

# News from the Ouse



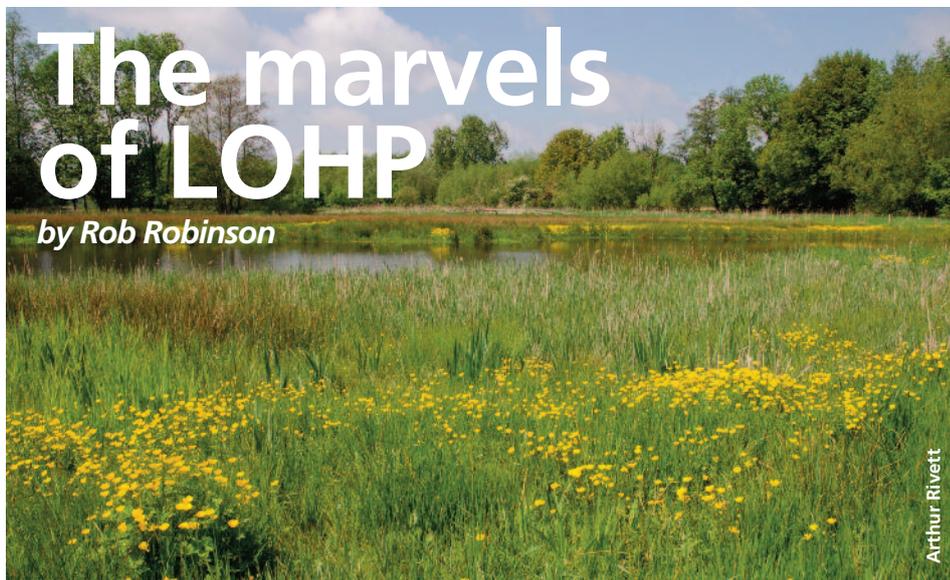
Little Ouse  
Headwaters  
Project

Conservation & Community

I often hear people say “What a year it has been”. Indeed. The wettest winter many of us can remember. For those of a birdy bent, a Lammergeier (an endangered vulture from the Alps), roaming the Norfolk skies (though sadly not over the fen). Some remarkably hot summer days, anyone remember them? The joy of being ‘out’ in nature and the small memories one gathers as the seasons come and go, are a welcome change from the hurly-burly of everyday life, and in many ways, more important.

My first involvement with LOHP was joining the Sunday work parties, which provided a welcome change of pace from my largely sedentary working life as an ecological scientist with the British Trust for Ornithology (BTO). Since then I have enjoyed many days on the fen, in all its moods: calm and reflective autumns, through exuberant and life-affirming warm summer afternoons, to the wetness of... well pretty much any time of year to be honest. Helping to build a bridge in near torrential rain is one of those small memories that will stay with me for a long time.

But I could not have done this without the astonishing dedication of those who contribute to the running of LOHP, not least our former Chair who has made it very easy for me to step in, even if they



are dauntingly big shoes to fill... their efforts mean that not only do we have this wonderful patchwork of habitats right on our doorsteps, but the paths and benches to enable us to enjoy them, and those sculptures to discover. But this doesn't happen all by itself – careful and planned management is needed to restore the fens and surrounding habitat to their former glory.

After decades of nature destruction, there is increasing interest in how we reverse some of the damage, re-introducing bits of wildness, creating

wildlife corridors and reconnecting people with nature. But these are not new ideas; LOHP has been doing this from the start and will continue to do so for many years to come and I am delighted to play a part, however small, in making it happen. As incoming Chair, I have a small request. After we have all been confined to barracks for so long, get out, look for a bit of the fen you haven't been to before, and simply take the time to sit and stare – and enjoy whichever of the many marvels you find on the Little Ouse.

## Reconnecting People with Nature



Our project ‘Reconnecting people with nature’ has secured an award from Postcode Local Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery.

