

Volunteering

Ford Park Community Group could not deliver services and quality green space if it wasn't supported by its excellent volunteers, we have recently acquired the voluntary support of an Eco Therapist, a marketing whiz and someone to help manage our membership data base. In the near future we will be looking for some brick laying skills to help us build our bread oven in the walled kitchen garden!

If you are interested in volunteering either on a short or longer term basis please ring kim on 01229 588164

Events Programme

Please check the website www.ford-park.org.uk and facebook for the Weekend Theme Nights in the Coach House Bistro

Crafting Workshops

17th May 9.30-4pm - £50

Botanical Illustration - Helen Greenop

14th June 9.30-3.30pm - £50

Needle Felting - Sue Fletcher

Gardening Workshops

14th May - Sowing and Growing Vegetables for the Year Ahead

21st May - Looking after your new vegetable plants

25th June - Plant Up an Edible Hanging Basket

2nd July - Late Summer Salad Growing and Summer Pruning Principles

Art at The Coach House

May & June 2014 Croftlands Junior School - a delightful riot of styles and colours by 7 to 11 year olds

Festivals & Meets

Taste Cumbria weekend 24th/25th May 10 am-5pm with a Best of Cumbria and Furness theme evenings in the Coach House Bistro

Plant and seed swap 18th May 12-2pm

Family Activity 28th May 2-4pm Environmental Art-Happy Stacking with Citizen Cairn

Sportive Lakes - vintage cycle events 12/13th July www.sportivelakes.co.uk

Pamper in The Park - 12th September

Apple Day/Night Festival 27th September

Outdoor Trails

Our new Tree Trail, Wildlife Trail and Orienteering Course brochures are now available.

For more details about any of the above events and to make bookings (essential for many events) please ring Kim on 01229 588164, the Coach House Cafe & Bistro team on 01229 581666 or the Coach House office on 01229 580666



Our Volunteers



Newsletter Spring 2014 The latest news and information



Ford Park Ulverston

So much more than a park



Coach House Cafe has 2nd Birthday

This Easter it was 2 years since our fabulous Cafe/Bistro opened! In that time Rufino and his team (including Dan, Dora, Andrew, Joely, Danielle and Sarah) have established a great reputation for scones, lunches, afternoon teas, breakfasts, Christmas parties, Musical evenings, International Themed Evenings and much more! We have lots of regular Cafe customers as well as many organisations that book training events, formal dinners and conferences. In addition the Wedding receptions, Christening celebrations, Birthday parties and Anniversary dinners have been very successful. Thursday evenings have developed very well with Cookery demonstrations and the new Slide & Supper Series which returns in September with lots of interesting speakers and delicious suppers

Slide & Supper Speakers



Ceri & Jane – Slide & Supper Galapagos Islands



Zosia Wand – Local Playwright

Children's Activities

Children get involved in many ways at Ford Park -not just in the family activities during the school holidays on a Wednesday afternoon! Here we have a gardening volunteer who came with her uncle, a young seed swapper who came to the Plant and Seed Swap with her mum and a room full of creative activities on Easter Monday.



Collaboration is the name of the Game

We were delighted to be visited by a community group from Eskdalemuir in Scotland who came to find out about our volunteer programme, cafe and fundraising experience! We also had a good day recently doing some running repairs on our perimeter wall with the help of the National Trust, Seimens apprentices and some of our regular volunteers...many hands make light work.



Fundraising

We are grateful to the Town Lands Trust, Town Council, Cumbria Community Foundation and the Cooperative Society for their small project specific grants we have also had some kind donations towards our Wild Flower Meadow project. In addition to grants we have also been fundraising with car boot sales, market stalls, produce sales and a craft fair- every little helps! A good way to support Ford Park is to become a member-do call into the cafe for details of membership benefits

Incredible Edible Developments

The Ulverston Permaculture Group, Scouts, Ulverston in Bloom, Town Council and groups from Croftlands and Lightburn Park are just some of the people enthusiastically embracing this new project! At Ford Park we have put bean tepees in our flower beds and developed a forest garden by the children's play area as well as supporting Turning Point with their new allotment.



Craft Activities

After the popularity of the wreath making workshops at Christmas we have arranged a number of similar events this year. The Spring Landscape Flower Arranging evening was a great success and we now have other enticing workshops planned throughout the year.



CAR BOOT SALE