

Houghton Hall Park

January 2020 Newsletter

The Houghton Hall Park Renaissance and Renewal Project is being managed by Central Bedfordshire Council in partnership with Houghton Regis Town Council and is supported by the National Lottery through the Heritage Lottery Fund and the Big Lottery Fund.

Happy New Year!

January is traditionally the month to set some resolutions for the new year, if it is exercise you are looking for we have a lot on offer in the park, exercise is not just good for your physical health it is the opportunity restore your mental wellbeing and maybe even make some new friends! There are plenty of opportunities to do some exercise at Houghton Hall Park, all classes are varied to suit everyone's ability, so why not try one out?

Class	Yoga	Yoga	Buggy Exercise	Parkrun	Walk, jog, run!
Day	Monday	Tuesday	Wednesday	Saturday – Adults Sunday – Junior	Anytime
Where	Visitor Centre	Visitor Centre	Meet outside Visitor Centre	Meet outside Visitor Centre	Houghton Hall Park
When	11:15 - 12:15	10-11	10:00-11:00	9-10	Whenever
Cost	£6.50	£6.50	£2	Free	Free!
Contact	happyandhealthywith natalie@outlook.com		Hayley.clear@ gmail.com	Adults: http://www.parkrun.org.uk/houghtonhall/course/ Junior: http://www.parkrun.org.uk/houghtonhall-juniors/	N/A

A great place to live and work.

Monthly Photography Themes

We welcome photographers of all abilities from the age of 16 to get creative, use your imagination and enter our monthly themes, **January's theme is: An Active Start to the New Year.** We hope you have fun capturing all the activities that go on in the park whether that be Parkrun, Buggy Exercise, Couch25k, dog walking, gardening, family walks the list goes on! We can't wait to see what you send us!

Please send your submissions to hbp@centralbedfordshire.gov.uk. The images must be taken between 1st – 31st January 2020 and each person can submit up to 5 entries. We will not accept any overly photoshopped images that do not represent the reality of the subject in the photo. Some images will be featured on our website, social media platforms, notice boards around the visitor centre and in our monthly newsletter.

Please see our website for the full terms & conditions before you submit your work:

www.houghtonhallpark.org/photography

Below are some entries from December's theme: Winter in Houghton Hall Park. We are so delighted to share the beautiful wintery tree images captured in Houghton Hall Park by our lovely visitors:



Totem Pole Cindy Lea



Harley



Teasels Cindy Lea



A Sunny Christmas Morning Walk Cindy Lea



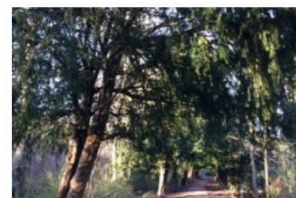
Harley Macy1



Harley Macy 2



Doriss Visit To See Santa Paws



A Sunny Christmas Morning Cindy Lea

What's On

Big Garden Bird Watch Day

When: Sunday 26th January

Time: 11am – 2pm

The RSPB's big garden bird count takes place on the 26th & 27th January, come down to the park on Sunday 26th and we will give you a bird count sheet so you can count how many different birds you can see in the park.

As you count the birds why not take part in our bird trail, for 50p pick up a map from the visitors centre, follow the markers around the park, answer the questions and come back to the centre to claim your prize.

For £2 you can also make a pinecone bird feeder and also take part in some bird craft activities.



Volunteer at the park this month

Maybe your new year's resolution is to do some more volunteering in your local community?

Take part in valuable conservation work at Houghton Hall Park with the Greensand Trust one Sunday a month! This month, on **Sunday 19th January 10am-3pm**, we will continue upon previous efforts to enhance the park's woodlands by carrying out this historic management technique called hazel coppicing, the cut branches will be used as material for children to use in the fort building area.

If you would like to come along, please email: hbp@centralbedfordshire.gov.uk to let us know. This is open to everyone so please join us, we hope to see you there!



Houghton Hall Park 2019 - A Year in Pictures

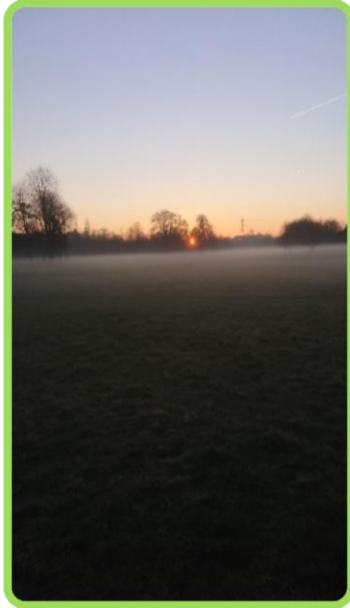
A huge thank you to all our volunteers who have helped us this year, these events would not happen without you!

January



February





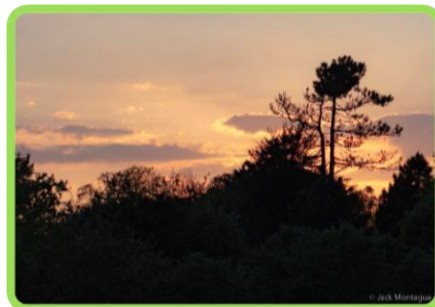
March



April



May



June



July





August



September



October



November



December



Keep in touch

Facebook

HoughtonHallPark

Instagram

HoughtonHallPark

Twitter

@BedsCountryside

Website

www.houghtonhallpark.org

Email

hhp@centralbedfordshire.gov.uk

Current Opening Times

Monday to Friday

10:00am - 15:30pm

Saturday and Sunday

9:00am - 16:00pm



Become a friend of Houghton Hall Park

Thinking of joining the Friends of Houghton Hall Park? Then get in touch with us to see what you can do to get involved. Here are some ideas below:

- Observational Surveys
- Community engagement
- Weeding and clearing
- Cleaning
- Watering
- Growing food and encourage healthy eating
- Teach younger generations (if you have a skill or qualification, let us know!)
- Become a community leader
- Support other volunteers
- Contribute to the annual park events calendar
- Volunteering assistant at events running at the park
- Curate local history talks at visitor centre
- Habitat enhancement work in the woodland and meadow

There are many opportunities to take part. If you would like to volunteer and join the Friends of Houghton Hall Park, please email hhp@centralbedfordshire.gov.uk



Central
Bedfordshire
Council



LOTTERY FUNDED