

Welcome to our Autumn 2014 Newsletter!

Dear Friends—welcome to the autumn newsletter from the Friends of St James' Park. I hope that you've enjoyed the lovely summer we had this year and that you're able to make the most of the autumn sunshine too.

The Park is a hive of activity, with a wide variety of events taking place in the Community Room and in the Park itself, and FoSJP is excited to

be working with many other local and national groups on a number of projects.

The Community Room is busy during the week as a venue for a variety of classes and courses—look on the noticeboard in the Café or check the [FoSJP website](#) for up-to-date information.

This newsletter will inform you of all the things that have been happening in the Park over the last 6 months, and we hope it'll inspire you to continue to be involved in this amazing community project!



Tania Emery, FoSJP Chair

Easter EGGStravORGANza

Easter Weekend

For Easter 2014 we were able to offer an Easter trail around the Park for adults and children for the whole Easter weekend— thanks to the ParkLife Café staff for helping with this.

On Easter Monday we held an **Easter EGGStravORGANza**—in the lovely spring sunshine four beautiful classic fairground organs were on display in the Park for people to see and to hear the music they played. It was something new for the Park and a great way to welcome in Spring.



One of the classic fairground organs

We're planning to repeat this event in 2015—look out for details nearer the time!

FoSJP Annual General Meeting 2014

Wednesday 7th May

In May we held our Annual General Meeting—this was an evening meeting and an opportunity to hear how FoSJP is doing and about our plans for the future.



We heard reports from the Treasurer and Chair of FoSJP and from the Directors of ParkLife (the Community Interest Company that runs the Café and Community Room), and also heard about the activities and plans of the FoSJP History Research Group and the FoSJP Gardening Team, and from our Community Volunteer Coordinator, **Marina Murphy**.

All in all it was a fun and informative evening that hopefully inspired us all to keep being involved in the Park and to keep refuelling in the Café.

We're pleased to announce that we elected a new committee member at the AGM—**Kaye Barnett**, who's been involved in the **Learn 2 Love Learning** project, the **FoSJP History Research Group**, and our Easter event.

We also co-opted **Nigel Faye** onto the Committee (with a view to becoming a full Committee member in 2015). Nigel joins the Committee having been involved with the FoSJP Gardening Team for a number of years and helped out at many events.

Welcome to both of them!

Community Games 2014

Saturday 5th & Sunday 6th July 2014



In July we held the very successful **Community Games** event. Inspired by London 2012 and organised by our Community Volunteer Coordinator **Marina Murphy** and her amazing group of volunteers, this two-day event brought sports, hobbies, international food, and arts to St. James' Park.

We were very excited to have two Southampton-based athletes from London 2012 involved in our event. The event was officially opened on the Saturday by Olympic silver medallist diver **Peter Waterfield**, and was officially closed on Sunday

by Great Britain Wheelchair Rugby player **Aaron Phipps**. What an inspiration for everyone in the Park to be able to meet these athletes!

The Park was filled with music from brass bands, choirs, and musical groups. Local sports groups offered trials at rugby, boxing, cycling skills, dodgeball, fencing, and much more. Teachers taught dance and yoga. Artists showed their wares and people learned to spray paint. There was homemade cake, international food, and of course a steady supply of refreshments from the ParkLife Café.

More than **60** volunteers helped to plan the event, designed posters, supported the team, and turned up on the two days to make it such a successful event, giving over **555** hours of their own time. This is an amazing achievement and shows how much a part of the community St. James' Park is.

A massive "Thank You" to all who were involved!



Silver medal winning Olympian **Peter Waterfield** declares the Community Games open



Musical entertainment from **The Guv'nas**



Music for everyone!



Sport for everyone!

All photos on this page by **David Wheatley**



Team Phoenix
Athletic Cheerleaders



St. James Excelsior Brass Band



Paralympian **Aaron Phipps** presents an award



Community Rallies Around after Break-In

As many of you will know, we suffered a break-in at the Café and Community Room in July.

One of the large glass windows with the artwork on was smashed and items were taken from the Café and offices. Unfortunately the Café also had to close for a couple of days whilst everything was cleared up. This was a very upsetting experience for all of us, but especially the ParkLife staff who work so hard to provide a good service for the whole community.

However every cloud has a silver lining—it was wonderful to see how the community that use the Park pulled together to support the business and to raise money.

