



The White Cliffs Countryside Partnership & Romney Marsh Countryside partnership's **GREEN GANG**



WELCOME

WELCOME to the February edition of the Green Gang magazine produced by the White Cliffs Countryside Partnership. The Green Gang is a special programme of fun events for children and their families, that has been running for 25 years, giving children an opportunity to learn more about local wildlife, countryside and coast. Most of the events are free, although a donation is appreciated to help cover the running costs of Green Gang. You don't have to be a member to attend.

WATER IN WINTER

Winter is here and its getting colder! It is still important to think about the water around us and how it changes, here's why. If the temperature gets very cold (0 degrees) water freezes, changing from a liquid to a solid which we call ice.



Water is the only substance on earth that gets bigger (expands) when its temperature is reduced – everything else gets smaller (contracts). This is why frozen pipes can burst.

When rain is frozen it falls as snowflakes. It's fun to play in the snow, we put on gloves, coats and scarves and make hot drinks to keep us warm.

Some animals sleep through winter to stay warm, others use their feathers or fur to stay cosy. Animals and birds can struggle to find water to drink when everything is frozen.

You can help to look after water in your home and garden during winter, here are some things to do with your adult

- * Check pipes are wrapped up warm to stop them freezing – like you wearing your coat!
- * Fix dripping taps, even a small trickle can lead to a frozen pipe. If you have an outside tap, make sure that it's wrapped up too.
- * If it's very cold outside leave central heating on a low setting overnight
- * Look for ice or snow in your garden on a very cold day – never step on a frozen pond!
- * Put a small bowl of water outside so birds and animals can have a drink - Remember to replace it if it freezes.

To find out more about coping with cold weather, visit:

www.affinitywater.co.uk/coldweather



OUR FINEST DOUR

Our Finest Dour is a project about making people understand how important the river is for people and wildlife.



Dover has a rare kind of river flowing through the town. This river, the River Dour, is a chalk stream and is fed from underground chalk aquifers which filter the water, which means it has cool clear water.

Over the next three years look out for events on the River Dour to learn about how to help it. You might want to join in one of our River Labs (see 19th and 23rd February) or litter picks or even just think of new ways to save water. Knowing more about the River Dour will help people to respect it and look after it.

CELEBRATING 30 YEARS OF WCCP!



The White Cliffs Countryside Partnership was started in 1989 as a 3 year project with 3 staff to manage, promote and educate people about the local countryside especially the internationally rare chalk grassland habitat and coast around the Dover and Folkestone area through conservation, community engagement and green tourism. Teams of local volunteers have helped make a great success with over the last 30 years, with around 300ha of downland being grazed. Volunteers are a very important part of caring for the countryside. A big thank you to everyone involved in the past 30 years and we look forward to the next 30 years! Look for our special 'Find 30' events in the Green Gang programme throughout the year.

Test your knowledge!

- ① Water changes from a liquid to a.....when it freezes?
- ② Why can it be harder for birds and animals to find water if it is very cold?
- ③ What can you do to pipes to stop them freezing?
- ④ What temperature does water freeze at?
- ⑤ Name two environmentally friendly things you can do to keep warm.



Write your answers on a piece of paper and send to the address below. The first 3 out of the hat will receive a water saving goody bag! Send your entry with your name, age and address to: White Cliffs Countryside Partnership, c/o DDC, White Cliffs Business Park, Dover, CT16 3PJ by Monday 11 March 2019.



White Cliffs Countryside Partnership
c/o Dover District Council,
White Cliffs Business Park,
Dover, Kent CT16 3PJ. Tel (01304) 241806
Email: wccp@whitecliffscountryside.org.uk
Website: www.whitecliffscountryside.org.uk




Romney Marsh Countryside Partnership
Romney Marsh Day Centre, Rolfe Lane,
New Romney, Kent TN28 8JR
Tel/Fax: (01797) 367934
Email: mail@rmcp.co.uk
Website: www.rmcp.co.uk

ALL CHILDREN MUST BE ACCOMPANIED AT ALL EVENTS

Please note that children under 18 must be accompanied at all times by a parent or guardian. It is the responsibility of the adult to make sure that their children are safe and well behaved, not the responsibility of the leader of the event. Many events take time to set up beforehand, so please don't let unruly behaviour spoil the event for everyone else.

