

Become a member of the Friends of South Park today, or renew your annual membership. Simply send us your name, address and email to info@friendsofsouthpark.org.uk (we won't share your information with anyone). Or send the same information to the address that follows. Also let us know if you would like to participate in our working groups for gardening, children's activities, events, and we suggest a donation of £10 per family or £5 for a single adult by cash or a cheque made out to: 'Friends of South Park' that can be sent to: 20 Beltran Road, SW6 3AJ.

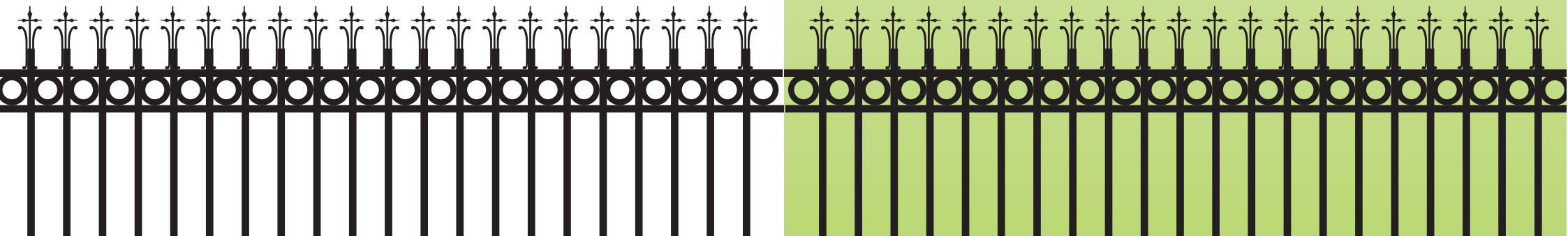
You will receive a Friends of South Park membership card and a reusable shopping bag as a thank you for supporting us. Privileges of your membership card include:

- ✿ priority booking for all Heritage Market Garden activities
- ✿ exclusive discounts with select shopkeepers on Wandsworth Bridge Road
- ✿ special offers at area restaurants and bars

For a full, up-to-date list of what benefits your membership card offer, visit www.FriendsofSouthPark.org.uk.



Autumn 2011/Winter 2012 Calendar of Activities



Dear Friends,

Many of you joined us at the 1st annual Picnic in the Park celebration in South Park this past May for a day of fun, feasting and fantastic music! This autumn we're organizing another great event to celebrate the closing of the first growing season of Fulham's Heritage Garden Harvest Festival Saturday, October 29, 2011.

12:00 - 2:30 pm

Delicious autumn lunch, South Park apple juice, and alcohol for sale

12:30 - 2:30 pm

Children's activities, including Halloween mask painting, root vegetable tasting, bird seed cones making, and much more

2:30 pm

Mayor Stainton officially opens the playground

3:00 pm

Halloween Parade leaves from the north gate down Clancarty to WBR

3:30 pm

Trick-or-treating for families at local shop keepers

The afternoon's family activities will spill over into the evening with more free hospitality, restaurant and shopkeeper discounts—and live music at 8:00 pm at La Cuenta.

We look forward to seeing you on October 29 for more fun, feasting and fantastic music!

Warm regards,
Alex Schniewind, Chair
Friends of South Park

FULHAM'S HERITAGE MARKET GARDEN brings you a season of weekly courses on Saturday mornings from 10:00 am to noon from November thru March—all led by experts and artisans with experiences ranging from crafts to meditation to bread making to seed growing. And two weekly morning activities for children! Mark your diary today to attend one or more of these sessions. We ask that you donate £5 for each session you attend to help us cover costs and materials. All activities happen in "The Shed" at Fulham's Heritage Market Garden in the northwest corner of South Park.

Beans & Bugs

Bean & Bugs, the children's programme of Fulham's Heritage Market Garden, will offer two weekly drop-in activities in the morning for under 5's. If there is enough interest, we'll add more activities during half terms or holidays!

Tuesdays , Sep 27 thru Dec 13

10:00 am – 11:00 am

Mange Tout



A pre-school education programme supported by Organix with activities themed around seasonal fruit or vegetables, including songs, games, craft activities, snack ideas, and nutritional tips.

Thursdays , Sep 29 thru Dec 15

10:00 am – 11:00 am

HCGA Children's Programme

Activities focused on our natural world, including environmental art projects such as scarecrow making and paper making, sensory play such as making mud pies, and food growing and cooking.

All people working with children are CRB checked and insured. We aim to grow as much as we can ourselves and get as many materials we use from sustainable and/or recycled sources. And check out other activities for under 5's in our area, including Musical Express on Friday mornings and ballet on the weekend, at Harrington's on Wandsworth Bridge Road.

2011

November Heritage Month

5 Sat, 10-11 am

Local historian Sue Pierson will talk about Charlotte Sullivan, Fulham's greatest benefactor, who is responsible for the covenant that now protects South Park

12 Sat, 10-11 am

Lecture on the value of preserving heirloom plants and vegetables and how to support this growing effort

19 Sat, 10-11 am

The historical expert on Veitch & Co, the 19th century plant explorers who leased South Park's land for years, will speak

December Holiday Month

3 Sat, 10-11 am

Dress your door or table with a fresh holiday wreath and other natural decorations made by you (materials provided) at this holiday decorating session

Sat 10, 10-11 am

Natural gift making course will give you a hands-on opportunity to make presents, such as beeswax candles and organic soaps (materials provided)

Sat 17, 10-11 am

Gift-wrapping workshop will show you how to make the most of re-using things around the house to present your loved ones with lovely packages

2012

January Health Month

Sat 14, 10-11 am

Relax after what was probably a busy holiday season with a course on Indian head massage, based on the ancient healing system of Ayurveda

Sat 21, 10-11 am

Attend a session on meditation, the process of calming the mind and making the body still to create a feeling of inner peace and well being.

Sat 28, 10-11 am

Learn about home remedies for winter colds and the doldrums to get you through the winter.

February Home Month

Sat 4, 10-11 am

Discover the secret formula for making the base for pretty much any kind of hearty soup from a soup expert—and how to make an artisanal bread to go with it!

Sat 11, 4-6 pm

Join us for a wine tasting extravaganza!

Sat 25, 10-11 am

Don't let spring cleaning sneak up on you this year (again). Learn how to make health, green cleaners from basic products in your cupboard.

March Gardening Month

Sat 3, 10-11 am

New to gardening and vegetable growing? Or looking to make your green thumb greener? Taught by master gardeners, courses in March will be on designing a growing space, preparing the site, composting, and sowing seeds and transplanting seedlings. Topics to be assigned specific dates in the new year.

