

SEEDS OF CHANGE PROJECT

NEWSLETTER

Summer 2018 No 5

Welcome to the fourth newsletter for the project. We aim to highlight outdoor learning projects taking place in parks and open spaces in the London Borough of Richmond.

Friendly Parks for All

The Friendly Parks for All project aims to improve opportunities for all residents in London Borough of Richmond to enjoy and benefit from the natural environment. We aim to work with park users, the environmental sector, and providers of services for the groups that have limited access to the outdoor environments.

Over the last few months we have continued to develop the model of “Friendly Parks for All” in the borough. In addition to Barnes Green, and Heathfield Recreation Ground we are now working with the Friends of Ham Village Green and local organisations in Ham to provide a *Friendly Park for All* on Ham Village Green.

Over the next 6 months a series of activities are planned for all Friendly Parks. The activities are free of charge and no booking is required.

If you are involved in a similar project, we would love to hear about your experience. Please contact Frances Bennett

outdoor.learning@outlook.com

or parks@richmond.gov.uk

The Friendly Parks for All emblem will be used as a way marker to mark short and accessible trails in all the Friendly Parks.



Wellbeing walks in Richmond Parks

The parks team at Richmond Council have joined up with Ruils (the independent living charity) and Richmond Borough Mind (the mental health charity) to lead a Wellbeing Walk every month on 2nd Thursday of the month from 10:30am-12:30pm. The Wellbeing Walks are designed to be gentle walks that are accessible, and provide a safe, sociable activity for people who spend more time than they would like indoors or would like to improve their wellbeing by spending more time outside. The walks make use of pathways suitable for wheelchair users and the walking pace is set by the group. Walks are free and will go ahead no matter what the weather is like or how many people turn up. Carers are welcome to attend.

The programme for Wellbeing Walks can be found here:

<http://www.ruils.co.uk/activities/>

The Wellbeing Walks complement the regular Health Walks that are already offered for people who are currently not very active but would like to increase their physical activity.

www.richmond.gov.uk/services/wellbeing_and_lifestyle/health_walks

The Ethnic Minorities Advocacy Group (EMAG) attend the Friendly Parks for All session at Heathfield Recreation Ground.



Markers for the Sensory Trail in Heathfield Recreation Ground and the sensory path recently installed in the park. This has proved to be a great hit with children as well as older park users.

Heathfield Recreation Ground Friendly Park

Over the last year we have worked to transform Heathfield Recreation Ground into a Friendly Park that is accessible to everyone. One of the groups that we have been targeting are people with dementia and their carers. We have recently installed a sensory trail which includes a sensory path made of different textures and materials. The path was made from recycled materials and installed by TCV (The Conservation Volunteers).

The central feature in the park will be a sculpture of an armchair designed by Aleksandra Piechocinska, a student in art and design at Richmond College. Other plans for the park include the installation of additional outdoor gym equipment suitable for older people including those with dementia.

There are monthly engagement activities in the park. These are free and there is no need to book.

Ham Village Green Friendly Park

Plans for Ham Village Green Friendly Park include mosaic entrance/exit markers as well as central meeting place that features mosaic columns that will echo the artwork already in the park. There will be an accessible waymarked trail around the Green.

In addition we are working with students at Grey Court School and the Friends of Ham village Green on a competition to design a sculpture for the park that echoes the history and ecology of the site.



