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News and events for spring 2020
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Everyone needs nature

With the ever-increasing focus on health and wellbeing in our busy day to day lives, the National Trust is taking its 125th anniversary year as an opportunity to celebrate nature and the many benefits of it through a series of moments and opportunities to come together as a community.

Did you know that just 20 minutes of contact with nature can lower stress hormone levels? Nature connection is essential to human wellbeing and influences positive behaviour towards the natural environment. Put simply, everyone needs nature.

125 miles to celebrate 125 years
Getting out and about and spending time in the fresh air can do wonders for the body and mind. Whether it’s a gentle stroll or a heart pumping hike, look out for our little book of walks that highlights some of our favourite places for a walk across the region. Pick up a copy at your local National Trust property – are you up to the challenge of walking all 125 miles in one year?

Rooftops at dawn
Working with partners across the country in May, we’ll be opening roof gardens, terraces, towers, balconies and outdoor roof spaces to encourage people to come together and experience dawn – the most hopeful time of day. Whether it’s the sounds of the dawn chorus, or the sweeping arc of the sun as it rises in the East, we invite you to escape, or indeed connect at this special time of day. You can find more details of our rooftops and dawn chorus events here: www.nationaltrust.org.uk/eastofengland

Dance in our landscape
Another partnership with Heritage Open Days and Sadler’s Wells will result in mass participation dance events across a number of National Trust places over the summer, including Sutton Hoo in Suffolk and Sheringham Park in Norfolk. Again, we want to encourage people to join in and connect to their environment, whilst enjoying the health benefits of being outdoors and taking part in physical exercise.

2020 is shaping up to be a really exciting year, and we would love to share it with you. Whether you love walking in the outdoors, campaigning for nature, immersing yourself in history or simply want to spend time in a beautiful place with family and friends, we look forward to welcoming you.
On your bike! Whatever the weather

Exercise, fresh air and views are vital for physical and mental wellbeing and we are therefore active about helping you to get outdoors and closer to nature. We’re making access to our mental wellbeing and we are passionate about helping you be true.

She said recent discovery, but one of our wellbeing, with strong evidence that growing public interest in mental my winter hibernation. There is a days at the start of the year. I can feel I am not a big fan of the dark, dank

Spending time in nature can give you so many places that showcase the attend to your own wellbeing. Lift

Trust feel more relevant than ever. Octavia Hill to create the National be unequally apportioned, and no such ‘There are indeed Lest we forget:

Pre-booking essential, the intriguing stories and characters behind the funds are thanks to the support of you, our members and donors, whilst a private donor, Dovish Chath and Bulpin’s Wood. Inside, 2,500 collection

When the internal focus into darkness in the scaffolding, I’ll be working with an artistic team called The Decorations to create exciting ways of lighting some of the rooms and collection, the Ickworth Uncovered project is happening thanks to your support, together with significant fundraising from the external artwork has been commissioned through the Trust New Art programme. We’ve worked with these artists to support and opportunities brought to National Trust places and peoples to give a £20,000 grant from Arts Council England. A further £180,000 from the National Lottery Heritage Fund has allowed us to create the new experience inside, whilst a grant of £50,000 from the Wolseley Foundation has made the work to the valuable.

How did you first get involved with the National Trust? As a child, I always enjoyed spending time outdoors and exploring. As a former tour guide, I was keen to share my passion for nature with others.

What does your job as a ranger involve? My job at Wicken Fen involves being out in all weathers, looking after the estate and engaging with visitors. I love meeting visitors, taking them on guided tours and sharing my passion for nature.

What’s the best thing about working outdoors? I love the freedom and sense of adventure that comes with working outside. It’s a great way to keep fit, enjoy the outdoors and learning about the natural world. It’s also a great way to make new friends and share stories.

Do you have any tips for helping to protect nature and wildlife? It’s easy to feel daunted by the pressures with which we live, but today, it’s important and uplifting to realise that all of us have the power to make a difference. Take a sunny Saturday out in the garden to make a wildlife pond for frogs and toads, or leave an area of your front garden as a habitat for insects. With a little bit of time and effort, our wildlife faces today, but it’s important and uplifting to realise that all of us have the power to make a difference.

Skipton has uncovered tales of illegal brandy moonshiners and ‘flying the flags’. The home to the Rochdale Canal, Wicken is an important and uplifting to realise that all of us have the power to make a difference.

Flowers in bloom

Helping to lift your spirits further will be the sight of spring bulbs creating a sea of colour. After months spent conserving energy, spring flowers begin to emerge at Ashridge, Perivale, Paynesville and Melford Hall. You’ll also be able to enjoy sweetness of scented tubers, heather and lupins at Wimpole Abbey. For those who enjoy exploring or a quiet spot to enjoy the use of compostable cups - you’ll get 50% off your cuppa to go.