HAVE A GO AT VOLUNTEERING

Volunteer events are practical conservation days where local volunteers carry out practical work to improve the sites for wildlife and people.  The leader will explain about the work and how to use the tools. You don't have to stay all day – why not come along for an hour or two. We provide gloves, as well as refreshments, but please wear old clothes that you don't mind getting dirty or torn, and boots that protect your toes and have good grip. Bring a cold drink and packed lunch if you want to stay all day. These events can also count towards your Junior Ranger totals. Contact us on 01304 241806 for more details.

EVENTS START HERE...

THE GRADING SYSTEM (to help you choose a suitable walk):

Grade 1: Very easy walk, generally on pavements

Grade 2: Easy walk in the countryside with gentle hills. No stiles.

Grade 3: Typical countrywalk with some steeper hills, stiles or muddy paths.

Grade 4: More difficult walking with steep hills or very muddy paths.

Grade 5: Difficult walks e.g. rocky shores or night walks

Suitable for wheelchairs  **Junior Ranger events** 

Friday 1 February to Sunday 31 March 11.00am - 3.30pm

EXHIBITION: SUNRISE AND SUNSETS AT SAMPHIRE HOE

Samphire Hoe is a wonderful place to see winter sunrises and sunsets. Come and see the incredible images taken at the Hoe by volunteer ranger James Kirby.

VENUE: Samphire Hoe Education Shelter. Samphire Hoe is sign-posted off the A20 from Dover to Folkestone (CT17 9FL) (pay and display parking).



© Elle Halley


Sunday 10 February 10:00am (Please Book)

FAMILY FRIENDLY TOUR OF FORT BURGUYNE

Bring the kids along for an introductory tour of Fort Burgoyne complete with an activity booklet to complete, to gain a certificate. Please note that owing to bat hibernation there will be no access to the basement levels of the Fort on this tour. Please wear stout footwear and bring a torch. Booking essential – mail@whitecliffscountryside.org.uk Donation appreciated. **LEADER:** Paul Sampson, White Cliffs Countryside Partnership (01304 241806 or 07773 619121). **MEET:** Entrance to former Connaught Barracks off Dover Road (Just off A258 junction with Dover Road and Dover Castle Coach Park) Dover, CT15 5LP. **DISTANCE:** 1.5 miles (2 hours). **GRADE:** 2. No dogs

Saturday 16 to Sunday 24 February 9:30am - 3:00pm
A WINTER'S TRAIL AT BETTESHANGER PARK

Miss Hazel the Hedgehog doesn't want to sleep through the winter. Her usual plan of staying in, curling up in a nice, cosy bed of leaves and binge watching Netflix before dosing off for a five month nap have been put on hold, because what Miss Hazel the Hedgehog wants, more than anything... is to throw a party. The table is set, the party bunting is up and Hazel's come up with a long list of cheesy festive jokes to entertain her friends. But there's a problem... Miss Hazel can't find any of her guests. Can you help track down her woodland pals and get back in time for tea? Follow this self-led trail this winter – venture into the woods, unravel the riddles and complete the activities. Wellies boots advisable! **CHARGE:** £1.50 per trail booklet. Collect your pack from Cycle Hire. **INFO:** www.betteshanger-park.co.uk 01304 619227. **VENUE:** Betteshanger Park, Sandwich Road, Deal, CT14 0BF

Saturday 16 February 1:00pm GUIDED WALK:
ANCIENT WOODLANDS AROUND WHITFIELD 

Come for a leisurely walk to see ancient woodland at Captain's and Singlede Woods near Whitfield. Come and have a go at learning how to identify trees in winter using their buds, leaves on the ground, colour of twigs and bark pattern. Donation appreciated. **LEADER:** Sue Bradford, Saturday Strolls for White Cliffs Countryside Partnership (01304 241806 or 07971 276698). **MEET:** Whitfield Village Hall car park, Manley Close, off Sandwich Road, Whitfield CT16 3NA (TR 301 452). **DISTANCE:** 3 miles (2 hours). **GRADE:** 3 (muddy paths)



Saturday 16 February to Sunday 24 February

11:00am to 3:00pm daily

WRITE A WILD POEM – SAMPHIRE HOE

Look, listen, smell, be inspired - write a poem. Drop into the Shelter between 11.00am and 3.00pm, pick up your instruction sheet, a pencil and head off around Samphire Hoe to write your poem. When you have crafted it post into the red post box and we will display our favourite ones on the board in the shelter. Donations appreciated. **VENUE:** Samphire Hoe Education Shelter. Samphire Hoe is sign-posted off the A20 from Dover to Folkestone CT17 9FL. **DURATION:** approx. 1 hour



