

The Friends of
Regent's Park
& Primrose Hill

DO SOMETHING AMAZING TODAY

SPRING & SUMMER 2025

NEWSLETTER NO. 122



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FROM THE CHAIR

Mark Elliott

*Chairman,
Friends of Regent's Park & Primrose Hill*

I am writing this in mid-March and the temperature is 19 degrees today. I hope this bodes well for a great summer as we have so many things planned for you to enjoy!

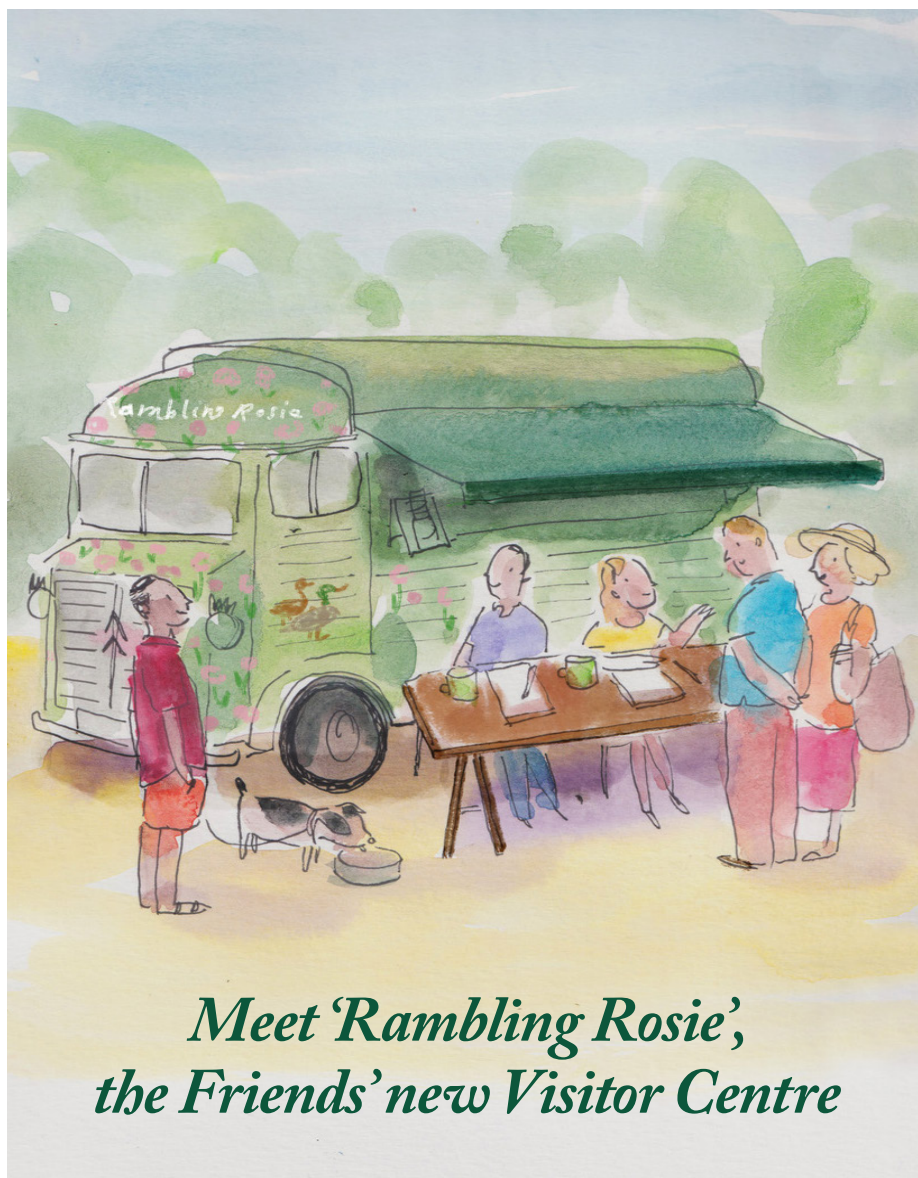
This is the first Newsletter in a new format. In future you will get two, bigger newsletters each year, in Spring (April) and in Autumn (October), and, unless you opt out, they will be delivered to your letterbox.

