explored.

EPPING FOREST VOLUNTEERS

City of London Epping Forest has a variety of volunteer roles including conservation work, surveys, patrolling with our Keepers, helping at our visitor centres, and lots more.

In the financial year 2023 - 2024 Epping Forest had:



3,937 hours

volunteered directly to
City of London Epping Forest

10,735 hours

volunteered via
voluntary organisations

What motivates our volunteers:

"To help my local environment"

"To help protect and preserve our local natural environment"

"To connect with nature"

"Get my steps in while helping to make a difference"

"An interest in the heritage of the Forest"

"A desire to give back to the Forest after benefitting from having access to it."

"Meeting new people"

Interested in joining the team?

Email: efvolunteering@cityoflondon.gov.uk

Register your interest [here](#)



EPPING FOREST VOLUNTEERS

Interested in joining the team?

Roles include:

- Volunteer Wardens
- Volunteer Litter pickers
- Volunteer 'Beavers' (Supporting our leaky dams project)
- Volunteer Photographers
- Biodiversity volunteers
- Cattle volunteers
- Learning Assistant volunteers
- Visitor Centre volunteers

Register your interest [here](#)

Don't miss our bi monthly Volunteer Information Sessions at Epping Forest Visitor centre at Chingford to find out more about our volunteer roles. [Book here.](#)



YOUTH VOLUNTEERING

Epping Forest have a variety of youth volunteering opportunities including youth litter picking events, youth conservation sessions, and youth photography opportunities. Please note a parent / guardian is required to accompany the children/young people at these sessions.

Youth conservation sessions

February half term: Thursday 20 February
Easter holidays: Tuesday 8 April
May half term: Tuesday 27 May

Youth litter picks

February half term: Wednesday 19 February
Easter holidays: Monday 7 April

Please keep an eye on our [Event Brite for Epping Forest](#) for our upcoming events.





VOLUNTEER GROUPS

VOLUNTEER GROUPS

EPPING FOREST CONSERVATION VOLUNTEERS

Hands on conservation: Making a difference one task at a time.

Over the last 47 years The Epping Forest Conservation Volunteers (EFCV) have completed more than 2000 conservation tasks, leaving behind a legacy of positive impressions across the Forest.

Tasks usually take place every Sunday and the second Tuesday of the month. Each involves close coordination with the City of London Corporation Conservation team to ensure they support the overarching management plan.

If you are interested in learning more about the Epping Forest Conservation Volunteers, please visit www.efcv.co.uk or contact Spencer Cleminson at efcv2@yahoo.co.uk



VOLUNTEER GROUPS



EPPING FOREST CONSERVATION VOLUNTEERS EVENTS

Sunday 2 February Lower Forest: A continuation of felling young trees and holly. Parking: Woodyard CP, TL472030

Tuesday 11 February Long Running: Young tree and holly felling, just north of the heathland. Parking: Long Running CP, TQ435995

Sunday 16 February Hawkwood: Removal of cherry laurel and young holly. Parking: Hornbeam Lane, TL393958

Sunday 23 February Barn Hoppitt: Haloing veteran trees, young tree and holly felling. New pollard creation on Old Warren Road. Parking: Barn Hoppitt CP, TQ398947

Sunday 2 March Lords Bushes: Young tree and holly felling, haloing veteran trees. Parking: Knighton Lane CP, TQ407935

Tuesday 11 March Almshouse Plain South Young tree removal and coppicing willow on the grassland. Parking: The Warren, TQ409956

Sunday 16 March Knighton Wood Young tree and holly felling and haloing veteran trees. Parking: Knighton Lane CP, TQ407935

Sunday 23 March Lords Bushes continued: Young tree and holly felling, haloing veteran trees. Parking: Knighton Lane CP, TQ407935

Sunday 30 March Leyton Flats: Removal of young trees from this important acidic grassland. Parking: Whipps Cross Road CP, TQ390886

VOLUNTEER GROUPS



EPPING FOREST CONSERVATION VOLUNTEERS EVENTS

Sunday 6 April Gilbert Slade. Young tree and holly removal along the edge of the grassland. Parking: Snaresbrook Road CP, TQ393891

Tuesday 15 April Rats Lane Bog. Removing cherry laurel from the top of the bog. Parking: High Beach CP, TQ411982

Sunday 20 April Sunshine Plain North. Removing young trees and holly along the periphery of the heathland. Parking: Wake Valley CP, TQ432988

Sunday 27 April Green Ride . Working along the Green Ride up to Loughton Camp, scalloping the ride edge. Parking: Earls Path CP, TQ416967

Sunday 4 May Ambresbury Banks. Thinning birch and/or removing holly. Parking: Long Running CP, TQ435995

Tuesday 13 May Birch Wood. Continuation of previous tasks, opening up sunny glades for adders. Parking: Track off Coppice Row, beside deer sanctuary, Theydon Bois, TQ410970

Sunday 18 May: Task TBC

Sunday 25 May: Task TBC



VOLUNTEER GROUPS



EPPING FOREST HERITAGE TRUST

Epping Forest Heritage Trust (EFHT) is a charity and membership organisation that works to help the City of London Corporation's aims to preserve and protect Epping Forest and its irreplaceable biodiversity, culture, and heritage now and for generations to come.

