

Houghton Hall Park

September 2018 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.

NEW! Houghton Hall Park's Dog Festival

We are introducing our very first dog festival to Houghton Hall Park! We are excited to share this fun day with our regular dog walkers and their families in the park. Activities will include a Fun Dog Show sponsored by Pets at Home Dunstable, which will cost £2 to enter per category. If you are entering one or more categories you must register on the day of the event between 9:30-10:30am, payment is by cash only. There are goody bags for each 1st place and rosettes for 1st, 2nd and 3rd and a treat for all participating dogs, all kindly donated by Pets at Home Dunstable. Terms and conditions do apply for this competition, to read these, please see visit our website: <https://houghtonhallpark.org/events/dog-festival>.

The categories for the Fun Dog Show are:

Most beautiful female | Most handsome male | Cutest puppy (up to 1 year) |
Waggiest tail | Best Rescue | Best trick | Golden Oldie (over 7 years | Best in
show



There will also be a fun dog trail for pets, their owners and families to take part in, a have-a-go agility station, a dog yoga demonstration (running at 12pm) and a Houghton Hall Park dog information hub for local dog walkers. For more information, please email hhp@centralbedfordshire.gov.uk.

A great place to live and work.

Monthly Photography Themes: WW1 Special



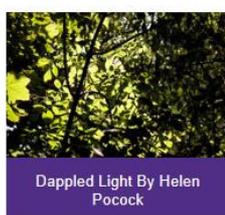
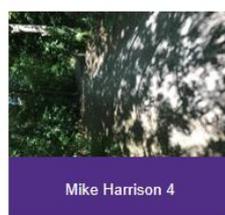
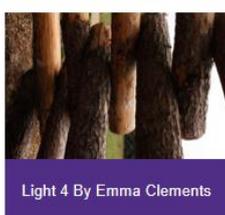
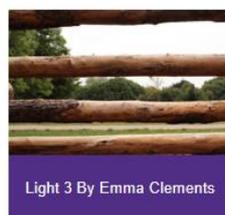
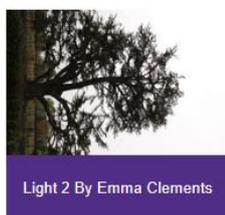
We welcome photographers of all abilities from the age of 16 to get creative, use your imagination and enter our monthly themes, **September's theme is: WW1 Thank you.**

Yes, this month is a little bit different and we are extending the last submission date to **15th October**. It has been 100 years since the guns fell silent on the world's first truly global war. It's time to think about all of those who lived through this tragic and remarkable time putting Britain on the path to becoming what it is today.

We are asking you to get creative in the park. Find a way to say 'Thank You' to the veterans of World War One in a photo and send this to us to go in a display at our WW1 Tea & Cake event being held in November to mark 100 years. Feel free to use your imagination for this month's theme and take some time to consider how you can say thank you; maybe it's letters put together from natural materials in the park to spell thank you, maybe it's a single red poppy in the field you spot, maybe it's a photoshop creation (which we will allow for this month's theme!), we look forward to seeing what you can create to give thanks.

Please send your submissions to hnp@centralbedfordshire.gov.uk. The images must be taken between 10th – 15th October 2018 and each person can submit up to 5 entries. 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 and conditions before submitting your work: www.houghtonhallpark.org/photography.

Below are some entries from August's theme: Light in Houghton Hall Park. What creative photos we had for this month, thank you for taking the time to capture these and well done, they're great!



NEW!

Runetwork

RUNETWORK

COMBINING RUNNING & NETWORKING



On Friday 14th September at 10am, come along to a business runetwork in the park. For half an hour, run as a group then relax in the café with the opportunity for refreshments and business talk with like-minded individuals. Register at: www.runetwork.co.uk or email any queries to runetworkgroup@gmail.com. Registration is mandatory for your safety whilst exercising. We hope some of you are able to attend this new and bespoke event!

Volunteer at the park this month

Take part in valuable conservation work at Houghton Hall Park with the Greensand Trust one Sunday a month! This month on **Sunday 16th September 10am-3pm**, give the Lime trees adjacent to the car park their annual "shave". This practice improves the aesthetics of the entrance to the park and keeps the growth from getting out of hand. If time allows, we will also finish last month's weeding from around the whips. The meeting spot will be the Visitor Centre Car Park. If you would like to come along, please email: hnp@centralbedfordshire.gov.uk to let us know. This is open to everyone so please join us, we hope to see you there.

Hullabaloo: check out activities running here at HHP!

HOUGHTON REGIS HULLABALOO

FREE SHOWS AND ACTIVITIES FOR CHILDREN AND FAMILIES.

20TH - 23RD SEPTEMBER

HELEN PARLOR PRESENTS

COMMOTION

DANCE PERFORMANCE BY LOCAL YOUNG PEOPLE

THURSDAY 20TH SEPTEMBER

TIME: 6PM RUNNING TIME: 20 MINUTES
VENUE: BEDFORD SQUARE SHOPPING CENTRE
RECOMMENDED FOR ALL AGES

A CELEBRATION OF ENERGY, COMMUNITY AND PASSION BY HOUGHTON REGIS SCHOOL CHILDREN. GUARANTEED TO GET YOUR TOES TAPPING.