Soon you will see our new **Visitor Centre** in the park. 'Rambling Rosie', a 45-year-old Citroen food truck, has been refurbished, decorated, and equipped so that she can be towed around the park and used to greet visitors. Do say hello to the volunteers that operate it each weekend, and, if you would like to volunteer to help, please let them know.

You may have seen some disabled cyclists on the Inner Circle and other areas of the Park. The Friends have been active in making this happen. As part of a team organised by the Royal Parks, we have contributed financially and helped oversee the transfer of the specialist bicycles to a charity called 'Bikeworks' which operates disabled cycling units around London. This change will enable more demand to be met as so many disabled and elderly people enjoy riding in the Park.

By now you should have received a paper copy of our **Events Programme** that contains 40 Walks, Talks, and more. We recommend that you book soon as many will fill up quickly. All these events are for members but you can bring guests with you to most events. Don't forget that your membership subscription covers all the family living with you. One event is open to all.

Our **Third BIG Lunch** (the first was for the Coronation when 700 attended) will be held on Sunday 6 July on the Broad Walk from 12.00 to 16.00. We supply the tables, chairs and tablecloths, and you bring your lunch, family and friends. The **Mardi Gras Jazz Band** will play classic Dixieland jazz, and our Swing Dance trainers will get you up



Meet 'Rambling Rosie', the Friends' new Visitor Centre

Illustration by Jesse Brown

on your feet! Book your table soon to avoid disappointment. This is a family affair with fun, food, games and entertainment.

On the Musical side, **the Regent's Park Music Festival** will be bigger and better. As usual there will be 45 **free** bandstand concerts from **21 June to 21 September**. In addition, there will be six evening concerts encompassing musical theatre, opera and more plus three children's concerts. These will be held in a large marquee near the bandstand.

The 2 August will be 'Karl Jenkins' Day'.

Karl is known as "Britain's most popular living classical composer" (see "[The Composer behind the Moustache](https://www.bbc.com/iplayer/programmes/b0000000)" on the BBC iPlayer). John Suchet will host 'A Conversation with Karl Jenkins' and in the evening Karl's famous *Mass for the Armed Man* will be performed. Karl just sold out the Royal Festival Hall in about 3 weeks, so we expect tickets to this event to go quickly!

With good weather, it should be a wonderful summer in your Park. I plan to enjoy it and hope you will too.

THE NATURAL PARK

MILD AND WET SPRING HELPS GROWTH

Matthew Steinmann
Arboricultural Officer

The arboricultural and park management teams are keeping on top of the watering of newly planted trees. We planted another 30 or so trees this year to add to the trees planted in previous years; we tend to consider that trees need watering for three years after they have been planted, weather depending, before their roots get established and they can fend for themselves.

The annual surveys for oak processionary moth have been completed and the identified nests will be removed shortly by our specialist contractors in their hazmat suits! The fly which predares the moth is now well established and numbers of nests are significantly lower this year. We imagine that the population will fluctuate in years to come.

The wet mild spring has generally been good for tree and plant growth. While I have



The wet, mild spring has generally been good for tree and plant growth.

been doing my tree health surveys, I have noticed that many trees which I had previously identified as having sparse crowns have responded well to the weather. Except of course for ash trees many

of which are being affected by ash dieback; the upper crowns are dying back slowly. We will continue to monitor their decline, but there is, unfortunately, nothing we can do.

QUEEN ELIZABETH II GARDEN TAKES SHAPE

Emily McGhie
Senior Communications Officer, TRP

Significant progress has been made on the new garden in The Regent's Park, which will commemorate the life of Queen Elizabeth II

The demolition and site clearance phase is now complete, with the former disused glasshouses carefully deconstructed and the site fully cleared. This marks an important milestone as the project moves into the next stage of

landscape development. In January, Blakedown Landscapes was appointed as the official landscape contractor to deliver the project, bringing decades of expertise in creating high-quality public spaces.

Almost three months into the 12-month build, construction is progressing well. Work is also underway on key features, including setting out paths, swales, and a new pond, which will enhance biodiversity within the space.

