

# Sherborn Crescent / Verity Park

## May Programme



### GreenFingers

Thurs 2, 9, 16, 23 & 30 May | 2pm - 4pm

Sat 11 May | 1pm - 3pm

Join our fun and friendly volunteer group and get involved in practical conservation in your local park. No experience needed. Please bring gardening gloves and a reusable mug if you can.

Meet by the scout hut / car park.

Volunteering



### May Mindfulness

Tues 7 May | 10am-11.30am

Take a moment for yourself to learn some gentle mindfulness techniques. We'll explore the hidden forests of Sherborn Open Space as we use our senses to ground in nature. Adults only event.

Meet by the scout hut / car park.

Free event



### Macra-May - Plant Hangers

Weds 22 May | 11.30am - 1.30pm

Learn how to make a macrame plant hanger which will be displayed in our new Community Café in Alexandra Park, when it opens in early summer. Adults only event.

Meet by the scout hut / car park.

Free event



Scan for park information,  
including accessibility



## To book: [parksfoundation.org.uk/events](https://parksfoundation.org.uk/events)

The Parks Foundation is committed to celebrating diversity – we welcome people from all backgrounds, genders, ethnicities, people with learning differences and varying physical abilities. If you would like more information or have questions about an activity, please contact us.

Get in touch with your Parks Activator, Tanya on: [tanya@parksfoundation.org.uk](mailto:tanya@parksfoundation.org.uk) or: 07723 291908