



Rhyddings News

A Guide to What's On at The Coach House & Kitchen Garden, Rhyddings Park - Jan - June 2025

Welcome to this What's On Guide for The Coach House & Kitchen Garden at Rhyddings Park. The Coach House and Kitchen Garden is managed by The Friends of Rhyddings Park CIO, a volunteer led organisation working to benefit the community.

We are proud to support the community of Rhyddings. The Coach House & Kitchen Garden are powered by 200+ volunteer hours per week



We have an active Facebook Page that provides the most up to date information and provides information about any short notice changes or closures. We also have an Instagram & TikTok page along with a website where all events, courses and sessions that require booking are booked.

Getting in touch with the Friends of Rhyddings Park.



rhyddingspark@yahoo.com



Message via our Facebook Page – Friends of Rhyddings Park



www.friendsofrhyddingspark.com

Please be aware we are volunteers and there maybe a delay in responding to you. If you do not receive a response within 7 days, please do resend your enquiry.

The Coach House & Kitchen Garden does not have parking - street parking around the park is available however please do respect our neighbours and park legally and with consideration for our neighbours.



Rhyddings Park, Oswaltdwistle



Our Weekly Programme of Regular Events* @ The Coach House & Kitchen Garden

***Please check our Facebook Page for any changes, we post on a daily basis.**

Groups and sessions that require booking, this is done via our website

www.friendsofrhyddingspark.com/shop

Monday

- 🕒 10am Rhyddings Walkers, free to attend, mixed abilities - meet at the Coach House, no need to book
- 🕒 10am -2pm The Kitchen Garden is open to view and enjoy, Kate our Community Gardener and the volunteer garden team will be working hard to maintain and develop The Kitchen Garden
- 🕒 11am Exercise to Music with Jen, a lovely friendly dance and exercise class, £3 per session, pay as you go - contact Jen 07540 114701
- 🕒 1.30pm Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £29 for the 6 sessions.
- 🕒 3pm QiGong with Bernie, booked in blocks of 6 via the website at a cost of £29 for the 6 sessions
- 🕒 5.55pm Boxercise - booked as part of the Well Being Offer Bootcamp Pass - booked monthly via the website and free to attend
- 🕒 6pm Laughter Yoga Club, free to attend and bookable each week via the website
- 🕒 6.30pm Circuit - booked as part of the Well Being Offer Bootcamp Pass - booked monthly via the website and free to attend



Tuesday

- 🕒 1pm – 2.30pm Knit & Natter, Crochet & Chat, free to attend, brews £1 – a friendly group bringing their own knitting or crochet, just turn up, no booking required
- 🕒 1.30pm Exercise to Music with Jen, a lovely friendly dance and exercise class, £3 per session, pay as you go - contact Jen 07540 114701
- 🕒 Various, 1:1 boxercise for adults with learning disability or autistic people – please email us for more information – rhyddingspark@yahoo.com
- 🕒 7.30pm Men on Mats, a Zen Yoga session for Men – currently this is part of the well being offer that is free however from February 2025, this will be a paid session - booked in blocks of 6 via the website at a cost of £29 for the 6 sessions



Wednesday

- 🕒 10am – 1pm Art & Friendship Group, £1 to attend, bring your own art work, sit together, chat & be creative. A lovely friendly welcome awaits you
- 🕒 10am -2pm The Kitchen Garden is open to view and enjoy, Kate our Community Gardener and the volunteer garden team will be working hard to maintain and develop The Kitchen Garden
- 🕒 10.30am Walk & Talk Group for Adults with Learning Disabilities and Autistic People – a gentle walk followed by brews in the Coach House Café, it costs £1 to attend, this is a contribution towards refreshments, registration is required prior to joining this group, for information on how to register, please email rhyddingspark@yahoo.com
- 🕒 7.30pm Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £29 for the 6 sessions



Thursday

- 🕒 11am Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £29 for the 6 sessions
- 🕒 6.15pm Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £29 for the 6 sessions
- 🕒 7.30pm Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £29 for the 6 sessions

Friday

- 🕒 10am The Rhyddings Wombles meet to litter pick the park followed by brews and a sweet treat in the cafe
- 🕒 10am -2pm The Kitchen Garden is open to view and enjoy, Kate our Community Gardener and the volunteer garden team will be working hard to maintain and develop The Kitchen Garden



Saturday

- 🕒 8am throughout the morning, Bootcamps - booked as part of the Well Being Offer Bootcamp Pass - booked monthly via the website and free to attend
- 🕒 10am QiGong with Bernie, booked in blocks of 6 via the website at a cost of £29 for the 6 sessions

🕒 11.15am QiGong with Bernie, booked in blocks of 6 via the website at a cost of £29 for the 6 sessions

Café Opening

The Coach House Community Café is managed and serviced by volunteers, it is not a commercial café with paid staff.