Sustainable practices will guide the

garden's development, such as reusing steel from the former nursery greenhouses to create elements of the new pergola and lookout deck. Additionally, concrete from demolition material will be recycled and transformed into growing mediums, making it a landmark for sustainable urban design.

With development progressing well, the project remains on schedule for a spring 2026 opening, coinciding with what would have been the late Queen's centenary year.

OUR HONEY IS THE BEES' KNEES

Alison Benjamin
Co-founder, Urban Bees Ltd.

One of the best kept secrets in The Regent's Park is the apiary. It has been hidden away in the park for many years. Brian McCallum of Urban Bees Ltd is the current Regent's Park beekeeper. He took over 20 hives from Toby Mason a decade ago.

You can't see the apiary because it is tucked away to protect both the honeybees who live in the hives, and the people who enjoy the park. Brian visits the hives once a week during the spring and summer to ensure the bees are healthy and have enough space in their hives to store honey. In the early spring, on warm, dry days the worker bees are busy collecting nectar and pollen from the myriad flowering plants in the park. They forage alongside wild bumblebees and solitary bees which don't make honey but, like all bees, are important pollinators. There are



The honey is available online and in local shops.

270 species of bee in the UK, only one is the honeybee.

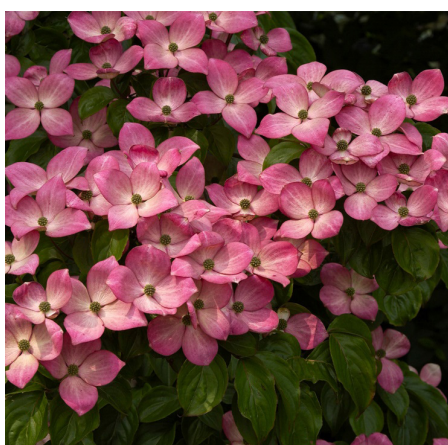
The Regent's Park honeybees' favourite nectar is from the magnificent lime trees which line the Broad Walk and are smothered in tiny white flowers usually at the end of June, and the

tulip trees whose flamboyant floral display is slightly earlier.

The bees make a deliciously light and fragrant honey from the nectar. Raw Regent's Park honey is highly prized by local residents - some of whom swear it cures their hay fever - and visitors to the capital who value its delicate taste and texture. It can be purchased online from the following London delis: La Fromagerie, Honey & Spice and Paul Rothe and Son. Ten per cent (10%) of the sales goes to The Regent's Park.

At the end of the summer Brian spins off the raw honey from the comb and jars it in his honey room in the park. The amount of honey the bees make depends on weather conditions and nectar flow. In a good year, one hive can produce 40 lbs of honey. Brian makes sure he leaves enough honey to feed the bees during the winter.

Join Alison as she leads a "Bee Walk" in the Park on Monday 9 June. See details in the Events Programme.



Clockwise, from top right: flooding in the lakeside rose beds; a prototype of the new engraved rose labels; Cornus kousa var. chinensis 'Miss Satomi' is to be planted in the rose garden; Head Gardener Anna Rafal with the new blended mulch, which will help with soil health.

ROSE GARDEN HEALTH

Matthew Pottage
(New) Head of Horticulture and
Landscape Strategy for The Royal Parks

I look forward to meeting many of you in person in the coming months, and talking about my wider role, and the evolving vision for horticulture across the parks.

More specially, at The Regent's Park, I've had a great start to my time with the charity, launching straight into some horticultural changes with Head Gardeners Anna and Anne. If there is a controversial nettle to grasp, it is perhaps the changes in the rose garden, which I'd love to expand on a little more.

We have grassed over the beds alongside the lake due to ongoing, and worsening, winter waterlogging problems. Simply put, the health of the roses in these lower lying beds was declining, and secondary infections of fungal disease were present – the pathology laboratory at RHS Garden Wisley confirmed honey fungus very quickly after tests. As the climate change models predict wetter, milder winters, these conditions favour such diseases, and we took the difficult decision to remove these roses which were below par, in discussion with Nick Biddle, the Park Manager.

