

# SEEDS OF CHANGE PROJECT NEWSLETTER

No. 12 Spring/Summer 2023

Welcome to the twelfth newsletter for the project which highlights the work of the Friendly Parks for All project in parks in the London Borough of Richmond upon Thames

## Friendly Parks for All: project aims

The Friendly Parks for All project aims to get more people visiting parks in Richmond and to understand the barriers to spending time in parks. Other aims include:

- Improving opportunities to engage with parks for residents to enjoy by improving access for people that face barriers to spending time in parks.
- Promoting the benefits of engaging with the natural environment for health and wellbeing especially for groups who have identified inequalities and face barriers to accessing these spaces.
- Providing tailored interventions that address these identified inequalities to address barriers to access and inequalities.

There is more information on the parks pages of the council website parks pages :

[www.richmond.gov.uk/services/parks\\_and\\_open\\_spaces/explore\\_richmonds\\_parks\\_and\\_open\\_spaces](http://www.richmond.gov.uk/services/parks_and_open_spaces/explore_richmonds_parks_and_open_spaces)

## All Ability Cycling in Kneller Gardens

The parks team have been trialling free All Ability Cycling Sessions this spring. After being shown how to use the adapted cycles, there was a chance for a short ride to explore Kneller Gardens, Twickenham and the linked green spaces.

Bikeworks brought a range of adapted cycles with them for participants to try. These include single and tandem tricycles, side-by-side cycles for two or more people, wheelchair platform cycles and go-kart style recumbent cycles. The cycles are designed so that people with learning, physical and/or sensory disabilities can enjoy cycling. This means that everyone interested in cycling in the park can take part.

The project is part of the Friendly Parks for All project which aims to encourage more people to spend time in the beautiful parks and open spaces in Richmond. It was being held in partnership with (RISE) the disability sports and inclusive activities team at Richmond Council who promote sports and exercise for disabled people of all ages. For more information about the activity contact [parks@richmond.gov.uk](mailto:parks@richmond.gov.uk)





*Lois Anderson, letterwriter, with the new sculpture in Kneller Gardens.*

## **Kneller Gardens: public art competition**

A community based public competition to design a sculpture for the Kneller Gardens was won by residents Candice and John Sims. The brief was to design a sculpture suitable for blind or visually impaired park users. The judging panel chose the design because of the tactile nature of the sculpture, viewing points and the positive message of the text.

The sculpture was designed to encourage more use of parks by people who face barriers to accessing them. In Kneller Gardens we have worked with blind and visually impaired park users.

The letter writing was executed by London-based letter carver Lois Anderson in February 2023 using Portland Stone. TCV Green Gym will plant the sensory garden between the path and new fence in early May to a design developed by Candice and John Sims.

### **And still I rise**

The phrase chosen for the sculpture was the title of a volume of poetry by Maya Angelou which focuses on a hopeful determination to rise above difficulty and discouragement.

It was made popular by racing driver Lewis Hamilton, who used the phrase on his helmet. It has also been used in popular music.

The scheme will include an interpretation panel with braille text and a sensory tree trail with tactile plaques which use braille. Other improvements to the park suggested by the visually impaired group that we worked with includes white tops to the bollards in the park and reflective strips on cycle hoops to make them more visible.

# Cambridge Gardens: a new Friendly Park for All

There are five Friendly Parks for All in the borough – Barnes Green, Ham Village Green, Heathfield Recreation Ground, Carlisle Park, Hampton, and Kneller Gardens. Each park is audited to identify strengths and weaknesses and assesses the suitability. With each new park, the team works with a group of park users who face different barriers or have different needs. This allows the park staff to build a portfolio of responses to the needs of differently abled park users and to recognise the different need of residents seeking access to good quality public green space. Each learning with a group of different park users is added to the menu of responses to be included in the next “Friendly Park”.

In Cambridge Gardens the project is working with Richmond Mencap “Working Together Group” to explore what is important when they access the parks and what they like to do there. To date they have considered different facilities in the park including benches, paths, and sociable areas. We have identified a marked walking route, opportunities for planting a sensory garden, opportunities for sport and exercise, how park users can be informed about risk and other important information that they might need to know before visiting and during their visit. The group is interested in including art in the park and very keen to see more flowers.

A plan to make the park more accessible using the suggestions of the group is developing and will be worked on over the next few months. We hope that they will continue to have an involvement in the park beyond the life of the initial consultation stage.

## Learning from consultation

*“Every park has got to have a place for exercise, a place for people and a place for a drink!”*

We discovered a lack of knowledge of the network of parks in borough. The group thought the park was a private garden not public park.

There was a lack of knowledge of facilities and opportunities in parks – sports, exercise, toilets, social opportunities etc.

There is a requirement for accessibility within park for everyone, including LGBTQ+ groups. We need to consider signage which is accessible.

Colour and flowers are important and there was an interest in gardening and group activities in the park.

Consultation on outdoor gym equipment told us that it is important to include equipment that people can stand at rather than just equipment that you step on to. Importance of clear accessible instructions for use.



## Monthly accessible walks

Richmond is a walker's paradise with hundreds of miles of stunning walking routes, but it is more difficult for some than others to enjoy what is on offer.

