



# eco-activities for children

## **Birthday Parties in the Forest**

**Our excellent birthday parties are suitable for children between the ages of 4 to 12. Take part in one of many fun environmental activities offered before having birthday cake & party food. Parties can be run after school, at weekends or in the school holidays and last for two hours.**

### **Safe supervision**

### **Experienced and enthusiastic staff**

### **Outdoor fun and fresh air**

### **Inspiring environmental activities**

We offer a wide range of environmental activities for young people. All our exciting programmes are led by our excellent trained staff and provide fun and inspiring activities under safe supervision.

The Centre's purpose built facilities offer superb opportunities for field study in the heart of Epping Forest.

## **Epping Forest Field Centre**

**Tel: 020 8502 8500**

**Address:** Paul's Nursery Road, High Beach,  
Loughton, Essex, IG10 4AF

**Fax:** 020 8502 8502

**Email:** [enquiries.ef@field-studies-council.org](mailto:enquiries.ef@field-studies-council.org)

**Website:** [www.field-studies-council.org/eppingforest](http://www.field-studies-council.org/eppingforest)

**Registered Charity Number: 313364**

**FSC**

BRINGING  
ENVIRONMENTAL  
UNDERSTANDING TO ALL

# birthday parties for children

## Choose from one of these activities...

### Pond Dipping

Suitable for Ages: 4 - Adult

Catch, identify and investigate the many minibeasts found in our ponds. Enter your competitors into the Minibeast Olympics or experience how they might feel under our parachute.

### Forest Explorers

Suitable for Ages: 4 – Adult

Have fun discovering the secrets out in the forest. Play games, use your senses, hug a tree and pretend you're an animal travelling through the treetops.

### Forest Survival

Suitable for ages: 7 – Adult

Learn how to build shelters, fires and go on a scavenger hunt to learn about all the useful things found in the forest that will help your tribes survive.

### Dirty Little Grots

Suitable for ages: 4 – 10

Get mucky finding out about the secrets of the soil beneath your feet. How did it get there? What is soil made of and who and what helps produce it?

### Minibeasts

Suitable for ages: 4 - 10

Head out in search of all the minibeasts that live in the forest, find out where to look for them and why they are so important to their home.

### Forest Trail

Suitable for ages: 8 – Adult

Learn and develop your map and compass skills on a trail set out for you to follow through the forest. Answer the questions along the way to keep on the right track.

Activities last for 1½ hours. The last ½ hour is set aside for you birthday cake & party food.

### Further Information

- We take the greatest care to ensure the safety of all participants. Our Activity Leaders are trained in first aid and have access to a first aid kit at all times.
- We provide a two hour session, Activity Leader, room and suitable equipment.
- Our Activity Leader will organise and lead the session.
- For participants under 16 we ask for responsible adults to accompany the children at a ratio of 1 adult to every 6 children. We are unable to supervise children who are not part of the booked group.
- Please ensure your child is dressed appropriately for outdoor activity. The centre has a limited supply of Wellington boots.
- In the case of extreme bad weather we can arrange indoor activities so the participants can enjoy themselves come rain or shine.
- Sessions normally take place between 10am-12pm or 2-4pm at weekends and during school holidays. Or between 4-6pm and 4.30-6.30pm on weekends during the summer months. Special arrangements can be made for alternative times during the week if requested and Activity Leaders are available at that time.
- The normal maximum number of participants is 22, and we do not normally run activities for groups aged under 4. In special circumstances this can be arranged, however a surcharge will be incurred.
- Upon making a booking you will receive, a letter confirming the booking details, a copy of the invoice, and an Booklet containing details of Visitor Information and Booking Conditions.

	No. Participants				
Price	Up to 12	13- 15	16- 20	21- 25	26- 30
Week ends	£85	£115	£150	£225	£260
Week days	£70	£100	£135	£205	£240

We offer a wide range of environmental activities for young people. All our exciting programmes are led by our experienced trained staff and provide fun and inspiring activities under safe supervision.

For further details go to  
[www.field-studies-council.org](http://www.field-studies-council.org)  
or contact the Centre on 02085028500.