



FROM
LOST WOODS
TO
LOVED WOODS

VISIT YOUR LOCAL WOODS

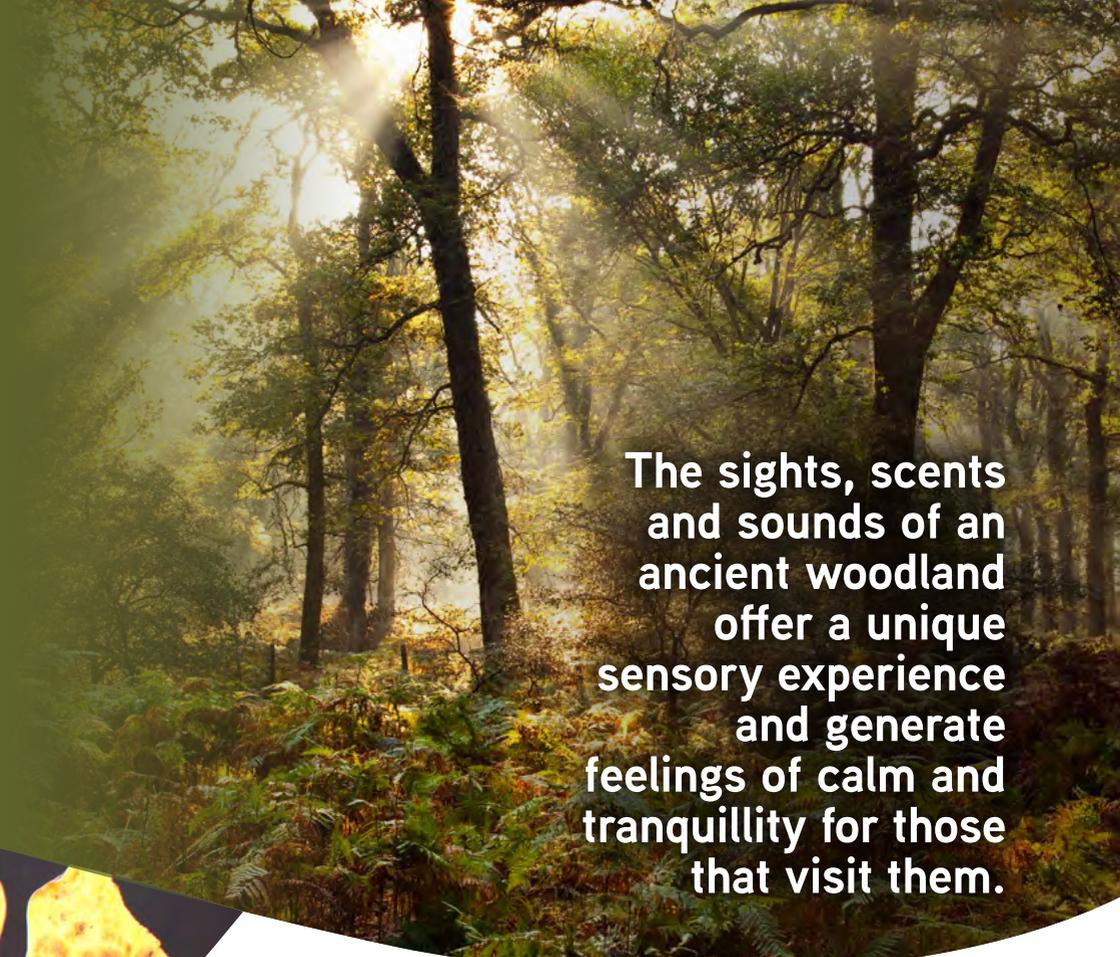


LOST WOODS
of the Low Weald and Downs

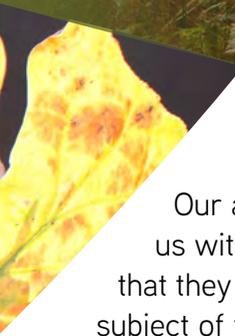
Between the South Downs National Park and the High Weald AONB reside the Lost Woods of the Low Weald and Downs – so named because they are all that remain of the vast ancient forest that once clothed the landscape. These distinctive wooded ‘islands’ hold within them the special character of the area and exist for now as verdant oases for nature and people alike.

