

**Open Day 2022** - Despite dire weather forecasts in the week before the event and for the date itself, we successfully carried out 'anti-rain dances' and FSW were able to have another successful Open Day this year in fine weather. There was a variety of stalls and activities for those of all ages to enjoy and we had our usual Scouts providing refreshments and seating. A full report is provided on the website Events page at <http://www.friendsofselsdonwood.co.uk/events.php>. Many thanks to Linda Morris who organised it all and her small team of helpers on the day. She hopes to run the event again next year but could do with more help, both before and during the event. Please contact us for more details if you think you could help so we can go ahead with planning for 3<sup>rd</sup> September 2023.

**2023 Photo Competition!** – Sadly, we had to cancel the photo competition this year because of a shortage of entries. We hope to run the competition in 2023 but need your photos to do so. The Facebook page shows how many of you get out there with your cameras, so please keep full sized versions of the photos and send them to me at [govierh@gmail.com](mailto:govierh@gmail.com). Each entrant may submit up to 6 photographs taken in Selsdon Woods between 20th August 2021 and 19th August 2023. As usual the winners will be chosen by a secret ballot of the visitors to the FSW Open Day in September. Winners will receive cash prizes of £50 first, £20 second and £10 third.

A definite entry must be this photograph of a Common Frog by Louise Hunt on taken on 21<sup>st</sup> September. This is the best photo of a frog ever taken in our wood. We know we have frogs as the spawn is usually visible in the Jubilee Pond in the spring but the adults have always been elusive.



**Wigwams** – Some visitors have expressed concern at several wigwam type structures build from branches that have been spotted in the woods. Please do not worry about these as most are built by groups of children attending "Forest Schools" events. They are not an indication of campers or rough sleepers. However, if you do see camps with signs of fires or lots of rubbish, please report these directly to the police or to Croydon Council.

**The FSW Calendar for 2023 is available for £5** - To get your copy phone 020-8657-0423 or e-mail [govierh@gmail.com](mailto:govierh@gmail.com)

## **Book Focus - Chris Green - 'Bird Therapy' by Joe Harkness**

It's a sad truth that in this country mental health issues are on the rise. More of us are realising that the stresses and strains of modern life, of belonging and seeking acceptance, are driving a rise in anxiety and depression – unfortunately disproportionately in our young and especially after the last two years. Whilst some seek medication and therapy, others also seek the solace and calm acceptance of nature. I would include myself in this bracket and a recent found enjoyment of birding has forced me to slow down.















This seeking of support in birding is the subject of Joe Harkness' Bird Therapy. This is by turns quite a bleak, honest and direct look into the effects of a nervous breakdown; but also the positive, uplifting and ultimately healing qualities that birding can bring. Each chapter follows a different passage of Joe's recovery through the birds he seeks and the impact that has on him. He lives in Norfolk, so a lot of his adventures tend to take place in and around that space as he gradually becomes more knowledgeable about the birds that surround him throughout the seasons. Each chapter also ends with advice on birding as a hobby.

Overall, an excellent and thoughtful insight into mental recovery through the restorative power of nature.

Also recommended: 12 Birds To Save Your Life by Charlie Corbett

**Our Next Walk - Fungus Hunt Saturday 29<sup>th</sup> October @ 10am** – September was a good time to spot fungi - brought on early by the rain in the first few days of the month. However, October is more usually the best month for fungus hunting so do please join us for our annual autumnal forage.



<p><b>Lots of Fungi</b> Look out for these on our October walk.</p> <p>See the FSW website for further information and lots more fungi. All photographs taken in Selsdon Wood.</p>	<p><b>Yellow Stagshorn</b></p>  <p>Seen this year in West Gorse</p>	<p><b>Beefsteak</b></p>  <p>Very widespread this year. Often appears to be "bleeding" as here.</p>	<p><b>Sycamore Tar Spot</b></p>  <p>Spots on Sycamore and Maple leaves. Does not damage the tree but causes early leaf fall</p>	<p><b>Shaggy Bracket</b></p>  <p>Returns each year high in a tree in Bluebell Grove</p>
<p><b>Parasol Mushroom</b></p>  <p>A mushroom with a pretty pattern on the cap..</p>	<p><b>King Alfred's Cakes</b></p>  <p>Grow on logs and stumps of Ash. Hard and spherical, it looks like burnt cake.</p>	<p><b>Southern Bracket</b></p>  <p>A sturdy bracket fungus. A huge, old, example can be seen on a dead tree in Vale Border.</p>	<p><b>Common Puff Ball</b></p>  <p>Round, common fungus. Spores are released in a puff when it is touched.</p>	<p><b>Giant Polypore</b></p>  <p>A large fungus as the name suggests. The underside has pores not gills.</p>
<p><b>Candlesnuff</b></p>  <p>A small fungus that looks like the snuffed wicks of candles. Common on mossy stumps.</p>	<p><b>Milking Bonnet</b></p>  <p>One of many species of bonnet shaped fungi.</p>	<p><b>Fairies Bonnets</b></p>  <p>Very tiny bonnets. Often seen in vast groups - as here.</p>	<p><b>Turkeytail</b></p>  <p>A small, widespread fungus with banded colours like the tail of a turkey. Grows on logs and stumps.</p>	<p><b>Twig Parachute</b></p>  <p>Tiny mushrooms growing along a Bramble twig.</p>