



# Friends of North Sheen Recreation Ground



## Friends of NSRG Meeting 6.6.17



### Community Day

*Activities for children*

WW1 local history exhibition

*Dog Show*

Free Entry - all welcome!



- ❖ Art activities and face painting for children
- ❖ Talks from local historian for children 12pm and 1.30pm
- ❖ Dressing up in Edwardian children's clothes
- ❖ Dog Show - registration (£1 per entry) 12.30; show 2pm
- ❖ Exhibition about the 129 servicemen who lived near to North Sheen Recreation Ground who lost their lives in WW1 including map showing where they lived





- **Welcome:** meeting objectives and agenda
- **Rec Vision – quick re-cap**
- **Updates on progress made by the Friends group:**
  - New Outdoor Gym
  - New flowerbeds
  - New trees
  - Rec Dog Club
  - Paddling pool
- **Future plans – current ideas for discussion:**
  - Tree labelling (to prepare for tree walks etc)
  - Building insect hotels
  - Tree Fest in 2018
- **AOB / suggestions from Friends**



## *Overall Vision*



### **Multi-use =**

answering the varying needs of different user groups, e.g. children, teenagers, adults, footballers, players of basketball /table tennis dog-walkers and café-goers; no single user group dominating usage to the detriment of others; using feedback from Rec user survey

### **Local =**

appealing to users in the local vicinity; users arriving on foot; not seeking users from further afield (apart from sports fixtures)

**To be an excellent  
multi-use local park we  
are all proud of,  
playing a positive role  
for local users and the  
environment**

### **Environment =**

positive, visible role for flowers and trees, enhancing the Rec's stress-busting qualities and supporting habitats for bees, butterflies and birds

### **Excellent =**

as good, if not better than the best multi-use local parks (evaluated by Richmond Council user satisfaction surveys)

### **Playing a positive role =**

being an uplifting place to visit – improving the quality of local users' lives; being good neighbours to those who live near the Rec

### **We are all proud of =**

we all enjoy visiting the Rec and want to keep it as good as it can be





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# ***New Outdoor Gym***



Outdoor Gym Champions: Anna Gilbert and Sue Burden

***VISION: Sport / Fitness***  
Encouraging informal /  
free-to-access sport  
and fitness activities  
including outdoor gym

## **Outdoor Gym equipment:**

- ▶ Skier
  - ▶ Leg press
  - ▶ Chest press
  - ▶ Combi-benches
  - ▶ Body twist
  - ▶ Chin up bars
  - ▶ Static cycle
  - ▶ Cross rider
- (16 places)**

- Achieved with £20,000 grant from London Marathon Trust and support from Richmond Council – application made by Friends Committee members
- *Public consultation run by Richmond Council in Oct 16 received overwhelmingly positive responses (58 replies; 53 in favour, 5 against)*



**4 Free training  
sessions to be  
arranged –  
what time  
would suit you?**

**Example training  
routines to be  
prepared e.g. for  
beginners, for cardio  
fitness, etc**

**New fencing and gates to be installed**



## Welcome to North Sheen Recreation Ground Outdoor Fitness Equipment

**Important - Please read these instructions before beginning your workout**

- Users of this equipment do so at their own risk, Richmond Council does not accept any liability for loss or injury caused by the use of this equipment.
- Children must be adequately supervised by an adult. This is not play equipment.
- Read the instruction on each piece of equipment before use.
- Begin your exercise routine with a warm up session. Start slowly and build up intensity gradually.
- Aim to do at least 20 minutes of medium to high intensity exercise overall.
- Allow 5-10 minutes to stretch off and cool down after your session.
- Stop if you feel faint or dizzy. Do not use under the influence of drugs or alcohol.
- If you are in any doubt about your health or level of physical fitness consult a doctor or fitness professional before using this equipment.
- Be courteous; allow others to use the equipment as soon as you have finished your session.
- Stand clear of all equipment when in use by someone else.
- Do not use any equipment if it appears damaged, or is malfunctioning. Please report to Richmond Council on 0208 891 1411 or e-mail: [trees&parks@richmond.gov.uk](mailto:trees&parks@richmond.gov.uk)
- In case of accidents, please contact the emergency services.
- In the interest of safety, please do not bring dogs, glass or alcohol into the area.
- Please help to keep this site in good working condition.

Enjoy your session.

Exercising outdoors should be fun and invigorating.

Funding for this facility has been obtained by the Friends of North Sheen Recreation Ground, in partnership with Richmond Council's Parks Team, through the London Marathon Charitable Trust's Small Capital Grants Programme.