Ancient woods comprise the richest and most complex terrestrial habitat in the UK and are home to more threatened species than any other. Centuries of undisturbed soils and accumulated decaying wood support valuable communities of fungi and invertebrates, while trees and other flora provide food and shelter for a further wealth of insects, birds and mammals.





**The sights, scents
and sounds of an
ancient woodland
offer a unique
sensory experience
and generate
feelings of calm and
tranquillity for those
that visit them.**



Our ancient woodlands characterise our landscapes, connect us with our past and provide a sense of place. It is no wonder that they have been the inspiration for art, music and literature; the subject of folklore, myth and legend.

The Lost Woods are as vital as they are irreplaceable. That is why we have put together this resource of information which you can use to discover your woodland heritage, discover numerous ways in which to enjoy woods and find the means to contribute towards their survival and to ensure that they flourish.

To know them is to love them, and to love them means to cherish and protect for generations to come.



Jill Jennings / WTMU

CITIZEN SCIENCE

Citizen Science is scientific research carried out by the public which contributes to our understanding of the natural world. By getting involved you help scientists quickly gather data over a wide area. It can be a lot of fun and you can also learn some valuable skills. You can take part from the comfort of your own home or get out and about and explore. You can find these apps using Google Play or App Store on your phone, or by searching for them online.

CITIZEN SCIENCE APPS



iNaturalist

An app and website which records observations, which are then shared globally.



iRecord

Similar to iNaturalist but is linked to UK record centres, and uses UK grid reference systems and species dictionaries.



Project Noah

Fun and family friendly app where you can share photography and keep “nature journals”.



UK Pollinator Monitoring Scheme (PoMS)

You only need 10 minutes counting pollinators to contribute.



BirdTrack

Record the GPS data and species around the UK.



iRecord Butterflies

Identify any butterfly that you see in the UK



Garden Butterfly Survey

Count butterflies in your garden all year round

NATIONAL PROJECTS

Why not take part in these annual Citizen Science activities:

Nesting Neighbours project

Record nesting birds in your garden

Big Butterfly Count

Count butterflies on a 15 minute walk in the summer

Nature's Calendar

Record the seasons to track how weather and climate change affect wildlife

Big Garden Birdwatch

Spend one hour tracking the birds you see in your garden

SEASONAL WOODLAND ACTIVITIES

SPRING

Can you see any minibeasts?

You will need to look under logs and rocks. How many legs do they have?

Search for signs of spring: daffodils, snowdrops, buds on the trees, hazel catkins, great spotted woodpecker.



SUMMER

Listen for birdsong.

April to early June is a great time of year to listen for the dawn chorus.



How many different colours can you spot in the woods.



AUTUMN

Make a leaf and twig picture from fallen leaves.

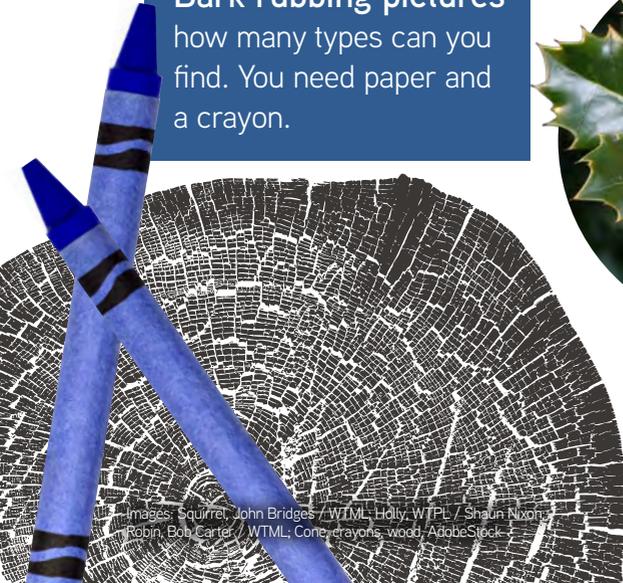


Search for signs of squirrels (pine cones look like an eaten apple core when they've been nibbled by squirrels!)



