

Alexandra Park | October Programme

Meeting point: by the café



GreenFingers

Thurs 3, 10, 17, 24 & 31 Oct |

10am - 12pm

Sat 12 Oct | 10am - 12pm

Join our friendly volunteer group to get involved in practical conservation in your local park, and to help look after the fruit and veg in the community garden.



Volunteering

Macramé - Plant Hangers

Weds 9 Oct | 10am - 12pm

At this session we'll be doing crafts - learn how to make a macramé plant hanger which will be displayed in our Alexandra Park Café.



Adults only event.

Free event

Forest Bathing

Mon 14 Oct | 11am - 12pm

Join us for a guided mindfulness session in the park. We'll use our senses to connect with nature and unwind.

Adults only event.



Free event

Wildlings - Seed Balls for Birds

Tues 15 Oct | 3.30pm - 4.30pm

Join us after school to make seed balls to feed the birds as the seasons begin to change. They can be hung in the park or your own outdoor space to help our feathered friends.



Free event

The Big Bulb Plant

Thurs 31 Oct | 1pm - 2.30pm

Help bring a splash of colour to the park by planting bulbs which will brighten up the first few months of the year when they flower. They'll also provide an important early food source for insects.



Volunteering

Scan for park information,
including accessibility



To book: 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, Lisa, on: lisa@parksfoundation.org.uk or: 07458 039395