

# Redhill Park

## October Programme



### GreenFingers - Community Growing

Thurs 3, 10, 17, 24 & 31 Oct | 3pm - 5pm

Join our weekly volunteer session, with a focus around food growing in our new community growing space. **On 17 Oct we'll be woodworking.**

Meet at the growing space.



**Volunteering**

### Macramé - Plant Hangers

Weds 9 Oct | 2pm - 4pm

Learn how to make a macramé plant hanger which will be displayed in Redhill Park Café.

**Adults only event.**

Meet by the café.



**Free event**

### Forest Bathing

Mon 21 Oct | 10.30am - 12pm

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

**Adults only event.**

Meet by the growing space.



**Free event**

### The Big Bulb Plant

Tues 22 Oct | 3.30pm - 5pm

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, and provide an early food source for insects.

Meet by the café.



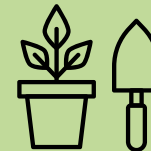
**Volunteering**

### Cultivate and Create

Thurs 31 Oct | 12pm - 2pm

Come and see our new food growing space. We'll chat about how you can get involved, and do some craft activities to decorate the space.

Meet at the growing space.



**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, Jess, on: [jess@parksfoundation.org.uk](mailto:jess@parksfoundation.org.uk) or: 07361 902958

# What's On at Redhill Park Café



## **Tuesdays: Pop Up Play Village**

10.30am - 11.15am and 11.30am - 12.15pm

Roleplay sessions for children aged  
6 months - 8 years.

Run by Pop Up Play Village, £3 per child.

## **Wednesdays: Chatty Crafters**

10am - 12pm

Bring along your latest arts and crafts creations, meet  
other crafters, and have a chat.

Free event. Drop-in session.

## **Second & fourth Thursday of the month:**

### **Carers' Café**

10am - 12pm

Have a chat, share information and ideas with  
other carers.

Free event. Drop-in session.

10% off hot drinks.

## **Fridays: After School Art Club**

3.30pm - 4.30pm

A variety of arts and crafts to enjoy each week  
after school.

Free event. Drop-in session.

## **First Friday of the month:**

### **Parent Carer Coffee Morning**

10am - 12pm

Drop-in informal chat with like-minded  
parents looking after children with disabilities.

Free event. Drop-in session.

**We have lots of board games, toys, and books  
for children and adults to enjoy any time.**



W: [parksfoundation.org.uk/redhill-park-cafe](https://parksfoundation.org.uk/redhill-park-cafe)

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Redhill Park Café is operated by The Parks Foundation | Registered Charity Number: 1159939