Their vision is a thriving Forest, rich in biodiversity, heritage and culture, enjoyed and conserved now and for generations to come.

They aim to:

1. educate and inspire people about Epping Forest
2. do hands on work to conserve and grow the Forest
3. protect the Forest through research and advocacy

Areas of work include:

Inspiring people from all backgrounds to visit and love the Forest through regular guided walks, talks and community outreach events

Sharing information about the ecology, history and culture of the Forest through talks and various collaboration events

Organising the annual 'Epping Forest Big Walk'

Managing the Epping Forest Visitor Centre at High Beach on behalf of the City of London Corporation

Leading regular hands on conservation sessions with volunteers to improve the biodiversity of the Forest, including women only sessions

Advocating on planning proposals to ensure the Forest does not suffer damage from more development, traffic or pollution

Championing sustainable transport to, from and around the Forest in order to reduce pollution and protect the Forest's biodiversity and enjoyment by the public

Campaigning to raise awareness of the Forest with decision makers and policymakers

Volunteering opportunities:

EFHT have a range of volunteering opportunities including;

- Hands on conservation sessions
- Information Assistant at the Epping Forest Visitor Centre at High Beach
- Volunteer walk leaders
- Developing policy work, on planning proposals, the ecology of the Forest or engaging politicians and policy makers in the importance of the Forest
- Fundraising
- Office administration

Visit <https://efht.org.uk/volunteering/> to find out more.

Upcoming events

Sunday 9 February, 10.00am A linear walk between Epping and Chingford. This will be a longer walk with moderate pace where you will go through some of the oldest parts of the Forest.
[Find out more.](#)

Saturday 15 March, 10.30am Join Gill Hopkins for an opportunity to visit the ponds and streams in Loughton Woods and discover the origins of this landscape and the issues it faces today.
[Find out more.](#)

Sunday 27 April, 10.30am Join local historian Georgina Green for a walk looking for signs of spring and learning about poets and nature in the local area.
[Find out more.](#)

EFHT have regular hands on conservation days please visit [Eventbrite](#) for more information and to book on.

To find out more

Facebook, Instagram, X: @EppingForestHT
Visit the EFHT website: www.efht.org.uk
Email admin@efht.org.uk,
Call EFHT on 020 8508 9061



VOLUNTEER GROUPS



HIGHAMS PARK SNEDDERS

The Highams Park Snedders are a friendly group of local volunteers from the Highams Park Planning Group (HPPG) who help the City of London Corporation to look after Highams Park Lake and the surrounding Forest. The name Snedders comes from the old Saxon word “sned”, which means to prune.

The Snedders work closely with the Epping Forest Conservators from the City of London Corporation who provided helpful logistical support and training when the Snedders were set up. The works they undertake in the woods form part of a management conservation programme set by the conservators' ecologists.

They have undertaken a variety of works in the local woods, such as clearing undergrowth, which was necessary after the cows stopped grazing in the mid 1990s and opening up windows in the vegetation and reed planting to improve the wildlife habitat and water quality at the Lake.

The Snedders have also undertaken other projects such as establishing Humphry's Café and the new path across the park to the café; signage throughout the woods and the new viewing platform at Highams Park Lake.

This year the Snedders have been focussing on restoring the bluebell patches in Great Sale Wood and maintaining the windows at the Lake.

HIGHAMS PARK SNEDDERS EVENTS

Outside of the bird nesting season, the Snedders usually meet on one weekday and Saturday each month, although sometimes more often. Sessions generally run from 9.30am until 12.30pm and tea/coffee and biscuits are provided.

New volunteers are welcome and you can sign up to help out on this link:
<https://highamparkplan.org/home/get-involved/>

VOLUNTEER GROUPS



EPPING FOREST RIDERS' ASSOCIATION

The Epping Forest Riders' Association (EFRA) are always looking for volunteers to assist them with organising their events in and around Epping Forest. Volunteers do not need to be able to ride horses themselves, just happy to help with things. It is of course useful if volunteers understand being around horses but it also provides an opportunity for people who might want to know more about working with horses to get involved in an easy way.

For the escorted rides EFRA need people to act as stewards at road crossings, to assist with car parking and to help serve refreshments at the end of the rides. All volunteers at the escorted rides are provided with a free picnic following the event. Escorted rides are normally 10.30am - 12.30/1pm. Volunteers should arrive at 9am to help with car parking. Venues are Bury Road Car Park or the Gardens of Hanbury.

The group also require volunteers to help at showing shows which currently take place in the Epping Forest area at Barnfields, Sewardstone Road. For these, volunteers are required to help with setting up/ taking down courses, gazebos, signs etc., helping with car park management. Volunteers are also required to assist the judges and the secretary.

Showing Shows timings: Help set up from 7.30 - 8.30am. Car parking from 8am - 10am and 12 - 2pm. Ensuring arenas and car parking are clear between 9.30am - 5pm. It may be possible to work as a volunteer in shifts for the longer days.