The £6,972.00 grant received from the Trust will help us to further engage and

educate local residents and visitors. The funds will help us to create dedicated waymarked walking routes and an accompanying leaflet that will allow people to explore the Little Ouse and find out more about the wildlife and history of the area, while increasing community access to outdoor space. It will also provide volunteers with equipment to help them carry out

surveying and practical conservation work, as well as developing promotional material to raise the profile of the project. This grant will help people connect with the natural world around them and raise awareness of our work to conserve and protect the special wildlife and habitats of the Little Ouse, and the different ways people can support it.

We started work on the project in January 2021 behind the scenes, with it due to be complete by December 2021. So, look out for the new leaflet and walking routes coming soon.

Find out more about the funders  
Postcode Local Trust  
[www.postcode.localtrust.org.uk](http://www.postcode.localtrust.org.uk)  
People Postcode Lottery  
[www.postcode.lottery.co.uk](http://www.postcode.lottery.co.uk)



We are very grateful to the Esmée Fairbairn Foundation for their generous support. They funded our Conservation Manager post over its first 18 months and are now continuing their support until 2022.

# STOP PRESS

## Easy Membership

It's LOHP membership renewal time again. This can be done easily and simply any time from our web page [www.lohp.org.uk/join-us](http://www.lohp.org.uk/join-us)

## Free Time

Ever wondered what to do with your free time? Why not volunteer with us, there are many different roles to suit all tastes and abilities, no experience necessary. Full training is provided. Let us know how you can help.

## Birthday Celebrations

2022 is LOHP's 20th Anniversary. We are starting to plan now for a celebration event(s) – if you have any ideas (events/activities/talks etc) that you would like us to consider or to volunteer, please get in touch by Friday 23rd April 2021.

We'll probably not be able to run all events suggested as it will depend on the number of volunteers we have and funding, so please don't be disappointed if your suggestion is not chosen. We will keep a list of all suggestions for possible future use. Thank you.

## Help at the Windmill

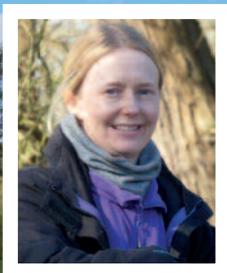
Thelnetham Windmill is looking for volunteers to help with the general upkeep, milling and help on open days. Contact us and we will pass on your details.

## No Mow May

Why not join us and leave areas of grass unmown all spring/summer to provide a variety of long and short grass to maximise the benefits to wildlife. It increases the diversity of flowering plants, and not only looks pretty but provides a nectar source for a range of pollinating insects including butterflies, moths, bees. It also helps our mammals, with an increase in insects and seed providing food for small mammals and bats. Visit Plantlife for more information: [www.plantlife.org.uk/uk/about-us/news/no-mow-may-how-to-get-ten-times-more-bees-on-your-lockdown-lawn](http://www.plantlife.org.uk/uk/about-us/news/no-mow-may-how-to-get-ten-times-more-bees-on-your-lockdown-lawn)

## Conservation Manager update

# Down on the Fens



Ellie Beach  
LOHP Conservation Manager



Ellie Beach

View across Webbs Fen

Well, 2020 will certainly go down as one of the most memorable years in lots of ways. We have all managed to adapt to the various lockdowns and restrictions that have been in place. And I'm sure, like us, you have all been finding other ways to keep busy. Hopefully by the time you read this we will be heading to better times and 2020 will slowly become a distant memory.

Even with all the lockdowns we still had a remarkably busy 2020, cramming in as much as possible into the times when we could get out and about on our sites. Organising our weekly practical conservation volunteer work parties turned into a logistical challenge, trying to get everyone out while retaining the smaller group sizes and social distancing. But we got it working really well. All our volunteers have done a great job at adapting to the changes to be able to continue to run tasks and surveys while keeping everyone safe – Thank you.