WINTER

Bark rubbing pictures how many types can you find. You need paper and a crayon.



Spot winter wildlife

Although woods may be at their quietest during winter months, there's still lots to see if you look closely.

FIVE WAYS TO WELLBEING



Connect Connecting with others around us helps us to feel that we are included and valued in society. Connecting with nature helps to remind us that we are part of something much bigger, something amazing, our planet.



Be active We know that being more active, whether it is a gentle walk or something more vigorous, is good for our bodies, but did you know it can have a positive impact on our brains as well? Taking exercise in a wood can heighten the enjoyment of exercise in general.



Take Notice Taking notice of our thoughts, emotions and surroundings is a great way to boost our mood. Woodlands naturally slow us down and are a feast for our senses. Listen for bird song or leaves rustling in the breeze. Breathe deep and smell the plants and the soil. Feel the leaves and bark crackling underfoot and look above, below and all around to feel the wonder of the woods.



Keep learning Continued learning through life enhances self-esteem and self-confidence. Learning about woodlands can be a joyful experience, whether it's understanding how humans and woodlands have worked together over millions of years, learning to identify a tree from its bark or recognising a bird song for the first time.



Give back Research has shown that individuals with a greater interest in helping others are more likely to rate themselves as happy. This goes for helping woodlands as well. Getting involved in conservation helps us to feel more connected, gets us active, makes us take notice of what's around us and keeps us learning new things.

FAMILY ACTIVITY

					
Arrange a woodland walk with a friend who hasn't been before.					
Play hide and seek in the woods with your friends. Notice what's around you whilst you're quietly hiding.					
Look for lots of colours of leaves and create some woodland art for others to enjoy.					
Walk or sit quietly in a wood and wait until you see some wildlife .					
Take photographs of plants and animals and find out more about them. Perhaps share what you've learnt with others.					
Listen to the birds in your garden, a park or the woods.					
Hug a tree and notice the textures.					
Pick out your favourite tree and learn more about it. Its age and type, the species on or in it and visit it in different seasons.					
Attend an online talk about woods and wildlife to help you know what to look out for on your next visit.					
Join a local woodland conservation group.					

DID YOU KNOW?

More wildlife lives in our woods and trees than any other landscape. The UK's woodland has some of our richest habitats, providing homes for thousands of species including many of our mammals, birds, reptiles and invertebrates.

LOW WEALD AND DOWNS WOODLAND AND SUSTAINABILITY GROUP DIRECTORY

This is only a partial list of environmental groups in Sussex. If your local area isn't included here, you can find out if there is a group in your town or village.

BURGESS HILL

Friends of Batchelors Farm

Newly formed just before lockdown.

friendsofbatchelors@burgesshill.gov.uk

Friends of Burgess Hill Green Circle Network

The Friends manage and improve sites on behalf of landowners for the benefit of wildlife and for the enjoyment and education of the whole community. They carry out conservation work and wildlife surveys, as well as organising open air events, guided walks and talks and an annual Children's Safari.

bh-green-circle.org.uk

CHAILEY

Chailey Commons Society

A local community and conservation society, based in and around Chailey, near Lewes, East Sussex, with interests in the Chailey Commons. They have a programme of activities during the year, including walks and family events on the Commons.

www.chaileycommons.org.uk

Friends of Markstakes Common

Small group meeting on Monday mornings to restore heathland by removal of birch saplings and brambles.

friendsofmarkstakescommon.weebly.com

HASSOCKS

Butcher's Wood Volunteer Group

Contact the Woodland Trust for more information at

enquiries@woodlandtrust.org.uk
www.woodlandtrust.org.uk/visiting-woods/woods/butchers-wood

Hassocks Keymer Ditchling Transition

A group of Hassocks, Hurstpierpoint, Keymer and Ditchling residents working to support a community response to climate change and sustainable use of resources.

www.hkdtransition.org.uk/

HAYWARDS HEATH

Friends of Ashenground / Bolnore

Friends of Ashenground and Bolnore Woods is made up of local people, including walkers, nature lovers, dog owners and family groups, interested in caring for the woods.

foabw.uk

HENFIELD

Henfield Conservation Group

Henfield Conservation Group are volunteers who help maintain the natural environment in and around Henfield.