To find out more please contact efranews@gmail.com

VOLUNTEER GROUPS

FRIENDS OF SWAINES GREEN

Swaines Green is a 26 acre area of woodland and wildflower meadow on the edge of Epping, comprising partly City of London land and partly Epping Town Council land, and is designated as Epping Forest Buffer Land.

The Friends of Swaines Green help to ensure the habitat is maintained through regular conservation days in the winter, and also monitor the wildlife present. They are always in need of volunteers to help with these activities.

Their wildlife monitoring comprises the management of a large complement of nest boxes, as well as surveys of plants, animals and birds to see what is doing well and what might need some further help. Volunteers to undertake any work in this area would be very welcome.

SWAINES GREEN EVENTS

Conservation days are held from 10am on the second Sunday of each winter month (October to March inclusive). Please meet at the kissing gate entrance to Swaines Green, Lower Lincoln Field at the end of the Coronation Hill cul de sac. Tools are provided, just wear working clothes, stout footwear and gardening gloves.

May Fayre: Saturday 10 May 2025

One of the ways the Friends of Swaines Green raise awareness and money is through the popular annual May Fayre held on Lower Swaines Recreation Ground. The May Fayre involves a lot of people helping to prepare, set up, run stalls and clear away again afterwards. Volunteers to help with this are always needed.

For more information about Swaines Green, how you can help the Friends and how to contact them, please visit swainesgreen.org.uk or email swainesgreen@gmail.com.



VOLUNTEER GROUPS



FRIENDS OF WANSTEAD PARKLANDS

The Friends of Wanstead Parklands (FWP) (www.wansteadpark.org.uk) is a campaigning group working with the City of London to improve access, heritage features and ecology in Wanstead Park. The group run events, fund improvements and raise awareness of the Park's history and natural beauty.

FRIENDS OF WANSTEAD PARKLANDS EVENTS

- Litter picks with bookstall on second Sunday of every month at Wanstead Park outside the Temple
- Open Committee Meetings on zoom every second Wednesday in the month
- Wednesday 12 March: AGM with speaker Paul Powlesland of River Roding Trust at Wanstead Golf Club
- Saturday 29 March: Spring Stall at St Gabriel's Church Community morning
- Sunday 13 April: Wanstead Park History Walk
- Sunday 14 September: Wanstead Festival (details tbc at time of printing)

For more information on The Friends of Wanstead Parklands and upcoming events, please visit <https://wansteadpark.org.uk/>

VOLUNTEER GROUPS



FRIENDS OF WINTRY WOOD

The Friends of Wintry Wood is an informal group, formed in the summer of 2021, via the Epping Forest Forum, with the aim of raising awareness of the most northerly part of Epping Forest, shown on old maps and known locally as Wintry Wood, that is now recognised by the City of London Corporation as The Lower Forest.

This area is a gem, full of history, beauty, wildlife and interest.

The walks are led by Dee Spence a local resident with a love of this part of the forest. There is no charge made and dogs on leads are welcome. The group walk at a leisurely pace, taking time to see what is around them, chat, with some taking photographs, all in the company of like minded people. The group walk in all weathers and have walked in rain, snow and on hot summer days, always glad they made the effort because they have an enjoyable time, whatever the weather.

The group meet on the second Wednesday of the month, meeting at Forest gate 11, which is opposite St Margaret's Hospital, The Plain, Epping CM16 6TH. Public Transport is convenient and parking is available close by. Time: 11am duration of walk approx 1 - 1.5 hours. There is a [Friends of Wintry Wood Facebook page](#) where contact can be made as well as via eppingforestforum.com/foww or email info@eppingforestforum.com

FRIENDS OF WINTRY WOOD EVENTS

Spring strolls: 8 January, 12 February, 12 March
Summer saunters: 9 April, 14 May, 11 June
Autumn ambles: 9 July, 13 August, 10 September
Winter warm ups: 8 October, 12 November, 10 December

VOLUNTEER GROUPS



THE WREN WILDLIFE AND CONSERVATION GROUP

The Wren Group (www.wrengroup.org.uk) work with the City of London Corporation to conserve local open spaces in the south of Epping Forest. They run practical work sessions in the winter, do recording work on flora and fauna, and run events to educate and increase enjoyment and awareness of the biodiversity of the area.

The Group does habitat management work in the autumn and winter in the Wanstead Park area. Sessions are each Thursday morning for two hours and also the first Sunday of the month. Tools and training provided.

If you are interested, please sign up for updates by emailing wrengroup.distribute@gmail.com.

The Group also conducts survey work including of birds, invertebrates and plants throughout the year. If you are interested in updates on this, please email tharris0457@gmail.com.

WREN GROUP EVENTS

The Wren Group host a variety of activities and events such as walks and talks throughout the year. Please visit the events page on their website for upcoming events; <https://wrengroup.org.uk/events/>

More information: see www.wansteadpark.org.uk
Contact: info@wansteadpark.org.uk



FIND OUT MORE...

To find out more about volunteering opportunities in Epping Forest please visit: www.cityoflondon.gov.uk/eppingforest

E mail: efvolunteering@cityoflondon.gov.uk

Telephone: 020 8532 1010

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