



## Friends of Rhyddings Park, The Coach House & Kitchen Garden

### What's On Guide Jan – Jun 2026

Email [rhyddingspark@yahoo.com](mailto:rhyddingspark@yahoo.com)

Booking via [www.friendsofrhyddingspark.com/shop](http://www.friendsofrhyddingspark.com/shop)

## Regular Weekly Sessions

### MONDAY

- **Café** open 9.30am, last orders 1.15pm, close by 2pm
- 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, 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
- 5.50pm **Boxercise** - free to attend and bookable each week via the website
- 5pm & 6.30pm **Circuit** - free to attend and bookable each week via the website
- 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

- **Café** open 9.30am, last orders 1.15pm, close by 2pm
- 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, 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](mailto:rhyddingspark@yahoo.com)
- 11am **Seated Keep Fit**, £3 per session, pay as you go - contact Jen 07540 114701

- 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, 6.15pm OR 7.30pm **Zen Yoga** with Bernie, booked in blocks of 6 via the website at a cost of £30 for the 6 sessions

## FRIDAY

- **Café** open 9.30am, last orders 1.15pm, close by 2pm
- 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, our Community Coach – Horticulture and the volunteer garden team will be working hard to maintain and develop The Kitchen Garden

## SATURDAY

- **Café** open 9.30am, last orders 1.15pm, close by 2pm
- 10am or 11.15am **QiGong** with Bernie, booked in blocks of 6 via the website at a cost of £30 for the 6 sessions

## WINTER RESILIENCE PROGRAMME AND WARM SPACES

**FRIDAY -** 10.30am - 12noon Craft Activity followed by a warm lunch

- 9th January - Quilling
- 16th January - Bag Charms & Bookmarks
- 23rd January - Painting Pebbles
- 30th January - Glass painting
- 13th February - Mini Spring Willow Wreaths
- 27th February - Felting
- 6th March - Beaded Stars
- 13th March - Macrame
- 20th March - Tree of life beading
- 27th March - Spring Rag Wreath Making

Booking for the first session will open 17th December 2025 & then each Friday for the following session via [www.friendsofrhyddingspark.com/shop](http://www.friendsofrhyddingspark.com/shop) - Free of Charge

**SATURDAY -** 9.30am until 1pm, drop in.

10th, 24th, 31st January / 13th, 20th 27th February / 7th, 14th, 21st, 28th March

The Downstairs Event Room will be our community warm space with access to wifi, the book exchange + free hot or cold drink & toast

**Adding in Sophies Scribbles** - 10th & 31st January 21st February and 14th March @ 10.30am - 11.30am, booking will be required for the Children's Art Class

**Adding in GK Art** – 28<sup>th</sup> March @ 10.30am – 12 noon, Family Crafts

## WELL BEING @ RHYDDINGS

11<sup>th</sup> January - Mindful Breathing, Tapping and Guided Meditation.

25<sup>th</sup> January - Qigong and Yoga Nidra

7<sup>th</sup> February - Mindful Doodle Flow.

22<sup>nd</sup> February - Mindful Sounds.

1<sup>st</sup> March -Breathing, Tapping and Guided Meditation.

15<sup>th</sup> March - Qigong and Yoga Nidra.

19<sup>th</sup> April - Mindful Sounds.

25<sup>th</sup> April -Mindful Hand sewing.

10<sup>th</sup> May - Mindful Breathing, Tapping and Guided Meditation.

17<sup>th</sup> May - Qigong and Yoga Nidra.

20<sup>th</sup> June - Mindful Moulding - hand moulding clay.

28<sup>th</sup> June - Mindful Sounds.

Free of Charge – booking required. Booking opens approx. one month before the session.

**Mindful Sounds:** Focussed listening, hearing and creating sounds. Exploring rhythm through body percussion and a range of musical instruments.

**Mindful Doodle Flow:** Exploring space and mark-making through a range of solid and fluid movements of mark-making tools.

**Mindful Hand sewing:** Exploring creativity through a range of basic stitches, using a range of threads and fabrics.

## PEER EDUCATION / SUPPORT SESSIONS

**Connected Minds** - A peer support group people who are neurodivergent or have a family member who is. Session facilitated by a Mental Health Coach. Booking required

13th January; 11th February; 10th March; 14th April; 12 May 2026

6pm – 7.30pm

**Roots of Resilience** - A six session nature-based, mindful wellbeing programme designed to help individuals navigate emotional challenges, manage mood fluctuations, and respond to everyday stressors. Booking Required.

The first programme will run on a Tuesday afternoon 1pm-3pm

27th January ;3<sup>rd</sup>, 10<sup>th</sup>, 24th February; 3<sup>rd</sup>, 10th March 2026

The course will run again from Wednesday 18<sup>th</sup> March 2026 – 6pm-8pm for 6 weeks.

**A support network for Carers living with people who experience mental health problems.**

Free to attend - next session, Friday each month (date advised monthly)

11.30am - 12.30pm

Why not pop along for a chat and a cuppa - access support, well being tips and techniques!

No booking required, just come along

**Support for those grieving with Jen Brighty, Grieve Coach**

Free to attend - Thursday each month - 8<sup>th</sup> January, 5<sup>th</sup> February, 5<sup>th</sup> March, 2<sup>nd</sup> April, 7<sup>th</sup> May, 4<sup>th</sup> June 2025

9.30am – 11.30am. Booking required.

## **LANCASHIRE ADULT LEARNING @ RHYDDINGS**

[Homepage - ELLG - East Lancashire Learning Group](#)

**Horticulture – Gardening in Small Places – 4 week course**

4 week course from Tuesday 13<sup>th</sup> January 2026, 9.30am until 12noon

Booking directly with Lancashire Adult Learning

**Horticulture – Level 1**

Approx 20 week course starting Friday 17<sup>th</sup> April 2026, 9.30am until 12noon

Booking directly with Lancashire Adult Learning

**Healthy Brain**

Tuesday 24<sup>th</sup> February 2026, 6 – 8.30pm

Booking directly with Lancashire Adult Learning

**Simplifying Life – 2 week course**

Tuesday 3<sup>rd</sup> & 10<sup>th</sup> March 2026, 6 – 8.30pm

Booking directly with Lancashire Adult Learning

### **Relaxation Techniques – 3 week course**

Tuesday 27<sup>th</sup> January, 3<sup>rd</sup> & 10<sup>th</sup> February 2026, 9.30am - 12noon

Booking directly with Lancashire Adult Learning



### **Oh Happy Sign – The Signing Club for Babies & Toddlers with Charlotte**

Term time on a Friday – booking directly with Oh Happy Sign!

[www.ohhappysign.com](http://www.ohhappysign.com)

Friday 9.35am; 11am; 12.15pm and 2pm – bookings per half term



### **Community Events**

#### **Church & Oswaldtwistle RBL – C & O Heros Local War History**

Saturday 17th January 2026 - 10am until 2pm

Complimentary Breakfast Rolls & Brews will be available 10am until 11.30am, followed by a Pie & Pea Lunch 12noon until 1.30pm for those attending the event.

#### **Ian Prowse – LIVE in the Kitchen Garden**

Sunday 31<sup>st</sup> May 2026, 2pm-4pm, we welcome Ian Prowse, a Liverpool-based singer-songwriter best known as the frontman of the bands *Pele* and *Amsterdam*. He's celebrated for his heartfelt songwriting, blending pop, alternative rock, and Celtic influences


Admission via donation – details to be announced in due course.



**Watch this space for more events as we plan them for 2026 ....**

## 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](http://www.friendsofrhyddingspark.com)



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## With thanks to our supporters & funders

