

# SEEDS OF CHANGE PROJECT

## NEWSLETTER

Autumn / Winter 2018 No 6

Welcome to the fifth 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

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.

The first stage of works has seen new mosaics added to the Green’s entrances. These were designed by the Chair of the Friends of Ham Village Green, Julia Van den Bosch, and celebrate the market gardening heritage of the site. Other improvements include a new semi-circular bench on the path in the centre of the green, and central marker of a mosaic on the grass behind the bench which will serve as a guide for people as they navigate their way around the green along with a circular trail. It is hoped that these additions will make the Green more user friendly for people with dementia or those who have difficulty accessing open spaces.

This newsletter includes a list of led activities in the Friendly Parks as well as Wellbeing walks, run in partnership with Ruils and Richmond Mind.



One of the new mosaic entrance markers on Ham Village Green.



### WHY NOT PLAN TO CELEBRATE OUTDOOR CLASSROOM DAY IN A PARK?

The parks team at Richmond Council have developed extensive outdoor learning resources for schools and families to use in parks and open spaces in the borough. They can be downloaded from the council website [here](#).

Outdoor learning improves children’s health, engages them with learning and leads to a greater connection with nature. It also builds resilience, teamwork and creativity.

Outdoor Classroom Day is a global campaign to celebrate and inspire outdoor learning and play. On the day, thousands of schools around the world take lessons outdoors and make outdoor play a priority. In 2018, over 3.5 million children worldwide took part, more than 550,000 of those were in the UK.

In 2019 Outdoor Classroom Days are on **Thursday 23 May** and **Thursday 7 November**. You can sign up for guidance and resources. [outdoorclassroomday.org.uk](https://outdoorclassroomday.org.uk)



## Heathfield Recreation Ground Friendly Park

The mayor of Richmond, Ben Khosa made an official visit to Heathfield Recreation Ground in November to see the recently installed sculpture designed by Aleksandra Piechocinska, a student in art and design at Richmond College. The students were given the theme of dementia and asked to come up with an idea for a sculpture that could be placed in the park. The winning piece symbolises the home and feeling safe and secure. The small ceremony was attended by the Alzheimer's Society, Richmond College and local police team. Other plans for the park include the installation of additional outdoor gym equipment suitable for older people including those with dementia. A sensory trail was included in the park in the summer of 2018. Activities organised by the parks team for people with dementia will start up again in Spring 2019.

Hilary Dodd, Services Manager for Alzheimer's Society Richmond said "We'd like to thank Richmond Council for inviting Alzheimer's Society staff and service users to the unveiling of the new sculpture at Heathfield Recreation Ground. The council has been doing great work to make their parks more accessible for people affected by dementia. Making parks and public spaces more inclusive helps build a more dementia-friendly community. Many people with dementia feel trapped in their homes and unable to participate in community life as much as they did before their diagnosis. The offer at Heathfield Recreation Ground provides the 2,100 people with dementia in Richmond a space that they can enjoy and feel safe, whilst helping to improve their physical and mental health."



Tanya Williams, Dementia Support Manager Alzheimer's Society and Alba Rilo Valera, Dementia Adviser with the Mayor of Richmond upon Thames and PC Mark Smith, PC Pechate Mahehyong and PCSO Daniel Green





## Grey Court School Design Competition for Ham Village Green

Students at Grey Court School have taken part in a competition to design a sculpture which will be included on Ham Village Green. The brief for the students was to design something which echoes the history and/or ecology of the site. The winning entry was designed by 5 students. It shows a tree trunk with a picnic laid out on it. The panel of judges were impressed with all the entries but particularly liked the interactive nature of this sculpture.

The sculpture will be carved by Paul Sivell a chain saw carver responsible for the carved benches along the River Crane.



## WAYMARKED TRAILS FOR BARNES GREEN AND HEATHFIELD RECREATION GROUND.

Way markers have been installed around the pond on Barnes Green and at Heathfield Recreation ground to aid navigation. There are also leaflets of activities linked to the trails which will shortly be available on the Richmond Council website [outdoor learning pages](http://www.richmond.gov.uk/outdoor-learning-pages).

In addition new information boards giving details about the history and ecology of both sites have been put in place in both parks. Similar boards are being prepared for Ham Village Green.

A waymarked trail linked to a leaflet of activities is available for Barnes Green and Heathfield Recreation Ground Sensory trail.



New information boards for Heathfield Recreation Ground and Barnes Green.

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](http://www.richmond.gov.uk/parks) and [open spaces](http://www.richmond.gov.uk/open-spaces)

To contact us please email [outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com) or [parks@richmond.gov.uk](mailto:parks@richmond.gov.uk)



## Friendly Parks for All Programme of Activities Winter / Spring 2019

Booking not required

Date	Time	Meeting place	Type of Walk / Activity
13th Dec	10-30am-12.30pm	Thames Tow Path Richmond Green to Kew Green	WELLBEING WALK More information <a href="http://www.ruils.co.uk/activities/">www.ruils.co.uk/activities/</a>
17th Jan 2019	10-30am-12.30pm	Thames Tow path Kew Green to Leg o' Mutton Nature Reserve	WELLBEING WALK More information <a href="http://www.ruils.co.uk/activities/">www.ruils.co.uk/activities/</a>
14 <sup>th</sup> February	10-30am-12.30pm	Crane Park Brewery Wharf, London Road to Mill Road	WELLBEING WALK More information <a href="http://www.ruils.co.uk/activities/">www.ruils.co.uk/activities/</a>
14 <sup>th</sup> March	10-30am-12.30pm	Teddington Parks A Thames to Thames walk through parks in Teddington	WELLBEING WALK More information <a href="http://www.ruils.co.uk/activities/">www.ruils.co.uk/activities/</a>
12 <sup>th</sup> April	10-30am-12.30pm	Ham Village Green	Spring Craft Activity
18 <sup>th</sup> April	10-30am-12.30pm	East Sheen Common and Richmond Park (Kings Ride Gate) Circular Route	WELLBEING WALK More information <a href="http://www.ruils.co.uk/activities/">www.ruils.co.uk/activities/</a>
19 <sup>th</sup> April	10-30am-12.30pm	Barnes Green	Spring Craft Activity
26 <sup>th</sup> April	10-30am-12.30pm	Heathfield Recreation Ground	Spring Craft Activity
10 <sup>th</sup> May	10-30am-12.30pm	Ham Village Green	Walk on the wild side
16 <sup>th</sup> May	10-30am-12.30pm	Ham Parks Ham Lands and Ham Common Meet Teddington Lock Footbridge Ham	WELLBEING WALK More information <a href="http://www.ruils.co.uk/activities/">www.ruils.co.uk/activities/</a>
17 <sup>th</sup> May	10-30am-12.30pm	Barnes Green	Walk on the wild side
24 <sup>th</sup> May	10-30am-12.30pm	Heathfield Recreation Ground	Walk on the wild side
13 <sup>th</sup> June	10-30am-12.30pm	Kingsfield Field and Barge Walk, Hampton	WELLBEING WALK More information <a href="http://www.ruils.co.uk/activities/">www.ruils.co.uk/activities/</a>
7 <sup>th</sup> June	10-30am-12.30pm	Ham Village Green	Scavenger Hunt
14 <sup>th</sup> June	10-30am-12.30pm	Barnes Green	Scavenger Hunt
21 <sup>st</sup> June	10-30am-12.30pm	Heathfield Recreation Ground	Scavenger Hunt