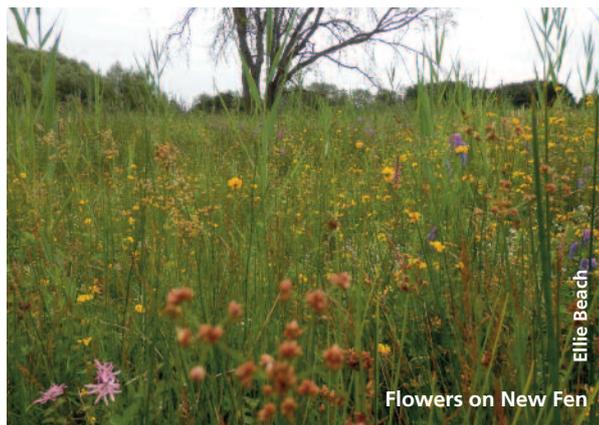
Numbers of people coming forward to volunteer has increased for both practical conservation and monitoring

and surveying, which is fantastic, we always have lots of work to do, so if you are interested please get in touch.

We have been successful with some of our recent appeal papers, with funders helping to support our work, especially during last year. We have secured funding from the Postcode Local Trust – see page 1 for more details.

It's nice to see the sun again and it will be great to be able to get back out on the fens again after lockdown 3. Already spring has sprung with early flowers starting to emerge, blackthorn coming into flower and migrants returning as the sound of Chiffchaff echoes out around the valley.

**Hope you all enjoy a great 2021.**



Ellie Beach

Flowers on New Fen

## Support during a difficult year

2020 was a strange and challenging year for us all and we would like to say a huge thank you to all the grant providers who have still been able to help us through these difficult times. Funders who have supported us include: Ian Askew Charitable Trust, Banister Charitable Trust, Paul Bassham Charitable Trust, Goodman Trust, Sabina Sutherland Charitable Trust, Garfield Weston Foundation and Alfred Williams Charitable Trust.



Garfield Weston  
FOUNDATION



Bey Blackburn

# Boots and Beetles!

An aquatic water beetle report

by Guthrie Allen

Left Muddy boots from digging turf pond on Hinderclay Fen

Right One of the many newt larvae caught



Guthrie Allen

In the summer of 2020, I had the opportunity to do a spot of survey work for LOHP. Building on some previous experience with aquatic invertebrates, I opted to survey the beetles of a turf pond at the western end of Hinderclay Fen, dug by volunteers from Skanska in October 2015. Aiming to compile a list of species present, I netted all parts of this sulphurous-smelling pond until it seemed I had found all the unique types of beetle. I kept a couple of specimens of each type for identification, and returned all the others. In addition to beetles, there were pond skaters, water boatmen, snails, numerous dragonfly and damselfly nymphs, and dozens of newt larvae.

At home, under x45 magnification, I

spent quite some time on their careful identification. Fourteen types of beetle, belonging to four families and ten genera, were present. Eleven of these I identified to species level, and three to genus. All species had previously been found on Hinderclay Fen in surveys undertaken by Geoff Nobes in 2010, except for one which was found nearby at Blo' Norton Fen<sup>1</sup>. None of them are rare and they included Britain's commonest diving beetle, *Agabus bipustulatus*. Nonetheless, there was a notable pattern of habitat associations in the assemblage; seven of the species found are variously associated with water bodies that are well-vegetated, stagnant, and/or within fen<sup>2,3</sup> – an apparent reflection of the pond's

characteristics.

Based on the handful of water bodies I've previously surveyed, this seems a particularly rich assemblage of beetles for such a small pond. The volunteers who dug it, only 5 years ago, should be satisfied that they have encouraged a diverse little pocket of life!

In addition to this survey, I had the chance to cover Beverly Blackburn's Butterfly Monitoring Scheme transect for the last 11 weeks of the surveying season. It was a privilege to become familiar with the diverse habitats of the transect – woodland, heath, meadow, reedbed and fen – and the unique assemblages of butterflies they each support including Small Heath and Small Copper.



