



Hull Road Park A TCV Health & Wellbeing Project

A local urban park with health and wellbeing at its heart.

The Hull Rd Park Project started in 2018 with support from the Local Authority and York CVS Green Spaces Grants. The Focus was for TCV to establish regular volunteer led activity in the park to enable people to be more active, live happier and healthier lifestyles and to be a friendly and inclusive group. Establishing community engagement and a sense of pride and ownership.



On the back of previous PHT funding which focussed on giving the Tang Hall area of York a voice in what they wanted to see and how funding was spent, the need to connect residents to the green space on their doorsteps was a key priority.

There was also a key priority to address certain health inequalities and to provide a regular, free to use, outdoor activity where people with a range of physical and mental health support needs could meet.





Thursday Gardening Group

Help add colour and interest to Hull Road Park with our friendly and welcoming volunteer group.



**Every Thursday
10am to 1pm**

Meet outside the pavilion

Benefits

- Try something new or rediscover an old interest
- Do something for the community
- Meet new people
- Keep active

Activities

- Planting seeds
- Litter picking & maintaining footpaths
- Tending to food garden
- Watering and harvesting



Info More

For any questions please get in touch
Email: york@tcv.org.uk
Text: 07798693718



About the Group

We are a mixed ability group made up of beginners, to experienced gardeners; all levels are welcome

No tools required; work gloves and refreshments are provided to all volunteers

No commitment

Come as often as you like, and stay as long as you fancy!

Taster Sessions

Pop down and see what it's all about, and have a chat with our friendly staff and volunteers



Wild Fridays

Improve and enjoy the wildlife of Hull Road Park in our volunteer sessions and workshops

**Every Friday
10am - 12pm**

Meet outside the pavilion



Who can attend?

- Our sessions and workshops are open to anyone with a curiosity to engage with nature
- **You can stay as long as you like, and there is no commitment**
- Activities can be adapted for wheelchair users and those with limited mobility
- **Children under 16 must be accompanied by an adult**

More Info

For any questions please get in touch
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Activities

- Looking after our wildlife area
- Eco Crafting
- Habitat building
- Wildlife Surveys
- Wildlife Walks



Benefits

- No knowledge required
- All tools provided
- Family friendly
- Refreshments provided
- Free to attend



With a focus on health & wellbeing, it was essential to quickly establish a warm, friendly and inviting space where individuals could attend as often as they wish with no pressure on how much they did each time. We developed a programme of regular weekly sessions where there was always a range of tasks to suit everyone no matter what their ability.





We established a strong connection with two mental/physical health organisations.

Firstly; Dementia Forward. With additional training and support we developed a weekly “Buddy” session where people with young and early onset Dementia could come and participate for a few hours whilst their key support person, (often their partner) could get a bit of respite.

Secondly, Green Social Prescribing. Linking with HEY Smile Foundation, we liaised with health care professionals and offered placements to individuals who were felt would most benefit from the weekly outdoor sessions.

The group quickly grew, and the weekly sessions now see twelve or more people attend with a whole range of support needs, but with one shared identity and one outcome in mind.....to enjoy being outdoors, to be more active and to connect with others.







BEE HAPPY ART MORNINGS

MONDAYS
FROM SEPT
12TH 2022

10AM TO
12.30PM

THE PAVILION,
HULL ROAD
PARK,
ALCUIN
AVENUE
YO10 3TQ

ALL TOOLS
PROVIDED

FREE
REFRESHMENTS

Join us for a selection of art and craft sessions here in Hull Road Park.

With an emphasis on mindful practices, this will be a calm space to explore your creativity. We aim to explore Hull Road Park through art by looking at the wildlife it homes, delving into the parks history, and how we use the park today.

- Painting with watercolour, acrylic & gouache
- Drawing
- Printing
- Eco Crafting

**TASTER SESSION: MON
12TH SEPTEMBER**

10am to 12pm
Pop down for our drop in session to have a chat and see what it's all about. Meet our friendly staff and enjoy a refreshment on us.



CONTACT US:

Text Rachel on 07798693718
or york@tcv.org.uk

Over time we also recognised the demand for nature-based activities and learning for younger people in the park. Being able to offer a couple of hours of structured activity in a local and safe environment at NO COST to the community was paramount. Many children in the surrounding neighbourhoods are from low-income families, single parent or have “disruptive” home lives.

TCV work in close partnership with the Local Youth Support workers.



TCV
The Conservation Volunteers

Young Rangers

A fun and active outdoor session for 9 to 13 year old's in Hull Road Park.

Third Saturday of every month
10.30am to 12.30pm

Meeting point outside the Pavilion.

Activities Include:

-  Creative crafting
-  Lots of games
-  Gardening
-  Making homes for wildlife

Free and no booking required.



For More Info
For more information please get in touch by text or email:
york@tcv.org.uk
07798693718

Youth
Youth Development at North Yorkshire Youth

Tang Hall
Big Local



One of the focal points of the Hull Rd Park Project has been the inclusivity of the group, TCV has decades of experience working with individuals support needs and ensuring that as many people as possible can benefit from the activities offered.

The simplicity of this is the key, but it gives those participants huge satisfaction and a sense of achievement when they see what they have grown in the community garden.

The woodworking sessions and general horticulture around the Park enable everyone to learn new skills, feel valued and appreciated and to connect with nature and green spaces.

