



Rhyddings News

A Guide to What's On at The Coach House & Kitchen Garden, Rhyddings Park – July - Dec 2026

Monday

- 🕒 10am Rhyddings Walkers, free to attend, mixed abilities - meet at the Coach House, no need to book
- 🕒 9.30am -2.30pm The Kitchen Garden is open to view and enjoy, our Community Coach – Horticulture and the volunteer garden team will be working hard to maintain and develop The Kitchen Garden
- 🕒 11am Keep Fit 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 £30 for the 6 sessions.
- 🕒 3pm QiGong with Bernie, booked in blocks of 6 via the website at a cost of £30 for the 6 sessions
- 🕒 5pm & 6pm Circuit - free to attend and bookable each week via the website (times will vary in December)
- 🕒 6pm Laughter Yoga Club, free to attend and bookable alternate weeks via the website



Tuesday

- 🕒 1pm – 2.30pm Natter Club , free to attend, brews £1 – a friendly group bringing their own knitting or crochet, just turn up, no booking required
- 🕒 1.30pm Keep Fit with Jen, a lovely friendly dance and exercise class, £3 per session, pay as you go - contact Jen 07540 114701
- 🕒 7.30pm Men on Mats, a Zen Yoga session for Men – booked in blocks of 6 via the website at a cost of £30 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 - Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £30 for the 6 sessions
- 🕒 9.30am – 11.30am The Kitchen Garden is open to view and enjoy, our Community Coach – Horticulture 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
- 🕒 11am Seated Keep Fit, £3 per session, pay as you go - contact Jen 07540 114701
- 🕒 6pm Circuit - free to attend and bookable each week via the website
- 🕒 7.30pm Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £30 for the 6 sessions



Thursday

- 🕒 11am Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £30 for the 6 sessions
- 🕒 6pm, Adult Art Class, contact Sophie to book, Mobile 07896 642568 / sophie.fitz.astra@outlook.com
- 🕒 6.15pm Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £30 for the 6 sessions
- 🕒 7.30pm Zen Yoga with Bernie, booked in blocks of 6 via the website at a cost of £30 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

- 🕒 9.30am -2.30pm The Kitchen Garden is open to view and enjoy, our Community Coach – Horticulture and the volunteer garden team will be working hard to maintain and develop The Kitchen Garden
- 🕒 4.30pm Astra Drama Group – Children's Drama Group (does not run in school holidays), contact Sophie to book, Mobile 07896 642568 / sophie.fitz.astra@outlook.com



Saturday

- 🕒 10am QiGong with Bernie, booked in blocks of 6 via the website at a cost of £30 for the 6 sessions
- 🕒 10.30am Sophie's Scribbles, Children's Art Group (does not run in school holidays), contact Sophie to book, Mobile 07896 642568 / sophie.fitz.astra@outlook.com
- 🕒 11.15am QiGong with Bernie, booked in blocks of 6 via the website at a cost of £30 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 9.30am until 2pm with last orders at 1.15pm and closing after this at the latest 2pm. **The café will close to the public 1st – 31st December for private events through the festive period.**

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

NOTE:-

☀️ COACH HOUSE CAFÉ – HOT WEATHER NOTICE ☀️

As the temperatures rise, we have to put Health & Safety first to protect our amazing volunteers who run the café. The Coach House can become extremely warm — when it's 24°C outside, the café can easily climb above 30°C, and we don't have air-conditioning.

To keep everyone safe, we have a few measures in place:

- 1 Ovens will be switched off / no hot food during hot spells
- 2 Windows will be opened and air coolers used where possible

3 If we cannot maintain a safe working temperature, we may need to close the café at short notice

We know this can be disappointing, but it simply isn't fair or safe to expect volunteers to work in high heat.

♥ Thank you for your understanding and kindness as we look after the people who look after the café.



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.

Coping with Grief Workshops with Jen Brughty ♥ If you're navigating loss, you don't have to do it alone. Jen offers a warm, steady space to talk, breathe and feel supported.

📅 9th July • 17th September • 15th October • 10th November • 11th December

🕒 9.30am – 11.30am

Gentle guidance, understanding company and time just for you. Everyone welcome.

Booking via <https://jenbrightlygriefcoach.com>

🌸 ✨ CREATIVE CALM + HEALTHY RELATIONSHIPS THROUGH ART ✨ 🌸

We're excited to share a brand-new series of creative wellbeing sessions for women and girls aged 16–25 — coming this September! ❤️ 🍪

These sessions blend art, confidence-building and peer support, helping young women explore identity, boundaries and healthy connections in a gentle, creative space.

