



# Parks for Health

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*Parks Partnership Manager*



ISLINGTON

**Welcome Mirë se Vini** اهلا وسهلا بكم  
欢迎 ברוכים הבאים Witamy Bem-vindos  
Добро пожаловать Soo dhawoow ;Bienvenido!  
Hoşgeldiniz Ласкаво просимо



## What do Islington Parks have to offer?

- There are 120 parks in Islington
- Free to access
- Everyone welcome
- Spending time in the natural environment improves our mental and physical health.

In the last year:

- Over 800 health and wellbeing activities took place in parks
- Over 5,000 volunteer hours in sessions led by parks staff
- Over 8,000 volunteer hours by Friends of Parks Groups



# Highbury Fields



## New River Walk



## Penn Road Gardens



# Gillespie Park



# Islington Ecology Centre and Gillespie Park





# Caledonian Park



# Health and wellbeing activities in parks

## Volunteering



The cover of the 'IslingtonLife' magazine, Spring 2025 issue. The title 'IslingtonLife' is prominently displayed at the top in white and green. Below it, the subtitle reads 'Your local magazine from Islington Council • Spring 2025'. The main image shows four people (three women and one man) in a park setting, holding tools like shovels and rakes, engaged in a greening activity. The text 'Spring greening' is written in large white letters over the image. On the right side, there are three green circular callouts with white text: 'The new and improved Barnard Park', 'Meet Islington's waste warriors', and 'The joy of becoming an adult carer'. At the bottom left, the Islington Council logo and the slogan 'ISLINGTON For a more equal future' are visible.

# New River Walk Volunteer Programme 2025

Friday  
14th March

11am-1pm



Everyone welcome!  
Children must be accompanied  
by an adult.  
Please wear sturdy shoes and  
appropriate outdoor clothing

Friday  
28th March

11am-1pm



Join the community ranger to keep New  
River Walk Green and Growing!

Friday  
11th April

11am-1pm



Meet new people, learn new skills  
and connect with nature.

No experience necessary!

Friday  
25th April

11am-1pm



Meet us in the north section,  
outside the pump house.  
Closest entrance outside  
1-27 ISLAY WALK  
by Douglas Road



Friday  
9th May

11am-1pm

Friday  
23rd May

11am-1pm



✉ For more info: [Lilybelle.marrion@islington.gov.uk](mailto:Lilybelle.marrion@islington.gov.uk)

# Wilmington Square Community Gardening 2025

Join us for all or part of the session!

- Saturday 1st March
- Saturday 22nd March
- Saturday 12th April
- Saturday 3rd May

10am- 1pm

**FREE  
Volunteer  
session**

Everyone is welcome  
No need to book,  
just show up!



Please wear sturdy shoes, and outdoor  
clothing.

Gloves and tools will be provided by the  
Community Park Ranger.

For more information about the sessions please email [eremira.aruqaj@islington.gov.uk](mailto:eremira.aruqaj@islington.gov.uk)



# The Garden Classroom's Green Guardians

Tuesdays and Wednesdays 10am – 12pm

Join us for casual community gardening in an Islington green space. We provide gloves, tools, guidance, and refreshments. Choose from various tasks, or simply enjoy nature, chat, and have tea. School term-times only.

Tuesdays: Market Road Gardens

Wednesdays: Grenville Road Gardens, Finsbury Park

Wednesdays: Newington Green Gardens



# Walks

First Friday of every month at Gillespie Park

Free tea and coffee



# Monthly Health and Nature Walk

Gillespie Park & Nature Reserve  
First Friday of every month  
10am - 11am



A gentle stroll around the nature reserve, to boost our mental health. A lovely chance to get some fresh air, meet new people and feel nature all around us. Free tea and coffee afterwards. **FREE and open to everyone. This walk is DEMENTIA FRIENDLY.** No need to book - just turn up!

## WHERE?

Meet at **Islington Ecology Centre** - the blue wooden building just inside Gillespie Park. Three minutes walk from Arsenal Tube Station. Turn right outside station and follow the road around the corner. The main gate is on your right.

