

Brilliant Butterflies – The Brilliant Butterflies Project has officially come to a close. They have supplied us with a management and maintenance document and from now on it is up to us. We have taken delivery of a further 150 plug plants to fill some of the gaps left after the dry weather last year killed off some of the initial installation and we will be hoping to plant these in the next few weeks.

An invitation to come Forest Bathing from Cathy Logan

“Allow nature's peace to flow into you as sunshine flows into trees.” - John Muir

Please email cathyalogan@gmail.com if you are interested in joining a 3-hour, **free** forest bathing+ session on Sunday 8th May. Cathy is organising events in Selsdon Woods to qualify as a forest bathing+ guide with The Forest Bathing Institute. Expect guided, mindfulness-based sensory exercises, a short meditation, and the opportunity to share your experiences with the group. Forest bathing originated in Japan, where it is known as shinrin-yoku. A growing body of international research shows that this method of immersing our senses in woodland may reduce blood pressure, lower stress, improve cardiovascular and metabolic health, lower blood-sugar levels, improve concentration and memory, lift depression, improve energy, and boost the immune system.

“I had never been forest bathing before so wasn't sure exactly what to expect ... Felt blissfully calm afterwards and am looking forward to practising some of what we learnt on future walks.”



Work Activities – On the workday at the start of April the team put up a lovely bird nesting box made from a Birch trunk. Less than one week later it was photographed being used by a Blue Tit. ☺ The team also cleared vegetation obscuring a commemorative plaque in the southern corner of David's Crook placed beside 3 oak trees planted in 1986 to mark the 50th Anniversary of the official opening of Selsdon Wood Nature Reserve. Also in the past month one of the Friends restored the Margaret Horne bench at the top of the car park field which had fallen into serious disrepair. It is now looking lovely. He has also laid the remaining woodchip over the muddy patch in Farleigh Border. What with that and the fine weather all the paths are now mud free.






















Get snapping now for the 2022 Photo Competition! – With summer definitely on its way now is a good time to get out there with your cameras. Each entrant may submit up to 6 photographs taken in Selsdon Wood between 20th August 2021 and 19th August 2022. The winners will be chosen by a secret ballot of the visitors to the FSW Open Day on 4th September. Please submit your photographs to me, either in electronic format by email to govierh@gmail.com or via the FSW Facebook page. Please send full sized images (not reduced edits) and for each photo supply a title, date and the area of the wood in which it was taken (if known). We also need your full name and contact details.

New Treasurer Found - We now have a new treasurer ☺ Many thanks to Karen Hall for volunteering to take on the role!!

Our May Walk - Bluebells and Birds Saturday 7th May @ 2pm – Do join us for our May walk. We cannot guarantee that the bluebells will have lasted but there will be lots of flowers to see nonetheless and many birds to hear and to spot if we are lucky.

Overleaf are photos of some of the flowers to look for this month. If you see any of them do let us know via the FB page or direct to me at govierh@gmail.com .

<p style="text-align: center;">May Flowers</p> <p>Here are some flowers to look out for this month with dates of sightings for past years. The earliest of the sightings for each flower is shown in bold. You will see that Wild Garlic has only been seen once - it was in Linden Glade.</p>	<p style="text-align: center;">Mouse Ear</p>  <p style="text-align: center;">- 30/4/15 - 15/5/16 - 11/5/18 - 1/5/19 - 22/6/20 - 9/5/21</p>	<p style="text-align: center;">Common Vetch</p>  <p style="text-align: center;">- 5/5/15 - 19/5/16 - 11/5/17 - 7/5/18 - 12/5/19 - 26/5/20 - 5/5/21</p>	<p style="text-align: center;">Bramble</p>  <p style="text-align: center;">- 15/5/15 - 1/6/16 - 13/5/17 - 23/5/18 - 4/5/20 - 31/5/21</p>	<p style="text-align: center;">Shepherd's Purse</p>  <p style="text-align: center;">- 4/7/16 - 23/5/17 - 6/5/18 - 26/4/19 - 27/6/20 - 29/5/21 - 28/4/22</p>
<p style="text-align: center;">White Dead Nettle</p>  <p style="text-align: center;">- 13/5/15 - 26/4/16 - 24/4/17 - 31/4/18 - 25/4/19 - 9/5/21 - 19/4/22</p>	<p style="text-align: center;">Birdsfoot Trefoil</p>  <p style="text-align: center;">- 18/5/15 - 29/5/16 - 28/5/17 - 30/5/18 - 6/6/19 - 6/5/20 - 26/5/21</p>	<p style="text-align: center;">Ox-Eye Daisy</p>  <p style="text-align: center;">- 18/5/15 - 23/5/16 - 13/5/17 - 16/5/18 - 5/5/20 - 21/5/21</p>	<p style="text-align: center;">Cleavers/Goosegrass</p>  <p style="text-align: center;">- 15/5/15 - 20/5/16 - 18/6/17 - 10/5/18 - 22/5/21</p>	<p style="text-align: center;">Bittersweet</p>  <p style="text-align: center;">- 8/6/15 - 1/7/16 - 12/6/17 - 30/5/18 - 3/6/20 - 15/6/21</p>
<p style="text-align: center;">Ribwort Plantain</p>  <p style="text-align: center;">- 30/3/17 - 13/4/18 - 18/6/20 - 11/5/21 - 19/4/22</p>	<p style="text-align: center;">Sanicle</p>  <p style="text-align: center;">- 9/5/15 - 7/5/16 - 25/4/17 - 10/5/18 - 25/4/19 - 18/5/20 - 8/5/21</p>	<p style="text-align: center;">Common Catsear</p>  <p style="text-align: center;">- 24/5/15 - 28/5/16 - 28/5/17 - 31/5/18 - 16/5/20 - 2/6/21</p>	<p style="text-align: center;">Wild Garlic</p>  <p style="text-align: center;">- 6/5/16 -</p>	<p style="text-align: center;">Herb Bennet</p>  <p style="text-align: center;">- 19/5/16 - 13/5/17 - 10/5/18 - 30/4/19 - 15/5/20 - 9/5/21 - 12/4/22</p>
<p style="text-align: center;">Sainfoin</p>  <p style="text-align: center;">- 26/5/15 - 17/6/16 - 19/5/17 - 30/5/18 - 17/6/20 - 27/5/21</p>	<p style="text-align: center;">White Clover</p>  <p style="text-align: center;">- 19/5/15 - 28/5/16 - 10/5/17 - 24/5/18 - 14/5/20 - 2/6/21</p>	<p style="text-align: center;">Red Clover</p>  <p style="text-align: center;">- 7/5/15 - 15/5/16 - 7/5/17 - 9/5/18 - 7/5/19 - 4/5/20 - 7/5/21</p>	<p style="text-align: center;">Hawkweed</p>  <p style="text-align: center;">- 16/5/15 - 19/5/16 - 13/5/17 - 16/5/18 - 9/5/19 - 14/5/20 - 26/5/21</p>	<p style="text-align: center;">Forget-me-not</p>  <p style="text-align: center;">- 18/4/15 - 1/5/17 - 26/4/18 - 27/4/19 - 12/5/21 - 29/4/22</p>