

Headstone Manor Park Copse

Sensory Walk

This Copse, also known as the Spinney, which is located at the south end of Headstone Manor Park alongside Pinner View has been in existence since at least 1800 and possibly even longer, and for the first time ever in its history, is available for special events.

The idea behind a 'Sensory Walk' is to allow your senses to experience the sights, sounds, atmosphere and smells of a natural woodland, trying to avoid disturbing your senses and others around you, and to really experience a natural environment.

Recent work suggests there are several health benefits from this type of environment which includes a reduction in stress, lowering of the heart rate and encouraging a sense of wellbeing.

Over the last 18 months , a small team have been working to improve the Copse, cutting back vast amounts of unwanted Cherry Laurel and Holly as well as removing rubbish which has been dumped there for many years.

We have created a path marked out by Way Posts which have QR codes and numbers to direct you around the Copse via the website using your mobile device, or we can provide you with some printed leaflets if you prefer.

These sensory walks are self-guided and participants are requested to remain quiet and respectful of each other and the wildlife in the Copse, to enjoy a relatively untouched natural environment.

You will have an opportunity to read some information about the Copse itself, information about the wildlife, trees and plants, see some small river channels, and spot a selection of trees and shrubs which have been identified as of significance.

If we are lucky, we may see evidence of badgers, muntjack deer and hear and see birds which are using their new boxes which we have recently installed.

You will of course be allowed to take photographs, but please do not use your phone for communication and if you need to talk it must be kept to an absolute minimum and by a whisper.

If you would like to learn more about sensory walks in woods or other spaces please visit the following website:

[Sensory walks | Forestry England](#)

If you're interested in attending one of these walks, please click on the Eventbrite link.