

Welcome to our Spring 2015 Newsletter!

The Friends of St James' Park and ParkLife have achieved much in a short time **BUT** we are at a turning point—we desperately need new volunteers to support the work of FoSJP and ParkLife.



Several of the current FoSJP Committee members will be standing down at the AGM in May, and some of the members of the ParkLife Board are also looking to step down over the next year. St James' Park is a hub for our local community and we'd love to see the work that we've already started continue, but **we need you!**

We're looking for committed people to join the FoSJP Committee—we're especially looking for a Treasurer, so if you have experience with handling money and accounts this could be you! But anyone willing to join the Committee and support the work of FoSJP would be very welcome.

For the ParkLife Board we're looking for people with enthusiasm and experience of running a business or people management.

We're a friendly team so if you think this could be you, please contact me via FriendsSJP@aol.com.

Tania Emery
FoSJP Chair



FoSJP AGM 2015

Thursday 14th May

This year's AGM will be held on **Thursday 14th May** in the ParkLife Community Room, starting at **7.15pm** (doors open at 7:00pm).



This is a great opportunity for everyone to get together, to hear about the last year in the Park and about plans for the coming year, and to celebrate all that we've achieved.

We'd love to see you there!

Forthcoming Events

Easter Weekend, April 2015

Over the Easter weekend—**Friday 3rd to Monday 6th April**—there'll be an **Easter Trail** for people to complete in the Park. Starting at the ParkLife Café, all successfully completed trails will win an Easter Egg.



On **Easter Monday 6th April** we're having another **Easter EGGStravORGANza** with 6 fairground organs playing

in the Park **from 11:00am to 4:00pm**, traction engine rides, and a fairground roundabout.

Do come along and enjoy the music, complete an Easter Trail, and enjoy some refreshments from the ParkLife Café.

History Timeline, Monday 4th May

Keep your eyes on the website and the Park noticeboards for details of an event on **Sunday 4th May** to launch a new history timeline that the **FoSJP History Research Group** has been working on.

This will be another great opportunity for people to come together to celebrate St James' Park as being an important part of the local community and its history.



World Record Rounders, August 2015

Could there be a world record set in St James' Park? ***That's up to you!***

Keep your eyes on the website, social media, and Park noticeboards for news of an exciting record attempt that our sports volunteers are planning for this August...!



What's Been Happening in the Park? (Part 1)

FoSJP Gardening Team

The Gardening Team has been hard at work over the Winter, keeping the Park tidy and preparing for the new growing season. They've cleared weeds, mulched flower beds, and tidied brambles on the wildflower bank, as well as creating some lovely habitats for our wildlife friends, such as the Bug Hotel (picture below).



The Team continues to show great commitment and enthusiasm, and new volunteers are always welcome—no previous gardening experience is needed, and all necessary tools will be provided.

They meet outside the ParkLife

Café on the second and fourth Wednesdays of every month, 1.00pm—3.00pm—see the [FoSJP website](#) for more details.

In February, the Gardening Team completed the final sections of fencing around the flower beds (pictures below). Thanks to the sterling efforts of the volunteers, and with support from Southampton City Council, the flower beds should be protected from the trampling of feet this Summer.



Crafty Saturday

Another team of volunteers organises monthly craft sessions for children in the ParkLife Community Room. **Crafty Saturday** runs on the first Saturday of each month from 10:00am—11:30am. Primary school children and accompanying adults enjoy making crafts based on themes that have recently included Chinese New Year and Spring.



This is a great opportunity for children and families to enjoy creating together, and is made possible by FoSJP volunteers who plan and run the sessions. The materials for the sessions are funded from FoSJP general funds and from donations made by those attending the sessions—it's a real community event!



ParkLife News

The ParkLife staff have worked hard over the Winter to ensure a warm welcome with refreshments on offer in the Park every day.

In good weather, the Park is a popular destination, but the footfall (and takings) in the Café drop significantly on rainy days. As FoSJP and ParkLife we'd love the Café to open throughout the year to provide a regular venue for people to meet, and to ensure that the Park continues to be a safe and vibrant place, but **we need your help to do this!**

As of this year, the ParkLife Café has to be a self-sustaining business—all grant support has now expired—so the more that everyone in the community uses this resource and spends money in the Café, the more likely the business is to be sustainable.

Paul Salmon, who's been ParkLife Café Manager for over 2 years, is moving on to pastures new in April. We'd like to say a huge **"Thank You"** to Paul for all his hard work, and wish him every success in his new venture.

We're pleased to announce that we've recruited a new ParkLife Café Manager—**Jennette Leech** will join the team from the middle of April.

