



Firstly, many thanks to all our Friends who commented on the draft updated Constitution. Your replies have helped us formulate a document that better suits what we aim to do and how we do it. We hope to email the final version for approval during this month. Please look out for it!

Upcoming events

Guided Walks of Discovery – join us for a gentle walk of around 2 hours.

See this page for more information: <https://www.friendsofselsdonwood.co.uk/walks.php>



Saturday 4th July: 'Butterflies' with Daniel Bound

Meet in the car park at 11am



Wednesday 12th August: 'Mini Beast Hunt' with Roger Hawkins

Suited to children and their accompanying adults. Meet in the car park at 2pm. We recommend wearing trousers and closed shoes (due to the present of ticks), plus a sunhat.

Volunteer sessions – come along and help: Habitat management and general maintenance. We have jobs to suit all strengths, help for as long as it suits you. We provide the tools but please bring snacks/drinks if needed. We would really appreciate some new volunteers joining in – contact us for more information or see <https://www.friendsofselsdonwood.co.uk/volunteer-sessions.php>

Meet in the car park at **10am** on these dates:

Sunday 5th July

Sunday 9th August



Volunteer sessions in June 2026

Thanks to Neale, Colin, David and Karen for their work clearing vegetation around the car park entrance, Colin and David for clearing more fallen trees, Ted for watering and checking on young trees, and Valerie for continuing to tend the wildflower patches and butterfly bank. Thank you to Daniel Bound for walking the butterfly transects each week and recording the butterflies seen.

Newsletter text and photos by Lucinda Offer, unless otherwise credited.

Raise money for Friends of Selsdon Wood while you shop online.
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Sign up here:

<https://join.easyfundraising.org.uk/friends-of-selsdon-wood/zz8lly/c2s/PDCY81lu/CE995/facebook/16.01>



How does wildlife stay cool in hot weather?

You might be wondering how our wildlife is coping with these hot conditions. Here's some of the ways creatures stay cool and how we're helping:

A lot of wildlife will seek shade in the hottest parts of the day, being more active around dawn and dusk, particularly deer.

Some birds can be seen to open their beaks and pant, while also fluttering their throat muscles (gular fluttering) to release heat. They may also spread their wings. Bathing in ponds can help birds to cool down as well.

Adult amphibians, which normally live on land outside of the breeding season, may return to ponds to keep cool. Common lizards, which would normally need to bask to raise their body temperatures, tend to stay in hiding on very hot days.



White admiral butterfly enjoying the sun

Butterflies seem to love the heat, as they rely on external heat sources to be active. However, they can suffer population crashes the following year if drought makes their caterpillar food plants wilt and die – this is one of the reasons Valerie is still watering the wildflower patches and butterfly bank. In the middle of the day, even the butterflies may find it too hot and seek shelter.



Magpie panting with wings spread (in my garden)



What are we doing in the woods?

We have two ponds which we can top up from the mains supply as required. Valerie has added small water containers to the wildlife patches for insects to drink at. If you're passing and have some spare water, you could top up these containers. They have pebbles in to help insects climb out, so please take care not to overfill them.

Wildflower patch water container for insects

News from the Butterfly Bank – text and photos by Valerie Baldry

We have been granted a bursary of £200 by Croydon Beekeepers Association to buy plants beneficial to bees. We are overjoyed and have already bought some lovely plants with their money.

Last month I started four new scrapes (in the grass in front of the gents' loo by the car park) for shade-loving plants. I put in wild strawberry, enchanter's nightshade and hedgerow cranesbill. To my horror the council mowed that area last week. However, although some of them were decapitated and they all looked a bit beaten up, they are tough little plants and are now flourishing.

I bought some beautiful Jacob's Ladders and Goats Beard with the bee money and added them to the scrapes as I assume they will not be mowing there again this year.

If you want to know more about the plants we are growing [there is a complete list with photos and informative text on the website.](#)



White stonecrop



Centaury



Fox and cubs



Yarrow

Butterflies and minibeasts

The next two events coming up in the woods are the butterfly walk with Daniel Bound on 4th July and the Minibeast Hunt with Roger Hawkins on 12th August.

We're fortunate to have a range of habitats, which appeal to different species. Good places to look for insects are the butterfly bank (just above the car park), the fields, and the rides – these are the wider paths through the woods where the sun reaches the ground. Here's some photos I've taken recently around Selsdon Wood, to give you an idea of what you might find.



Painted lady. It's a very good year for these migratory butterflies.
Near Linden Glade pond.



Vapourer moth caterpillar. The adult moth is much less colourful.
Court Wood Grove



Large skipper (actually quite a small butterfly)
Field 3



Meadow grasshopper
Field 1



Large red damselfly
Near Linden Glade Pond

We want to see your photos!

- You don't have to own a dedicated camera; camera phone images are welcome.
- Photos must have been taken in **Selsdon Wood between 20th August 2025 and 19th August 2026**. There is no limit on how many photos you can enter. Closing date: 20th August 2026
- A selection of the photos submitted will be put to a secret ballot at the Selsdon Community Event on Sunday 6th September 2026 and the three receiving the most votes will receive cash prizes - 1st £50, 2nd £20 and 3rd £10.
- Email full sized images with a title and details of where you took them to: selsdonwood@gmail.com
- By sending your photographs you agree that they may be used and displayed by the FSW.