**Friends of  
North Sheen  
Recreation Ground**



*LONDON BOROUGH OF  
RICHMOND UPON THAMES*

**LONDON MARATHON  
CHARITABLE TRUST**

*INSPIRING ACTIVITY*

## Outdoor Gym Introduction

### Chest Press

CW-02

This unit provides an upper body workout focusing on the chest and arms.



### Leg Press

CW-06

Use the Leg Press to strengthen and build the thigh and hip muscles.



### Skier

CW-08

Strengthens lower back and abdominal muscles to improve flexibility.



### Cross Rider

CW-23

A full body cardio workout using the arms and legs simultaneously.



**Enjoy your workout!**

Please report any problems with the equipment to Richmond Council:  
[http://www.richmond.gov.uk/home/services/parks\\_and\\_open\\_spaces/report\\_a\\_parks\\_fault.htm](http://www.richmond.gov.uk/home/services/parks_and_open_spaces/report_a_parks_fault.htm) (select "other" in issue list) or call 0208 891 1411





## Arm Bike

CW-35

This unit provides a full body cardio workout and helps to build stamina.



## Chin-Up

CW-10

A great development for the upper body.



## Outdoor Gym Introduction

## Body Twist

CW-15

Improve flexibility in the lower back and hips. With three user stations.



## Combi Benches

CW-16

Gain wider abdominal movement whilst performing sit-ups.



**Enjoy your workout!**

Please report any problems with the equipment to Richmond Council:  
[http://www.richmond.gov.uk/home/services/parks\\_and\\_open\\_spaces/report\\_a\\_parks\\_fault.htm](http://www.richmond.gov.uk/home/services/parks_and_open_spaces/report_a_parks_fault.htm) (select "other" in issue list) or call 0208 891 1411



# Friends of North Sheen Recreation Ground



## *VISION: Environment*

Positive role for flowers and trees, building the Rec's stress-busting qualities as well as habitats for bees, butterflies and birds

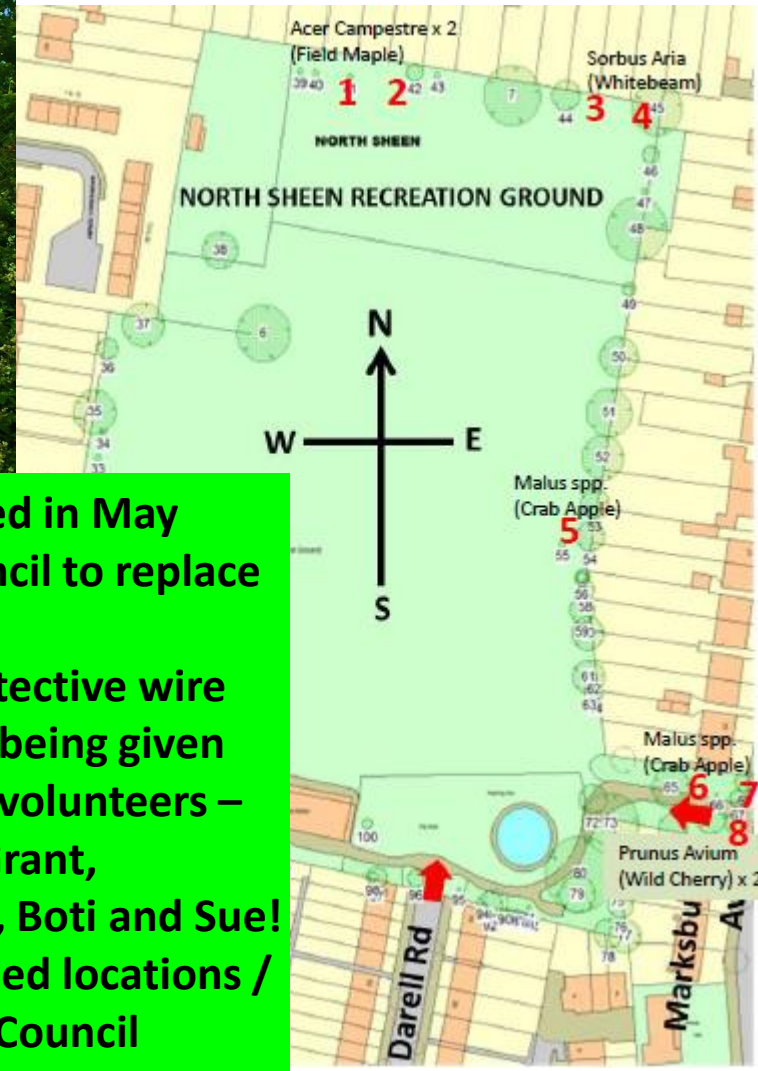
New developments



# Trees



Environment Champions: Peter Hart and Sue Burden



- ❖ 8 new trees were planted in May 2017 by Richmond Council to replace dead trees
- ❖ The new trees have protective wire guards / stakes and are being given extra water by 7 Friend volunteers – many thanks to Anna, Grant, Nicholas, Peter, Begona, Boti and Sue!
- ❖ Friends Committee agreed locations / species with Richmond Council





