



From charity run to litter blitzing...

It was a busy spring for Heath Hands, what with major community engagements and some serious strategic planning



Top: Meet the team who helped out as race marshals during the annual benefit Race for Life. With end marker Flabby Gabby, are. From left, former chair Lesley Lander, Mayumi Hayashi, Coleen Ling, Anne Auden and Renate Shaw.

Left: Heath Hands first membership meeting heard Vice-chair Stewart Purvis explain the membership survey. Heath Superintendent Simon Lee and Heath Management Committee Chairman Catherine McGuinness (second from left) were also there. They are shown here with volunteer Jennie Deco discussing Heath Hands involvement in the proposed new education programme.

Below: This year's Litter Blitz was a roaring success, with more than 50 American Girl Scouts joining our own volunteers and Corporation staff (dark green shirts) for a major sweep across the Heath, meeting up at Kenwood.

Pictures by Michael Shaw and Nigel Sutton





Hands update

West Lodge facelift

Heath Hands' headquarters at Kenwood West Lodge is expected to get a facelift before the autumn programme begins.

With a £3,500 grant from the Camden Volunteer Bureau, bumped up by £2,000 from English Heritage, the Grade 2 listed West Lodge will benefit from the installation of some sorely needed central heating. Working with English Heritage, Heath Hands is responsible for bringing the lodge, one of two of the original Kenwood gatehouses, back into use after several years of neglect.

Sarah helps raise £££s

Volunteer Sarah Bailey, a KPMG proposal writer, has introduced her employer—and its charitable programme—to Heath Hands. The result, thanks to Sarah, is £3,000 for a new recruitment leaflet and upgrading computer hardware. With Sarah as inspiration, a fundraising sub-committee is expected to begin work to raise funds for a new education programme.

A highlight of this autumn's diary is the launch meeting on 1 September at 10am in West Lodge for those interested in supporting the Heath Hands involvement with the education programme on the Heath.



Picture courtesy of Corporation of London

Green Flags R us

Heath Hands was represented at Guildhall in late July when the Corporation of London hosted the Civic Trust's southeast Green Flag awards ceremony and received the Heath's eighth Green Flag just one of 14 awarded to the Corporation on the day. Here, Heath Superintendent Simon Lee and Heath Hands Chair Bobby de Joia show off the award which recognises those open spaces with high standards of management and community involvement.

So now we are six

The Heath Hands sixth annual general meeting and birthday party is set for Wednesday 5 October 2005 starting at 6.30pm at Kenwood House. Parking is allowed (through the East Gate entrance) at the house itself for this event.

As in former years, the agm is one of the highlights of the Heath Hands social calendar and begins with a short

**Book now for agm on
5 October 2005**

informal reception in the Orangery. The business session starts at 7.15pm in the stunning Kenwood Lecture Theatre, followed by a party with food and drinks back in the Orangery.

This season's yellow availability form lists the agm as an event. Do tick the box if you wish to attend so that catering numbers are clear for the planners.

A nomination form (for members only) accompanies this issue of *Hands Update*. Members are welcome to nominate any member of Heath Hands to stand for office. If you would like to know who among the existing officers and volunteer representatives on the trustees have agreed to stand again, contact West Lodge.

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Heath conservation supervisor Ricky Payne holds forth at the ecology workshop for enthusiastic note-takers Niki Reynolds, left, and Chiaki Nakahihara.



Above: Gillian Walker, left, Penny Taylor, foreground, with Andrew Coulson at the Highgate Wood information hut. **Below:** Bat expert Cindy Blaney sets off on the bat walk with, from left, Andrew Coulson, Robert Missig, Penny Taylor, Deborah Wolton and Fanny Mitchell.



Pictures by Loretta Schauer

Workshops and walks

Volunteers were in studious mode in May and turned out in their numbers for an ecology workshop in the Lido classroom and to Highgate Wood to learn about bats.

Heath ecologist Dr Meg Game began her workshop by explaining the balance between open heathland and dense scrub and woodland that allows a wide variety of species to thrive. Conservation supervisor Ricky Payne took over to define “native” and “non-native” species

Volunteers are thirsty for knowledge, so workshops and walks are popular additions to the Heath Hands programme. Loretta Schauer, our administrator, reports on recent events.

and how some “non-natives” such as Japanese Knotweed and Himalayan Balsam become “invasive”. Volunteers learned why we pull out these plants to stop them threatening the diversity of the Heath.

Bats are on the decline in the UK, largely due to loss of habitat. Highgate Wood and the Heath are therefore key to their conservation. On a sunny afternoon, volunteers met renowned bat authority Cindy Blaney at Highgate Wood for a workshop and tour of the wood’s bat population. Cindy pointed out the combination of man-made and naturally occurring roosts currently attracting Noctules and Pipistrelles. We even got to peer inside a bat box to glimpse a snoozing Pipistrelle.

As darkness fell, the most intrepid among us returned to try locating bats on the wing using bat detectors. Detectors allow us to listen in on bats’ echolocation calls which usually occur at a frequency beyond human hearing. We used the detectors to aid identification by tuning up or down to the frequency at which the calls were loudest, around 55kHz for our Pipistrelles and down as low as 25kHz for Noctules who can echolocate at a frequency just audible to some people.

The day 400 dropped by for tea

Heath Hands annual tea party in June was a sellout, raising some £2,000 from the hundreds who booked in advance for a hot, sunny afternoon with Palm Court music and special activities for little ones.



Tea party guests headed for the shade of the mature willows on the Farm Cottages lawn. Within minutes of opening, ticket holders had moved all the tables and chairs out of the blistering sun of the hottest day of the year.



Face painting attracted scores of youngsters. Here UCL student Lisa Rebello does the honours. Also on face-painting duties was volunteer Lore Weisskopf.



The Aspidistra Drawing Room Orchestra donated their afternoon for the fourth year in a row to entertaining guests of all ages.



Heath Hands treasurer and party chair Annabel Wilson and husband Guy meet the guests.



Mayumi Hayashi and Anjum Misbahuddin team up to serve cold drinks.



Party committee member Bonnie Baker shows off her triple chocolate trifle at the cake stall.

Pictures by Michael Shaw and Annabel Wilson



Volunteer/trustee Robert Deane shares washing-up duties with Millie and Harry Ross, grandchildren of volunteer Denis.



Andrew Coulson fits in a quick snooze under the willows.