On a happier note, Queen Mary's Gardens still boasts over 60 beds of roses, and we are investing more time and energy into these, to improve their health. You may have noticed a new blended mulch we have applied, at a much greater depth, with added woodchip for soil health. In my previous role with the RHS, a big part of my work was to reverse the fortunes of the rose garden at Wisley, where soil health offered the key to better rose health. While it won't be an overnight fix, I hope we will see much healthier roses in Queen Mary's Gardens in the coming summers. We are also replacing all the engraved labels on the rose beds – these are currently in production.

Where the beds have been grassed over, we will plant an ornamental row of flowering Cornus trees – a lesser-known variety not present in the Royal Parks, called *Cornus kousa* var. *chinensis* 'Miss Satomi' which will bridge the flowering gap between the cherry blossom finishing and the roses starting to bloom.

As one enters Queen Mary's Gardens from the Chester Road gates, Anna and I have refreshed the planting with a new blue and orange scheme, with silver evergreen punctuation, which will be long-lived and climate resilient. I hope you will enjoy watching it settle in.

OUR PARK IS A SOURCE OF INSPIRATION TO POETS

Our park is inspiration to many creative people....artists, musicians, writers, poets. We were delighted to learn recently about not one, but two poets who find inspiration in The Regent's Park. Adam Taylor is a self-professed fan of the Queen Mary's Gardens and we include two of his poems inspired by that place. Adam says, 'You will see that my style is not to write earnest nature poems but, rather, modern, quirky poems that create personalities for the roses based on their names/appearance/characteristics.'

The Rose Garden in April

Adam Taylor

No gowns.
No crowns.
Only thorns.
The theatre shivers
in the naked dawn

while deep in their lair,
the actors prepare
for the premiere.
Each budding performer
in their own chair
attended by
a colourologist
and a perfumer.

The early bloomers
attend the stage
for the opening call
as the first few punters
enter the stalls.

The bell dings.
The choir begins.
The tech loads.

May is here.
The bling explodes.

Tintinara

Adam Taylor

My taxi is here,
said Tintinara,
as she wiped her mascara
and boxed her pink tiara
and downed her caviar. A
girl's gotta know
when a girl's gotta go.
See you next year.

UPDATE FROM NATURAL HISTORY GROUP

Kennedy Cruickshank

Natural History Group organiser

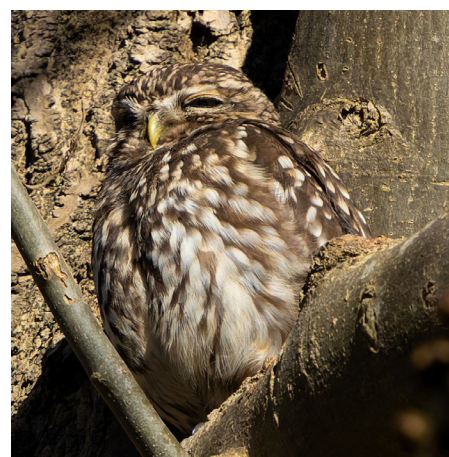
Winter is always quiet for the Friends as the Park “goes to sleep” and nature largely hibernates. But we are not idle.

Continuing and quietly progressing, rewilding has been an unnoticed theme of Regent’s Park management this last two or three years. And last year we started a Natural History group that is collaborating keenly with these initiatives. Friends may have noticed small, fenced patches appearing along the edges of main paths, full of apparently tired-looking dried plants that will spring back into leaf in the next month or so. These provide havens for small animals, wood lice (crustaceans) and insects including beetles and food for caterpillars which themselves become moths and even some butterflies. Few realise that moths are a fundamental basis of the ecology of thriving natural settings, perhaps because most fly at night. They are not only food sources for birds but provide vital pollinating actions, moving like bees from flower to flower.

A new development, in line with the Friends’ vision to entice nightingales to nest in the Park and Primrose Hill over the next decade, has been the planting of ‘whips’. That is the horticultural name for blackthorn (*Prunus spinosa*) saplings. These have begun to be planted in otherwise apparently wasteland, grassy areas between the path on the side of the lake to the long bridge and the playing fields beyond. They grow and thicken over three to four years to become sought-after nesting sites not only for nightingales but many of our smaller birds as well. On their branching sites, elegant brown hairstreak butterflies, which have been advancing their range with climate change, lay their eggs. The fairly rapidly-growing blackthorns’ great advantage is in their name – they are spiny enough to keep troublesome pre-dating magpies and now damnable parakeets out. Further, they provide work for park volunteers wearing gloves to thin them out every three years because otherwise they become too thick for even the smaller birds.

