

Media release

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Love Parks Week 23-31 July 2011



A week of pure green fun; Love Parks Week

Love Parks Week is the ultimate green campaign; it commands for our parks and green spaces to be supported and invested in, whilst delivering a whole week of mainly free, local, outdoor events. With already 700 events registered and nearly a month to go, we can safely say there is something for everyone all over the country, including large festivals and fairs, many open-air theatre and music performances, plus a whole array of educational and cultural workshops such as puppet-making, wild art and capoeira and fitness sessions such as group walks, tai chi and zumba.

A massive 50% of us visit a park or green space at least once a week.

Sometimes people overlook the many benefits our leafy parks and green spaces provide, from physical and mental health improvements to pure play and entertainment, plus let's not forget the contribution they make to building communities and their enormous environmental benefit. Chris Beardshaw, award winning garden designer and TV presenter is supporting Love Parks Week and is passionate about our green spaces, he said "I spent most of my youth outdoors and I think exploring a local park is a brilliant way to get children thinking about their surroundings and the community they live in. Britain's parks are an invaluable legacy from the past - many are more than 100 years old – but they are an important part of our future. There is so much evidence now on the positive impact good green spaces have on our lives, be that our health and well-being, our social fabric, even helping the economy and reducing crime rates and the evidence is continuing to grow. By visiting a public green space and witnessing the passion and enthusiasm of those who create and maintain them, you can enliven the senses and help keep these spaces alive and vital."

Love Parks Week, now in its fifth year, is a campaign which aims to raise awareness of such important resources, this year it is aiming to gather 1,000 events and attract a million people into parks and green spaces during the first week of the summer holidays – 23-31st July 2011. Enjoy your green space and celebrate Love Parks Week.

To find out how to get involved or to view a full list of events near you visit:

www.loveparksweek.org.uk

ENDS

Kelly Caulfield, Marketing and Communications Manager T: 0118 946 9066 E: kellyc@green-space.org.uk

Notes to editors:

- Love Parks Week is organised by GreenSpace; the registered charity which works to improve parks and green spaces by raising awareness, involving communities and creating skilled professionals. For more information: www.green-space.org.uk.
- For more information on Love Parks Week including an interactive map visit: www.loveparksweek.org.uk
- Love Parks Week logo, high resolution photographs and a short park quiz are available upon request.

Top five ways to get involved with Love Parks Week

1. **Attend an event**
View the Love Parks Week 'What's on' guide to find an event near you. Make sure you check it regularly as events are being uploaded every day!
2. **Organise an event**
Any event, any size. Simply get your community, your friends, your family into your local green space. View the website for ideas, toolkits and helpful promotional materials such as posters and banners. Then simply register it on the Love Parks Week site.
3. **Re-brand an existing event**
If you already have an existing event planned in a green space during the week, make it count towards the Love Parks Week campaign by uploading it to the website. Think about branding it as a Love Parks Week event by using the posters, leaflets and banners available.
4. **Become an official supporter or sponsor**
If you are an organisation who believes in the Love Parks Week campaign, you could become a supporter by simply promoting Love Parks Week via your website, marketing materials or through an event. If you are interested in sponsorship, a number of options are available.
5. **Spread the word**
Help spread the love for Love Parks Week, follow us on Twitter and Facebook, tell your friends, family and colleagues and buy a Love Parks Week t-shirt!

Ten park facts....Did you know?

1. 91% of people believe that public parks and open spaces improve their quality of life.
2. A brisk walk every day, in your local park, can reduce the risk of heart attacks by 50%, strokes by 50%, diabetes by 50%, fracture of the femur by 30%, colon cancer by 30%, breast cancer by 30% and Alzheimer's by 25%.
3. Air quality, air temperature, water and flood management, are all kept within manageable limits because of parks and green spaces.
4. The more often a person visits urban open green spaces, the less often he or she will report stress-related illnesses.
5. Outdoor play and adventure can increase levels of physical activity and fitness, activate higher cognitive processes and healthy brain development.
6. Over 33 million people in England choose to use their green spaces, with around a tenth of the population visiting daily.
7. Elderly people who have close access to a place where they can relax and enjoy nature, show significantly greater satisfaction with where they live.
8. The number one ranked issue for good parks and public spaces is that they give a sense of community.
9. Owners of small companies rank recreation, parks and open spaces as the highest priority in choosing a new location for their business.