Their work varies from seed planting in spring, through to coppicing and clearing streams. If you would like to get involved, please keep an eye on their event pages. New volunteers would be very welcome and you do not need any prior experience to take part.

facebook.com/henfieldconservation

Sustainable Henfield 2030

Sustainable Henfield 2030 is a local community group, their aim is to raise awareness of the linked issues of climate change and the environmental crisis in our natural world and to encourage positive changes.

sustainablehenfield2030.org

HORSHAM

Sussex Green Living

Sussex Green Living is a multi award-winning growing charity offering many climate mitigation solutions. Their mission is to advance the education of the public in the conservation, protection and improvement of the physical and natural environment, in particular by educating the public about how to adopt an environmentally-friendly lifestyle and improve their ability to reduce their negative impact on the environment.

www.sussexgreenliving.co.uk

HURSTPIERPOINT

Hurst Meadows Advisory group

This group is a Lost Woods pilot project connected to the parish council. Developing volunteering opportunities for restoration of Tilley's Copse and the Wilderness woods that the parish council have taken over management of in recent years.

[www.hurstpierpoint-pc.gov.uk/
community/hurst-meadows/](http://www.hurstpierpoint-pc.gov.uk/community/hurst-meadows/)

Woodland Flora and Fauna Group

A practical nature conservation group dedicated to promoting the interests of countryside and wildlife in Hurstpierpoint, Sayers Common and surrounding parishes.

thewoodlandfloraandfaunagroup.org.uk

SCAYNES HILL

Scaynes Hill Sustainability Group

The Scaynes Hill Sustainability Group aims to raise awareness of sustainability issues in the village. They have previously run activities such as butterfly hunts, pond dipping, bulb planting, fungi hunts, dawn chorus walks and wildflower walks.

scayneshillvillage.co.uk/sustainability

SMALL DOLE

Tottington Woodlanders

A registered charity which manages Tottington Woods, an area of ancient woodland next to the village of Small Dole near Henfield in West Sussex.

www.tottingtonwoodlanders.org.uk

STEYNING

Greening Steyning, Bramber & Upper Beeding

An active and enthusiastic local group working to create a sustainable, low-carbon future for Steyning, Bramber, Upper Beeding and the surrounding area. Their aim is to get the whole community thinking about what can be done to tackle climate change.

greeningsteyning.org

Steyning Community Orchard

Restoring Steyning's historic orchards, planting new orchards and encouraging the local community to grow and use locally grown fruit. Now managing four orchards.

steyningcommunityorchard.org

Steyping Downland Scheme

A nature conservation charity based in Steyping, West Sussex. They hold wildlife events and conservation volunteering groups with the local community.

steypingdownland.org/

Steyping for Trees

A community group formed to help fight climate change by promoting the planting of more trees in Steyping.

steypingsociety.org.uk/steyping-for-trees

STORRINGTON

Storrington & Arun Valley

Regional Group

This new group will support Sussex Wildlife Trust in its local communities by communicating, 'localising' and implementing the Trust's strategy, plans and objectives.

sussexwildlifetrust.org.uk/what-we-do/local-groups/storrington-arun-valley-regional-group

Storrington Conservation Society

A dedicated group of like-minded individuals who care for Storrington's environment, taking practical action to improve it for both people and wildlife.

www.storringtonconservation.org.uk/

SULLINGTON

Sandgate Conservation Society

A small charity in the village of Sullington, in West Sussex, dedicated to the conservation and restoration of natural spaces in Sullington and its environment.

www.sandgate-conservation.org.uk

WASHINGTON

Wild in Washington

Bringing together people in the community, focussing on our connection we as humans have with nature, looking at land use in a historical context and conservation.

www.wildinwashington.co.uk

WEST GRINSTEAD

West Grinstead Tree Planting Project

A tree planting campaign group for West Grinstead Parish. Based in Partridge Green.