Sunday 17 February 10:00am

COMMUNITY SCRUB BASH & LOG COLLECTING, HIGH MEADOW,

Come along and help us cut scrub and trees and you can take home any logs you cut while working to improve the local nature reserve. **LEADER:** Matt Weiss, White Cliffs Countryside Partnership (01304 241806 or 07880 706993). **MEET:** Concrete steps (opposite Anselm Road), Noah's Ark Road, Dover (TR 303 418).

Sunday 17 February 2:00pm GUIDED WALK: WINTER HISTORY TOUR ON DUNGENESS NATIONAL NATURE RESERVE 

Enjoy a walk around Dungeness looking at historic landmarks around the point and the stories behind them. Along the way there will be an opportunity to see distinctive wildlife found at this rich National Nature Reserve. Donation appreciated. **LEADER:** Jake Jones, Romney Marsh Countryside Partnership (01797 367934 or 07969 822691). **MEET:** The Old Lighthouse/End of the Line Railway Cafe car park, Dungeness Point, TN29 9NB (TR 088 167). **DISTANCE:** 2 miles (2.5 hours). **GRADE:** 3 (walking on some sections of shingle). Dogs on leads.

Monday 18 February 9:00am - 3:00pm

FOREST SCHOOL HOLIDAY CLUB, BETTESHANGER PARK (Please book)

In partnership with Really Wild Wooders, Betteshanger's Forest School holiday club, for children aged between 4 and 11 years, is guaranteed to be jam-packed with fun and woodland adventures. Days will be full to the brim with learning how to use a whole range of different tools, lighting fires, campfire cooking, creating rustic crafts, building dens, climbing trees, making friends and exploring Betteshanger's amazing forest school site. Booking required (www.betteshanger-park.co.uk). **CHARGE:** £25 per day. Cost includes all activities, equipment, snacks and hot drinks. Additional siblings can be booked for £20 each. Please note lunch is not included, a packed lunch should be brought with you. Please ensure your child comes in lots of layers with extra tops and socks in their bag. Wellies are waterproof but not warm, walking boots or similar are much better to spend the day in. **LEADER:** Really Wild Wooders (01304 619227). **MEET:** Betteshanger Park, Sandwich Road, Deal, CT14 0BF. **DURATION:** 6 hours

Monday 18 February 2:00pm




ORIENTEERING NATURE CHALLENGE 30 (Please Book)

The Challenge...if you wish to accept it... Find 30 posts for 30 years of WCPC! See how many of the 30 control posts you can find in an hour or so, in the beautiful surroundings of Whinless Down nature reserve and win a prize.

CHARGE: £3 per child. **LEADER:** Melanie Wrigley, White Cliffs Countryside Partnership (01304 241806 or 07880 706990). **MEET:** Elms Vale recreation ground car park, Elms Vale Road, Dover CT17 9NN (TR 303 481). **DISTANCE:** 1 mile (1.5 hours). **GRADE:** 3

Tuesday 19 February 9:00am - 3:00pm

FOREST SCHOOL HOLIDAY CLUB, BETTESHANGER PARK (Please book) Please see Monday 18 February for details.

Tuesday 19 February 10.30am – 12.30pm
POP-UP RIVER LAB (Green Gang)   

Discover the freshwater wildlife and plants that depend on the chalk waters of the River Dour. Have a go at river dipping to catch some freshwater shrimps or little fish. Have a go at the Brown Trout game! Do some simple experiments and hear about the water cycle and water saving. Some nets provided. Bring your wellies and a towel. Donation appreciated. **LEADER:** Iona Dubieniec, White Cliffs Countryside Partnership (07740 561012 or 01304 241806) and Karen Stanley, Affinity Water. **MEET:** On Barton Path, near Limes Road, Dover CT16 2NA. **Please note we will be going in the water.**

Tuesday 19 February 11.00am - 1.00pm
COURAGEOUS CANARIES



Canaries played a vital role in mines across the country. Find out more about these amazing feathered creatures and make your own woolly canary to take home. Drop in any time between 11am and 1pm. Suitable for all ages. Donations welcome. **LEADER:** Hannah Keddie Kent Mining Museum for Elvington & Eythorne Heritage Centre (01304 619227). **MEET:** Elvington Community Centre, St. John's Road, Elvington, CT15 4DZ. **DURATION:** 2 hours.