10. Over 50% of us visit a park at least once a week, to improve physical - and mental - health, to enhance our closest relationships, to chill out, to interact with our communities and to have a good time.

A selection of events taking place (1st July 2011)

Ordered via large festivals/fairs, theatre, music and fitness.

Large festivals/fairs registered:

Leeds Party in the Park

Temple Newsam, Leeds, West Yorkshire
31 July

Islamic Cultural Fayre

Eastville Park, Bristol
24 July, 12pm – 6pm

Debdale Festival

Debdale Park, Manchester
24 July 12pm-4pm

Field to Fork festival

Laverstoke Park Farm, Overton, Hampshire
30-13 July 11am-6pm

World Picnic

Campbell Park, Milton Keynes, Buckinghamshire
24 July 1pm-6pm

Ponty's Big Weekend

Ynysangharad War Memorial, Pontypridd, Rhondda Cynon Taff
23 July 3pm-9pm

Garden Fayre

Marine Park Gardens, Aldwick, Bognor Regis, West Sussex
26 July 10am-3pm

Love Parks Week full programmes:

Towns and cities that are running a week-long programme of events for Love Parks Week; the majority of these activities are free.

Plymouth

Free family events including guided walks, art and craft activities, book readings and fitness events. Use Love Parks Week as a chance to explore a new neighbourhood in Plymouth or visit some of the fantastic natural spaces within only 30 minutes travel from the city centre.

Carlisle

Everything from tennis taster sessions, bandstand concerts, angling day, nature reserve guided walks, movies in the park, tai chi classes and PDSA free Pet Checks. There's something for everyone in the family to get out and enjoy their park, either by relaxing, entertaining, spending time with friends and family or getting fit. Full programme:

Falmouth

Gyllyngdune Gardens, Kimberley Park, Fox Rosehill Gardens and Queen Mary Gardens will host free public events and tours to help celebrate and support the parks that form an essential part of the community. Picnic in the park, circus skills workshops, historical walking tours, gardener-led tours and music events are just some of the events which have been organised free of charge by Cornwall Council and Carrick Leisure Ltd. to support this national celebration of parks and gardens.

Solihull

Ranger Road Show, Community day to clean up and beautify Lavender Hall Park, performances of Pinocchio by Heartbreak Productions, Seaside festivals and a Big Band Bonanza finale to the week are just some of the events going on at Solihull for Love Parks Week.

Theatre in the Park:

Progress Theatre's Summer Shakespeare: The Tempest

Caversham Court Gardens, Reading, Berkshire

23-30 July 2011, 2:30pm – 10:30pm

Matinee Family Ticket £45 for 2 adults and 2 children. Under sixteen matinee £10

Pinocchio

Brueton Park, Solihull, West Midlands

25 July 7pm-9pm

Age:5+ . £7 Adult/ £6 Child in advance £8/£7 on the gate.

Wind in the Willows

Brockwell Park, Lambeth, London

Two performances daily, 23rd - 31st July

£7 tickets

Much Ado About Nothing

Alexandra Gardens, Windsor, Berkshire

23-31 July

£12.50 Adults £10 Concession £5 Children

Open air theatre Alice in wonderland

Birkenhead Park, Birkenhead, Merseyside

31 July, 2:30pm-4pm

Tickets £11.00, £6.50 cons, £5 under 21s

Outdoor Theatre - Comedy "About a Bench"

Gyllyngdune Gardens at the Princess Pavilion, Falmouth, Cornwall

July 27 6:30pm-8pm

Tickets Adults £6 / Conc. £5

Re-Enactment of 1911 Llanelli Railway Riots

Parc Howard Mansion, Llanelli, Carmarthenshire

31 July 3pm-4pm

Free Fitness programmes:

London to Cambridge Bike Ride

Lee Valley Athletics Centre, Edmonton

24 July 2011, 7:30am

Olney Nordic Walkers: hosting free fitness events all week

25-30 July 2011

Emberton Country Park, near Olney Milton Keynes, Buckinghamshire

Circuit sessions, teaching sessions for how to use outdoor gym kit and of course Nordic Walking through Emberton Country Park.

