

WHAT'S ON GUIDE

JANUARY – APRIL 2018



Welcome to the winter/spring “What’s On” Guide for Beddington Park

All the information on activities and events supported by
Sutton Council and the Heritage Lottery Fund project.

This spring should see the completion of much of the physical works in the park. The playground is scheduled for reopening in March, and final landscaping of the garden areas, stock pond and lake islands should be taking place during this time. If the winter has been mild and dry it is hoped that the contractors will have completed and left site by the end of April, but do be prepared for weather delays!

Contact details

 www.sutton.gov.uk
 [@beddington_park](https://twitter.com/beddington_park)
 020 8770 5000
 sarah.price@sutton.gov.uk

Beddington Park is
maintained by Idverde UK
on behalf of Sutton Council.

Beddington Park
Church Road
Wallington
SM6 7NN

Regular weekly activity

Mondays 9.45am

△ **Forever Fit Walk**
A Healthy Walk
specifically for those
aged 50+.

FREE

Meet outside the
Pavilion Café at
9.40am.

Mondays 10.30am

△ **Forever Fit
Gym session**
Learn how to use
the outdoor gym
equipment with a
trained instructor.

FREE

Meet outside the
Pavilion Café at
10.30am.

Fridays 10am

△ **Melanie's Walks**
A 60 minute walk
in and around
Beddington Park, with
the option of tea in the
church hall afterwards.

FREE

Meet outside
St. Mary's Church,
Church Road
at 10am.

Fridays 1pm

△ **Nordic Walking**
A fantastic full body
work out, Nordic
Walking uses
specifically designed
poles that assist you
in walking faster with
better posture whilst
taking the strain off
of your joints.

£3 per session

To participate call
020 8770
6953 or email
[communityhelpers@
ageuksutton.org.uk](mailto:communityhelpers@ageuksutton.org.uk).

Saturday 9am

△ **Bootcamp**
Get your weekend
off to an active start
with these bootcamp
sessions from Our Parks.

FREE

To book a class visit
www.ourparks.org.uk
and select classes in
Beddington Park.

Saturday 10am

△ **Yoga**
Release the stress of the
week with these yoga
sessions from
Our Parks.

FREE

To book a class visit
www.ourparks.org.uk
and select classes in
Beddington Park.

JANUARY



Tuesday 9th

Grange Gardening Club

*FREE • 10.30am
Equipment provided.*

Help tend the flower beds in the Grange Garden with this monthly volunteer gardening group. Great for physical and mental wellbeing. New members welcome. Support and training opportunities for regular members.

Saturday 20th

CTC cycle ride

*FREE • 2pm
Meet outside the café at 1.45pm
for a 2pm departure.*

Join Sutton CTC on their beginners cycle ride. An easy cycle ride starting from Beddington Park and exploring the surrounding area. Rides last 2-3hrs.

Monday 22nd

Lecture Series talk - The Industrious Honey Bee and other Pollinators.

*FREE ENTRY • 7.30pm
St. Mary's Church Centre,
Church Road, SM6 7NJ
Booking required 020 8770 6060.*

David Shepherd from Croydon beekeepers delivers a fascinating insight into the behaviour and importance of the honey bee, as well as other types of pollinators and the role they play in our environment.

Activity bookings

To book for walks and talks please email sarah.price@sutton.gov.uk or call **020 8770 6060**, unless otherwise stated.

FEBRUARY



Monday 12th

Lecture Series talk – Talking Trees

*FREE ENTRY • 7.30pm
St. Mary's Church Centre,
Church Road, SM6 7NJ
Booking required 020 8770 6060.*

Understand the importance of conservation for our trees as well as the need for regeneration as our trees face increasing challenges. This talk is delivered by Jennifer Harkins, volunteer for The Woodland Trust.

Tuesday 13th

Grange Gardening Club

*FREE • 10.30am
Equipment provided.*

Help tend the flower beds in the Grange Garden with this monthly volunteer gardening group. Great for physical and mental wellbeing. New members welcome. Support and training opportunities for regular members.

Wednesday 14th

Xplorer

FREE • 11am-1pm

Half-term Xplorer challenge - explore the park and hunt for the themed markers. Collect a map

and complete the challenge as fast as you can! A great event for children & families. Start point by the Pavilion Café.

Thursday 15th

Habitat box half-term workshop

*FREE • 10am
Places must be booked.
Email sarah.price@sutton.gov.uk
or call 020 8770 6060.*

Build a wooden bird or bat box for our northern woodland belt. Assembly requires use of a hammer, as such children must be accompanied by an adult (a maximum of two children and one adult can work on one habitat box). Please note, you will be building these for the wildlife in the park, not to take home!

Saturday 17th

CTC cycle ride

*FREE • 2pm
Meet outside the café at 1.45pm
for a 2pm departure.*

Join Sutton CTC on their beginners cycle ride. An easy cycle ride starting from Beddington Park and exploring the surrounding area. Rides last 2-3hrs.

Saturday 24th

Community Tree Planting

*FREE • 10.30am
Meet outside the Pavilion café.*

Grab a spade and help us develop and improve our woodland! Equipment and gloves provided. Please wear sturdy shoes and weather appropriate clothing.

