



Park entrance on Powder Mill Lane adjacent to Heathfield School	See	Look at the avenue of old trees that overhang the path. Does this make you think about another place or a memory? Look at the lichen on the tree on the right hand side of the path. There are lots of different shapes – do they remind you of anything – animals, faces, clouds?	
	Touch	Touch the bark of the old trees	
Between 2 benches on the path adjacent to Powder Mill Lane	See	Look at the view across the park. What can you see? How would you describe it?	
	Hear	Close your eyes and listen to the noise around you. What can you hear – are the noises man made or natural? Which direction do they come from?	
	Smell	Close your eyes and smell. What can you smell – are the smells man made or natural?	
	Touch	Touch the bark of the trees along the path and feel the different textures. Which tree is your favourite?	

The Friendly Parks for All project aims to improve opportunities for all people 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.

The model of “Friendly Parks for All” has been developed on Barnes Green, Heathfield Recreation Ground and Ham Village Green.

For more information please contact Frances Bennett
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Heathfield Recreation Ground

Sensory Trail

Friendly Parks for All



Heathfield Recreation Ground Sensory Trail

Experience Heathfield Recreation Ground through your senses and use our trail to investigate. We want to encourage you to explore, touch, smell and interact with objects along the trail.





The short accessible sensory trail follows the paths around the outside edge of Heathfield Recreation Ground. You can follow the trail in any direction but the activities in this leaflet follow a clockwise direction from the children's playground.

Look for the posts and use them to discover a range of experiences along a route. You may be able to add others. Try it again at another time of year or in different weather conditions.



Post location	Sense	Activity
Beside playground	Hear	Listen to the children playing. What other noises can you hear? As you walk along the playground fence use a stick to make a noise on the railings.
	Touch	Feel the shape of the railings. Are they hot or cold? Pick some leaves from the hedge and feel the texture of different leaves. As you walk down the avenue of trees what do you feel? Can you feel the light and shade as you walk down the path? Does it feel like a tunnel?
Plinth	Touch	Feel the different texture on the granite plinth. There are smooth and rough areas of stone. Can you describe the feeling?



Corner of Coronation Walk	Hear	Listen to the rustle of the tree leaves. Does it bring back any memories?	
	See	Look down the avenue of trees and describe what you can see. Look at the different shapes of the trees on Powder Mill Lane.	
	Touch	Feel the texture of the different fences – wire and wood. Which do you prefer?	
Sensory path	Touch	Walk over the different surfaces to feel the different textures of the path. You could take your shoes off, but check the path first! Which is your favourite square? Why? Compare the textures on the path with the grass on the field.	
Wild flower Meadow	See	Look at the different colours of the plants. How many can you count?	
	Hear	Listen to the noise of the insects.	
	Smell	Smell the flowers. How many different scents can you make out? Are they all flowers?	
Hedge	See	Look at the different leaves on the hedge. How many different shaped leaves can you find? Which one do you like best? Can you name any of them?	
	Smell	What can you smell? Is one smell stronger than all the others? (You may find it useful to close your eyes to do this activity.)	
	Hear	What can you hear? Can you find any evidence that birds make their home in the hedge?	