South of England Hedgelaying Society

To promote the traditional craft of hedgelaying in the South of England, particularly to keep the local style in existence.

sehls.weebly.com

The Sussex and Surrey Coppice Group

A member-led networking organisation covering everything from planting and managing woodland, to the production and installation of end products. They operate in conjunction with the National Federation of Coppice Workers and have been a recognised professional industry body since 1997.

www.sscoppiceworkers.co.uk

SIX WOODS ACCESSIBLE BY PUBLIC TRANSPORT

Wood	Toilets	Wheelchair Accessible	Train	Bus route / STOP
Woods Mill Nature Reserve, Henfield	Yes, in car park	Yes	No	Compass Travel - 100 - Burgess Hill - Horsham (no Sunday service) WOODS MILL
Tottington Woods, Small Dole	No	Yes	No	Compass Travel - 100 - Burgess Hill - Horsham (no Sunday service) POST OFFICE
Tilley's Copse, Hurstpierpoint	No	No	No	Compass Travel - 33 - Hurstpierpoint - Haywards Heath (no Sunday service) FAIRFIELD CRESCENT
Butcher's Wood, Hassocks	No	No	Hassocks station 13 minute walk	Compass Travel - 33 - Hurstpierpoint - Haywards Heath (no Sunday service) RAILWAY BRIDGE
Costells Wood, Scaynes Hill	No	No	No	Compass Travel - 31A - Uckfield - Cuckfield (no Sunday service) HAM LANE
Bramber Castle, Steyning	Yes, 5 mins into Bramber village	No	No	Compass Travel - 100 - Burgess Hill - Horsham (no Sunday service), Brighton & Hove Buses - 2 - Rottingdean - Steyning CASTLE

Other local natural spaces

Downs Link Can be reached from Steyning and Henfield, wheelchair accessible and accessible by buses.

LEAF ID

Can you spot any of these trees while walking around your local woodland?



Beech



Elder



Hazel



Alder



Ash



Birch



Oak



Hawthorn



Field Maple



Horse Chestnut



Sycamore

ANCIENT WOODLAND INDICATORS



Bluebells



Wood Anemone



Lily-of-the-valley



Wild Garlic



Dog's mercury



Primrose



Red campion

DID YOU
KNOW?

Ancient woodlands are areas of woodland that have existed for over 400 years. They are completely irreplaceable which is why it's so important that we protect them. If you see any of these flowers on your visit, you may well be in an area of ancient woodland.

LIST OF WOODLANDS

-  Toilets
-  Dogs allowed
-  Parking
-  Wheelchair access

A location map is on the back page.

1 Ashenground & Bolnore Woods, Haywards Heath

Grid Reference: TQ327230

Ashenground and Bolnore Woods lie to the South of Haywards Heath, a short distance from both Beech Hurst and Victoria Park. The Woods consist of Ashenground Wood, Pierces Wood, Catts Wood and Bolnore Wood.

WC NO |  Yes |  Parking within Bolnore Village |  No

2 Bedelands Farm Local Nature Reserve, West Sussex

Grid Reference: TQ319209

Bedelands Farm Nature Reserve is a 35.2-hectare Local Nature Reserve on the northern outskirts of Burgess Hill in West Sussex. It is owned and managed by Mid Sussex District Council. The farm has woodland, wildflower meadows, grazed meadows, wetland and ancient hedgerows

WC NO |  Yes |  Yes - Car Park by Burgess Hill Town Football Club |  No

3 Butcher's Wood, Hassocks

Grid Reference: TQ303149

Butcher's Wood lies in an Area of Outstanding Natural Beauty. Ancient oak woodland is complimented by hazel, bluebells and other flora. A good network of paths gives easy access although the site is prone to seasonal water-logging.

WC NO |  Yes |  Street parking in Hassocks |  No

4 Chailey Common, Chailey

Grid Reference: TQ377206

Chailey Common is one of the largest commons in the south of England and a Local Nature Reserve since 1966. The common is a Site of Special Scientific Interest for its heathland and diverse insect and bird communities.

WC NO |  Yes |  Yes - Car parks at different locations around common |  No

DID YOU
KNOW?