# Friends of North Sheen Recreation Ground



New developments

## Flowers



Environment Champions: Peter Hart and Sue Burden

### *VISION: Environment*

Positive role for flowers and trees, building the Rec's stress-busting qualities as well as habitats for bees, butterflies and birds



- \* Fantastic new flowerbeds planted by Richmond Council in response to requests by Friends, based on Rec User Survey
- \* Succession of Spring bulbs, perennials and shrubs
- \* One new variety of bee (Blue Mason Bee) spotted in the Rec already!
- \* WW1 memorial poppy flowerbed re-sown





# Friends of North Sheen Recreation Ground



## *VISION: Environment*

Positive role for flowers and trees, building the Rec's stress-busting qualities as well as habitats for bees, butterflies and birds

New developments

## *Flowers*

Environment Champions: Peter Hart and Sue Burden



- \* Over 100 bulbs (daffodils, hyacinth and tulips) were planted in the Rec before Christmas by Friends volunteers (many thanks to Michael, Anna, Katy, Sue!) – and thanks to the Kew Society for their surplus bulbs
- \* Planting locations focussed on edges of the Rec / wild areas (not the new flowerbeds)



## Friends of North Sheen Recreation Ground



New developments

### ***VISION: Environment***

Positive role for flowers and trees, building the Rec's stress-busting qualities as well as habitats for bees, butterflies and birds

- \* Bees and butterflies use the Rec as a vital foodstore - there are 9 species of bee in the Rec, mainly in the uncut rough grass and Fool's Borage plants on the borders. A new visitor this year was the Blue Mason Bee: solitary bumblebees with nests of mud under hedges. They are found on the white blossom of the shrubs in the dog training area – very small, but with a bright blue thorax and two white stripes across their black heads.

## ***Wildlife***



Environment Champions: Peter Hart and Sue Burden

- \* Bird observations continue to show regular visitors to the Rec throughout the year.
- \* Winter migrant birds like redwings and fieldfares feast on the berries in the Rec; summer visitors like swallows and swifts wheel around the skies above. Of particular interest was the yearly return of two Ring Ousels in early April, migrating north and stopping off in the Rec to feed .
- \* An Osprey, high overhead one morning, brought the annual species count to 37.

- \* *Peter provides regular updates of significant environmental developments via the Friends of North Sheen Rec Facebook page – feel free to post your own discoveries there too.*





## ***Paddling Pool***



### ***VISION: Playgrounds***

Encouraging play for all children that is active, fun, safe, inclusive, social ; with paddling pool

### **Email from Richmond Council Facilities Management: Signs around the paddling pool**

“We are planning to install some new signage this year that cover the basic pool rules (No dogs, Bikes...) and reminding users about supervision etc”

*(NB Riding bikes / scooters on the empty pool damages the surface)*

### **Email from Richmond Council Facilities**

#### **Management: Maintenance and pool renovation**

“The works ... extend beyond resurfacing and will likely involve the reconstruction of the pool tank and the installation of disinfection and filtration equipment, as you can imagine this is a large project and will not take place this year.

The commitment from us for this year is that any defects in the existing pool tank surface will be repaired and made safe. The repairs and any on going maintenance will be of sufficient quality to enable the safe operation of the pool for the 2017 season within both HSE and PWTAG [*Pool Water Treatment Advisory Group*] guidelines. We have appointed a contractor to attend on a daily basis (when the pool is operational) to monitor water quality in line with PWTAG guidelines and undertake the required disinfection of the pool, they will also be responsible for reporting any defects.”

# Friends of North Sheen Recreation Ground



New developments

## Dog walking



### *Vision: Dog Walking*

Encouraging  
responsible dog-  
walkers to enjoy the  
Rec in harmony with  
other Rec users



Dog Walkers Champion: Pam Ibrahima

## Dog Club

If you would like to join the **Dog Club**  
in North Sheen Rec.