Six of the beetles identified: a. *Ilybius fuliginosus*; b. *Hydrobius fuscipes*; c. *Liopteris haemorrhoidalis*; d. *Hygrotus impressopunctatus*; e. *Haliplus obliquus*; f. *Helophorus* sp.

## References

1. Nobes, G. (2010). *A survey of the aquatic Coleoptera and Hemiptera-Heteroptera of Parkers Piece, Bleyswycks Bank, Betty's Fen, Blo Norton Fen and Hinderclay Fen*. Little Ouse Headwaters Project. Available to download from <https://readmore.lohp.org.uk/archive/environmental-and-biological-survey-and-monitoring>
2. Foster, G.N. & Friday, L.E (2011). *Keys to the adults of the water beetles of Britain and Ireland (part 1)*, 2nd Ed. Field Studies Council.
3. Foster, G.N., Bilton, D.T. & Friday, L.E (2014). *Keys to the adults of the water beetles of Britain and Ireland (part 2)*. Field Studies Council.



Reg Langston

The pond, at Hinderclay Fen, dug by volunteers from Skanska in October 2015.



# Focus on: Hinderclay Fen

By Rowena & Reg Langston

Hinderclay Fen and turf pond

Rowena Langston

LOHP was created from the voluntary groups on Blo' Norton Fen and Hinderclay Fen; we have been involved with Hinderclay Fen since the early 1990s. Hinderclay Fen is a varied site of approximately 11 hectares, comprising tall fen meadow, reedbed, alder carr (wet woodland), heath and dry broadleaved woodland. The site was formerly a Site of Special Scientific Interest (SSSI), but dehydration led to its deterioration and loss of status in 1983. LOHP leases Hinderclay Fen from the parish fen trust. Historically, the site was a fuel allotment for the poor of the parish. Our main management objectives are to restore and maintain the diversity of habitats.

## Fen meadow and Reed swamp

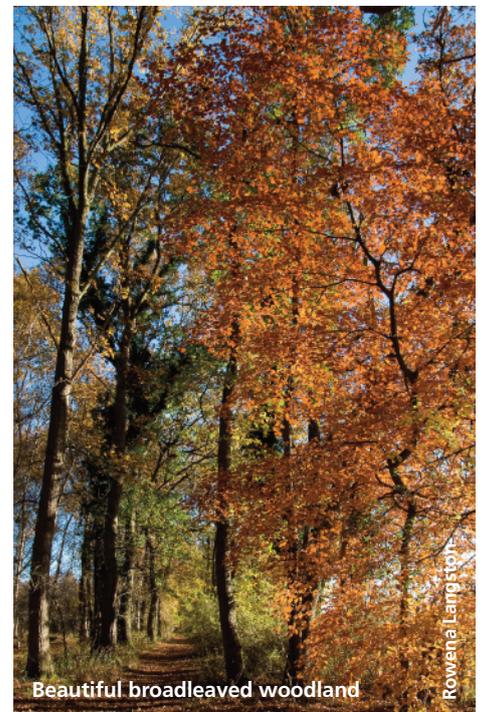
When we started, the fen was largely covered in trees which had encroached from the higher ground as the fen dried out due to dredging and lowering of the riverbed, and water abstraction from the chalk aquifer. Closure of the borehole near Redgrave and Lopham Fen in 1999 led to some recovery of the groundwater supply to Hinderclay Fen. Many bonfires later, we rediscovered the fen and found that some of the plants, such as skullcap and ragged robin, had survived the drying out and shade. We introduced rotational cutting of the fen meadow and reeds to create a varied age structure. Initially all cutting and clearing of vegetation was done by volunteers, until the scale of the task overtook us. Now, we are helped by contractors Peter

*Our main management objectives are to restore and maintain the diversity of habitats.*

Frizzell and team. We have dug a series of ponds. These ephemeral pools simulate the turf ponds dug in the past to extract peat for fuel and are attractive to a variety of dragonflies and other invertebrates. In spring and summer, sedge and reed warblers nest, the latter often hosting cuckoos. We have run a bird ringing Constant Effort Site (CES), as part of the British Trust for Ornithology's (BTO) scheme, since 2007. This entails 12 evenly spaced visits during the birds' breeding season, May to August inclusive.

