



NEWSLETTER

SUMMER 2014

HAPPY HEALTHY BIRDS

Thankfully after much discussion with Parks Services we now have a friendly poster to help us provide a guide of what's good to feed our geese and ducks. This comes just in time to remind us of last years deadly effect of mouldy and/or too much bread being thrown into the lake.

Bread on the whole is very high in proteins which are not a natural food for birds, ducks, geese and fish, and in large quantities can cause real environmental issues, such as angel wing in geese, see photo taken in Raphael Park. As you can see angel wing prevents the birds from flying and has many other dire consequences.

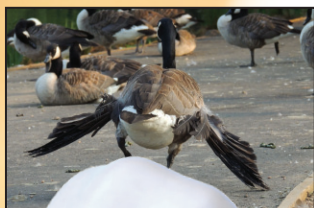
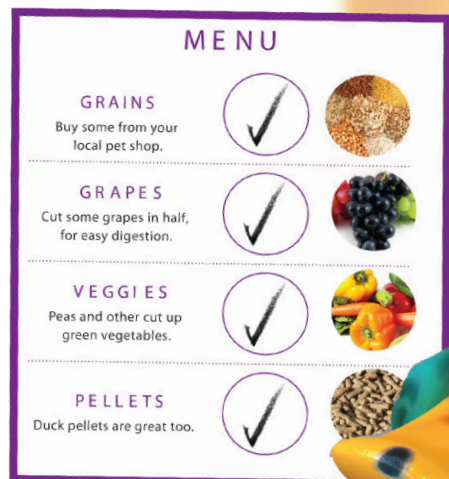
Too much bread reaching the lake bed was to blame for 2013's outbreak of a toxin called clostridium botulinum. Killing many of our lakes fish and birds.

And finally when geese eat mouldy bread they inhale spores which can cause a particularly nasty lung infection.

So to help keep our wildlife happy and healthy, please refrain from feeding them bread, and if you must please bear in mind if you see unwanted bread floating on the lake surface, please refrain from throwing any more in.

Please feed them; lettuce, spinach, grain such as wheat, uncooked plain porridge oats, mixed corn bird seed. Please take great care in ensuring plastic bags are disposed of properly.

Thank you for your co-operation.



Coming Events

Monday 18th August 2014 7:30-9pm
Meeting

Venue: The Lodge, Raphael Park

19th - 22nd, 25th - 28th June 2014

Shakespeare - Twelfth Night at Romford Summer Theatre
More details to coming soon

Sunday 27th July 2014 1-7pm

Music in the Park 2014

More details to coming soon

Saturday 15th November 2014 7-11pm

Autumn Quiz Night

More details to coming soon

1st Tuesday each month at 10am

Litter Pick

Fresh air, exercise and feel good, all in just an hour! We meet at Raphael's café, with all tools supplied.

3rd Sunday each month at 10am

Litter Pick

So if you couldn't make Tuesday's litter pick, no excuse why not join us Sunday! We meet at Raphael's play-ground, all tools supplied. Just need hands!

LAKE ILLUMINATION

With the development of the restaurant in the newly refurbished Lodge which is expected to open in the evening, ForP are considering ways of lighting the park features to provide future "diners" with a more interesting view in the autumn and winter evenings. This would in keeping with the heritage view of the 19C "Pleasure Grounds" which were lit up by torch light at night. One such idea is to illuminate the existing fountain (see picture as example). Using modern LED, low voltage lighting array, this feature would be economic to run and safe for the wildlife. It would be controlled with a timer.

We would welcome the views of residents. What do you think, please mail lan@forlfp.org.uk



DOG WALKERS

We've been asked by dog walkers to ask all dog owners to please consider the well being of other dogs and park users. Please keep your dogs under control and do not use abusive behaviour to other park users when asked to control your dog. The Friends are avid supporters of dog walkers and understand the plight of exercising your pooch and not upsetting other dog owners, so if you know its going to get a bit hot please pop them on a lead and avoid encounters. Many thanks for your co-operation.



2014 SPRING QUIZ WINNERS

Another great evening. On Saturday 29th March, our congratulations to Brian, Jean and their team who won the Spring Quiz. They were part of the 120 people who joined us at St Michaels Church Hall making up one of the 14 tables that helped us raise £870 for the Park. So lets get our heads together to for another round this Autumn. Saturday 15th November. Please contact Len@forlfp.org.uk



PLEA FOR HELP

We are being asked at many of our meetings why we do not seem to spend as much time litter picking in Lodge Farm park as local residents would like. Well the truth is Raphael's is huge and with just a small handful of volunteers we struggle to reach all parts of Lodge Farm Park during our monthly litter picks. So please please if you do love your park and could just give up one or two hours a month to join Trevor on a litter pick please do. You can contact Trevor@forlfp.org.uk. or join us at old cafe on the 1st Tuesday or 3rd Sunday of each month.



PARK RUN

Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.

The parkruns take place in England every Saturday morning at 9am and the equipment etc is usually packed away by 10am - 10.15am at the latest.

The health benefits are outstanding, getting healthy and staying healthy becomes fun with the added bonus of making new friends, the whole family can come along too. You can, plod, run or walk even take your dog on a lead with you.

To get this off the ground parkrun organisers are looking for volunteers to come on board now, volunteers will receive training and guidance 24/7, and if enough volunteers join them, hope to launch Raphael's parkrun in the New Year. Please contact website: <http://www.parkrun.org.uk/>

MANY THANKS TO GEOFF

After 43 years with the London Borough of Havering's Parks Services, Geoff Pepper will be retiring on 23rd October 2014. All who know Geoff will know how very missed he will be by all of the Friends Groups. Geoff has helped our Friends Group go from strength to strength. He has been a fantastic mentor to the Friends of Raphael & Lodge Farm Parks, a great work colleague, incredibly supportive from the very offset, attended almost everyone of our meetings and helped at many of our park events and volunteer days. So Geoff we hope your very proud of the job you have done, how many parks and the habitants you have protected and preserved, they and Havering Parks Services are loosing a wonderful Friend. We wish you all the best in your much deserved retirement.



KEEP IN TOUCH

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