Natural History group activities:

As well as recent volunteer work afternoons, we have developed a series of evening meetings of the Natural History group in the Park offices’ meeting room. Friends and interested others have attended excellent talks, held monthly until June and starting again in October. April’s meeting welcomed Leslie Williams, London’s Butterfly Recorder. Leslie enlightened us about his new book ‘Butterflies of London’, just published with stunning photographs throughout. The final talk of the season on Tuesday 10 June will be the Royal



Clockwise, from top: Blackcap in Blackthorn, © Chris Buck; Semi-snoozing in sun, © Mags Andersson; Blackthorn ‘whips’ near the lake at sunrise; Male Chaffinch in full spring plumage, © Mags Andersson; Little Owl keeping watch, © Chris Buck.

Parks’ Biodiversity manager, Sarah Ive, on ‘The Royal Parks Biodiversity programme – policy and actions’.

Regent’s Park and Primrose Hill’s works offices and meeting room are just off the junction of Chester Road into the Inner circle, right turn and in 30 yards, immediately right again. Free parking available from 6:30 p.m. on Chester

Road and Inner Circle. Let us know if you are coming via wildlife@friendsofregentspark.org as places are limited to 25.

And if you aren’t a member of the Friends you might think about joining (only £20/year for a household with discounts on food, events, music, boating and more – visit friendsofregentspark.org).

DANGERS OF BIRD FEEDING

Sam Bonham
Wildlife Officer

Feeding birds in public parks, particularly in areas like The Regent's Park, may seem like a harmless and enjoyable activity. However, it can pose significant risks to bird health and the overall ecosystem. Two primary concerns are angel wing syndrome and avian flu, both of which can have serious implications for wild bird populations.

Angel wing syndrome is a debilitating condition primarily affecting waterfowl. Angel wing causes the flight feathers on a bird's wings to grow improperly and twist outward, preventing the birds from being able to fly. Unfortunately, once developed in birds, it is an irreversible condition.

While these birds are unable to fly, they can still lead relatively normal lives. They are able to feed themselves, paddle, and interact with other geese in their family unit. There is one Canada



Angel wing syndrome primarily affects waterfowl.

goose that often hangs around by Hanover Gate. This individual has been there for a few years and, despite the condition, remains in good health.

For this reason, our advice is to leave the birds in situ, as removing them would be detrimental to their health. However, we advise against feeding the birds, as it is believed that a poor diet can lead to angel wing. Additionally, avian flu is also spreading. The practice of feeding birds congregates them in close proximity. In areas like Regent's Park, where large flocks of birds often gather, this increased density can facilitate the transmission of pathogens. Additionally, please do not touch or pick up the birds. If you are concerned about a wildlife issue, please call the wildlife on-call number found on the website.

Regent's Park is a vital habitat for many bird species. By respecting these ecosystems and refraining from feeding the birds, we help protect their health and ensure the sustainability of their populations. Encouraging responsible wildlife interactions allows us to enjoy the beauty of these creatures while promoting their well-being and the overall health of our environment.

PLEASE DON'T FEED THE BIRDS! *HERE IS WHY:*

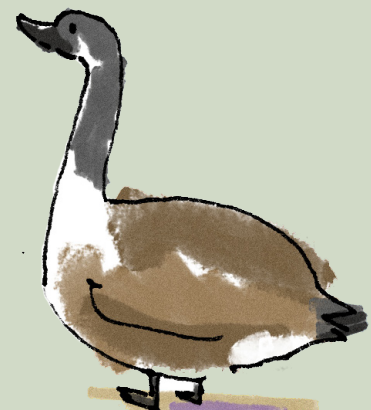
- Feeding changes the **natural behaviour of birds**, making them reliant on human feeding. It also **encourages them to interact more** or closer to people or dogs, which **increases the risk of them being harmed**.
- It can result in numbers of waterfowl living in closer proximity and higher densities than what would naturally occur in the wild. This can result in **increased aggression between individuals within and between species, especially in species such as swans**.