We rely on volunteers to plan, shop, prepare, cook, serve, wash up and clean up – in order to provide a café service within Rhyddings Park.

Openings each month are advertised on the website, on Facebook, within the noticeboards in the park & within the Coach House including on the door.

Generally, the café is open Monday, Wednesday, Friday & Saturday 9am until 2pm with last orders at 1.15pm and closing after this at the latest 2pm.

The menu changes each opening and is advertised on Facebook – when entering the café, the menu is on a chalkboard.

Café Connections means brews for those 65 & over are free until 31.05.2025 !



Peer Support and Education Programme – Learn to Live Well

These sessions are free

Booking is via the website www.friendsofrhyddingspark.com/shop

Booking for each session or course is generally open the month before – check the Facebook Page or website for more information.

Superpowers - A group offering support and education for (16+) people who are neurodivergent or have a family member who is. Session facilitated by a Consultant Psychologist & a Mental Health Coach.

- 📅 Sundays
- 12th January 2025
- 9th February 2025
- 16th March 2025
- 13th April 2025
- 11th May 2025
- 22nd June 2025

🕒 10.30am – 12 noon

Booking required via the website www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com

Anxiety - Wellbeing Session – sessions aimed at helping you manage anxiety and stress through the seasons. Session facilitated by a Mental Health Coach.



Tuesdays

7th January 2025 – New Year Reset, strategies for a calm new year

4th March 2025 – Renew & Refresh

13th May 2025 – Bloom & Balance

1st July 2025 – Mood Boosting Masterclass



9.30am – 11am

Booking required via the website www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com

Retrain Your Brain - Anxiety & Stress Management – sessions aimed at helping you manage anxiety and stress in everyday life. Session facilitated by a Mental Health Coach.

A course over 3 sessions.

Course dates



Tuesdays

4th, 11th and 18th February 2025 – attendance encouraged to all 3 dates of this course



11am – 12.30pm



Thursdays

27th March 2025, 3rd & 10th April 2025 – attendance encouraged to all 3 dates of this course



5.30pm – 7pm

Booking required via the website www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com

Understanding and Managing the Impact of Trauma – 6 sessions. Session facilitated by a Consultant Psychologist.

- 1) Introduction & Safety Planning
- 2) The Impact of Trauma & the Body
- 3) The Impact of Trauma, Feeling & Behaviours
- 4) The Impact of Trauma on the Sense of Self
- 5) Understanding Triggers and Survival Responses
- 6) Self Compassion & Next Steps



Wednesday

15th January 2025, 12th February 2025, 12th March 2025, 9th April 2025, 14th May 2025, 11th June 2025 –
attendance encouraged to all 6 dates of this course

 3pm – 5pm

Booking required via the website www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com

Well Being Sessions

These sessions are free

Booking is via the website www.friendsofrhyddingspark.com/shop

Booking for each session or course is generally open the month before – check the Facebook Page or website for more information.



Mindful Crafts

 Saturday
22nd February 2025, 12th April 2025, 22nd June 2025
 1pm – 3pm

Booking required via the website www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com



Mindfulness and Mindful Movement

 Sunday
19th January 2025, 23rd March 2025, 25th May 2025
 10am – 12noon

Booking required via the website www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com

Partner Zen Yoga

 Sunday
12th January 2025, 2nd March 2025, 4th May 2025
 10am – 12noon

Booking required via the website www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com

Zen Workshop



Sunday

9th February 2025, 6th April 2025, 22nd June 2025



10am – 12noon

Booking required via the website www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com

Volunteering at Rhyddings

If you would like any further information about volunteering at Rhyddings across multiple roles – please email rhyddingspark@yahoo.com

Ad hoc & seasonal events will be advertised as and when

Rhyddings

- ✓ Rhyddings powered by volunteers
- ✓ Rhyddings led by volunteers
- ✓ Rhyddings a nice place to be
- ✓ Rhyddings powered by volunteers
- ✓ Rhyddings a community hub for well being



rhyddingspark@yahoo.com



Message via our Facebook Page – Friends of Rhyddings Park



www.friendsofrhyddingspark.com



Instagram - Friends of Rhyddings Park

With thanks to our supporters & funders