## 2025 Winter Spring dates

- February 7th
- March 7th
- April 4th
- May 2nd

-  Islington Ecology Centre, Gillespie Park  
191 Drayton Park Road N5 1PH
-  020 7527 4374
-  [ecologycentre@islington.gov.uk](mailto:ecologycentre@islington.gov.uk)

# Health and History Walks

Led by Islington Guided Walks

Monthly walks on a Friday morning



## FREE Health and History walks 2025

All walks are on the last Friday of every month\*. All walks are 11am start.

In partnership with Islington Guided Walks, we are pleased to be offering a series of free health and history walks in local parks throughout 2025. These walks are the perfect chance to stroll at a gentle pace and appreciate some of Islington's finest green spaces, while hearing about fascinating and inspiring local history.

### 31 January Dartmouth Park

Enjoy the views around Dartmouth Park Reservoir, exploring nature and heritage

### 28 February Grimaldi Park

Find the musical Grimaldi sculpture and the grave of Henry Penton who gave his name to the area

### 28 March Highbury Fields

Enjoy a stroll around these historic Fields, discovering the surprising people who have lived there.

### 25 April Duncan Terrace Gardens and Regent's Canal

Explore the history of the Angel waterways and the sculptures in Duncan Terrace

### 30 May Elthorne Park

Discover how workhouses and orphanages made way for a park and peace garden, created as part of slum clearance

### 27 June Caledonian Park

Discover how the former meat market became world famous as a second hand goods market

### 25 July Whittington Park

A stroll through Whittington Park and Foxham Gardens, discovering nature, football and Dick Whittington's cat

### 29 August Thornhill Square

We will encounter a square that isn't square, a series of sphinxes, a sporting suffragette and a secret sylvan wilderness

### 26 September Wray Crescent

Discover the Wray Crescent park with cricket ground and bees

### 24 October\* New River

Discover the infrastructure supporting Londoners for 400 years and counting

### 28 November Myddelton Square

Stroll around the historic square with New River connections and explore Spa Green Gardens

### 19 December\* Newington Green

An Xmas walk for the family, discovering historical figures associated with the Green

\*The walks on 24 October and 19 December are on the third Friday of the month

For more information, including where to meet, visit [islingtonlife.london/Walks](https://islingtonlife.london/Walks) or check posters displayed in the park a week before the walk.



The Garden  
Classroom

# WELLBEING WALKS

Join Viv and Cat for  
gentle walks in nature

DISCOVER YOUR COMMUNITY GREEN  
SPACES IN SPRING AND SUMMER

Specially designed for anyone aged 50-plus.

Accessible and open to all

Hot and cold drinks provided after the walk

DATE & TIME	MEETING POINT
Friday 7 <sup>TH</sup> March, 1.30-2.30 <sup>PM</sup>	The Clocktower, Caledonian Park N7
Friday 14 <sup>TH</sup> March, 1.30-2.30 <sup>PM</sup>	The Clocktower, Caledonian Park N7
Friday 21 <sup>ST</sup> March, 1.30-2.30 <sup>PM</sup>	Gillespie Park Ecology Centre N5
Friday 28 <sup>TH</sup> March 1.30-2.30 <sup>PM</sup>	Gillespie Park Ecology Centre N5
Friday 4 <sup>TH</sup> July, 1.30-2.30 <sup>PM</sup>	The Clocktower, Caledonian Park N7
Friday 11 <sup>TH</sup> July, 1.30-2.30 <sup>PM</sup>	Newington Green N1
Friday 18 <sup>TH</sup> July, 1.30-2.30 <sup>PM</sup>	Newington Green N1
Friday 25 <sup>TH</sup> July, 1.30-2.30 <sup>PM</sup>	Thornhill Square Gardens N1

Places can be booked via eventbrite, or you are welcome  
to turn up on the day without pre-booking.



**MORE INFORMATION**

Scan the QR code to find out more or  
call 07887751472  
Email: [viv@thegardenclassroom.org.uk](mailto:viv@thegardenclassroom.org.uk)



## Exercise Classes in Parks

<https://healthygenerations.org.uk/in-the-park/>

See Healthy Generations website for more details!

