

SEEDS OF CHANGE PROJECT

NEWSLETTER

Spring / Summer 2019 No 7

Welcome to the seventh newsletter for the project which highlights outdoor learning projects taking place in parks and open spaces in the London Borough of Richmond upon Thames.

Friendly Parks for All update

The model of "Friendly Parks for All" continues to include new parks in the borough. In addition to Barnes Green, Heathfield Recreation Ground and Ham Village Green there are draft proposals to make Kneller Gardens, Twickenham and Carlisle Park, Hampton the next *Friendly Park for All*. The "Friends of" groups based in both these parks are involved in the discussions and we will work with local social care charities to develop them further. Please get in touch if you would like an involvement.

Work at Ham Village Green is progressing. New mosaics have been added to mark each entrance. They were designed by Julia Van den Bosch, Chair of the Friends of Ham Village Green, and the theme of fruit celebrates the market gardening heritage of the site. Other improvements now in place include a semi-circular bench at the centre of the green (included to encourage conversation), and central upright markers on the mound behind the bench which will serve as a guide for people as they navigate their way around the Green. There are new information boards covering the history and ecology of the site. 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.



Way marked trails for Friendly Parks for All.

There are now 3 waymarked trails as part of the Friendly Parks for All project. There are also activity sheets which can be downloaded from the council website relating to each of the three trails.

All activity sheets are available to download from the parks pages on the council website.

- ❖ Heathfield Recreation Ground has a Sensory Trail activity sheet which includes sensory activities suitable for young and old.
www.richmond.gov.uk/service/s/parks_and_open_spaces/find_a_park/heathfield_recreation_ground
- ❖ Ham Village Green has an I-spy photo trail activity sheet and a sheet that encourages local people to be creative. It includes creative writing and other related activities.
www.richmond.gov.uk/service/s/parks_and_open_spaces/find_a_park/ham_village_green
- ❖ Barnes Green has a nature related activity sheet that encourages observation.
www.richmond.gov.uk/service/s/parks_and_open_spaces/find_a_park/barnes_green

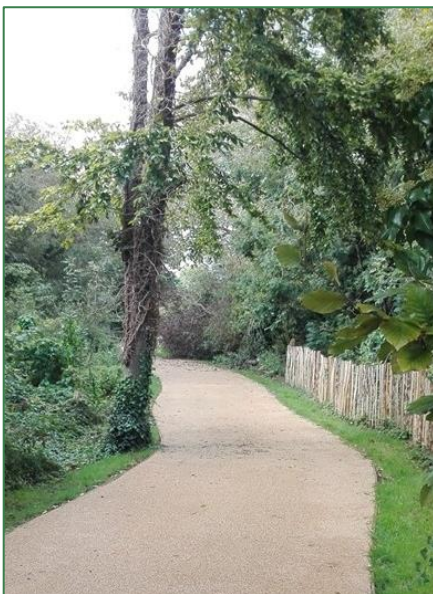
New Accessible Wellbeing Walk through beautiful parks along the River Crane

The first Accessible Wellbeing Walk through Twickenham Junction Rough took place in April 2019. This easy short, accessible guided walk is aimed at people with reduced mobility or in wheelchairs and offers an opportunity to explore the boroughs parks and open spaces and to spend more time enjoying nature with other people. The dates to October are included in the programme on page 4 of the newsletter. The walk has been organised by Richmond Council Parks in partnership with Richmond Health Walks and Ruils, an independent living charity. There are opportunities for volunteers to support the walk. Training will be given.

The free monthly group walk explores the new route from Twickenham station through Twickenham Junction Rough, to Kneller Gardens following a route along the River Crane. Charlie Thefaut Community Development Officer with Ruils who are partners in the project commented *“This accessible walk has been designed to encourage people to get outside and explore parks in a safe environment with other people. The walks are an opportunity to lift your spirits by spending time in nature, socialising and learning a little about the local environment and ecology of the borough.”*

To register or for more information email:

parks@richmond.gov.uk or charliethefaut@ruils.co.uk



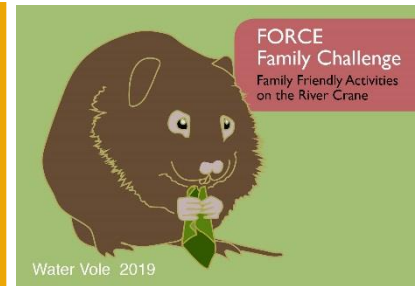
Twickenham Junction Rough, Twickenham part of the new accessible walk along the River Crane to Kneller Gardens.

Heathfield Recreation Ground Friendly Park

Leading a physically active lifestyle even in the later stages of dementia can have a significant impact on the wellbeing of people with dementia. Exercise is beneficial for physical/mental health and may improve the quality of life for people at different stages of dementia.