**We would offer:**

**Dog Birthday Parties**

**Dog Photo Exhibition with Prizes**

**Dog Show**

**Classes**

**Meet in Park**



**Wednesday 15th March 12am** to join  
and have your dogs picture taken.

Info- Pam 07715808666

Friends of  
North Sheen  
Recreation Ground



### Friends Dog Club

-  So far 17 dogs have been photographed for the Dog Photo Exhibition
-  Exhibition end July? Doggie treats and prizes (donated by Pets World)





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# *Trees*



Environment Champions: Peter Hart and Sue Burden

**Tree Inspection July 2016: TOTAL: 98 (23 species)**

**20 Holly**  
**9 Acer platanoides (Norway Maple / Sycamore)**  
**5 Acer campestre (Field Maple / Sycamore)**  
**2 Acer negundo (Ash Leaf Maple)**  
**13 Prunus (Cherry)**  
**9 Lime**  
**7 Sorbus (Rowan)**  
**7 Ash (including 1 Weeping Ash)**  
**5 Oak (including 1 Turkey Oak)**  
**4 Horse Chestnut (including 2 Indian Horse Chestnut)**  
**4 Hornbeam**  
**2 Crab Apple**  
**2 Silver Birch**  
**2 Laburnam**  
**1 each of Lilac, Yew, Acacia, Sweet Chestnut, Elder, Hawthorn**

Tree  
Inspection  
with Richmond  
Council 's  
Arboriculture  
Manager ,  
Craig Ruddick ,  
Peter and Sue



Peter fixes an  
Ash Dieback  
reference  
number to one  
of the Rec's Ash  
trees – part of a  
national  
campaign to  
fight Ash  
Dieback disease

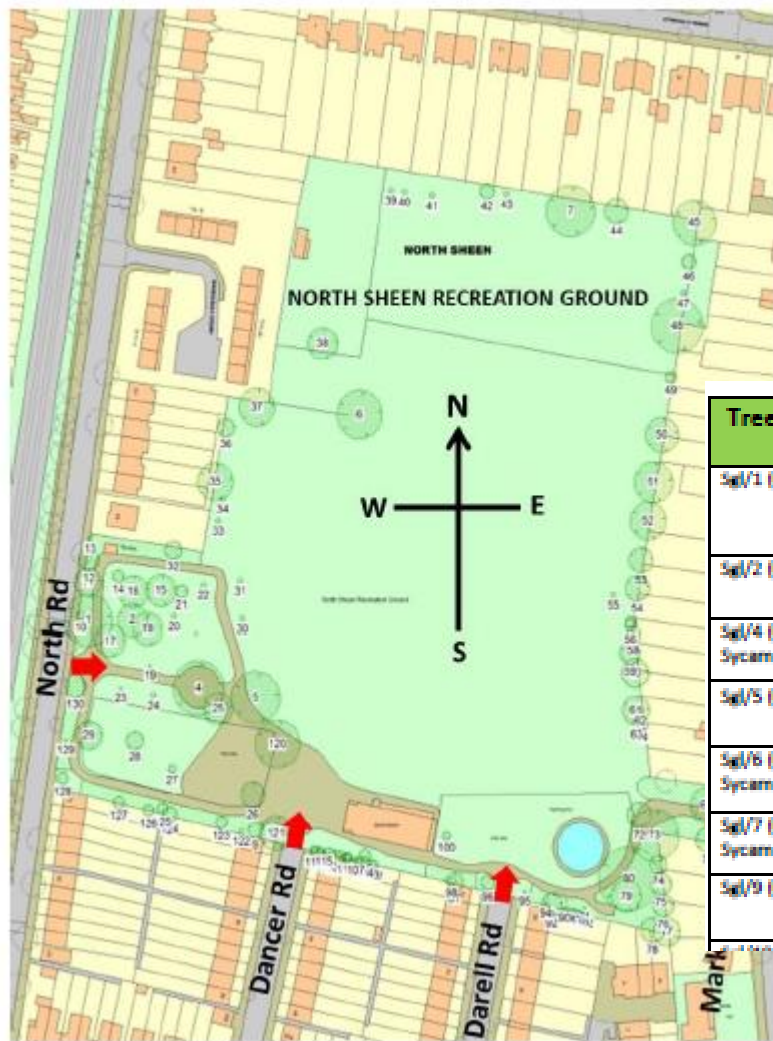
# Friends of North Sheen Recreation Ground



