

PLANT POWER

Herbalists and foragers have long known the medicinal properties of certain plants. Stocker's Lake is home to many of them and lots will be in bloom this month.

You don't, however, need to know how to use them to enjoy their benefits. A flower spotting walk around the lake in September will allow you to enjoy a whole bouquet of blooms, giving you a chance to reconnect with nature and improve your overall sense of well-being.



Black Horehound



Bristly Oxtongue



Orange Balsam



Marsh Woundwort



Wild Angelica



Water Mint

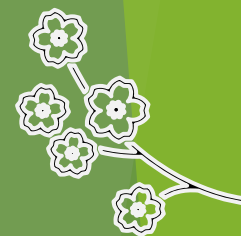


White Bryony



Purple Loosestrife

All photographs © Janet Lowndes



WHAT YOU MIGHT SEE

If you're looking for colour then keep an eye out for Purple Loosestrife, White Bryony and Black Horehound (but note its flowers are magenta and later in the year its leaves that go black). Maybe you'll find Smooth Hawk's Beard and Bristly Oxtongue.

Or why not try and see how many 'w' flowers you can find - Knapweed, Gypsywort, Marsh Woundwort, Ragwort, Common Figwort, Water Figwort Water Mint or Wild Angelica. If you're feeling fruity look out for Orange Balsam or Pineappleweed.

Lots more information can be found here <https://www.wildlifetrusts.org/wildlife-explorer/wildflowers>



Did you know?

Black horehound has a long tradition in herbal medicine and has been used to treat a range of issues from respiratory problems to travel sickness, depression to gout

THE WEIRD & WONDERFUL WORLD OF FLOWER NAMING

I love the weird and wonderful names of plants, names like Fleabane and Meadowsweet. Some describe the colours, some the textures but I noticed lots finish with 'wort'. If you look this up you'll discover that 'wort' derives from the Old English 'wyr't', which simply meant plant, and so perhaps it is not surprising that it is used so frequently.

WHERE TO SEE THEM

If you are wondering where to find all these flowers, three good areas are the Lakeside, near the little waterfall at the end of the lake and in the cattle fields.



Friends of STOCKER'S LAKE



BROADWATER LAKE NEEDS YOUR HELP

Broadwater Lake is part of the Mid Colne Valley Site of Special Scientific Interest (SSSI). It provides a unique haven for many species of waterbirds and vulnerable wildlife.



© Tim Hill

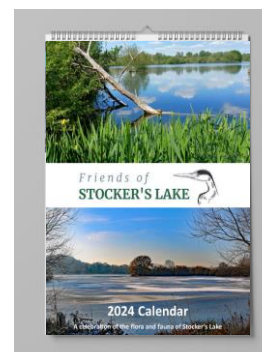
Hillingdon Council is now proposing to relocate the Hillingdon Outdoor Activity Centre (HOAC) here. The construction of a new Watersports Facility and Activity Centre at Broadwater Lake, which would incorporate the activities of both HOAC and Broadwater Sailing Club (BSC) would fundamentally alter the role the lake plays. It would transform what has been a rare safe haven for wildlife for decades into a recreational hub. It would wreak havoc for wildlife and set a dangerous precedent for legally protected sites across the country.

The Middlesex and Herts Wildlife trust is opposing the action. Once proposals have been submitted, they will share their advice and tell people how they can stand up for wildlife and have a say during the consultation period.

We will be watching closely and keeping you in the loop but in the meantime more information is available on their website <https://www.hertswildlifetrust.org.uk/threat-broadwater-lake-sssi>

THE CALENDAR PRE-ORDER NOW

Remember to get your orders in early. Last year we sold out completely and we think the standard is even higher this year. Still only £10 each.



You can now pre-order via the website

<https://docs.google.com/forms/d/e/1FAIpQLSfwxsm0BRYNqhcQI7Grr2OzgmGHA8mjvvtmJAfRlSSaEwSrew/viewform>

We would like to thank all of the photographers who entered, congratulate those who have had photos selected and commiserate with those who haven't been successful this time round.

If you are willing to act as a hub from where calendars can be collected, please get in touch with giles_lury@hotmail.com

HEIGH-HO IT'S OFF TO WORK THEY GO

Sometimes the best laid plans of mice and teams go awry and the plan for a work party to cut the grass on Ryall Island didn't go ahead because mother nature intervened - Moorhens were found nesting on several eggs. Instead, work was done clearing undergrowth around the kissing gates, the Jain tree planting area, around the newly planted saplings and on either side of the footpath between the Iron Bridge and the Mill End entrance.

Thanks to all who helped. (More details on the website www.fosl.org.uk) Looking forward there will be more path improvement and other work to be done, so if you can volunteer, please do.

FORTHCOMING ACTIVITIES

Further details and updates will be on the website <https://www.fosl.org.uk/upcoming-events>

Talks and Walks/Calendar	Work parties/Recruitment Drives
	Sunday 3 rd September 0955 hrs - Check location with Jack Westbrook
	Sunday 24 th September Recruitment Drive: Let Russell Ball know if you are available to help. 07884 426671
	Sunday 22 nd October Recruitment Drive: Let Russell Ball know if you are available to help.
Sept/Oct : 2024 Calendar will go on sale - details to follow	Sunday 1 st October 0955 hrs - Check location with Jack Westbrook
Butterfly Survey & Wildflower Count ends October	