

10:30AM – 4PM
WEDS 27TH + THURS 28TH
MARCH 2019

FEELING GOOD IN A GREEN CITY



A 2-day celebration of Sheffield's natural environment and the health benefits it brings, marking the end of the University of Sheffield's research into improving wellbeing via urban nature (IWUN).

Performances in the Weston Park Bandstand

Weds 27th	Grace & Chivalry	A gentle blend of acoustic soul folk inspired from separate lives lived with an ocean between them.
	Sosa-Xa!	Sounds of South Africa choir working with people from different backgrounds through South African languages
	True Colours	Spoken word performer
	Samantha Walker	Comedic spoken word
	Mrs Barbour's Army	Songs telling the history of land, housing and food in Britain
Thurs 28th	Tales of Whatever	Stories by the IWUN project researchers and participants curated and supported by the Tales of Whatever team
	Juice Choir	University of Sheffield staff choir
	Justin Sheppy	Spoken word & music
	Kiran Mahli	Spoken word artist, also of Verse Matters (Sheffield-based feminist spoken word events).

Workshops in Weston Park Museum

Both days	Nature & Wellbeing workshops: Morning 'how to' workshops for practitioners led by Jo Birch and afternoon taster sessions for anyone over 16 led by Chrissy Bonham, Mixed up but Mindful.
	Mindfulness activities: Breathing, guided meditation, mindful seeing & listening Led by Tabby Kerwin, Create My Happy
	Mindfulness exercises and activities by Rebecca Norton, Sense of Direction

Photography competition

Share your pictures based on three themes: **Hidden gem, Birds of a feather & Park life.** Our favourite overall image wins a £60 Amazon voucher.

Post your images on Twitter using the hashtag **#FeelGoodGreenCity** by the 29th March. Winner announced 8th April

Guided Walks

Both days	Birds & birdsong Starting at the Ponderosa	A gentle wander through the parks identifying birds by sight and sound. Suitable for beginners, bring your own binoculars or just enjoy the birdsong. With Julie Riley
	Other ways to walk in nature Starting at the Ponderosa	Guided meditation, mindful drawing and quiet time to make your own discoveries will support you to find harmony in nature. With Rachel Massey
Weds 27th	Crookesmoor Parks stories Starting at Weston Park Museum	Discover the hidden stories of how the dramatic landscape of the three Crookesmoor parks came about and the different roles they have played in Sheffield over the years. With Simon Ogden
	Walk with Ian Rotherham Starting at Weston Park Museum	A gentle stroll to discover the wildlife of urban greenspaces and the positive but easy benefits of contact with nature that delivers seasonality, spontaneity, and sense of place. These are qualities often reduced or lacking in the modern, built environment. With Ian Rotherham

Activities in the Ponderosa

Both days	What can you do with a stick?	A fun, creative activity for families with Grow Theatre
	Face painting	Nature-based make-up artistry by Clare Jane Garrett

Art Exhibition at the Winter Gardens

Nature doesn't judge you - a free art exhibition sharing nature experiences in the context of mental health difficulty

PROGRAMME FOR WEDNESDAY 27th MARCH



	WESTON PARK				PONDEROSA	WINTER GARDENS
	IN THE MUSEUM	BANDSTAND	AROUND THE PARK	*GUIDED WALKS	AROUND THE PARK	
10:30	Nature & wellbeing 10.30-11.50pm (practitioners)			Birds by sight & sound 10.30 – 11.30pm		Nature doesn't judge you Art Exhibition 8am – 8pm
11:00					What can you do with a stick? 10.30 – 12.30pm	
11:30						
12:00	Mindfulness workshop 12-1pm	Grace & Chivalry 12-12.30pm	Cycling Without Age 11.30 – 4pm		Face painting 12-4.30pm	
12:30		Sosa-Xa! 12-12.30pm		Talking Benches 11-4pm		
13:00		True Colours				
13:30		Samantha Walker				
14:00	Nature & wellbeing 2-3.20pm (public)	Mrs Barbour's Army 2.15 – 3.15pm		Other Ways to Walk in Nature 2 – 3pm		
14:30						
15:00						
15:30	Mindfulness workshop 3.30 – 4.30pm			Other Ways to Walk in Nature 3.30 – 4.30pm		
16:00						

Food & Stands at the Ponderosa

Food and drink will be available to buy all day at the Ponderosa including vegan and vegetarian options. Or just have a nice cuppa in the marquee.

Stands from: Flourish, Juice, Sheffield Marrow, SODIT, Sheffield and Rotherham Wildlife Trust, Manor Fields Park, River Stewardship Company, Manor & Castle Development Trust, Peak District National Park Authority

***Mindfulness & Nature walks starting at the Ponderosa** run by the Peak District National Park Authority starting at 11.30am, 12.30am, 2pm and 3pm.

PROGRAMME FOR THURSDAY 28th MARCH

	WESTON PARK				PONDEROSA	WINTER GARDENS
	IN THE MUSEUM	BANDSTAND	AROUND THE PARK	GUIDED WALKS	AROUND THE PARK	
10:30	Nature & wellbeing 10.30-11.50pm (practitioners)		Talking Benches 11-4pm	Birds by sight & sound 10.30 – 11.30pm		Nature doesn't judge you Art Exhibition 8am – 8pm
11:00						
11:30						
12:00	Mindfulness workshop 12-1pm	Tales of Whatever 12,15-1.15pm			Face painting 12-4.30pm	
12:30						
13:00						
13:30		Juice Choir 1.30-2pm		Crookesmoor Park stories 1.30– 3pm		
14:00	Nature & wellbeing 2-3.20pm (public)	Justin Sheppy 2.15-2.40pm				
14:30						
15:00		Kiran Mahli 2.50-3.20pm		Ian Rotherham 3.00 – 4.00pm		
15:30	Mindfulness workshop 3.30 – 4.30pm					
16:00						

Food & Stands at the Ponderosa

Food and drink will be available to buy all day at the Ponderosa including vegan and vegetarian options. Or just have a nice cuppa in the marquee.

Stands from: Flourish, Juice, Sheffield Marrow, SODIT, Sheffield and Rotherham Wildlife Trust, Manor Fields Park, River Stewardship Company, Manor & Castle Development Trust, Peak District National Park Authority