LBRuT parks team were delighted to hear that they were successful in their bid for funding from the London Marathon Trust Charity which will allow them to purchase and install new outdoor gym equipment for Heathfield Recreation Ground. The equipment will be aimed at the older people who have problems accessing outdoor gyms in other parks as a result of their limited mobility. The equipment chosen is designed to be easily accessible and provide gentle exercise. There will also be new equipment suitable for other park users. The new equipment is expected to be in place in the next few weeks.

The **FORCE Family Challenge** is a two year project developed by The Friends of the River Crane Environment to encourage families to spend more time outside in nature exploring together. There are opportunities to get involved in conservation volunteering activities and take part in nature activities. Families are asked to take part in five activities before being awarded a Family Challenge badge. The project was funded in part by Richmond Civic Pride. For more information see www.force.org.uk/discover/family-challenge/



Improving Wellbeing through Urban Nature (IWUN)

Improving Wellbeing through Urban Nature (IWUN) was a three year research project which aimed to find out more about how Sheffield's natural environment can improve the health and wellbeing of the city's residents, and especially those with disproportionately high levels of poor health. The project brought together academics from the universities, the Wildlife Trusts, Recovery Enterprises and the Centre for Sustainable Healthcare to investigate people's relationships with Sheffield's parks and green spaces.

There were four work packages:

- An epidemiological study of Sheffield focusing on the relationships between Natural Environment characteristics, health inequalities, deprivation and Natural Environment usage
- A qualitative study of the values and beliefs relating to Natural Environments and Health and Wellbeing, focusing on low users
- A large-scale quantitative study of the characteristics of the Natural Environment and experience associated with Health and Wellbeing based on data collection via a smartphone App.
- Developing a Green Blue Infrastructure valuation framework analysing the costs and benefits of different interventions for the delivery of a range of services.

Further information about the project can be found here: <http://iwun.uk/>

As part of the end of project reporting, the research team developed a series of briefings for policy makers, planners, greenspace managers, healthcare professionals and voluntary and community groups. There are also briefing notes on how urban nature can help people with mental health difficulties and young people's mental health. iwun.uk/publications/

The Friends of Barnes Common offer formal, informal, group, individual, or bespoke outdoor learning sessions for people of all ages. Their new project is the Paddock Café in Wednesday's in term time. To find out more see barnescommon.org.uk/get-involved/learn-with-us/

Covering just 50ha (120 acres), **Barnes Common** is nestled adjacent to one of the most densely populated cities has habitats including nationally scarce lowland acid grassland, reed-beds, meadows, and secondary woodland. It is designated as a Local Nature Reserve (LNR) and Site of Nature Conservation Interest (SNCI).



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:

www.richmond.gov.uk/services/parks_and_open_spaces/explore_richmonds_parks_and_open_spaces

To contact us please email outdoor.learning@outlook.com or parks@richmond.gov.uk

Friendly Parks for All Programme of Activities

Summer / Autumn 2019

Booking not required except for Accessible Wellbeing Walk



Date	Time	Meeting place	Type of Walk / Activity
13 th June	10-30am- 12.30pm	Kingsfield Field and Barge Walk, Hampton	WELLBEING WALK More information www.ruils.co.uk/activities/
8th July	Registration 10.15am Walk 10.30- 12.00	Meet at next to the fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Wellbeing Walk
11th July 2019	10-30am- 12.30pm	Kew and Richmond Parks Meet Kew Green, War Memorial, TW9 3BH	WELLBEING WALK More information www.ruils.co.uk/activities/
19 th July	10-30am- 12.30pm	Heathfield Recreation Ground, near playground	Friendly Parks for All Activity Scavenger Hunt
5th August	Registration 10.15am Walk 10.30- 12.00	Meet at next to the fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Wellbeing Walk
8th August	10-30AM - 12:30PM	Route to be confirmed	WELLBEING WALK More information www.ruils.co.uk/activities/
16 th August	10-30am- 12.30pm	Heathfield Recreation Ground, near playground	Friendly Parks for All Activity
2nd September	Registration 10.15am Walk 10.30- 12.00	Meet at next to the fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Wellbeing Walk
12th September 2019	10-30AM - 12:30PM	Route to be confirmed	WELLBEING WALK More information www.ruils.co.uk/activities/
19 th September	10-30AM - 12:30PM	Kneller Gardens Pavilion	Wellbeing Walk with PAT dog Ralph
20 th September	10-30am- 12.30pm	Heathfield Recreation Ground, near playground	Friendly Parks for All Activity Autumn colour
7th October	Registration 10.15am Walk 10.30- 12.00	Meet at next to the fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Wellbeing Walk
10th October	10-30am- 12.30pm	Route to be confirmed	WELLBEING WALK More information www.ruils.co.uk/activities/
17th October	10-30am- 12.30pm	Kneller Gardens Pavilion	Wellbeing Walk with PAT dog Ralph
18 th October	10-30am- 12.30pm	Heathfield Recreation Ground, near playground	Friendly Parks for All Activity