Zumba in Portland Square

Portland Square, Carlisle, Cumbria

28 July 1pm-2pm

Walker Park Green Gym

Kelly Caulfield, Marketing and Communications Manager T: 0118 946 9066 E: kellyc@green-space.org.uk

Walker Park, Airey Terrace, Newcastle Upon Tyne, Tyne and Wear
27 July 1:30pm-3:30pm

The Jaylympics

Crossways Park, Jaywick, Essex
23 July 11am-4pm

Tai Chi in Chances Park

Chances Park, Morton, Carlisle, Cumbria
24 July 3:30pm-4:30pm

Stronger Fitter Faster Fitness Training Open day

Shoreditch Park, Shoreditch, London
30 July 10am-11:30am

Park Fit

St George's Park, Great Yarmouth, Norfolk
26 July 2pm-3pm

'MOKY' Dance Fitness

Chance's Park, Morton, Carlisle, Cumbria
26 July 11am-1pm

Liberte Outdoor Fitness Training

College Playing Fields/Severals, Newmarket, Suffolk
23 July – 31 July

The timetable is: Sat: 09:30-10:30 College Playing Field Tues: 07:00-08:00 The Severals Park Wed: 18:45-19:45

Get Park Active 2011

Southern Country Park, Bishop's Stortford, Hertfordshire
26 July 12-2pm

Beach Fit

Gorleston Seafront, Yacht Pond, Gorleston, Norfolk
25 July 6pm-7pm

Workout in the Park

Vigo Recreation Ground, Andover, Hampshire
28 July 12-2pm

Free Music concerts:

Colin Peters Quartet

Hilly Fields Bandstand, Enfield, London
24 July @3pm

606 Club, Jazz in the Park, Karen Sharp

Regents Park & Primrose Hill (The Bandstand)
31 July @2:30pm

Second Wind Concert Band

St. James's Park (The Bandstand), London
31 July @3pm

Tingley Brass Band

Middleton Park, Leeds, West Yorkshire
21 July @2pm

Chapeltown Band

Wetherby Riverside Bandstand, Leeds, West Yorkshire

24 July @2:30pm

Clifton & Lightcliffe B Band

Westroyd Park, Farsley, Leeds, West Yorkshire

24 July @2:30pm

Bradford Metropolitan Concert Band

Darmouth Park, Morley, Leeds, West Yorkshire

31 July @2:30pm

Ugly Mug Jug Band: Good Time Blues & Skiffle

Cross Flatts Park, Beeston, Leeds, West Yorkshire

24 July 2:30-4:30

The Ladykillers New Orleans Jazz Band

Castle Park, Colchester, Essex

24 July @3pm

Bandstand Concert - Jolly Jivers

Lister Park, Bradford, West Yorkshire

31 July 2pm-4pm

Sunday Afternoon Band Concert at Brodsworth Garden

Brodsworth Hall and Gardens, Doncaster, South Yorkshire

24 July 2pm-5pm

Bandstand Concert - Hurricane Blue

Cliffe Castle, Keighley, West Yorkshire

24 July 2pm-4pm

The Swing Kings

Queen Elizabeth Gardens, Salisbury, Wiltshire

31 July 2pm-4pm

Bandstand Concert featuring Rainbow Morris Dancers and Chordiale

Roberts park, Saltaire, West Yorkshire

31 July 2pm-4:15pm

Sounds of Sinatra Concert

Greenhill Gardens, Weymouth, Dorset

31 July 2pm-5pm

Summer Sounds – Almac Bisley Brass Band

Woking Park, Woking, Surrey

30 July 2pm-4pm