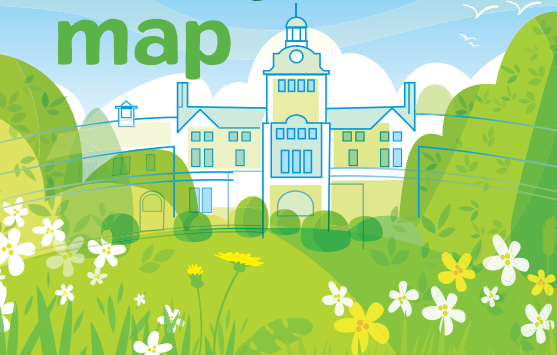


Mount Vernon Space to breathe map



Green places to meet, rest and roam

Funded by Mount Vernon Cancer Centre Charitable Fund, part of East & North Hertfordshire Hospitals' Charity

Discover our site's unique wild spaces, from ancient woodland to flower meadows

Our top 10 trees

Find your favourites using our map (see over)

1 Italian Alder

Alnus cordata

Thrives on drier soils than other alders. Has both male (slender) and female (ovoid) catkins.

1

3 Scots Pine

Pinus sylvestris

Found across the Baltic region. Red-orange bark. Known as 'keeper of the forest' as it is a magnet for wildlife.

3

2 Weeping Birch

Betula pendula

Our native 'tree of beginnings' is the first to colonise after fire or ice. Place names like Berkhamstead relate to birch. Look out for its purple haze of branches in winter.

2

4 Californian Lilac

Ceanothus sp.

A firm favourite with honeybees for its magnificent purple-blue blooms. Also known as 'soap bush'.

4

Uplifting green space

Time outside to sit, walk and enjoy the quiet among wildlife is a proven way to de-stress. A stroll among trees or a shared cuppa in our green grounds offers a mental rest and a natural boost to mood.

5 Rowan or Mountain Ash

Sorbus sp.

Planted for protection at entranceways. Has perfectly symmetrical leaves.

5

8 English Oak

Quercus robur

One of a line planted 100 years ago along an old bridleway. A single old oak supports over 3,000 species.

8

6 Yew

Taxus baccata

Every part is poisonous yet it is symbol of immortality. An extract of the needles is used in cancer treatment.

6

9 Pendula or Weeping Ash

Fraxinus excelsior

Full of character (and nesting birds). Ash 'key' seeds in winter.

9

7 Almond

Prunus dulcis

Self-fertile, this sole survivor of three planted here will crop on its own. Pink blossom in spring.

7

10 Silver Wattle

Acacia dealbata

Native to Australia. Known as 'mimosa', the flower essence is used to make perfume.

10

Animal tracks

The sand trap south of The Lawn catches wildlife footprints. Use this guide to measure tracks and identify our visitors.

Dog various sizes

Cat 30mm



Fox 45mm

Badger 40mm



Muntjac 30mm

Roe deer 40mm

Hedgehog 23mm

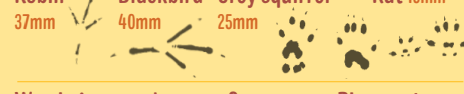


Robin 37mm

Blackbird 40mm

Grey squirrel 25mm

Rat 15mm



Wood pigeon 60mm

Jay 46mm

Crow 60mm

Pheasant 70mm



The Woodland Walk

Meadow flowers

Vipers bugloss, kidney vetch, meadow buttercup, wild carrot, selfheal, salad burnet, rough hawkbit, black knapweed, ragged robin, oxeye daisy and many more

Butterflies

Meadow brown, orange tip, brimstone, holly blue, comma, speckled wood, ringlet, marbled white, large skipper, small white, red admiral

Birds

Red kite, green woodpecker, jay, robin, tits (coal, great, long-tailed, blue), nuthatch, song thrush, green parakeet, kestrel, tawny owl

Mammals

Badger, muntjac, rabbit, fox, woodmouse, field vole

Reptiles, amphibians and insects

Damselflies, shieldbugs, frogs, toads, grass snake, adder and (not enough) hoverflies, solitary bees, honeybees



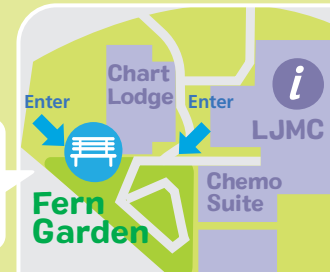
All are welcome in the Fern Garden

Nestled behind the Chemo Suite and Chart Lodge is this hidden gem. Follow the yellow signs to this peaceful place. There is plenty of seating and an all-weather shelter of larch (with wifi and power sockets).

Also find a hawthorn dedication sculpture. Help it grow by purchasing a hand-crafted leaf or blossom to remember someone special or honour an occasion. All proceeds support people affected by cancer.



Visitors can ask for a pager in Chart Lodge or Chemo Suite to take to the Fern Garden.



The Lawn

A must-see at Mt Vernon, the lawn has a wealth of nature to explore. Simply sit near the door and breathe, find solitude by the pond at the bottom of the magical woodland walk or see what animals have visited the sand trap.



Outdoor seating

Meet or eat outside for a welcome change of perspective.



Moon canopy

Look out for activities offered under the Moon Canopy – see the Wellbeing board in the green-tiled corridor, Main Building.



Football pitch

For some colleagues, chasing a ball around is the best way to wellbeing.



Wildflower meadow

Carefully nurtured using a cut and collect regime and sown with British native species, this is a treat for the senses.



Sand trap for footprints

Use our guide on the back page to identify our visitors from tracks they leave in the sand.



Pond

Our small wild pond attracts an amazing range of wildlife from damselflies to muntjac deer.

- Benches
- Birdsong
- Flower garden
- Top 10 trees
- Wildflowers
- Sand trap
- Café
- Pharmacy
- Information
- Toilets
- Parking
- Shuttle bus
- Buses
- Bike park
- Taxi

- Your meeting spots**
Holding a meeting outside refreshes the brain and improves conversations – fact! Number shows how many can meet
- Tea Garden**
Brew's up when the flag's up
- Shops** The Comfort Fund collective: bookshop, charity shop and convenience store

Locally loved
Staff-nurtured patches provide habitats for wildlife and interest for visitors

Postcode WD3 1PZ

Postcode HA6 2RN

GATE 3

GATE 1



Cancer support and information centre
Drop-in support from healthcare professionals plus access to therapies and counselling at the Lynda Jackson Macmillan Centre

- Walking routes**
- One mile to smile**
Loop of whole site
- Short cut**
- 15-minute cardio**
Uphill Gate 1 to Gate 2
- Woodland walk**
4 circuits = 30 minutes

50 metres
About 1 minute