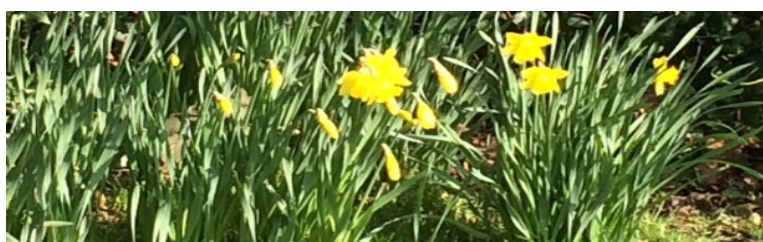


# SPRING 2016 NEWSLETTER



## Springwash

Some of the Friends group were out in the park the other day giving the noticeboards a bit of a wash down. While they walked round they saw lots of other things that could look much better with just a bit of a wash - from the plaques around the park and the notices on the play parks to litter bins and benches. A couple of people thanked them for their efforts, saying how much they loved the park. The experience sparked the idea of holding a volunteer washing day. And so Worthington Park Springwash was born. This is scheduled for Saturday 23<sup>rd</sup> April from 10.00am – 12 noon. All you have to bring is a bucket (and rubber gloves if you use these) and sign up on the day. Meet at the bowling green entrance gate.



**FUN DOG SHOW & SPRING FAIR**

**SUNDAY 24th April 2016**

WORTHINGTON PARK,  
BROAD ROAD, SALE

**SIGNING IN FROM 12NOON**

**DOG SHOW BEGINS 1PM**

Classes include:

- Best Puppy/Veteran,
- Waggiest Tail, Loveliest Eyes,
- Young Handler

...and of course! • Best in Show

**TROPHIES & ROSETTES FOR WINNERS**

STALLS, RAFFLE, GAMES, REFRESHMENTS



Further details from Lynda on **07842 881285**  
Or: [lynda989marsden@btinternet.com](mailto:lynda989marsden@btinternet.com)

SUPPORTING  
GIRLGUIDING &  
SCOUTING IN SALE

## Skateboard ramp

The skateboard ramp in our park is hugely popular, enjoyed throughout the year by children, teenagers and young adults. Erected in 1999, it is now showing significant signs of ageing. We are currently exploring options to repair or replace the ramp.

## Fun Dog Show

This hugely popular biennial show which supports Girlguiding and Scouting in Sale is on Sunday 24<sup>th</sup> April. The show starts at 1.00pm with signing in from 12 noon. As well as lots of classes there will be lots of stalls, a raffle, games and refreshments. This year the schedule for the day includes a display by Urmston Dog Training Club.

# Friends of Worthington Park

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## Improvements in the park

- The fencing around our Lions is being repaired to ensure our lions are safe! The original Lion is now living in Sale Library.
- The potholes in the pathways are scheduled for repair.
- The Sunken garden will be receiving a lot of attention over the next few months to make it a beautiful feature of our park.

## Trafford Community Leisure Trust Health Walks in the park

Health walks are short organised walks (60 minutes) led by trained local volunteers (two of the FOWP). These take place in Worthington Park throughout the year on Mondays at 11.00am Meeting point: Bowls pavilion (Broad Road entrance)

## Calendar

The 2016 calendar of the dogs that walk in Worthington Park was a resounding success this year. Featuring more than 60 dogs it raised in excess of £300 for the FOWP and (with donations) £675 for Guide Dogs. Look out for notices in September/October for information as to how your dog can feature in next year's calendar.



## The Alzheimer's Society Walk and Talk Group

The Alzheimer's Society Walk and Talk group in Worthington Park offers an opportunity for people with dementia and their carers and families to enjoy the outdoors, increase physical fitness and maintain independence.

The group also provides a confidential environment where people can share experiences or simply chat with others in a similar situation. Trained staff and volunteers are on hand to help people get the most out of the sessions and provide information and advice.

We meet every Tuesday at 10-30 am at the Broad Road entrance and walk for about 40 minutes before enjoying refreshments at High Lee House. We have twenty regular walkers in our very friendly and welcoming group and people have told us that "it helps keep my Mother mobile and gives her company," the walk is "good company with exercise (but not too much exercise!)", and "it benefits me by getting out and meeting others like me"

Occasionally we may have a guest join us on the walk for an activity such as looking at the Heritage Trees or completing a quiz on features in the park like the Lions or the founder's plaque.

We often talk to other park users, many with dogs and prams as we walk along the paths. Some of the members socialise outside the group and attend other activities together such as a singing group. We try to walk whatever the weather, and would only cancel if conditions were very bad such as ice or snow.

Mostly we enjoy the company, the exercise, the beautiful and peaceful surroundings, with a welcome sit down for tea and biscuits at the end.

For more information please contact Margaret Newton, Dementia Support Worker at The Alzheimer's Society on 0161 962 4769 or [Margaret.newton@alzheimers.org.uk](mailto:Margaret.newton@alzheimers.org.uk)

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**You can keep up to date with events in the park on the noticeboards, our Facebook page:  
The Friends of Worthington Park and our web pages: [www. worthingtonpark.org.uk](http://www.worthingtonpark.org.uk)**

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