

# SEEDS OF CHANGE PROJECT NEWSLETTER

No. 10 Winter 2022

*Welcome to the tenth 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. Work on the project has continued over the last year, despite the trials that we have all faced. Eliminating the barriers to accessing parks for vulnerable people is as important as it has always been and the project continues to work towards making parks in Richmond accessible to everyone.*

## Friendly Parks for All: project aims

- Understand the barriers to spending time in parks.
- Improve opportunities to engage with parks for residents to enjoy by improving access for people that face barriers to spending time in parks.
- Promote 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.
- Provide tailored interventions that address these identified inequalities in order 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)



## Friendly Parks for All activities

**A new programme of activities for 2022 is available on the parks pages of Richmond Council website.**

- **A monthly accessible walk in partnership with Ruils offers the opportunity for regular exercise to those with mobility problems or who need additional support. There is an opportunity to socialise and enjoy spending time in beautiful parks walking on an accessible path with good links to public transport and disabled access toilets. The accessible walk takes place in Twickenham.**
- **A monthly wellbeing walk held in partnership with Richmond Borough Mind and Ruils which offers the opportunity to explore different parks and open spaces in the borough with others.**

**The programmes can be seen here:**

**[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)**

**For more information contact [parks@richmond.gov.uk](mailto:parks@richmond.gov.uk)**

# The Litter Challenge

New activity for 2022



Starting in March Friendly Parks for All project will offer monthly litter picks in 2 of the Friendly Parks for All - Barnes Green and Kneller Gardens for a trial period of 6 months.

The parks have been chosen as they are part of wider network of open spaces and so offer opportunities for longer walks than the other Friendly Parks. They are also located in different parts of the borough.

The walks are open to all and will be 1 hour long. They will be drop-in sessions, although we will ask participants to pre-register for their first session so that we know how many people to expect in advance. The activity will include opportunities to socialise.

The activity will welcome all participants but is designed to include those with limited mobility and to be dementia inclusive. Those with personal care needs will be asked to bring a carer to help them to offer assistance.

The full programme of activities can be found at the end of the newsletter.

## Reimagining Richmond

*As part of the response to Richmond Council Climate Change emergency the Friendly Parks for All project is working with young people on a project called **Reimagining Richmond**. Four groups of young people are envisioning a more biodiverse borough and how it might look if it was improved for wildlife and people.*

*One of the outcomes of the project is resources for schools and youth groups to use to improve their green spaces in response to the climate change emergency. It is hoped that these will be launched in Spring 2022 and made available on the Council website.*



## Developing a “Friendly Park for All” in Kneller Gardens

The Friendly Parks for All project has the aim of encouraging access to parks for people who face barriers. In Kneller Gardens the project is working with a group of visually impaired and blind park users who are advising on access to the park and equipment in the park.

Following an initial consultation with the group, the parks team at Richmond Council have:

- Painted the tops of bollards in the park white to help with visibility;
- Moved one of the wheelchair accessible picnic tables to increase accessibility from the path network;
- Included wheelchair spaces alongside 3 benches;
- The refurbished pavilion will include some tactile signage with braille characters;
- Installed a bench with a higher seat and additional arm rests for the use by people with limited mobility. Following positive feedback there are proposals to include similar benches in all the Friendly Parks for All parks. They will be located close to entrances/exits following feedback from park users.

The parks team would be pleased to hear any feedback from on the new features or additional suggestions for improvements that would make the park accessible to blind/visually impaired park users.



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)

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)



Programme of Activities 2022			
Date	Time	Meeting place	Type of Walk
January 2022			
6 <sup>th</sup> January	1-30am-3.00pm	<b>Twickenham Junction Rough to Kneller Gardens and return</b> Fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Walk
21 <sup>st</sup> January	10.30am-12.30pm	<b>Duke of Northumberland's River Walk</b> Meet Kneller Gardens, Meadway, Twickenham TW2 6PH 5HA	Wellbeing Walk
February 2022			
3 <sup>rd</sup> February	1-30am-3.00pm	<b>Twickenham Junction Rough to Kneller Gardens and return</b> Fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Walk
18 <sup>th</sup> February	10.30am-12.30pm	<b>Richmond Green to Kew Green</b> Richmond Little Green, The Green, Richmond, TW9 1LX	Wellbeing Walk
March 2022			
10 <sup>th</sup> March	1-30am-3.00pm	<b>Twickenham Junction Rough to Kneller Gardens and return</b> Fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Walk
10 <sup>th</sup> March	10.30am-11.30pm	Kneller Gardens Meadway, Twickenham, TW2 6PH Near pavilion	Dementia Inclusive Litterpick
18 <sup>th</sup> March	10.30am-12.30pm	<b>Terrace Gardens and Petersham</b> , Green House Terrace Gardens, Richmond Hill, Richmond, TW10 6RH ( <b>Meet by greenhouse</b> )	Wellbeing Walk
24 <sup>th</sup> March	10.30am-11.30pm	Barnes Green, Church Road, London, SW13 9HE Next to totem pole beside pond near OSO	Dementia Inclusive Litterpick
April 2022			
7 <sup>th</sup> April	1-30am-3.00pm	<b>Twickenham Junction Rough to Kneller Gardens and return</b> Fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Walk
21 <sup>th</sup> April	10.30am-11.30pm	Kneller Gardens Meadway, Twickenham, TW2 6PH Near pavilion	Dementia Inclusive Litterpick
15 <sup>th</sup> April	10.30am-12.30pm	<b>Hampton Parks Linear walk</b> Hatherop Park Hatherop Road, Hampton, TW12 2RQ by pavilion ending Hampton Common	Wellbeing Walk
28 <sup>th</sup> April	10.30am-11.30pm	Barnes Green Church Road, London, SW13 9HE Next to totem pole beside pond near OSO	Dementia Inclusive Litterpick
May 2022			
5 <sup>th</sup> May	1-30am-3.00pm	<b>Twickenham Junction Rough to Kneller Gardens and return</b> Fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Walk
12 <sup>th</sup> May	10.30am-11.30pm	Kneller Gardens Meadway, Twickenham, TW2 6PH Near pavilion	Dementia Inclusive Litterpick
20 <sup>th</sup> May	10.30am-12.30pm	<b>Barnes Green and Common</b> Barnes Station, Station House, 1 Station Rd, London SW13 0HT	Wellbeing Walk
26 <sup>th</sup> May	10.30am-11.30pm	Barnes Green Church Road, London, SW13 9HE Next to totem pole beside pond near OSO	Dementia Inclusive Litterpick
June 2022			
2 <sup>nd</sup> June	1-30am-3.00pm	<b>Twickenham Junction Rough to Kneller Gardens and return</b> Fountains at The Exchange, London Road, Twickenham TW1 1BE	Accessible Walk
9 <sup>th</sup> June	10.30am-11.30pm	Kneller Gardens Meadway, Twickenham, TW2 6PH Near pavilion	Dementia Inclusive Litterpick
17 <sup>th</sup> June	10.30am-12.30pm	<b>Twickenham Riverside and Marble Hill Park</b> Meet outside Civic Centre main entrance, 44 York Street, Twickenham, TW1 3BZ	Wellbeing Walk
23 <sup>rd</sup> June	10.30am-11.30pm	Barnes Green, Church Road, London, SW13 9HE Next to totem pole beside pond near OSO	Dementia Inclusive Litterpick
To take part register in advance by contacting <a href="mailto:trees&amp;parks@richmond.gov.uk">trees&amp;parks@richmond.gov.uk</a> or phone Frances 020 8401 6837.			