❤️ SESSION 1 – Identity & Self Worth

Discover who you are, what you value, and what supports your wellbeing.

SESSION 2 – Assertiveness & Boundaries

Build confidence, communication skills and emotional resilience.

SESSION 3 – Red Flags & Green Flags

Spot early signs of healthy and unhealthy behaviours through creative journaling.

SESSION 4 – Healthy Connections

Create collective art, strengthen peer support, and celebrate positive relationships.

 14 Sessions will run in September – more information coming soon!

Email us for more information - rhyddingspark@yahoo.com

 **Zen Workshops at Rhyddings** Take a peaceful pause this autumn 

 **Sunday 11th October**  **Sunday 15th November**  **10am – 12 noon**

A gentle, grounding session to help you reset, breathe and reconnect.

✦ **Booking required:** www.friendsofrhyddingspark.com/shop  **More info:** rhyddingspark@yahoo.com

 **Yoga Nidra – December Dates** Give yourself the gift of deep rest this winter ❄️

 **Mondays 7th, 14th & 21st December**  **7.30pm – 8.30pm**

A soothing guided relaxation to help you unwind, reset and restore.

✦ **Booking required:** www.friendsofrhyddingspark.com/shop  **More info:** rhyddingspark@yahoo.com

Summer Events

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

Live Music in the Kitchen Garden – Maelor Hughes

Sunday 5th July 2026 • 2pm–4pm

We're delighted to announce that talented local artist **Maelor Hughes** will be performing live in the Kitchen Garden this July. With a soulful voice, heartfelt songwriting and a blend of modern acoustic and timeless folk influences, Maelor has been lighting up venues across the region — and now he's bringing his beautifully crafted music to Rhyddings Park.

This special afternoon promises warmth, community spirit and the chance to enjoy one of our own home-grown musicians in the most peaceful corner of the park.

The concert will go ahead **rain or shine**, so feel free to bring along your umbrella or sun cream, plus your **picnics and chairs** to settle in comfortably.

To help us manage numbers and support a wonderful cause, **registration is required**, with a suggested **£5 donation**. All proceeds will be donated to the **Royal British Legion Poppy Appeal**, following our celebrations for Armed Forces Week in June.

👉 **Book your place:** www.friendsofrhyddingspark.com/shop

👉 **Supporting:** Royal British Legion Church & Oswaldtwistle Branch

🎵 Live Music on the Patio– Siren Call

Saturday 25th July 2026 • 4pm–6pm

We're excited to welcome the brilliant Siren Call on to the Patio this July. With their rich harmonies, uplifting sound and a setlist full of feel-good favourites, they're the perfect band for a summer evening in the most peaceful corner of Rhyddings Park.

This relaxed outdoor event promises great music, community spirit and a lovely chance to unwind together as the day winds down.

Numbers will be limited to allow us to move inside the Coach House for this event.

All proceeds will be donated to the **Royal British Legion Poppy Appeal**

🎫 Tickets: £6 per person Includes a pie & pea supper served during the event

👉 Book your place: www.friendsofrhyddingspark.com/shop

👉 **Supporting:** Royal British Legion Church & Oswaldtwistle Branch

Join us for a fantastic summer evening of live music, good food and great company.

The Friends of Rhyddings Park will be at:-

🌞 Let's Move Hyndburn – Summer in the Park 2026

Free Family Fun Across Hyndburn This Summer

We're excited to share the dates for this year's **Let's Move Hyndburn – Summer in the Park** events, bringing a full day of activities, games and outdoor fun to three of our brilliant local parks. Each event runs from **11am – 3pm** and is completely **free to attend**.

Bring the family, pack a picnic and enjoy a fantastic day out right on your doorstep.

📍 Mercer Park, Clayton-le-Moors

Friday 31st July • 11am – 3pm

📍 Milnshaw Park, Accrington

Friday 14th August • 11am – 3pm

📍 Lowerfold Park, Great Harwood

Friday 28th August • 11am – 3pm

Expect a mix of: 🌿 Outdoor games & sports 🎨 Creative activities 🏹 Family challenges ❤️ Wellbeing activities
👣 Movement sessions for all ages

These events are a brilliant way to get active, connect with others and celebrate our wonderful green spaces during the summer holidays.

Feel free to share the dates with friends, neighbours and community groups — the more the merrier.