In total **£2400** was raised, from a Just Giving page set up by Shirley resident **Joanne Craig** and by donations from local schools, churches, and individuals. The money will be used to improve security for the Café building, to make day-to-day improvements to the Café for everyone, and to support further community projects in the Park.

The Café staff continue to work very hard to provide a welcome and refreshments whatever the weather—please call in and support them.

The Café window has been replaced and we're now waiting for the artwork to be replaced in order to restore the front of the building to its former glory.

Autumn Warmers

The ParkLife Team re-launched their **Honesty Soup** initiative in September. This is a scheme in which the Café provides a homemade soup or stew made using food donated by the local community—the idea being that it is available to everyone: no matter what your circumstances, you pay what you can afford.



This Autumn they'd also like to do the same with cooking apples—turning donated apples into delicious apple turnovers with all profits going back into the "pot". All donations of any surplus fruit or vegetables will be much appreciated—please just drop them into the ParkLife Café.

Green Flag Award

We were delighted that St. James' Park was re-awarded the national **Green Flag** award in July!



A team of judges came to the Park to judge us on the look of the Park, the level of community involvement, how positive the Park as a whole is for the local area, and environmental attributes of the Park and Café building. It is rigorous judging and we are delighted to have achieved the required standard. Once again this is down to the efforts of everyone involved in making the Park a success.

Make sure you check out the flag flying in the Park when you next visit!

FoSJP Gardening Team

The FoSJP Gardening Team work really hard to improve the physical environment of St. James' Park.



This year, in addition to planting and weeding, they've built a "bug hotel" and spent many hours providing volunteer labour to erect barriers to protect the flowerbeds—an amazing achievement that is really benefiting the Park.



Bug Hotel



Protecting the flowerbeds

You can find out more about the activities of the FoSJP Gardening Team on the [FoSJP website](http://www.fosjp.org.uk).

Regular Events & Activities

Plenty going on at the Park

Thanks to our amazing volunteers and with help from other local organisations, there's always plenty going on at St. James' Park. For up-to-date information be sure to check out our website at www.fosjp.org.uk.

Amongst the ongoing activities are:

FoSJP Crafty Saturdays

Free crafts for children aged 4-10

First Saturday of the month

10.00am—11.30am in the Community Room



Bike Doctor

Bike advice, servicing and repairs, with free labour—you only pay for parts

Second Saturday of the month

12.30pm—2.30pm outside the ParkLife Café



FoSJP Gardening Team

Meet by the Café—all welcome: no garden experience necessary, tools provided

Second and fourth Wednesdays of the month

1.00pm—3.00pm outside the ParkLife Café



Partnership Working

In addition to the regular partnership sessions that we have with the Bike Doctor, St. James' Park has also been a venue for a variety of other organisations over the past few months.

In August the **Dog Trust** supported by the local Police and Community Support Officers (PCSOs) held a free dog micro-chipping session.

In July, to celebrate Bastille Day, the **Histoire de Francophone** society held its second Bastille Day open picnic inviting all comers to

share in French food and conversation.

In addition to continuing our ongoing support of the **Coxford and District Youth Project**, the ParkLife Café was a venue for a Parents Emotional First Aid course, which ran from April to June.

Regular Events Diary

Subject to change—keep an eye on the [FoSJP website's Calendar](http://www.fosjp.org.uk) for the latest information

Every Monday	9.30am—10.30am	Vinyasa Flow Yoga †	Community Room
First Wednesday of month	10.00am—12.00noon	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 Thursday	1.00pm—2.30pm	NCT Breastfeeding Drop-In	Community Room
Every Saturday	9.30am—10.10am	Teddy Tennis †	Tennis Courts
1st Saturday of month	10.00am—11.30am	Crafty Saturday	Community Room
2nd Saturday of month	12.30pm—2.30pm	Bike Doctor	outside ParkLife Café

† small charge applies (other events are free)

Volunteers Wanted

Always room for a few more!

We always welcome new volunteers to the FoSJP Gardening Team and we have ongoing opportunities on the FoSJP Committee and the ParkLife Board.



We're also looking for volunteers interested in helping with some youth work as part of a Sports and Activities group that we're hoping to run for 6—12 year olds on Saturday mornings in the Park.

If you'd be interested in any volunteering opportunities in the Park, please contact our Community Volunteer Coordinator, **Marina Murphy**, on **023 8077 9763** or via marina.murphy@fosjp.org.uk, or contact **Tania Emery** via chair@fosjp.org.uk.

Thank you!