£3 optional donations

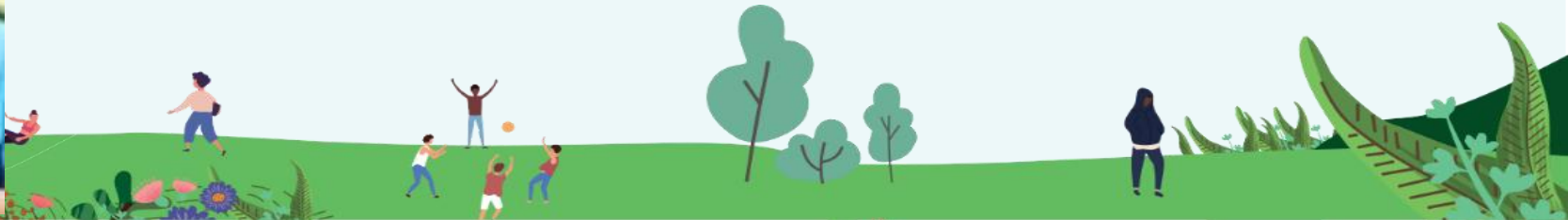


Outdoor **Qi Gong**  
Classes at  
Dartmouth Park,  
King's Square and  
Whittington Park



Outdoor **Cardio**  
and **Muscles Keep**  
**Fit** at Caledonian  
Park

Outdoor **Total Body Workout** at  
Highbury Fields





# Community events



# INTERNATIONAL GOOD DEEDS DAY

5 APRIL 2025  
11:30AM-1:30PM

ISLINGTON ECOLOGY CENTRE  
191 DRAYTON PARK, LONDON N5 1PH

**FREE**

**REFRESHMENTS  
and T-SHIRTS**

**Everyone  
Welcome**



Join us as we come together to appreciate our shared natural environment in Gillespie Park and Nature Reserve. Learn about how to get involved.

Children's simple arts and crafts

12:30-1:30 *Introducing:*  
**Green Movie Afternoon**

**FREE**



Tribute to the memory of  
Sam Gibson-Hill



## Spring Intergenerational Event



Come and meet new people, enjoy local nature and craft activities with **The Garden Classroom**, listen to our presentation about butterflies and enjoy animal encounters with **Zoolab**



Plus, free refreshments and drinks!

**Saturday 26<sup>th</sup> April 2025**

**10:30am-13:00pm**

Event will be both indoors & outdoors so please dress for the weather.

**Islington Ecology Centre  
191 Drayton Park, N5 1PH**

This is a free event for Islington residents  
For more information, please contact:  
[brightstartcentral@islington.gov.uk](mailto:brightstartcentral@islington.gov.uk)  
0207 527 8465



**Pot a Plant with Friends** – Everleigh St. Open Space Community Gardens, Everleigh St, N4  
Saturday 12 April, 12-2pm. Free event. No booking, simple turn up and join us. Wear suitable clothing and footwear.

**Dog Education & Awareness: Pat & Chat** – Foxham Gardens, Foxham Road, N19  
Saturday 10 May, 1-3pm. Free event. No booking. Meet our team of officers to answer your doggy-related questions, offer tips and practical advice. Perfect for new doggy parents.

**The Big Buzz Bee Event: Celebrating World Bee Day** – Wray Crescent Open Space, Thorpedale Road, N4  
Saturday 24 May, 12-4pm. Free event. No booking. Simple turn up with family and friends and join us

**Dog Education & Awareness with Scruffs** – Whittington Park, Upper Holloway Road, N19  
Saturday 7 June, 12-3pm. Free event. No booking. Have doggy fun with the agility course and the dog with the most-waggiest tail. Meet our team of officers to answer your doggy-related questions, offer tips and practical advice. Perfect for new doggy parents.  
Free event. No booking, simple bring your dog and the family for an afternoon of fun.

**Whittington Park Community Association Event. Big Day Out** – Whittington Park, Upper Holloway Road, N19

Saturday 21 June, 12-5pm, Free event

**Thank you and any questions!**

**Sally Oldfield – [Sally.Oldfield@islington.gov.uk](mailto:Sally.Oldfield@islington.gov.uk)**  
***Parks Partnership Manager***

[www.islington.gov.uk](http://www.islington.gov.uk)