Wednesday 20 February 10:00am and 1:00pm
BE CREATIVE - ANIMATION WORKSHOP - BUTTERFLIES AND CATERPILLARS (Please book)



Come along to the EDF Energy Visitor Centre to take part in a STEM (Science, Technology, Engineering & Maths) event. 2 hour sessions. No charge however Booking essential. **LEADER:** Dungeness B Visitor Centre (01797 343728). **MEET:** EDF Energy Visitor Centre, Dungeness B Power Station, Dungeness, Romney Marsh, TN29 9PX. **DURATION:** 2 hours. No Dogs.

Thursday 21 February 10:30am to 3:00pm
DINOSAUR ACTIVITIES AT DOVER MUSEUM



A return of this popular activity with masks and puzzles. Free entry to the museum and free craft activities for children. **LEADER:** Dover Museum (01304 201066). **MEET:** Dover Museum, Market Square, Dover CT16 1PB.

Thursday 21 February 11:00am (Please book)
MAKE YOUR OWN BUG HOUSE, GO ON A BUG HUNT AND MORE!

Welcome bugs into your garden with their very own home created by you. Build and decorate the home, plus take part in some minibeast hunting, build a bottle top bug - and for the smaller ones, listen to the super worm story. For further information or to book go to kentwildlifetrust.org.uk **CHARGE:** £7 per child ticket (Age 3+). **LEADER:** Kent Wildlife Trust (01797 369487) **MEET:** Romney Marsh Visitor Centre, Dymchurch Road, New Romney, TN28 8AY (TR 078 261). **DURATION:** 1.5 hours. Dogs on leads.

Friday 22 February 10:30am

LITTER & LEARNING BY THE SEA (Green Gang)

Help the sea creatures in our oceans by doing a litter pick along Greatstone Dunes. While you pick up the plastics that litter our shoreline you can use our spotter sheet to learn about the creatures that you find along the way. Please wear suitable footwear. **LEADER:** Steff D'Agorne, Romney Marsh Countryside Partnership (07864 608825). **MEET:** Jolly Fisherman Car Park, The Parade, Greatstone, New Romney, TN28 8ST.



Friday 22 February 1:30pm

GUIDED WALK: WALK WITH THE BIRD OBSERVATORY

An informal walk with a group of nature enthusiasts. No booking required **CHARGE:** £3.00 **LEADER:** Graham Goodwin, Sandwich Bay Bird Observatory Trust (07443 221010). **MEET:** Stodmarsh, Reserve car park CT3 4BA (TR 221 609). **DURATION:** (2-3 hours). **GRADE:** 2-3

Saturday 23 February 10:30am to 12:30pm
POP-UP RIVER LAB (Green Gang)



Discover the freshwater wildlife and plants that depend on the chalk waters of the River Dour. Have a go at river dipping to catch some freshwater shrimps or little fish. Have a go at the Brown Trout game! Do some simple experiments and hear about the water cycle and water saving. Some nets provided. Bring your wellies and a towel. Donation appreciated. **LEADER:** Iona Dubieniec White Cliffs Countryside Partnership (07740 561012 or 01304 241806). **MEET:** On Barton Path, near Limes Road, Dover CT16 2NA.

Sunday 24 February 2:00pm GUIDED WALK:
SACRED SPRINGS OF FOLKESTONE DOWNS



Come and join us on an early spring walk on Folkestone Downs to visit the freshwater springs of Holywell Fen, the site of a prehistoric settlement and now a sheltered oasis for a rich variety of wildlife. We'll look out for early spring wildflowers and buds amongst the chalk grassland and hedgerows as we walk. Donation appreciated. **LEADER:** Alfie Gay, White Cliffs Countryside Partnership (07734 777380). **MEET:** Far end of Holywell Avenue (by kissing gate into field), Folkestone (TR 224 277). **DISTANCE:** 1.5 miles (2 hours). **GRADE:** 4. Dogs on leads.