Monday 26th

Lecture Series talk – The Tudors and Jacobean in Beddington Park

*FREE ENTRY • 7.30pm
St. Mary's Church Centre,
Church Road, SM6 7NJ
Booking required 020 8770 6060.*

Repeated due to popular demand! An illustrated talk, presented by John Phillips, looking at Beddington Park in the 16th and 17th century when it was a hunting ground for kings, queens and aristocrats.

MARCH



Sunday 11th

Great British Spring Clean

FREE • 11am - 2pm

Equipment, gloves and refreshments provided. Meeting point TBC (on-site and online).

The Rotary Club return for their March clean-up event, in conjunction with the Great British Spring Clean. All hands to the deck for this fun community task day tidying up Beddington Park.

Tuesday 13th

Grange Gardening Club

FREE • 10.30am

Equipment provided.

Help tend the flower beds in the Grange Garden with this monthly volunteer gardening group. Great for physical and mental wellbeing. New members welcome. Support and training opportunities for regular members.

Saturday 17th

CTC cycle ride

FREE • 2pm

Meet outside the café at 1.45pm for a 2pm departure.

Join Sutton CTC on their beginners cycle ride. An easy cycle ride starting from Beddington Park and exploring the surrounding area. Rides last 2-3hrs.

Saturday 17th

Dovecote open morning

FREE • 10am-1pm

Trail sheets for children are available inside.

Ever wondered about this brick octagonal building in Beddington Park? Now's your chance to see inside this 18th century architectural gem complete with original pigeon nest boxes and revolving ladder used for raiding them.

FILM WORKSHOPS FOR 16-19 YEAR OLDS



An exciting opportunity for teenagers aged 16-19 to learn cinematography skills with Sutton Film Makers and help with the creation of a film about Beddington Park. The workshops are free and will be run across four sessions in March/April with additional time onsite in the Easter holidays putting new skills in to practice. For more information, dates and how to apply please contact sarah.price@sutton.gov.uk. Spaces are very limited so get in touch today!

APRIL



Tuesday 3rd

Xplorer

FREE • 11am-1pm

Explore the park and hunt for the Easter themed markers. Collect a map and complete the challenge as fast as you can! A great event for children & families. Start point by the Pavilion Café.

Tuesday 3rd

Lecture Series talk – How to Use Your Park to Improve your Health and Wellbeing

FREE • 7.30pm

St. Mary's Church Centre, Church Road, SM6 7NJ.

Booking required 020 8770 6060

We all know the importance of exercise on our bodies and minds, yet, we still struggle to do the NHS' recommended 150mins of brisk aerobic activity per week. Local Sport Scientist, Karen Savage, will be giving her top tips on how you can achieve the 150mins of exercise just by using your local park and a bit of imagination. Karen will also be demonstrating a few exercises, so be warned, this talk will leave you feeling energised

Tuesday 10th

Grange Gardening Club

FREE • 10.30am

Equipment provided.

Help tend the flower beds in the Grange Garden with this monthly volunteer gardening group. Great for physical and mental wellbeing. New members welcome. Support and training opportunities for regular members.

Tuesday 10th

Folklore Flower trail

FREE • 11am-1pm

Easter drop-in kids activity. It's National Gardening Week! Find the hidden flower images and learn more about the folklore and superstitions associated with each one. In the Grange Garden.

Thursday 12th

Nature Faces

FREE • 11am-1pm

By the Pavilion café.

Easter drop-in kids activity. Collect natural materials and use them to create nature faces on card. See how creative you can get using what's around you!

Saturday 21st

CTC cycle ride

FREE • 2pm

Meet outside the café at 1.45pm for a 2pm departure.

Join Sutton CTC on their beginners cycle ride. An easy cycle ride starting from Beddington Park and exploring the surrounding area. Rides last 2-3hrs.

Volunteer

For more information or to get involved contact sarah.price@sutton.gov.uk

Tree Wardens

Love trees? Want to learn more and get involved in monitoring, maintenance and tree planting events? Why not join the Beddington Park Tree Wardens? With regular activities and learning events you can develop new skills and help protect and support our great trees!

Grange Garden Gardening Group

Volunteers wanted for a new gardening group in The Grange Garden. The Garden area is being landscaped and borders planted with a diverse array of herbaceous plants. We're looking for keen volunteers to assist with planting and looking after the new flower beds. There will be training opportunities as the group develops, and support from staff.

Beddington Park Walking Buddies

Assist local care homes to bring their residents to enjoy this wonderful park by offering an arm to lean on or pushing a wheelchair and providing some social conversation! No special skills necessary, just a patient and caring attitude. If you like being outdoors and helping people this is perfect for you.

Saturday February 24th Tree Planting 10.30am

Volunteers wanted to help plant tree whips in the northern woodland boundary. See main What's On section for more details.

Sunday March 11th Great British Spring Clean 11am – 2pm

The Rotary Club return for their March clean-up event, in conjunction with the Great British Spring Clean. All hands to the deck for this fun community task day tidying up Beddington Park. Equipment, gloves and refreshments provided. Meeting point TBC (on-site and online).

Friends of Beddington Park

If you're interested in more involvement in the park then why not join the Friends of Beddington Park. For just £5 a year per household you can help contribute towards supporting and protecting the park, by attending Friends' meetings and getting involved in volunteering activities in the park. Contact chairman@friendsofbeddingtonpark.co.uk today to join!

Acknowledgements

With thanks to the Heritage Lottery Fund, our volunteers and our many community partners who make these activities and events possible.



LOTTERY FUNDED



Sutton