

Welcome to **LOHP Members News** a quarterly update for LOHP Members, covering some of the things that we are involved with over the year, that you might not know about or might want to get involved with.



### Enjoy a Challenge

We have joined up as a partner with the **Big Green Hike** to help raise funds for LOHP. On **Saturday 6th** and **Sunday 7th April 2024** you can help us to protect and restore our natural environment.

With only about a month to go until the **Big Green Hike**, why not get your boots on and get out and walk for wildlife.

All you need to do is sign up to the **Big Green Hike** [www.biggreenhike.com](http://www.biggreenhike.com) You get to choose your route and your distance, you can walk on your own or with a group, and then choose **LOHP** as your charity.

You can watch a video here <https://www.lohp.org.uk/post/big-green-hike-for-nature>

Most of all enjoy yourself and be pleased you are helping nature.



### Spring has Sprung

With the days getting longer and slowly warming up, why not get out and enjoy the spring. Although the weather has been somewhat wet of late this has not stopped the plants and animals. Everywhere you look something is happening, spring flowers are popping up all over the place. Snowdrops are almost over but are being replaced by Crocuses and Daffodils and even Tulip leaves are emerging. Hedgerows are bursting into life with Blackthorn out in bloom and Hazel catkins opening up. You may see Hares starting to chase each other around the fields or even spot an early Butterfly looking for nectar.

So why not get out and explore, take your wellies, a camera and probably your waterproofs and enjoy the spring and see what you can spot.



## Mud, mud, glorious mud

There is lots of it about this year after all the rain we have been having. It is sticky, slippery, usually brown stuff, which makes you good and mucky. But have you ever looked more closely at the brown muddy stuff we take for granted. At this time of year, mud is great for showing animal tracks and signs.

A nice piece of damp mud could harbour no end of footprints from Hedgehog to Water Vole, a bird to a Fox, maybe even a Badger or Otter if you are lucky enough to be in the right place.

Left an image of Water Vole tracks from Webbs Fen – the footprint with 4 toes is the front foot and with 5 toes is the hind foot – note the 1<sup>st</sup> and 5<sup>th</sup> toes are almost at right angles making it look a bit like a star.

## Events and Activities

Coming up. See our website for further details nearer the time. We also run Practical Conservation Work Parties throughout the year, get in touch if you are interested.

Date	Time	Item (black – LOHP events, purple – external events)	More Info
Thursday 25 <sup>th</sup> April 2024	6.00pm	Redgrave Annual Parish Meeting and Redgrave Community Forum, All Saints Church	LOHP will have a stall at the Community Forum before the AGM
Monday 27 <sup>th</sup> May 2024 (Bank Holiday)	11.00am – 4.00pm	Thelnetham Windmill Open Day with Creative Fen Group Art Exhibition at the Granary, and LOHP Stall and LOHP guided walk around the fens	Visit LOHP's stall at Thelnetham Windmill Open Day and then join us at 1pm for a guided walk around the fens – more details about the walk will be available nearer the time
Sunday 16 <sup>th</sup> June 2024	11.00am – 3.00pm	Thetford Big Green Fair, Market Place Thetford and Guildhall	Come and say hello to us as we host a stall that this event
Sunday 23 <sup>rd</sup> June 2024	10.00am – 5.00pm	Norfolk Community Biodiversity Awards 2024 - Public Event Celebrating 10 Years of the Awards, Norwich Forum - Atrium	Come and visit our stall at this event. Over the years LOHP have won 2 Norfolk Community Biodiversity Awards
Saturday 29 <sup>th</sup> June	6.30pm – 9.00pm	Evening Wildflower Wander	Join LOHP on an evening wander around the fens marvelling at the wildflowers

If you would like to lend a hand at any of our events, we are always looking for more helpers, no experience necessary – just get in touch [enquiries@lohp.org.uk](mailto:enquiries@lohp.org.uk) 07919 912045

Hope you have enjoyed this issue.

Ellie Beach – Conservation Manager