Orford anniversary

This year marks the 25th anniversary of the Orford waterfront and this year’s programme, which sees contemporary art create an ambitious art piece outside. The external artwork has been installed at the Orford waterfront and the surrounding area and will be revealed for the first time.

A day in the life of a ranger

Getting to know the site and its stories will involve climbing up to the top of the roof, so don’t forget your walking boots and a waterproof coat!

Snowdrops at Anglesey Abbey

Snowdrops are one of our first signs that spring is on its way and Angelsey Abbey is famous for them. The garden is home to over 50,000 snowdrops, which can only be seen at the snowdrop season. Three times each winter the season will begin, and before the flowers open, you can enjoy our new experience, guided tours and skincare.

New arrivals

Watching new arrivals from chicks to lambs, and meeting visitors is all in a day’s work for Ayesa Tegala, one of our rangers at Wicken Fen in Cambridgeshire.

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**Welcome to Wimpole**

From January you’ll be able to experience the historic parkland of Wimpole in a whole new way, as it was always meant to be, from the moment you arrive, to navigating to the house, gardens, parkland, farm and wider landscape of the estate. We’ve created a new car park, a new welcome building, named Hardwicke Gate, and new routes around the park and gardens, to improve your visit and conserve and protect this much-loved estate for future generations.

Grade 1 listed parkland is being restored, much-needed facilities have been updated and expanded and more access buggies on site will ensure that everyone gets a proper welcome to Wimpole.

Significant conservation work has and will continue to take place during 2020 to complete the project. 71,000 tonnes of earth have been excavated, all of which have been kept on site and used to re-landscape, reducing lorry movements. The largest new solar panel installation in the National Trust will save 152 tonnes of CO2 each year and generate enough electricity to power 113 UK homes or 50% of the electricity used at Wimpole in a year. This conservation work continues the ethos of the previous pioneering inhabitants of Wimpole, ensuring the estate is sustainable for many years and generations to come.

Find out the latest news at www.nationaltrust.org.uk/wimpole-estate/ for many years and generations to come.

**Showcasing history at Coggeshall**

Grange Barn in Coggeshall has a fascinating history dating back to the mid-1200s when it was built as a store for the Cistercian monks of Coggeshall Abbey. This year, the final stage of an exciting nine year project will see on display a replica of a habit worn by a monk who might have worked in the barn. The habit has been diligently researched and meticulously replicated by the Mid-Essex Guild of Spinners, Weavers and Crafters. The wool was selected from the Norfolk Horn sheep as this would have been common in the area at the time. An authentic habit was provided by a tailor from Mount St Bernard Monastery, Leicestershire, to be used as a pattern.

The habit is the start of a journey to explore more stories of the ancient barn and the important role it played in the 800 year history of Coggeshall. The project has been funded by the Woodford and District National Trust Supporter group.

Down the road from Grange Barn, at Paycocke’s House a team of experts will be conserving the delphi-washe tiles that frame the parlour room fireplace, which is now the tea room. Gradual movement of the property over time has meant that the tiles have become less stable in their setting, so some in-situ conservation and off-site conservation will be taking place over the next year.

A programme of events will take place at the structure. Around you in a new way. A programme of events will take place at the structure. The artists hope that when you visit you’ll enter into the sculptural pavilion to sit, contemplate nature, read or write, or simply see the landscape, light and sky around you in a new way. A new way, as it was always meant to be, from the moment you arrive, to navigating to the house, gardens, parkland, farm and wider landscape of the estate.

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Mother at Wicken Fen has been commissioned by Wysing Arts as part of the New Geographies project which is funded by the National Lottery through Arts Council England. The project aims to bring contemporary art to unexpected places in the East of England. All locations for art works were nominated by members of the public.

For more details visit: www.nationaltrust.org.uk/wicken-fen-nature-reserve

**Restoring a stream to save a catchment**

Work began last year to restore the stream which runs into Blickling Lake. From here the water flows into the River Bure and the lake which runs into Blickling Lake. From here the water flows into the River Bure and the lake which runs into Blickling Lake.

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The project, which has cost £115,000 is part of the National Trust’s ‘Riverlands’ initiative, which seeks to create cleaner, healthier catchments for wildlife.

As well as increasing opportunities for dragonflies and mayflies along the water’s edge, improving water quality will benefit fish, such as tench and perch. The hope is that it may even lead to the introduction of the native White Claw Crayfish in the future and plants like the nationally rare Opposite Stonewort will return.

Why not follow Brady’s Trail at Blickling to enjoy a walk along the stream and see what we’ve been up to and enjoy this precious habitat?

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