Sunday 24 February 2:00pm
MAKE A BEAUTIFUL SUNSET (Green Gang)



You will make a beautiful, 3D, dusk wildlife scene. Donations appreciated. **LEADER:** Steve Walker, White Cliffs Countryside Partnership (01304 225649). **MEET:** Samphire Hoe Education Shelter. Samphire Hoe is sign-posted off the A20 from Dover to Folkestone CT17 9FL (pay and display car park). **DURATION:** 1.5 hours. No dogs please.

Sunday 3 March 2:00pm GUIDED WALK:
DISCOVER DUNGENESS NATIONAL NATURE RESERVE



An opportunity to discover and explore the wide open landscape of Dungeness and the Long Pits. A good chance to learn about the importance of this landscape for wildlife and its history. Donation appreciated. **LEADER:** Jake Jones, Romney Marsh Countryside Partnership (01797 367934 or 07969 822691). **MEET:** The Old Lighthouse/ End of the Line Railway Cafe car park, Dungeness Point, TN29 9NB (TR 088 167). **DISTANCE:** 2 miles (2.5 hours). **GRADE:** 3 (walking on some sections of shingle). Dogs on leads.

Sunday 10 March 10:00am
CHALK GRASSLAND RESTORATION ON FOLKESTONE DOWNS



We'll be undertaking management for some of the rare wildflowers that occur at Cheriton Hill and also improving the network of paths throughout the site. **LEADER:** Alfie Gay, White Cliffs Countryside Partnership (07734 777380). **MEET:** By the bollards at the top of the old Castle Hill road, junction of Crete Road West, Folkestone CT18 7AB (TR 213 382).

Sunday 10 March 10:30am
RURAL RIDES

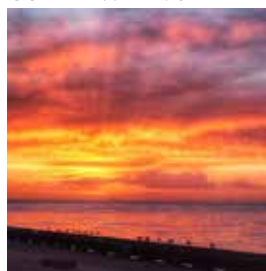


A relaxing 15 mile family cycle ride through the heart of the Romney Marsh. On route you will be able to listen to tales of the Marsh: including how an Archbishop of Canterbury nearly reached an abrupt demise whilst passing through the Marsh. Donation appreciated. **LEADER:** Steff D'Agorne, Romney Marsh Countryside Partnership (07864 608825). **MEET:** Coronation Square, Lydd, TN29 9AT. **DISTANCE:** 15 miles (2.5 hours).

Saturday 16 March 11:00am and 1:30pm
CREATE GRASSHEADS (Please book)

Grassheads are a great way to experience how nature grows, and are fun to make! Make your own grassy character and get to take part in some bug netting. For further information or to book go to kentwildlifetrust.org.uk **CHARGE:** £5 per child. **LEADER:** Kent Wildlife Trust (01797 369487). **MEET:** Romney Marsh Visitor Centre, Dymchurch Road, New Romney, TN28 8AY (TR 078 261). **DURATION:** 1.5 hours

Sunday 17 March 5:30pm
GUIDED WALK: SAMPHIRE HOE SUNSET



Come along with your camera and hopefully experience a glorious winter sunset at Samphire Hoe. Donations appreciated. **LEADER:** Paul Holt, White Cliffs Countryside Partnership (01304 225649). **MEET:** Samphire Hoe Education Shelter. Samphire Hoe is sign-posted off the A20 from Dover to Folkestone CT17 9FL (pay & display car park). **DISTANCE:** 1.5 miles (1.5 hours). **GRADE:** 2 Dogs on leads.

Sunday 24 March 10:00am
VEGETATION MANAGEMENT: WHINLESS DOWN, DOVER



Please bring your food and drink with you as we may be working away from the vehicles as we cut and clear footpaths, steps and gateways around Whinless Down nature reserve. Sturdy boots that support your ankles are recommended. **LEADER:** Matt Weiss, White Cliffs Countryside Partnership (01304 241806 or 07880 706993). **MEET:** Elms Vale recreation ground car park, Elms Vale Road, Dover CT17 9NN (TR 299 414).

Sunday 24 March 2:00pm
CREATE A CLOUD OF BATS (Green Gang)



Bats like to hunt for moths at dusk - join us to create a cloud of bat mobiles. Donations appreciated. **LEADER:** Steve Walker, White Cliffs Countryside Partnership (01304 225649). **MEET:** Samphire Hoe Education Shelter. Samphire Hoe is sign-posted off the A20 from Dover to Folkestone CT17 9FL (pay & display car park). **DURATION:** 1.5 hours. No dogs please.

