

# YOUR NATIONAL PARK

Learn about the National Park, its wildlife and the people who care for it at this free event packed with fun activities

## EVENT PROGRAMME



One Garden, Stanmer Park  
Saturday 27 July 1pm-4pm

HELP US TO #RENATURE  
SOUTH DOWNS  
NATIONAL PARK

## WHAT'S ON

**FF** FAMILY FRIENDLY

▶ 13:00 – 16:00

### 'YOUR NATIONAL PARK' ROLLING FILMS -

**Classroom SP4** - What makes the National Park yours? This is the question at the heart of ten films commissioned by the South Downs National Park Authority, each telling a story of someone with a special connection to the Park. Enjoy the films back to back (running time approx. 30 mins) or dip in and out throughout the day. **FF**

**FROGLIFE AMPHIBIAN & REPTILE STALL** - A great chance to learn about the wonderful amphibians and reptiles we have in the UK. **FF**

**GIANT JIGSAWS AND COLOURING WITH THE SDNP** - Enjoy some quiet time and have a go at our calming activities on the lawn. **FF**

**BIOBLITZ WITH THE SDNP** - Help us to spot and record all the different species living in the garden. **FF**

▶ 13:00

### NATURE CONNECTION WORKSHOP:

**SESSION ONE - Stanmer Wellbeing Gardens (meet at One Garden entrance)** - Join SDNP Ranger and trainee nature-based Ecotherapist Elinor to discover how improving our nature connectedness helps us to care for our environment as well as improves our own wellbeing. In this first session we will sink into our senses and spend time with the wonderful wildlife under the trees. Each session is different – come to one or both! **Allow 1.5 hours. Advanced booking essential. Book your place here.**

▶ 13:30

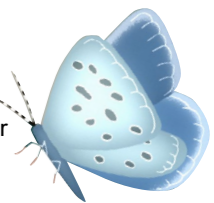
**GUIDED NATURE WALK - (meet at One Garden entrance)** - Join SDNP ranger Lawrence on a guided walk and learn all about the array of wildlife that call Stanmer Park, and the South Downs, home. Allow 1 hour. Sturdy shoes recommended. **Advanced booking essential. Book your place here.**

**POND DIPPING WITH FROGLIFE - Wildlife Pond (meet at One Garden entrance)** - Allow 1 hour. Limited places - sign up on the day. **FF**

▶ 14:00

**STANMER WOODS GUIDED WALK - (meet at One Garden entrance)** - Learn about the heritage and nature of Stanmer Estate from Estate Manager Rob Dumbrill. Sturdy shoes recommended. **Allow 1.5-2 hours. Limited places – sign up on the day.**

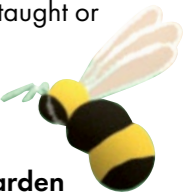
**WILLOW WEAVING BIRD FEEDERS - One Garden lawns** - Guided by artist Mandie Molyneaux, learn how to weave your own willow bird feeder. **Allow 45 minutes. Limited places – sign up on the day. FF**



**CHATTRI MEMORIAL TALK - Classroom SP5** - Hear from Davinder Dhillon, OBE about the journey of the Hindu and Sikh soldiers from the First World War, for whom the Chattri Memorial was built, and learn about their support for the British Army, a contribution not widely taught or known. **Advanced booking essential. Book your place here.**

▶ 14:30

**ONE GARDEN TOUR - (meet at One Garden entrance)** - Join Head Gardener Peter to learn about how One Garden was created, and how the different types of gardens are maintained to inspire visitors with ideas they can take home. **Allow 30 minutes. Limited places - sign up on the day.**



▶ 15:00

**AN INTRODUCTION TO AMPHIBIAN & REPTILES - Classroom SP4** - Explore the different types of amphibian and reptiles found around Brighton and the eastern South Downs. Learn more about Froglife's 'Discovering Dewponds' project. **Allow 45 minutes. Limited places - sign up on the day.**



### TOUR OF THE HERITAGE ORCHARD - (meet at One Garden entrance)

Join Bryn Thomas from the Brighton Permaculture Trust for a tour of their heritage traditional orchards and Sussex apple collection. There will also be an opportunity to purchase apple juice and cider made with Sussex fruit that would otherwise go to waste. **Allow 45 minutes. Limited places - sign up on the day.**

### NATURE CONNECTION WORKSHOP: SESSION TWO - Stanmer Wellbeing Gardens (meet at One Garden entrance)

Join SDNP Ranger and trainee nature-based Ecotherapist Elinor to discover how improving our nature connectedness helps us to care for our environment as well as improves our own wellbeing. In this second session, we will spend time discovering beauty in nature and celebrating what we find by 'growing' word pictures together. Each session is different – come to one or both! **Allow 1.5 hours. Advanced booking essential. Book your place here.**

▶ 15:30

**WILLOW WEAVING INSECT SCULPTURE - One Garden lawns** - Guided by artist Mandie Molyneaux, learn how to weave your own willow insect sculpture. **Allow 45 minutes. Limited places - sign up on the day. FF**