Ham Village Green

Friendly Parks for All Programme of Activities 2018

12th July	10-30am-12.30	Terrace Gardens	WELLBEING WALK
13th July	10-30am-12.30	Ham Village Green	A walk on the wild side - Come for a gentle stroll with us and learn about the wildlife that calls Ham Village Green home.
20 th July	10-30am-12.30	Barnes Green	Sensory trail –Take part in a sensory trail following our way markers around the pond.
27th July	10-30am-12.30	Heathfield Recreation Ground	A walk on the wild side
9th Aug	10-30am-12.30	WELLBEING WALK www.ruils.co.uk/activities/	Bushy Park Themed Walk Butterflies, dragonflies and bees
10th Aug	10-30am-12.30	Ham Village Green	Scavenger Hunt - come and take part in a scavenger hunt on the Green.
17th Aug	10-30am-12.30	Heathfield Recreation Ground	Scavenger Hunt
13th Sept	10-30am -12:30	WELLBEING WALK www.ruils.co.uk/activities/	Sheen Common and Richmond Park
14th Sept	10-30am-12.30	Ham Village Green	Autumn bird watch - How many different birds can you see on the Green?
21 st Sept	10-30am-12.30	Barnes Green	Autumn bird watch - How many different birds can you see in the park?
28th Sept	10-30am-12.30	Heathfield Recreation Ground	Autumn bird watch - How many different birds can you see in the park?
11th Oct	10-30am-12.30	WELLBEING WALK www.ruils.co.uk/activities/	Crane Park
12th Oct	10-30am-12.30	Ham Village Green	Autumn nature palette - Celebrate the colours of autumn
19 th Oct	10-30am-12.30	Barnes Green	Autumn nature palette - Celebrate the colours of autumn
26th Oct	10-30am-12.30	Heathfield Recreation Ground	Autumn nature palette craft activity - Celebrate the colours of autumn.
8th Nov	10-30am-12.30	WELLBEING WALK www.ruils.co.uk/activities/	Thames Tow Path York House to Richmond via Marble Hill House
9th Nov	10-30am-12.30	Ham Village Green	Winter craft activity– Come and make a clay gargoyle and decorate it with natural materials from the park.
16 th Nov	10-30am-12.30	Barnes Green	Winter craft activity
23rd Nov	10-30am-12.30	Heathfield Recreation Ground	Winter craft activity
13th Dec	10-30am-12.30	WELLBEING WALK www.ruils.co.uk/activities/	Thames Tow Path Richmond Green to Kew Green
17th Jan 2019	10-30am-12.30	WELLBEING WALK www.ruils.co.uk/activities/	Thames Tow path Kew Green to Leg o’ Mutton Nature Reserve

Physical activity and the environment NICE guideline [NG90] March 2018

Everybody knows that physical activity is good for you but we don't all want to go to the gym but more than a third of adults and 8 out of 10 children and young people are not active enough to protect their health. That's why it's important to make it as easy as possible for people to be more active in their daily lives. The way towns are set out can help encourage this. Poorly designed areas can make it especially difficult for people with limited mobility to get around.

Recommendations for public open spaces

Consider ways to enhance the accessibility, quality and appeal to users of local open spaces to increase their use. Focus particularly on communities who may not currently use them, for example those with low mobility, low income communities and some black and minority ethnic communities. Consider providing:

- facilities that help people of all cultures and backgrounds to feel safe and welcome, for example by providing safe areas in which children can play and picnic facilities
- measures to prevent or reduce antisocial behaviour, such as maintaining vegetation
- clear signs that can be understood by everyone, including people with visual impairments and learning disabilities
- seats with arms and backrests, sited at frequent intervals
- shelter and shade
- accessible toilets that are clean, well maintained and unlocked during daylight hours
- footpaths with even, non-reflective, anti-glare surfaces and tactile paving
- access by public transport, on foot and by bike (including providing cycle parking)
- parking for blue badge holders and people with limited mobility. [2018]
- Ensure open spaces and footpaths are maintained to a high standard. [2018]

The full text of this document can be found here:

www.nice.org.uk/guidance/ng90/chapter/recommendations#active-travel

Richmond Green Gym
The Richmond Green Gym run by the Conservation Volunteers (TCV) is an innovative way to get physically active and make a difference to the local environment through conservation volunteering. The Green Gym meets on a weekly basis at Kneller Gardens, Twickenham.

For more information contact
Chloe 07717494476 or gg-richmond@tcv.org.uk



TCV The Conservation Volunteers

GREEN GYM[®]

in Richmond

Wednesdays from 10:45am to 2pm
Meeting KG Café in Kneller Gardens,
Meadway, TW2 6PH

Join in, feel good

From sowing meadows to planting trees, we have practical conservation tasks running every week to help you get active and improve your local green spaces.
All are welcome and sessions are free

For more information, contact Chloe on 07717494476 or
gg-richmond@tcv.org.uk @TCVRichmondGG www.tcv.org.uk/richmondgreengym

Approved: Richmond and Twickenham District Council
on 14/01/2018 for the purpose of the Green Gym project
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FORCE **Thames Valley** **R** **LONDON BOROUGH OF RICHMOND UPON THAMES**

The Seeds of Change project is managed through the London Borough of Richmond Parks Department. It aims to encourage more use of parks and open spaces by local people. For more information about the Seeds of Change Project see Richmond Council web site Parks Outdoor Learning pages
[www.richmond.gov.uk/parks and open spaces](http://www.richmond.gov.uk/parks_and_open_spaces)

To contact us please email
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