Saturday 30 March 1:30pm
GUIDED WALK: MARVELLING AT BIRD MIGRATION

Come for a walk through Dungeness National Nature Reserve, around one of the gravel pits and out onto the shoreline to see what birds and other wildlife can be seen at Dungeness at this time of year. Please wear suitable footwear. Donations appreciated. **LEADER:** Steff D'Agorne, Romney Marsh Countryside Partnership (07864 608825). **MEET:** St Peter's Church, Baldwin Road, Greatstone, TN28 8RG. **DISTANCE:** 2.5 miles (2.5 hours). **GRADE:** 3 (walking on some sections of shingle). Well-behaved dogs on leads.

EXHIBITION: SUNRISE AND SUNSETS AT SAMPHIRE HOE

As light from the sun travels through our atmosphere the tiny particles causes it to scatter.

Blue and violet rays have a short wavelength and are scattered more which give our sky a blue colour to our eyes.

However, when the sun is lower the rays of light have to travel through more molecules in the atmosphere so the blue light gets scattered while the other colours (red and yellow) are what we see more of.



One of the joys of winter time are the sunsets at Samphire Hoe. It is only during the colder months of the year that the sun sets over the sea. A late afternoon with mainly clear skies and some cloud can result in one of nature's most colourful wonders - a spectacular winter sunset.

Come along to the exhibition at Samphire Hoe this February to see the incredible images taken at the Hoe.

COMPETITION TIME!

Complete our wordsearch by finding and circling the 8 mammals hidden in the grid opposite:

Send your entry with your name, age and address to
White Cliffs Countryside Partnership, c/o DDC,
White Cliffs Business Park, Dover, CT16 3PJ by
Monday 11 March 2019. The first 3 correct
entries out of the hat will receive a guide to reptiles and
amphibians!

Name: _____ Age: _____

Address: _____

SHREW,	H	E	D	G	E	H	O	G
VOLE,	Y	P	O	U	L	D	N	S
RABBIT,	L	T	R	A	B	B	I	T
DORMOUSE,	B	X	M	D	P	S	H	E
BADGER,	A	O	O	O	M	I	S	R
FOX,	D	R	U	V	L	O	N	C
MOLE,	G	T	S	O	R	E	L	S
HEDGEHOG	E	F	E	L	H	T	A	H
	R	O	N	E	S	I	I	R
	D	X	I	U	W	A	L	E
	L	O	K	B	B	O	L	W

COMPETITION WINNERS

Congratulations to **Lois Hearn, Daisy Allard and Izzy Murphy**. They each found 8 river words in the October wordsearch competition. They will each receive a Woodland trail guide.
Congratulations to **Ella Burke**. She was the only one to enter our Water competition and will receive a water saving kit kindly supplied by Affinity Water. Well done!



JOIN THE JUNIOR RANGERS!

Over 500 children have become Junior Rangers since it was launched. Will you be the next one to get your name in the welcome spot? Contact us for an application form, or download it from our website.

The Junior Ranger events take a closer look at wildlife and ecology. Make notes in your nature notebook to earn special Junior Ranger badges and certificates. It costs £3 to join the Junior Ranger scheme. You start as a Trainee Ranger and receive your badge and notebook. By attending the events you progress through the levels from Junior Ranger (5 events) to Peregrine (40 events). Parents, please let us know when your children have reached the levels so that we can send them their badges and certificates.

If you would like your children to join the Junior Rangers please complete the names of the children, together with your details below, and send with a cheque/postal order for £3 per child (made payable to Dover District Council) and post to White Cliffs Countryside Partnership, c/o DDC, White Cliffs Business Park, Dover, CT16 3PJ

Name: _____

Phone number: _____

Address: _____

Postcode _____

Email address _____

February 2019

	First Name	Surname	Male/Female
1			
2			
3			
4			

To view our privacy policy please visits www.dover.gov.uk/privacy. This explains how we use your personal information and protect your privacy and rights.

This Green Gang magazine has been produced with the financial assistance of:



We hope to be producing a Green Gang programme for the Easter 2019 school holidays. For more information, please contact WCCP on 01304 241806, send us your email address to be added to our mailing list mail@whitecliffscountryside.org.uk or look on our website at www.whitecliffscountryside.org.uk