



WELCOME

To our Second Newsletter- celebrating five years of the Park Opening.

This edition marks the retirement of Anne Litherland our special Ranger who has overseen the growth of the Park in visitor numbers, biodiversity, and awards!

We are delighted that the Heritage Centre Café is now open for business and very much needs your support and custom.

FUNDING SUCCESS

The Friends Committee succeeded in securing Heritage Lottery Funding for the Oral History Project.

Additionally, funding secured from Wirral Council supported two Mindfulness in Nature Courses.

We are very grateful for Mr. Carl Leckey who secured funding for the "Happy to Chat" bench, to encourage people to have a friendly conversation whilst enjoying the wonderful views.

DATES FOR THE DIARY

CHRISTMAS EVENT Sat 14th December including Children's Crafts, Dog Fancy Dress and Outdoor Carols!

EASTER EVENT Mon 12th April 2019 Easter Egg Hunting.

SUMMER BIRTHDAY EVENT Sun 16th August 2019. Our biggest annual event needing lots of volunteers to make it happen.

Check **Facebook** & the Website for more events www.friendsofpsrp.org

WALKING WORKS WONDERS



Health walks continue to take place every **Tuesday morning at 10:30** all year round and **Wednesday evenings at 5:30 from April to October**. These are organised under the Ramblers Walking for Health National Scheme and led by trained leaders. Two new leaders have been trained this year.

With a choice of an invigorating summit walk or a more gentle stroll along the River front and around the lake, the walk provides the triple benefit of physical exercise, enjoying the outdoors and friendship.

Established for well over four years – 2019 has delivered the added opportunity for a welcome post walk cuppa at the Heritage Centre Cafe.

The Health Walk leaders were nominated for "Sunlighter of the Year 2019" from the Port Sunlight Village Trust and were delighted to be awarded Runner up position. New walkers always welcome - meet at Dock Rd North.

FAREWELL ANNE



Our wonderful Park Ranger, Anne Litherland is retiring on 12th October after 4.5 brilliant years.

During her time she has seen the Park transformed – not least because of her ability and tenacity to harness "Volunteer Power".

Thank You Anne for your exceptional support to the Friends Volunteers. We wish you a very happy & healthy retirement.

CELEBRATING OUR 5TH BIRTHDAY

Despite the unseasonal weather, the 5th Birthday Party Picnic went on, with over 15 stalls, activities and attractions attended by over 1200 people. We had over 25 volunteers working on the day and were supported by St John Ambulance and the Soroptimists.

We were delighted to welcome back Autism Together's Beathovens who provided the musical entertainment.

The Mayor of Wirral Cllr Tony Smith attended with his wife Mayoress Barbara Smith together with Cllr Jo Bird the River Park area's local Councillor.

The Heritage Centre Café was open for the Birthday event and this year complemented by our own Burger Stall, with kind support from Café Aroma Catering.



The very busy bee stall! Courtesy of Andrew Crothall Photography

MINDFULNESS MATTERS

The Friends group were awarded a grant from the Wirral Social Isolation Fund and two successful free courses were held in April and July.

Thanks to an additional successful Autism Together funding bid, additional sessions have been added this Autumn.

The courses have reaped significant benefits and many excellent positive comments have been received from participants who noted real improvements in their mental wellbeing. For example:

"I have found the course really helpful. It had given me much needed tools to deal with stress and anxiety. The programme has been delivered well and I would recommend it"

Reduce stress, anxiety & improve your quality of life

Mindfulness in Nature

Enjoy learning mindfulness in the beautiful River Park

FREE 8 Week Mindfulness Courses
Tuesdays 9.30am - 11.30am Starts 30 April and 9 July
Port Sunlight River Park



Benefits of Mindfulness
Lowers blood pressure Improves sleep
Reduces stress and anxiety

Booking in Advance ESSENTIAL, as places limited.
To book contact Anne 07587 550060
Email us on: river.park@autismtogether.org.uk www.friendspsrp.org

autism together Friends of the River Park

WELCOME ANDY

We are delighted to welcome Andrew Jennings-Giles as our new Park Ranger.

Some of you may know Andy from his previous role as the Community Education Officer.



Thanks to an efficient recruiting programme by Autism Together, Andrew has been able to work alongside Anne for the past few months to familiarise himself with the role and the many important relationships which are vital for the continued success of the Park.

TOKENS AT THE READY!

We are delighted to be again one of three worthy causes for the ASDA Green Token Scheme. Please support the River Park to win a £1000 award!

The scheme will run during October, November & December.

Every Token Counts!



ORAL HISTORY PROGRESS

HLF funding is enabling the training of interviewers to take place on Nov 13th. We then hope to hold a coffee morning to explain the project & meet anyone who would like to tell us about their experience of living with or working on the landfill site and its transformation into the River Park. Individual interviews will be arranged following this meeting.

Interested? Send us a Facebook message or check our website www.friendsofprp.org or leave your details at the AGM.

VOLUNTEERS NEEDED

We already have a wonderful team of volunteers, but we always need more! These include:

Café help – volunteers with previous catering experience particularly welcome.

Committee – new members with IT skills, organisational skills, project management or event management experience welcome.

Volunteers to help with the **maintenance** of the park
contact Andrew on 07464 486300