THE LION KING

FAMILY CINEMA SCREENING

FRIDAY 21ST SEPTEMBER

TIME: 6PM
VENUE: THE GREEN, HOUGHTON REGIS
SUITABLE FOR ALL AGES

JOIN US FOR FAMILY FAVOURITE THE LION KING (U), ON THE BIG SCREEN ON THE GREEN. POPCORN & OTHER REFRESHMENTS WILL BE AVAILABLE.



PLUNGE BOOM PRESENTS

THE ALLOTMENT

FROM THE PEOPLE WHO BROUGHT YOU CBEEBIES' MR BLOOM

SATURDAY 22ND SEPTEMBER

TIME: 11AM, 1PM & 3PM RUNNING TIME: 45 MINUTES
VENUE: BEDFORD SQUARE SHOPPING CENTRE
MADE FOR 5-6 YEARS BUT SUITABLE FOR ALL AGES

JOIN THE VEGETABLE NANNIES IN THEIR ALLOTMENT FOR A BIT OF GARDENING AND CHILDCARE. COME AND GET STUCK INTO THE DAILY DUTIES OF FEEDING, BATHING AND CARING FOR THE BABY FRUITS AND VEGETABLES.





ALL SHOWS ARE FREE - JUST TURN UP!

IMAGINE LUTON & FULL HOUSE THEATRE PRESENTS

DAY DREAMERS

INTERACTIVE FAMILY FUN

SATURDAY 22ND SEPTEMBER

TIME: 12PM & 2PM
VENUE: HOUGHTON HALL PARK

RUNNING TIME: 25 MINUTES
MADE FOR 5+ BUT SUITABLE FOR ALL AGES

A HILARIOUS INTERACTIVE AUDIO EXPERIENCE INSPIRED BY THE DREAMS AND IMAGINATIONS OF CHILDREN.

SUNDAY 23RD SEPTEMBER

TIME: 12PM & 1PM
VENUE: THE GREEN, HOUGHTON REGIS

MAX CALAF SEVE PRESENTS

DIP

TRAMPOLINE & LIVE MUSIC SHOW

SUNDAY 23RD SEPTEMBER

TIME: 2PM RUNNING TIME: 30 MINUTES
VENUE: HOUGHTON HALL PARK
SUITABLE FOR ALL AGES

WITH LIGHT-HEARTED, BREATHING-TAKING AIR-TWISTING TRICKS & FUNKY TUNES, DIP IS A TRAMPOLINE SHOW ABOUT MEETING NEW FRIENDS AND GETTING TO KNOW EACH OTHER.



WWW.FULLHOUSE.ORG.UK/HULLABALOO - 01525 630783

Nature is good for your health *By Mark Hogan*

I love walking in the beautiful English countryside, feeling the sun on my face, fresh air in my lungs and finding new places to go to see wildlife. I never realised that it was actually doing me any good and making me feel less stressed out and more relaxed. This was until I saw an article on the subject and read a report by the University of Exeter which stated that on a survey of 270 people who were exposed to nature in their daily lives, it reduced their levels of stress, anxiety and depression. They do say you learn something every day.



If you go along to the Houghton Hall Park Visitor Centre and have a walk around you could see all sorts of birds and even the local resident fox if you're lucky. Look up and you might see a Red Kite floating around on the thermals or a Sparrow hawk or Buzzard on the hunt for its next meal. In your garden, if you put feeders out you might get a family of Blue Tits, Great Tits or even a flock of Long Tailed Tits visiting your garden.

If you have Buddleia or Lavender in your garden, you still might see Butterflies about like Red Admirals, Peacocks and the occasional Speckled Wood, which I always seem to find on nettles and in the local bushes.

The Grasshoppers and Crickets are about now, so listen out, the only real way of telling the difference is that Crickets have a slightly longer antenna and make a chirping sound. The Male Grasshopper makes a slightly louder like a Cello playing when it rubs its hind legs against its wings but that is to encourage a female to come and join him. So, listen out and if you are lucky to catch one in your hands, be gentle with them and put it back on the ground safely.



I hate to depress everyone but according to the Meteorological Calendar the first day of Autumn is the 1st September, with the darker nights and falling temperatures it sees off a mass migration of birds to sunnier climes, with the favoured winter destination of Africa. Over two thousand species of bird migrate or make regular seasonal movements. Many travel thousands of miles but one in particular, the Arctic Tern flies from Anglesey in North Wales to their breeding grounds in the Arctic and Antarctic which is more than 49,000 miles away.



You might also see Grey Squirrels collecting food like nuts for winter and the local deer in the local woods will start looking for a mate in early October, so if you have a dog and you go to one of the places where there may be deer, please keep your dog on a lead as deer, especially male stags have horns and your poor dog could get attacked purely out of self-defence.

When you have had a nice walk around the Houghton Hall Park area, pop into the Cafe and enjoy their delicious coffee and a home-made sausage roll, they are delicious. If you have seen a bird or an animal and been lucky enough to take a picture of it, send it to our email address: hhp@centralbedfordshire.gov.uk and we will put it in next month's newsletter and we might even put it up in the Centre!

Written and Photography by Mark Hogan

Keep in touch

Facebook

HoughtonHallPark

Instagram

HoughtonHallPark

Twitter

@BedsCountryside

Website

www.houghtonhallpark.org

Email

hhp@centralbedfordshire.gov.uk

Opening Times

April to October

Monday to Friday

10:00am - 17:30pm

Saturday and Sunday

9:00am - 17:30pm

November to March

Monday to Friday

10:00am - 15:00pm

Saturday and Sunday

9:00am - 15:00pm



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