## Heath

The heath areas vary from predominantly grass and lichen in the east to largely heather *Calluna* in the west. Butterflies such as brown argus, small heath and small copper are regularly seen in these areas. Heath violet and lady's bedstraw are among the flowers associated with the heath, and several species of reindeer moss



Beautiful broadleaved woodland

Rowena Langston

*Cladonia*, are frequent among the rabbit burrows. Shelduck have nested in rabbit burrows, especially in earlier years. Slow worms may be found basking. There are extensive patches of purple moor-grass. Our main work here is maintaining a mosaic of open heath with marginal patches of scrub, notably gorse, which is home to breeding linnets.

## Woodland

The broadleaved woodlands occur on the higher, drier margins surrounding the fen and are dominated by oak and birch. Among the birds that frequent this area are treecreepers and summer-visiting blackcaps. Vigilant observers may see purple hairstreak butterflies in the oak canopy. The alder carr sits in the peaty depression along the western side of the site. Many years of drying out of the peat substrate led to the surface layers blowing away, leaving the alder roots standing above the present ground level. In winter, flocks of siskins can be seen high up in the alders, feeding on seeds from the cones.



Heath at Hinderclay Fen

Rowena Langston

# What's Appearing? April to June

Words and photos  
by Nick Lingwood

## What to look out for around the fens this Spring



Ladysmock or Cuckooflower

### Natural Blooming

Damp ground, from fens to meadows where the clay holds water, can support the pale pink flowers of **Ladysmock** or **Cuckooflower** at around the time when its namesake is calling – look on Broomscot Common.

**Marsh Lousewort**, also known as **Purple Rattle**, is a useful plant for reducing the vigour of nearby vegetation and encouraging species diversity. This gives rarer species the chance to grow. Much of the plant is often more purple than green, especially through the summer. It shows up on sites such as New Fen, Blo' Norton Fen.

Smaller plants encourage botanists to get grubby knees! Tiny **Sheep's Sorrel** adds a tinge of red to grass and heathland at The Frith, Hinderclay Fen and Broomscot Common in spring.



Marsh Lousewort



Small Copper Butterfly

### Enjoying a Flutter

Look out for white butterflies – **Large**, **Small**, **Green Veined**, and **Orange-Tip** – anywhere but the riverside is good.

**Small Copper** adds a flash of orange, and activity, to heath and rough ground – Hinderclay Fen, Reeves Meadows. The distinctive **Peacock Butterfly** basking with their eye patterns. Their caterpillars can be seen on stinging nettles alongside path edges of the Little Ouse on Parkers Piece, Bleyswycks Bank and Webbs Fen.

**Speckled Woods** thrive in dappled shade, especially along woodland rides, suiting their name – Hinderclay Fen is a good site to spot them.

### Damsels and Dragons

Damselflies and dragonflies will be emerging from late spring, after a long development in ponds, pools, and other



Speckled Wood Butterfly



Banded Demoiselle Damselfly

waterbodies found across LOHP sites.

In spring **Large Red**, **Common Blue**, **Azure**, **Blue Tailed** and **Variable damselflies** are on the wing. **Banded Demoiselle** are among the showiest damselflies, seen from later spring and into summer. They are especially visible along the banks of the Little Ouse and notably from bridges.

Squat **Four Spotted Chasers**, with a pair of spots at the front edge of each wing, are relatively early, and highly visible, shining a golden brown when patrolling their chosen waterside in May sunshine – Webbs Fen, Oak Tree Fen and Betty's Fen are good sites for dragonflies.