Dog poo can be very high in nutrient levels, most ecosystems are naturally low nutrient environments and over-fertilisation reduces biodiversity by encouraging a small number of plants to take over. Please take your dog's mess with you and dispose of it responsibly. [Learn more here](#)

5 Costells Wood, Scaynes Hill

Grid Reference: TQ366237

Costells Wood is a site of ancient woodland and has been designated an area of wildlife importance. Broadleaf trees inhabit the area and ground flora includes orchids. Several small ponds are found in the site alongside an extensive path network.

WC NO | 🐾 Yes | 🚗 Parking at Council car park at Scaynes Hill Common | ♿ No

6 Ditchling Common Country Park, East Sussex

Grid Reference: TQ334192

Ditchling Common is a 66.5-hectare biological Site of Special Scientific Interest south-west of Wivelsfield in East Sussex. It is a country park, which is owned and managed by East Sussex County Council.

WC NO | 🐾 Yes | 🚗 Yes Ditchling Common Car Park | ♿ No

7 Markstakes Common, East Sussex

Grid Reference: TQ397180

Markstakes Common is an area of common land made up of woodland and open areas north of South Chailey. The woodland is composed of oak, hornbeam, beech and ash and there are bluebells, wood anemones and a wealth of other wildlife. The entrance gate off Markstakes Lane and most of the paths are accessible to wheelchairs and buggies.

WC NO | 🐾 Yes | 🚗 Yes | ♿ Yes

8 Sullington Warren, Storrington

Grid Reference: TQ115141

Owned and managed by the National Trust, Sullington Warren is a wild place to explore. The area is a rare habitat for local wildlife, comprising lowland heath, grassy areas and woodland. If you visit in late summer you'll be treated to the beautiful colours of the heather as it comes into bloom.

WC NO | 🐾 Yes | 🚗 Yes Car Park | ♿ No

9 Tottington Wood, Small Dole

Grid Reference: TQ217126

Tottington Wood is a 5.1-hectare Local Nature Reserve in Small Dole in West Sussex. It is owned by Hopegar Properties and managed by The Tottington Woodlanders. This semi-ancient wood is recorded back to 1600 and it has an oak tree which is over 250 years old.

WC No | 🐾 Yes | 🚗 Free on street parking in village | ♿ Yes

10 Woods Mill Nature Reserve, Henfield

Grid Reference: TQ217134

Woods Mill is the headquarters of Sussex Wildlife Trust and an environmental education centre. Woods Mill is a prime example of what the wider countryside once contained. Visitors can walk past the old ponds and lake, through the ancient woodland, alongside the streams and waterways into the unimproved meadows with their wild hedgerows – habitats all contained within its 47 acres. This variety of habitat attracts an impressive number of species including mammals, insects, amphibians and birds.

WC Yes | 🐾 Not Welcome (except assistant dogs) | 🚗 Car park | ♿ Yes

DID YOU
KNOW?

Bluebells are a slow-growing species, taking at least five years for a seed to develop into a bulb.

It is important that we stick to the paths in woodlands as bluebells can take years to recover from the damage caused by trampling, and if their leaves are crushed they can be weakened (as they can no longer photosynthesise).



A photograph of a forest floor covered in a dense carpet of bluebells. The trees are tall and thin, with green foliage visible in the upper part of the frame. A large white circle is overlaid on the right side of the image, containing text.

GET INVOLVED

Find out more about the
Lost Woods project and events
happening near you at
[facebook.com/LostWoodsSussex](https://www.facebook.com/LostWoodsSussex)
or email us at
lostwoods@woodlandtrust.org.uk



- 1 Ashenground & Bolnore Woods, Haywards Heath
- 2 Bedelands Farm Local Nature Reserve, West Sussex
- 3 Butcher's Wood, Hassocks
- 4 Chailey Common, Chailey
- 5 Costells Wood, Scaynes Hill
- 6 Ditchling Common Country Park, East Sussex
- 7 Markstakes Common, East Sussex
- 8 Sullington Warren, Storrington
- 9 Tottington Wood, Small Dole
- 10 Woods Mill Nature Reserve, Henfield

The Lost Woods project is made possible by players of the National Lottery.

Project partners

