

Putting down autumnal roots

Lucy Blunden (Medical Herbalist)

As we head towards winter, the plants bring back the growing energy from the flowering and leafy parts into their roots. This makes it a very good time to harvest roots for medicines.

Dandelion & Burdock made famous as a fizzy drink (which now uses artificial flavourings... boo) are also fabulous medicines in combination – but not with all the sugar or pop! Burdock (Arctium lappa or Arctium minus) is a detoxifying herb best known for its use with skin problems. It's nicknamed the 'digger' as it literally roots out a problem* stimulating cells to release their waste materials. Wastes need to be removed from the body and dandelion makes the perfect companion for this. It flushes the kidneys via its diuretic action and stimulates bile from the liver. Removal of waste is also really helpful for the immune system. Historical use varies from leprosy in the Middle Ages to the 1100s for its use by Hildegard von Bingen in cancer treatments. Henry VIII's syphilis was improved with burdock but did not cure it. It's best harvested either in its first autumn or its second spring.

**Warning – this may bring on a 'healing crisis' making the problem worse first, so go easy!*

Dandelion & Burdock medicine

Wash about 25g of each root, chop and simmer in 750ml water for 20 mins. Strain and divide into 4 doses to drink throughout the day.

About Lucy

Lucy Blunden is a medical herbalist based in Hemel Hempstead. She has a clinic at home where she works with children and adults specialising in digestive conditions. Lucy has guided several public walks for the Box Moor Trust, explaining the properties and uses of common herbs and plants to be found readily in the British countryside. We have more events planned with her in the future, so watch this space.

Follow Lucy

on Facebook and Twitter by searching for: @HertsHerbalist and her website is www.lucyblundenherbal.com



The Box Moor Trust

Your land, your heritage, your future

Autumn Newsletter

Box Moor Trust Autumn Festival

Saturday 13th and Sunday 14th October

Once again this autumn, Blackbirds Moor will be echoing to the sounds of clashing conkers. We look forward to welcoming you to our Autumn Festival on Saturday 13th and Sunday 14th October, with our ever-popular Conker Tournament taking place on the Sunday. Always keenly contested, registration for the knockout tournament will start at 11.30am on 14th as we set out to crown our conker champions (both junior and adult) for 2018!



Archery have-a-go



2017 junior champion Megan Cumner with Trustee Peter Ablett



Berkhamsted Ukulele Random Players



Pottery workshop

This fun weekend event will celebrate local crafts and produce, including freshly-baked cakes, delicious biscuits, preserves, cheeses and honey, Italian gelato and locally grown fruit, vegetables and plants. There will also be a range of craft stalls, selling hand-made gifts, cards and items in wood, jewellery and vintage ware, as well as wood carving and turning demonstrations. For the youngsters, we will have a pet animal farm and children's craft marquee on both days. Sunday will feature pottery and circus skills workshops and archery have-a-go.

Live music will be courtesy of Berkhamsted Ukulele Random Players on 13th and The Jolly Jazzers on 14th. Hot food (BBQ, Indian cuisine and pizza), drinks and snacks will be available throughout the weekend. See you there!

Times

Saturday 13th October: 11am to 3pm
Sunday 14th October: 12 noon to 3pm
 (conker tournament registration from 11.30am)

Venue:

Blackbirds Moor, off St John's Road/Heath Lane, Boxmoor

Upcoming events

- Mon 8th October 2pm **A Guide to Gadespring Cressbeds** - (part of The Chilterns Walking Festival programme) Donations welcome on the day. Bookable through www.chilterns.co.uk/walkingfest
- Weds 31st **October Family Bat walk** 5-6.30pm Donations welcomed on the night. Bookable through education@boxmoortrust.org.uk
- Sat 1st December **Christmas in Hay Wood** Family Event with outdoor and indoor activities and a special Christmas visitor!!! 11am-2pm. Donations welcome on the day. No need to book.
- Weds 17th October **Let's Go Batty** – family bat walk 6-7.30pm (Booking as above)

Contact Us

The Box Moor Trust Centre, London Road
 Hemel Hempstead, HP1 2RE
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For more news visit www.boxmoortrust.org.uk



Staff Changes

We were very sorry to say farewell to three highly valued members of the team in September. Yvonne Masters has been key in helping to establish and run our popular Forest School initiative for the past 14 years, and is leaving us to spend more time with her family. Taking up the reins is Louise Mills, who has recently joined our dynamic education and community team and will focus on engaging senior schools and older groups as part of her role. We have also lost two of our lovely Estate Rangers. Jess Tearle has come to the end of her seasonal contract and will be taking up a new post elsewhere. Karen Poore is moving on to pastures new and we wish her well in her new venture with Harpenden Parish Council. The new role of Ecology Ranger has been created, combining general estate duties, surveying and monitoring, and an element of education work. We are pleased to welcome Katherine Chennells, who has been appointed to this exciting post.



