



Rhyddings News

A Guide to What's On at The Coach House & Kitchen Garden, Rhyddings Park – July – Dec 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 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 £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
- 🕒 5.45pm Boxercise – 30 minute class - booked each week via the website www.friendsofrhyddingspark.com/shop - free to attend
- 🕒 6pm Laughter Yoga Club, free to attend and bookable each week via the website
- 🕒 6.30pm Circuit - 40 minute class - booked each week via the website www.friendsofrhyddingspark.com/shop - free to attend



Tuesday

- 🕒 1pm – 2.30pm Rhyddings 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
- 🕒 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 – 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
- 🕒 11am Seated Keep Fit with Jen, a lovely friendly seated exercise class, £3 per session, pay as you go - contact Jen 07540 114701
- 🕒 6pm Circuit - 40 minute class - booked each week via the website www.friendsofrhyddingspark.com/shop - free to attend
- 🕒 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

🕒 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 1pm 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.



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.

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

📅 Tuesdays

21st October - Overwhelmed to Empowered: Mastering your mood

25th November - Calm in the Mind: Transforming anxiety and overthinking - The Mindset Warm-up

 9.30am – 11am



Thursday

18th September 2025 - Beating Winter Blues and Worry



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



Sunday

21st September, 19th October, 30th November 2025 and 18th January, 8th February, 8th March 2026– attendance encouraged to all 6 dates of this course



3pm – 5pm

Booking required for each session month by month 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 19th July; 20th September 2025



1pm – 3pm


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

For further information, email rhyddingspark@yahoo.com

Mindfulness and Mindful Movement





Sunday 24th August; 19th October 2025

 10am – 12noon

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

For further information, email rhyddingspark@yahoo.com



Zen Workshop

 Sunday
27th July; 28th September 2025
 10am – 12noon

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

For further information, email rhyddingspark@yahoo.com

Greif & Two Sugars facilitated by Jen Brighty and funded by the National Lottery

 Thursday
Monthly, first session 3rd July 2025
 9.30am – 11.30am

For further information, email hello@jenbrightygriefcoach.com

Summer

Multi Sports @ Rhyddings Facilitated by Accrington Stanley Community Trust

 Friday
25th July, 1st / 8th / 15th / 22nd & 29th August 2025
 10am – 12noon



Booking not required.

8-16 year olds.

For further information, email rhyddingspark@yahoo.com

Summer Sessions - [Art and Craft Workshops by Gayle Knight](#) | [Facebook](#)

Beaded Jewellery Class

 Saturday
2nd August 2025
 10am – 12noon

£18 per person - Ticket information - <https://www.ticketsource.co.uk/gk-art>

Please check Gayle's Event on Facebook or on ticketsource for full details

Summer

Ossyfest @ Rhyddings



 Sunday
10th August 2025
 1pm – 4pm

Booking required. Tickets £5 and available from www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com

Summer

VJ Celebration @ Rhyddings



-  Saturday
16th August 2025
-  2pm – 4pm

Booking required. Tickets £7.50 and available from www.friendsofrhyddingspark.com/shop

For further information, email rhyddingspark@yahoo.com

Summer Sessions - [Art and Craft Workshops by Gayle Knight](#) | Facebook

Slime Workshop



-  Friday
15th August 2025
-  10am – 11am

£7.50 per child - Ticket information - <https://www.ticketsource.co.uk/gk-art>

Please check Gayle's Event on Facebook or on ticketsource for full details

Summer Sessions - [Art and Craft Workshops by Gayle Knight](#) | Facebook

Mosaic Plant Pots



-  Saturday
6th September 2025
-  10am – 12noon

£18 per person - Ticket information - <https://www.ticketsource.co.uk/gk-art>

Please check Gayle's Event on Facebook or on ticketsource for full details

Autumn Sessions - [Art and Craft Workshops by Gayle Knight](#) | Facebook

6 Week Creative Writing Course



-  Friday
Starting 19th September 2025
-  10am – 12noon

£45 per person - Ticket information - <https://www.ticketsource.co.uk/gk-art>

Please check Gayle's Event on Facebook or on ticketsource for full details

Christmas Sessions - [Art and Craft Workshops by Gayle Knight](#) | Facebook

Macrame Christmas Tree Decorations

-  Saturday
1st November 2025
-  10am – 12noon

£15 per person - Ticket information - <https://www.ticketsource.co.uk/gk-art>

Please check Gayle's Event on Facebook or on ticketsource for full details

Christmas Sessions - [Art and Craft Workshops by Gayle Knight](#) | Facebook

Bauble Christmas Wreath Making



Saturday

22nd November 2025



10am – 12noon

£28 per person - Ticket information - <https://www.ticketsource.co.uk/gk-art>

Please check Gayle's Event on Facebook or on ticketsource for full details

Christmas Season – Booking release dates tbc

Christmas Mindful Crafts



Saturday

8th November; 15th November 2025



1pm – 3pm

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

For further information, email rhyddingspark@yahoo.com

Christmas Season

Christmas NSPCC Coffee Morning + stalls



Saturday

29th November 2025



10.30am – 12.30pm

Christmas Season

Christmas Scandi Crafts – further details will be released 1st September 2025



Friday

21st November; 28th November 2025



10am – 12noon

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

For further information, email rhyddingspark@yahoo.com

Christmas Season

Christmas Wreath Making – further details will be released 1st September 2025



Wednesday

3rd December; 10th December 2025



10am – 12noon

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

For further information, email rhyddingspark@yahoo.com

Christmas Season

Christmas Twilight Night in the Park brought to us by KS Events and funded by HBC



Saturday

6th December 2025



5pm - 9pm

A unique and immersive light display on your doorstep this winter.

FREE to attend

Christmas Season

Christmas Yoga Nidra



Monday

8th December; 15th December 2025



7.30pm – 8.30pm

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

For further information, email rhyddingspark@yahoo.com

Christmas Season

Christmas QiGong & Zen Yoga Participants Cream Tea



Saturday

13th December 2025



4pm – 5.30pm

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

For further information, email rhyddingspark@yahoo.com

Christmas Season

Christmas Walk & Talk Party



Wednesday

17th December 2025



tbc

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