Ossyfest @ Rhyddings

Sunday 9th August • 2pm–6pm

Ossyfest is returning to Rhyddings Park this summer — and we can't wait to welcome everyone for an afternoon of live music, community spirit and relaxed summer vibes.

Join us in the park for four hours of entertainment and togetherness. This year's Ossyfest @ Rhyddings is all about keeping things simple, joyful and community-led.

 **Sunday 9th August 2026**  **2pm – 6pm**  **Rhyddings Park**

Bring along your **picnics, blankets and chairs**, settle in with friends and family, and enjoy a brilliant afternoon outdoors. Whether you want to stretch out on the grass or set up your own little picnic spot, it's the perfect way to soak up the festival atmosphere.

Friends of Rhyddings Park – Members Meetings

All meetings held at The Coach House, Rhyddings Park

We warmly invite all members to join us for our upcoming Friends of Rhyddings Park meetings. These sessions are a great opportunity to stay updated, share ideas, help shape future plans, and keep our community-led organisation moving forward.

Please pop the following dates in your diary:

 **Tuesday 18th August 2026 – 7pm**

 **Tuesday 27th October 2026 – 7pm**

 **Tuesday 16th February 2027 – 7pm**

 **Tuesday 20th April 2027 – 7pm**

Everyone is welcome — whether you're a long-standing member, a new volunteer, or simply interested in getting more involved in the life of Rhyddings Park.

We look forward to seeing you there.

H3 @ Rhyddings

A Celebration of Health & Happiness in Hyndburn

Sunday 27th September • Afternoon Event

We're excited to share that Rhyddings Park will be hosting **H3 @ Rhyddings** this September — a special afternoon dedicated to celebrating **Health, Happiness and Hyndburn**.

Expect a relaxed, uplifting mix of:  Live music  Wellbeing activities  Information and support from local partners  Opportunities to connect with community groups  Gentle movement, creativity and feel-good fun

It's all about bringing people together, enjoying our beautiful park and shining a light on the things that help us feel well, supported and connected.

📅 Sunday 27th September 2026 ⌚ 1pm – 4pm 📍 Rhyddings Park

🌟 More details to come

Seasonal Events

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

🎄 Seasonal Crafts at Rhyddings

Three Festive Workshops – Bookings Open 1st October 2026

Get into the festive spirit this November with our cosy Seasonal Craft sessions at The Coach House. Each workshop offers a different creative project, perfect for handmade gifts or decorations to brighten your home.

📖 Tuesday 13th – Embroidered Cards Create beautiful stitched cards to share with someone special.

🎄 Tuesday 20th – Embroidered Felt Tree Decorations Make charming keepsake decorations for your Christmas tree.

🌟 Tuesday 27th – Scandi Crafts Enjoy a morning of simple, stylish Scandinavian-inspired festive crafting.

⌚ All sessions: 10am – 12 noon 💰 £5 per person 📅 Bookings open 1st October 2026

🔗 Book your place: www.friendsofrhyddingspark.com/shop

Come along, get creative and enjoy a warm, festive morning with friends old and new.

🎄 Wreath Making with Lancashire Adult Learning

Festive Workshops at The Coach House

We're delighted to welcome Lancashire Adult Learning back to Rhyddings for our much-loved festive wreath-making sessions. Join us for a creative and seasonal morning as we craft beautiful, natural wreaths ready for the Christmas period.

📅 Wednesday 2nd December 2026 📅 Friday 4th December 2026 📅 Wednesday 9th December 2026 ⌚ 9.30am – 12 noon 📍 The Coach House, Rhyddings Park

These sessions are always incredibly popular and a wonderful way to start the festive season with creativity, community and a warm winter atmosphere.

🌟 Booking details to follow We'll share the link as soon as registration opens.

👶 Breakfast, Lunch & Snacks with Santa @ Rhyddings

Sunday 13th December 2026

Santa is making a very special stop at Rhyddings this December — and he's joining us for **Breakfast, Lunch and Snacks** in the Coach House. It's one of our most magical family events of the year, filled with festive cheer, treats and a chance for little ones to meet Santa in a cosy, welcoming setting.

 Sunday 13th December 2026  The Coach House, Rhyddings Park  Sessions throughout the day

Bookings open soon and places always go quickly, so make sure to save the date.

✨ Bookings open 1st October 2026 🙌 Reserve your place at: www.friendsofrhyddingspark.com/shop

Join us for a joyful festive experience the whole family will love.

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

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