Estate Ranger Paul Redding chauffeured Yvonne to her leaving party in the Trust's tractor!

Calendar competition winners

Our annual photographic competition attracted over 80 entries, all illustrating the theme: "Colours of all Seasons". It was great to see so much variety and so many different areas of the Box Moor Trust estate represented, and as usual it was hard to select winners.



Winner - Ian Waterfield



Second - Chris Ward



Third & public vote winner - Sue Case

Ultimately, the judging panel chose Ian Waterfield's study of flowering horse chestnuts on Station Moor for first prize. This image was judged to have combined the theme of seasonal colour with a subject that is such a recognisable emblem of the Trust, and also demonstrated technical and artistic expertise photographically. A close second was Chris Ward's photo of a rose-tinted misty dawn on Harding's Moor, which incorporated some human interest with the couple walking their dog. Sue Case's spectacular shot of evening sunlight filtering through the trees on Bulbourne Meadow took third spot, but also won the public vote on social media (a new feature of the competition) by a large margin. Our other winners were Vicky Sinclair, Kevin

Grace, Ron Smith and Lee Davison, who all have images featuring in the 2019 calendar. Congratulations to all the winners.

The calendar is now available to purchase at a cost of £6.00 + £1.50 p&p and can be ordered by post or via our website. It will also be on sale at our Autumn Festival on 13th and 14th October. Alternatively, you can pick one up from our office. Cheques should be made payable to: The Box Moor Trust.

Entry forms for the 2020 calendar competition will shortly be available to download from our website. Cash prizes are on offer for winning entries, so why not give it a go?

Community Grants:

2018 Awards

The Box Moor Trust has a community grants programme, offering funding of up to £2,500 for one-off purchases or other capital expenditure to not-for-profit organisations operating within its Area of Benefit. This year's successful applicants are:

- **Boxmoor Primary School PTA** for a contribution towards construction of an outdoor pavilion-style classroom
- **4th Boxmoor Scouts** for safety equipment (protective suits and fire extinguishers)
- **Hemel Aces Football Club** for computer equipment and football kits
- **Ladybirds** for purchase of two gazebos
- **HH Town Cricket Club** for purchase of bowling machines
- **Rennie Grove Hospice Care** for purchase of two laptops and associated equipment
- **Young Discoverers Pre-School** to buy outdoor equipment for their Forest School project and garden
- **Waterways Experiences** for a contribution towards the cost of a new engine for their boat "Close Shave"
- **Longdean School Academy Trust** for contribution towards the construction of a pavilion-style outdoor classroom
- **Bovingdon & Flaunden Tennis Club** for purchase of fencing and a new scoring system
- **Friends of Great Gaddesden School** for a contribution towards the cost of roof and window repairs

Additionally, the Dacorum Community Trust was awarded the sum of £6,000 for distribution to deserving cases during 2019. The Box Moor Trust continues to support the Community Wheels minibus scheme with an annual contribution of £2,500.

Applications for the next round of grants will be invited from April 2019 – keep an eye on our website for further details.

The grant scheme in action: new library for South Hill School

In 2017, the Trust made a grant of £2,500 towards the funding of a new library at South Hill School.

The new library, complete with state-of-the-art cataloguing software, is now up and running and has quickly become a vital part of the school. Mrs Sarah Winter, Head Teacher, said "South Hill Primary School Library is now being used widely by all classes. The children are taking on the role of librarians, helping to tidy and organise the books and iPads are in regular use to support reading and reference skills. We would like to thank the Box Moor Trust for this grant – it has been priceless to the school."



South Hill pupil Hudson Harte designed and made the library sign

Dog attacks on sheep



Sheep injured by dog attack

Over the summer months the Trust has suffered from not one, but two dog attacks on livestock, one of which resulted in the death of a sheep belonging to one of our graziers. The fatality took place at our Bovingdon Brickworks site, despite there being prominent notices at the field boundaries alerting dog owners to the presence of grazing livestock. The second attack was at Bunkers Park in Nash Mills, where the Trust had been invited to graze some of its stock. Again, warning notices were prominently displayed but sadly to no avail.

We would like to remind dog walkers that much of the Box Moor Trust estate is grazed, and as such one should always be vigilant for livestock. If you do not have full and complete control of your dog, then it should be on a lead.

Dogs that are not kept under control are of real concern to Trust staff, visitors and other dog walkers. Please remember that not everyone is enthusiastic about dogs or the way they are sometimes allowed to behave – or what they may leave behind! The Trust would also like to invite dog walkers to read our Dog Leaflet, which can be viewed on our website or picked up in person from the Trust Centre.