**Hairy Dragonflies** are also early – on Hinderclay Fen, and much smaller than the rest of the Hawker family. If you get a clear look at their thorax it's furry, as their name suggests.



Four Spotted Chaser Dragonfly

# Volunteer Update



Ellie Beach

Planting a new hedgerow on Carr Meadow



Laura Cox

John litter picking on Broomscot Common road verge



Shirley Grainger

Reg and Becky in deep on a Riverfly Survey



Ellie Beach

Volunteers clearing cut vegetation on New Fen

LOHP have started to run more practical conservation work party sessions due to Covid 19 restrictions in 2020, which has continued into 2021. This works well as some tasks require smaller teams.

Volunteers have been busy installing stock and electric fencing, planting hedges, managing the fens by cutting and clearing vegetation in areas that the cattle cannot graze, coppicing trees,

keeping paths open for visitors and much much more.

Our monitoring and surveying volunteers were also busy last year, carrying out butterfly transects, Water Vole raft checks, vegetation surveys, water level monitoring, aquatic beetle surveys and monthly Riverfly surveys.

This year we have organised some new surveys, which include a reptile survey.

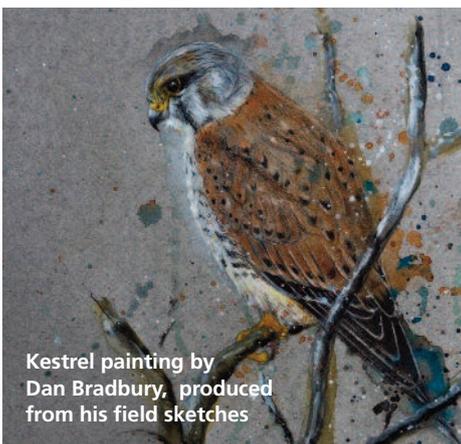
If you want to volunteer with us, get in touch on [enquiries@lohp.org.uk](mailto:enquiries@lohp.org.uk)

## LOHP needs You!

Join us to enjoy the caring for our wildlife and our special places.

We rely on volunteers to run the charity and help with conservation work and lots more. Experience is not required, just bring your enthusiasm!

Contact: Bev Blackburn 07747 691285 or [beverly.blackburn@lohp.org.uk](mailto:beverly.blackburn@lohp.org.uk), or Nick Lingwood 07772 769025



Kestrel painting by Dan Bradbury, produced from his field sketches

## TEA BREAK TIME: Laura's baking challenge!

**Cheese Scones**  
(grateful thanks to Delia Smith)



Laura Cox

### Ingredients

4oz spelt flour (wholemeal),  
4oz white spelt  
2oz marga  
Cheese – cheddar, Red Leicester, a local blue cheese approx 4oz, grated  
1 egg  
2 tsp dried mixed herbs  
1/2 tsp mustard powder  
1/2 tsp paprika  
A large pinch of salt  
2 tbsl milk  
A bit of fresh chopped coriander

### Method

Rub marga and flour together; add other dry ingredients, cheese last, leaving a goodly amount for topping on the scones; mix egg and milk together and whisk a bit with a fork, then add to dry mixture and mix to a 'dough', not too wet.

Flour a board, roll to 1/2 inch thick or more and use a medium cutter.

Place on baking sheet, add cheese for topping, bake in hottish oven for approx 15 minutes or until cheese is nicely cooked on top to your satisfaction.

Cool on wire rack, and eat with butter/marga and enjoy!

As always, change the amounts for more or less if you want, use smaller or larger cutter, improvise with ingredients and have fun creating your own scones!

Bev Blackburn's are exceedingly gorgeous and hers are in a triangle shape!

# A Creative way to Give

LOHP manages about 200 acres of fens, heaths, meadows and woodland. Each acre costs more than £120 a year to look after and we need a regular income for this, in addition to project grants and membership subscriptions.