## Trees



North Sheen Recreation Ground – Tree Survey Info – July 2016



Environment Champions: Peter Hart and Sue Burden

We already have basic information on each tree in terms of species and location (thanks to July Tree Inspection with Richmond Council Tree Specialist)

Tree Number & Species (Common name)	Notes from July 2016 Check	Location (look at map as well)
Sgl/1 (016872) <i>Fraxinus</i> spp. (Ash spp)	Signs of Ash Dieback - Registered as 04606 on Ash Dieback website	By North Road entrance, on left as you enter
Sgl/2 (016876) <i>Prunus avium</i> (Wild Cherry)		In grassed area on left of North Road entrance
Sgl/4 (016884) <i>Acer platanoides</i> (Norway Maple / Sycamore)	(No #3)	In centre of path "roundabout" near to North Road entrance
Sgl/5 (016888) <i>Quercus robur</i> (English Oak)		On edge of main grassed area near to Senior playground
Sgl/6 (016892) <i>Acer platanoides</i> (Norway Maple / Sycamore)		By basketball hoop
Sgl/7 (016896) <i>Acer platanoides</i> (Norway Maple / Sycamore)	(No #8)	On north edge of Rec
Sgl/9 (017148) <i>Taxus baccata</i> (Common Yew)	Not found in July 2016 Tree Survey check (#122 is Yew)	





# Trees



Environment Champions: Peter Hart and Sue Burden

- \* The Friends Group have discussed making more of the trees in the Rec in terms of increasing awareness of the trees we have and their role in the environment, particularly with school children
- \* This could involve guided tree walks and Rec Tree Guide leaflets being available in the café for people to borrow
- \* To do this, we need to have labels identifying all trees, + photos of the tree through the seasons, + other info on the tree (available via QR code on the label) – a Rec tree database that can be used to create walks etc
- \* We plan to do this over the next 12 months, getting a grant from an environmental / educational charity to pay for the labels
- \* Tree Guides etc could be launched at a “Tree Fest” event in Summer 2018



Example tree label (from Kew Gardens)  
- We would have the English name as well and a QR code linking to more information on our website

- \* **VOLUNTEERS NEEDED** to compile the tree information and take 5 photographs of each tree (Spring, Summer, Autumn, Winter and leaf)
- \* Each volunteer to cover 3 species max; info format to be provided



## ***Example Tree Information (currently on our website for a few trees)***

***Indian Horse Chestnut, Aesculus indica, is native to the lower slopes of the north-west Himalaya, from Afghanistan and Pakistan to western Nepal. In the Himalayas it is one of the dominant trees of deciduous forests, growing alongside oaks, maples, birches and laurels.***

*It was introduced to Britain in 1851 by Colonel Henry Bunbury, a friend of Sir Joseph Hooker, Director of Kew Gardens from 1865-1885, who planted seeds in his family's Suffolk garden. Its conkers, inedible and poisonous, come in a smooth and spineless case. They are wrinkled, darker and smaller than that of the standard Horse Chestnut.*



# ***Tree Fest Event***



- \* A “Tree Fest” event in Summer 2018 could focus on the trees in the Rec and their role in the environment
- \* Possible ideas:
  - \* Guided Tree Walks
  - \* Nature Trails
  - \* Tree Photography exhibition / competition
  - \* Talks on wildlife living in trees
  - \* Tree storytelling for children
  - \* Making Bug hotels to be used in the Rec
  - \* Stalls from The Woodland Trust etc
  - \* Tree crafts activities for children
  - \* Exhibition about the uses of different wood / history of trees in the Rec



😊 ***VOLUNTEERS NEEDED to help with Tree Fest – at least 6 people – each to be responsible for a single aspect of the event***





# ***Reporting faults in the Rec***



**Richmond.gov.uk**

Services | The Council | My Richmond

Services / Parks and open spaces

## Parks and open spaces

Richmond upon Thames is famous for its greenery and is the only borough where residents live on both sides of the river. There are over 500 hectares of formal parks, sports grounds, playgrounds and nature conservation sites for residents to enjoy.

[Find a park](#) [Report a fault](#)

- ➔ ***Please report any faults in the Rec directly with Richmond Council via their website – google “Richmond Council Parks” – or call them (someone is there 24 / 7) on 0208 891 1411***
- ➔ ***Usually this achieves a satisfactory resolution - if the response is unsatisfactory / the problem is not rectified, please let Sue know and she will take it up with Richmond Council***



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**Friends of  
North Sheen  
Recreation Ground**



**Thank you for your support and for  
coming to the Friends Meeting!**