A programme of accessible walks is offered by Richmond Council Friendly Parks for All project to encourage people of all abilities to enjoy spending time outdoors, staying fit and healthy and meeting others.

Richmond Accessible Walks are held monthly over accessible paths. The walks are open to everyone but are especially aimed at those with limited mobility or walking aids. They are also suitable for people in wheelchairs, those who use walking aids, or people who simply prefer to walk on a flatter use surface. The small group that meets regularly would welcome new participants to join the fun. See the timetable on the next page for more details or email [parks@richmond.gov.uk](mailto:parks@richmond.gov.uk) for more information.

Did you know that there are access guides available for all the Friendly Parks for All?

[www.richmond.gov.uk/services/parks\\_and\\_open\\_spaces/explore\\_richmonds\\_parks\\_and\\_open\\_spaces/friendly\\_parks\\_for\\_all](http://www.richmond.gov.uk/services/parks_and_open_spaces/explore_richmonds_parks_and_open_spaces/friendly_parks_for_all)



Open to all but suitable for people in wheelchairs and people using walking aids.

Free guided walk with support from volunteers

Spend time enjoying nature with others

Meet once a month for a short walk along the River Crane

Start and finish close to transport routes.

Some disabled parking available, please book your space.



## Dene Road Community Allotments, Hampton

The Parks department are seeking interest from local residents, schools and community groups to start a community growing project at Dean Road Open Space in Hampton. A full public consultation will be run to ensure full local support for this project. Please email [parksteam@richmond.gov.uk](mailto:parksteam@richmond.gov.uk) to express interest in this project.



## Other projects in parks in Richmond

There is a complete list of recent and current park projects available on the Richmond Council website. [www.richmond.gov.uk/media/28006/parks\\_update\\_jan\\_to\\_mar\\_2023.pdf](http://www.richmond.gov.uk/media/28006/parks_update_jan_to_mar_2023.pdf)

Highlights include the installation of new outdoor gym equipment at Holly Road Recreation Ground, Hampton and at Hounslow Heath, Heathfield. This work was completed in March 2023.

## Friendly Parks for All Programme of Activities 2023

Date	Time	Meeting place	Type of Walk
<b>April 2023</b>			
Thursday 6 <sup>th</sup> April	1-30am- 3.00pm	Twickenham Junction Rough to Kneller Gardens & back Fountains The Exchange, London Road, Twickenham TW1 1BE	Accessible Walk
Thursday 13 <sup>th</sup> April	10.30am- 1.30pm	Kneller Gardens Meadway, Twickenham, TW2 6PH Near pavilion	Dementia Inclusive Litter pick
Friday 21 <sup>st</sup> October	10.30am- 2.30pm	Thames Towpath Kew Green to Richmond Bridge Linear walk Kew Green War memorial	Wellbeing Walk
Thursday 27 <sup>th</sup> April	10.30am- 1.30pm	Barnes Green Church Road, London, SW13 9HE Next to totem pole beside pond near OSO	Dementia Inclusive Litter pick
<b>May 2023</b>			
Thursday 4 <sup>th</sup> May	1-30am- 3.00pm	Twickenham Junction Rough to Kneller Gardens & back Fountains The Exchange, London Road, Twickenham TW1 1BE	Accessible Walk
Thursday 11 <sup>th</sup> May	10.30am- 11.30pm	Kneller Gardens Meadway, Twickenham, TW2 6PH Near pavilion	Dementia Inclusive Litter pick
Friday 19 <sup>th</sup> May	10.30am- 2.30pm	Beverley Brook Walk Richmond Park, Meet Robin Hood Gate Roehampton Vale	Wellbeing Walk
Thursday 25 <sup>th</sup> May	10.30am- 1.30pm	Barnes Green Church Road, London, SW13 9HE Next to totem pole beside pond near OSO	Dementia Inclusive Litter pick
<b>June 2023</b>			
Thursday 1st June	1-30am- 3.00pm	Twickenham Junction Rough to Kneller Gardens and return Fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Walk
Thursday 8th June	10.30am- 1.30pm	Kneller Gardens Meadway, Twickenham, TW2 6PH Near pavilion	Dementia Inclusive Litter pick
Friday 16th June 2023	10.30m- 12.30pm	Hampton Court Bridge to Kingston Bridge via Home Park Linear walk Meet Hampton Court Road	Wellbeing Walk
No meeting	10.30am- 1.30pm	Barnes Green Church Road, London, SW13 9HE Next to totem pole beside pond near OSO	Dementia Inclusive Litter pick

Programmes from July-December 2023 available soon

[www.richmond.gov.uk/services/parks and open spaces/explore richmonds parks and open spaces/friendly parks for all](http://www.richmond.gov.uk/services/parks_and_open_spaces/explore_richmonds_parks_and_open_spaces/friendly_parks_for_all)

To take part register in advance by contacting [parks@richmond.gov.uk](mailto:parks@richmond.gov.uk)  
or phone Frances 020 8401 6837.

For more information about the Seeds of Change Project see Richmond Council web site:  
[www.richmond.gov.uk/services/parks and open spaces/explore richmonds parks and open spaces](http://www.richmond.gov.uk/services/parks_and_open_spaces/explore_richmonds_parks_and_open_spaces)

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.  
To contact us please email [parks@richmond.gov.uk](mailto:parks@richmond.gov.uk)