Could you give regular help? Existing members and non-members, businesses and individuals are all equally welcome to become sponsors. Sponsorship costs £120 a year or £10 a month per acre, by standing order. You can, of course, sponsor more than one acre.

If you wish, your name can appear in future newsletters, as a thank you for your commitment to the LOHP and to our environment. LOHP is dedicated to restoring and conserving land neighbouring the Little Ouse, for the local community – both now and for future generations.

Our many dedicated volunteers give essential time, energy and labour to help maintain the land, but it does need dedicated money as well. Sponsorship for yourself – or as a gift – will give you the satisfaction of continually helping to care for a very special area of our countryside.

**How to become a sponsor:** please complete the form on the right and send it to Edward Coales at the address on the form.

Grateful thanks to all our sponsors, including those willing to be listed below:

Mr Robert Warnes	Mr Ray Chaplin
Mrs Valerie Chaplin	Mr Desmond Wenn
Mrs Paddy Richards	Mr John Wallace
Mr Andrew Dickson	Dr Mark Duxon
Dr Tim Cooke	Mr Alec Sharp
Mr John & Mrs Belinda Sears	Dr Dianne Creasy
Dr Adam & Mrs Olivia Stone	Mr Euan Sutherland
Mr Greg & Mrs Sue West	Ms Helen Squire
Dr Ian Hume	Mr Roger Greenacre
Mr Glyn Pugh	Mrs Angela Robinson
Mr John Davie-Thornhill	Mr Matthew Ward
Dr Paul Williams	

## LOHP Work Parties



Get out and enjoy yourself – at an LOHP work party. We run work parties weekly every Wednesday and usually the second Sunday of the month. We are currently trialling extra days, so

there should be something that suites everyone. We work across a range of sites with varied habitats and carry out a variety of tasks, including cutting and removing fen vegetation, hedge planting, pond work, scrub clearance, bonfires and much more.

Please contact us if you would like to come along.  
Contact: Ellie Beach 07919 912045  
Email: [enquiries@lohp.org.uk](mailto:enquiries@lohp.org.uk)

## Sponsor-an-Acre Application

I/We wish to apply to become a sponsor and member of the Little Ouse Headwaters Project.

Title ..... Full Name .....

Address: .....

..... Postcode: .....

Tel: .....

Email: .....

I will sponsor ..... acre/s per year at £120 per acre

I will pay £ ..... per month (£10 minimum)

OR £ ..... per year (£120 min.) **(delete as required)**

We will print your name as a new sponsor in the newsletter.

Please tick the box if you would prefer to remain anonymous.

## Charity Gift Aid

**I want to Gift Aid the above donation to the LOHP**

Signature ..... Date .....

Please treat as Gift Aid donations all qualifying gifts of money made today and in the future. I am a UK Taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations to charities, it is my responsibility to pay any difference. I understand the LOHP will reclaim 25p of tax on every £1 that I give.

Please notify the LOHP if you: 1) wish to cancel this declaration, 2) change your name or home address, or 3) no longer pay sufficient tax on your income and/or capital gains. If you pay income tax at the higher or additional rate and you want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue & Customs to adjust your code.

## Standing Order

To ..... Bank

Branch Address .....

..... Postcode .....

BA/C Name .....

Acc. No ..... Sort code .....

Please pay to: **LOHP**, Barclays PLC, 14 Market Hill, Diss

Sort Code: 20 26 34

Acc No: 50553417

On the ..... day of ..... 20 .....

the sum of (words) .....

and **monthly/annually** thereafter until cancelled in writing by me **(delete as required)**.

**This cancels any existing order in favour of the LOHP.**

Full Name .....

Address: .....

..... Postcode: .....

Signature ..... Date .....

