

SEEDS OF CHANGE PROJECT NEWSLETTER

No. 11 Summer 2022

Welcome to the eleventh 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

The 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 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

The Litter Challenge



The Litter Challenge is a walk with a difference. The activity has been meeting twice a month since March 2022 in Barnes Green and Kneller Gardens. The parks were chosen as they are part of wider network of open spaces and so offer opportunities for extending the walks to include other green spaces.

The drop-in sessions are 1 hour long and offer an opportunity to socialise as well as helping to improve the park for people and wildlife. All equipment is provided, and training given. The activity welcomes all participants and is designed to include those with limited mobility and to be dementia inclusive. The full programme is given at the end of this newsletter.

Whitton Youth Zone at Murray Park

As part of the Climate Change project *Reimagining Richmond*, Whitton Youth Zone visited Murray Park in Whitton during the May holiday.

Activities included litter picking and designing and installing a new insect hotel made for the project.



Act of kindness benches



Act of Kindness benches are a safe place where people can meet to have a chat. The scheme has been extended to include one bench in a park in each ward of the borough. They are part of a London wide scheme and can be identified by their plaques.

Friendly Parks for All Community activities in Richmond Parks

A new programme of activities for Summer/Winter 2022 is available on the park's pages of Richmond Council website. 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

Regular activities include a monthly **Accessible Walk**, and **Wellbeing walk** along the River Crane in Twickenham.

For more information contact parks@richmond.gov.uk

Developing a “Friendly Parks for All” in Carlisle Park, Hampton

The project has been working in Carlisle Park, Hampton in partnership with the Friends of Carlisle Park to make the park more accessible for park users. Improvements have included:

- Mosaic entrance markers designed by local school children and made by Linda Griffiths a local mosaic artist.
- Outdoor gym equipment that was chosen for those with limited mobility and which includes equipment that 2 people can work on together
- A circular bench with space for a wheelchair or a push chair that is part of the Act of Kindness Scheme
- An accessible bench that is higher than traditional park benches, to aid those with mobility issues.
- A tree trail around the park which includes sensory activities. The trail can be accessed via Go Jauntily, a walking app.

Entrance and exit markers in Carlisle Park

Mosaics made by Linda Griffiths, a locally based mosaic artist working with images by local school children. There is a distinctive marker for each entrance/exit in the park.



Friendly Parks for All on Go Jauntily

A selection of nine accessible walks and trails have been developed for each of the Friendly Parks for All in partnership with Go Jauntily.

Go Jauntily works to increase walking and get more people enjoying outdoor adventures. Their award-winning, community-based app promotes walking for leisure, active travel and connecting with nature. The Friendly Parks for All collection has cultural tours, tree and river trails, and sensory walks, with seating and resting places pointed out along the way. The app helps users with navigation and orientation as well as acting as a walking guide.

We have a lovely Go Jauntily walk for you

To go on this walk and discover other walks you need to download the app for free.

An app to help you discover walks and connect with nature.

View in App



Ham Village Green Sensory Walk

Ham, London Borough Richmond

45 minutes

An accessible sensory trail decorated with beautiful mosaics to enhance the experience.

For more information and to learn how to download the app see: <https://www.richmond.gov.uk/news/july-2022/outdoor-adventures-with-go-jauntily-and-friendly-parks-for-all>

Spotlight on other projects

NATURE'S KALEIDOSCOPE



Exploring cultural links with trees in Terrace Gardens, Richmond



Tree manager Craig Ruddick discusses veteran trees Murray Park



Information session Kneller Gardens.



Exploring the role of trees in other cultures

Nature's Kaleidoscope project aims to improve engagement and gain a clearer understanding of barriers facing minority communities in engaging with Parks and open spaces. It is a partnership between the Richmond Parks Team, Let's Go Outside and Learn CIC, Multicultural Richmond and Richmond Mind with a programme of engagement activities and events is running throughout the year, which focuses on engaging with different cultures and age groups. The project celebrated Chinese New Year at Heathfield Recreation Ground, a festival of trees which explored what they mean for different cultures and an information session. Activities over summer include an intergenerational picnic, and exploration of Senses and in Nature. Each activity includes a consultation with project participants to understand how they use parks, barriers for different communities and what their aspirations. To get involved contact info@lgoal.org.uk



Ramblers Wellbeing Walks Richmond

The Richmond Health Walks are free, organised group walks for people who are currently not very active but would like to increase their physical activity. There are walks every day of the week throughout the year except Saturdays and public holidays. Simply come along to the starting point 10 minutes before the start time. The first time you attend you will be asked to complete a brief health questionnaire. For full details of all the walks see: https://www.richmond.gov.uk/health_walksRambler_s_Wellbeing_Walks_Richmond_upon_Thames

Grow Wild in Richmond: engaging young people through conservation

MEETING PLACE: RIVERSIDE DRIVE, HAM
BY THE ZEBRA CROSSING ON THE PATH TO
TEDDINGTON LOCK FOOTBRIDGE TW10
7RP

WHAT3WORDS: WENT.STAY.SHUT
EVERY MONDAY 1.00PM-3.00PM

LET'S GO
OUTSIDE
AND
LEARN



Project participants learning to build a dead hedge.



Grey Court School sixth form students work on Ham Lands weekly to carry out conservation tasks.

Come and
volunteer at
TCV's Green
Gym in
Richmond

GREEN
GYM™

TCV
The
Conservation
Volunteers

MEETING AT MEADWAY
ORCHARD, TW2 6PQ
EVERY WEDNESDAY, 10.45-14.00

TCV's Green Gyms are great fun, good for you and good for nature. Unlike other conservation projects, they place an emphasis on health and fitness as well as making a difference to the environment. They provide a chance for you to improve local green spaces, while getting some exercise and meeting other people.

There is an increasing amount of research, including [research undertaken specifically on TCV Green Gyms](#), showing that being outside in nature is also good for mental wellbeing, so Green Gyms are great for mind and body.

The Richmond Green Gym has been running for a few years now and we have a good number of regular and drop-in volunteers, which makes for a really enjoyable day. We are based at Meadway Orchard, but runs sessions in a number of green spaces in the area, including Mereway Nature Park, Kneller Gardens and Crane Park.

Grow Wild in Richmond

The Friends of Ham Lands, Let's Go Outside and Learn CIC and the parks team at Richmond Council are collaborating on a project which includes young people in conservation experience. It is a weekly conservation volunteering project which seeks to engage people who have never had experience of conservation work. The project works local residents who have no experience previously as well as with local schools and youth groups, and Achieving for Children. The group has adopted an area of Ham Lands and are tracking the long-term improvements to biodiversity.

Feedback from participants for the first year was that over 90% of participants had learnt new skills from attending the project and had learnt something new about the natural world from attending the project sessions.

General sessions are held on Monday afternoons, but the project can arrange individual sessions for youth groups interested in engaging in the project.

To find out more or to register please contact Gaby Docker at Let's Go Outside and Learn CIC

E-mail: gaby.docker@lgoal.org.uk

Phone: Gaby 07902619929

Website: www.lgoal.org

TCV's Green Gym

Each week, volunteers work on a specific set of tasks, helping maintain or enhance green spaces. There are tasks to suit a range of abilities. Tasks vary from week to week, include meadow management, gardening, making bug hotels or deadwood stumperies, tree planting, nature surveys and hedgelaying.



For more information

Email: gg-richmond@tcv.org.uk

Website: www.tcv.org.uk/london/green-gym-london/richmond-green-gym/;

Phone: 07717 494 476

You can also subscribe to our [weekly newsletter](#) via the website.

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

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