Jennette has previous experience of managing a café in a community centre setting—we're really looking forward to having her on board and seeing her build on the good work that is already going on in the ParkLife Café and Community Room. Pop in and say "hi" to Jennette from Sunday 19th April!



What's Been Happening in the Park? (Part 2)

Community Volunteer Coordinator

Marina Murphy, our Community Volunteer Coordinator, has been working hard, liaising with many different community groups to bring activities into the Park.

Marina has created a partnership between FoSJP and Autism Hampshire that has enabled a regular group supporting teenagers with autism to meet in the Park.

Marina is always on the look-out for opportunities for partnership working in ways that can benefit the Park and those in the local community.

In February such a partnership working resulted in the **Cycle to Freedom** event (*pictures below*), which also launched the **Catch 22 Family Freedom Project** which is running recreational cycle rides starting from the Park every Sunday morning.

See overleaf for more details.



Sports in the Park

Thanks to Marina and the volunteers whom she has encouraged, we have a range of sports for children and young people on offer in the Park.

Alternate Saturdays see the **Youth Sports & Games Club** for ages 6—12 (*pictures below*). This is a free (suggested 50p donation) group run by professional sports coaches that offers a variety of sports opportunities in a friendly and welcoming environment.

The Youth Sports & Games Club joins the **Coxford & District Youth Football Club** and the **Coxford Tigers**

Rugby League Club in ensuring that the Park provides opportunities for all youngsters from all backgrounds to play sports.

These opportunities are vitally important for bringing children into the Park and encouraging a new generation of people to use the Park responsibly and enthusiastically.

We're hoping to continue this work with even more sports opportunities—keep watching the website and Park noticeboards for more details!



What's Been Happening in the Park? (Part 3)

The Bike Doctor

Southampton's [My Journey](#) initiative has recently received funding to allow it to continue for another year, so we look forward to further monthly visits from the Bike Doctor.

The Bike Doctor provides free advice, servicing and repairs for your bicycle, with free labour—you only pay for any parts that are needed.

Second Saturday of the month

12.30pm—2.30pm outside the ParkLife Café



Youth Rugby League Training

The **Coxford Tigers Rugby League Club** is once again running FREE weekly training sessions for youngsters aged 6—14 (split into separate age groups) throughout the Spring and Summer.



Every Tuesday from 31st March

6.00pm—7.00pm on the Central Pitch

Regular Events Diary

Subject to change—keep an eye on the [FoSJP website's Calendar](#) for the latest information

Every Monday	9.30am—10.30am	† Vinyasa Flow Yoga	Community Room
Tuesdays (Spring/Summer)	6.00pm—7.00pm	Rugby League Training	Central Pitch
First Wednesday of month	10.00am—12 noon	La Leche League GB	Community Room
2nd & 4th Wednesdays of month	1.00pm—3.00pm	FoSJP Gardening Team	outside ParkLife Café
Last Wednesday of month	9.30am—12.30pm	Neonatal Support Group	Community Room
Every Thursday	10.15am—11.00am	† Action Club	Community Room
Every Friday	10.00am—12 noon	† Singing Spanish & French	Community Room
First Friday of month	10.00am—12 noon	FREE Legal Advice Clinic	Community Room
Every Saturday	9.30am—10.10am	† Teddy Tennis	Tennis Courts
Alternate Saturdays	10.30am—12.30pm	Youth Sports & Games Club	outside ParkLife Café
First Saturday of month	10.00am—11.30am	Crafty Saturday	Community Room
Second Saturday of month	12.30pm—2.30pm	Bike Doctor	outside ParkLife Café
Every Sunday	11.00am—12.30pm	Cycle to Freedom	ParkLife Café

† small charge applies (other events are free or request a small donation)

Cycle to Freedom—Sunday 8th February

It was "all about the bike" during a day of FREE family fun centred around bicycle-themed activities at St.James' Park on Sunday 8th February, with:

- ♦ Free bicycle maintenance and repairs
- ♦ Cycle Skills and a Challenge Course with a qualified coach
- ♦ Smoothie Bikes (cycle to make your own healthy snack)
- ♦ Bike Roller racing competitions
- ♦ Cycle Security (including Bike Marking)

**catch
22**



This was also a launch event for the [Catch 22 Family Freedom Project](#)'s cycling initiative, which is encouraging recreational cycling for all the family.

Cycle to Freedom—Weekly Meet-Ups

Following the event on 8th February, there are now **weekly** meet-ups at St.James' Park for family cycling, with various agencies on hand to offer advice on cycling and related activities.



Every Sunday

11.00am—12.30pm at the ParkLife Café