**The basis in law of the LOHP holding your personal data is Legitimate Interest.**

**Please return the WHOLE of this form to:**

Edward Coales, LOHP, The Farthings, Long Green,

Wortham, Suffolk IP22 1PU.

Tel: 01379 898479 Email: [edwardcoales@live.co.uk](mailto:edwardcoales@live.co.uk)



# MEMBERSHIP APPLICATION

(not renewals)

Full name: .....

Address: .....

Postcode: .....

Phone: .....

E-mail: .....

I wish to support the LOHP as a:

Friend of the Fens: £10 min a year

Ordinary member: £5 a year

Junior member: (<18 years) £1 a year

Please tick one category and write the amount donated below.

I wish to donate £ ..... to the LOHP.

Please make cheques payable to:

**Little Ouse Headwaters Project**

We can reclaim the basic rate of tax that you have paid on the gross equivalent of your donation so, for example, a membership payment of £10 is worth £12.50 to us. Therefore, if you are a UK taxpayer, we would be very grateful if you would Gift Aid your subscription by simply completing the Gift Aid section, and date and sign this form.

I want to Gift Aid the above donation to the LOHP

Please treat as Gift Aid donations all qualifying gifts of money made today and in the future. I am a UK Taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations to charities, it is my responsibility to pay any difference.

I understand the Little Ouse Headwaters Project will reclaim 25p of tax on every £1 that I give.

Signature: ..... Date: .....

Please notify the LOHP if you: 1) wish to cancel this declaration, 2) change your name or home address, or 3) no longer pay sufficient tax on your income and/or capital gains. If you pay income tax at the higher or additional rate and you want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code. *The basis in law for the LOHP holding your personal data is Legitimate Interest.*

**Note on renewals:** All renewals are due in April. We send a letter to all members. *Please don't use this form to renew membership.*

A big thank you to all those members who send donations along with their renewals. We greatly appreciate this extra support for the work we're doing to enhance the valley and its wildlife.

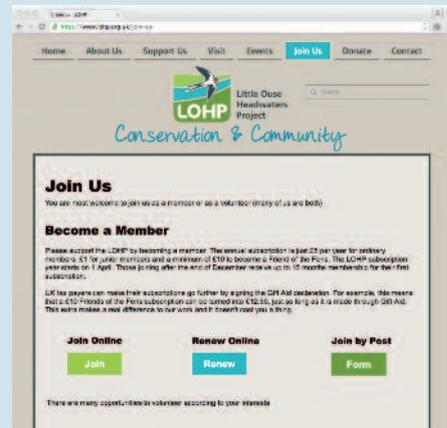
Please return the **WHOLE** of this form to:

Sue Lawrence, Membership Secretary,  
22 Back Hills, Botesdale, IP22 1DW



## Online membership and renewals

Join us to care for and share the really special places near you



You can now join or renew your membership on our new website [www.lohp.org.uk/join-us](http://www.lohp.org.uk/join-us)

## Shop for Nature

LOHP has signed up to Amazon Smile. If you register with Amazon Smile and choose 'Little Ouse Headwaters Project' as your chosen charity, Amazon will donate 0.5% of the value of your purchase to LOHP at no cost to you. See details of how to sign up at: [www.lohp.org.uk/post/shop-for-nature](http://www.lohp.org.uk/post/shop-for-nature)

## Events

We hope to be able to restart our events programme, but with ongoing restrictions, are unsure when events will be able to go ahead.

Please visit our website [www.lohp.org.uk](http://www.lohp.org.uk) for up-to-date details.



Little Ouse  
Headwaters  
Project

## Contact us

Email: [enquiries@lohp.org.uk](mailto:enquiries@lohp.org.uk)

Write to:

LOHP, Thelnetham Windmill, Mill Road, Thelnetham,  
Diss IP22 1JS

Tel: Ellie Beach, Conservation Manager: 07919 912045

Website: [www.lohp.org.uk](http://www.lohp.org.uk)

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