This also **increases the risk of increasing diseases spread between individuals in close proximity**, for example with avian influenza "bird flu".

- Around water it **negatively impacts water quality** due to build up of uneaten food and excessive amounts of bird droppings. This can lead to issues such as **harmful/toxic algae blooms and fungal infections on bird feathers**.

It also poses risks to human health as well as being unsightly.

- Feeding/water stations could constitute a **major source of disease spread in garden birds**, for example the disease Trichomoniasis which has caused declines in species such as greenfinch.





Readymoney Fountain with missing finials.

FOUNTAIN VANDALISED

Cynthia Poole

The elaborate Readymoney drinking fountain on the Broad Walk was damaged recently by vandals who stole parts of the marble finials. The Royal Parks are in the process of commissioning costly replacements.

The white marble and coloured granite fountain was designed by Robert Keirle, architect to the Metropolitan Drinking Fountain Association, for Sir Cowasjee Jehangir "Readymoney" and installed in 1869 at a cost of £1400. Princess Mary of Teck presided over the opening ceremony.

Sir Cowasjee's blurred likeness is on the South face, and Victoria and Albert face East and West. The North face held a clock and a new clock is now required. The fountain was most recently restored around 2017 but is no longer used as a fountain because access to the pipework required a small boy to crawl through terrifyingly tight spaces.

Sir Cowasjee Jehangir Readymoney (1812-1878) was the descendant of three Parsi brothers who moved to Bombay in the early 18th Century and grew rich in the opium trade. They became bankers for British clients, hence their nickname "Readymoney", which they took as a surname. Sir Cowasjee left school at 15, and started work as a warehouse clerk. Some 22 years later he worked as a broker and trader, and in 1866 became a commissioner of the new Income tax in Bombay. He was appointed Justice of the Peace, and various honours followed including a knight Bachelorhood in recognition of his charitable donations of around £200,000 to various causes in London and Bombay. He built hospitals, asylums, colleges, a refuge, and several drinking fountains. His heir was created baronet in 1908. Today the family have numerous business and charitable interests in Mumbai, and according to the current heir, Cowas Jehangir, who plays drums and saxophone, they also have a family jazz band.

THE ACTIVE PARK NEWS FROM THE SPORTS HUB

Benjamin Ladipo

Sports Development Officer

"On 7 March, we successfully hosted our first Hub Cup since its last edition in September 2018. This marked a long-awaited return for the tournament, aimed at increasing participation among local girls aged 10 and 11.

Ten local girls' schools attended, competing on the newly installed hybrid pitch in a free tournament designed to encourage engagement in grassroots football. The event was a huge success, with an incredible display of teamwork, sportsmanship, and enthusiasm from all participants.

The overwhelming positive response and support from local groups including the Regent's Park Youth League has reinforced the importance of such opportunities for young girls in sport. As a result, we are pleased to announce that the Hub Cup will now return as a regular tournament, with the next edition set to take place in October 2025. We look forward to growing this event and inspiring even more young girls!

On 30 March we brought our winter season to a close and began renovating our pitches for three weeks, to begin our summer season, which includes Cricket, Softball, Rounders and Touch Rugby. The summer season takes place between Wednesday 23 April – Thursday 24 August 2025.



Cycle enthusiasts of all abilities are able to enjoy the Park thanks to specialist cycles.

DISCOVER THE JOY OF INCLUSIVE CYCLING

Catherine Stuart

Communications and Marketing, Bikeworks

The Bikeworks All Ability Club runs every Wednesday from 10:00 a.m. to 1:00 p.m., offering specialist cycles to support disabled people and carers to enjoy cycling in a safe and social setting. It is a great, fun and welcoming way to be active in a fabulous environment.

Whether you're a first-time rider, returning to cycling, or riding with a companion, our expert

instructors are here to support you. It's not just about cycling – it's about freedom, confidence, and connection.

'Cycling with Bikeworks has given me confidence I never thought I'd have. The support is amazing, and I always leave feeling energised and happy.' – Regular rider

Join us in the beautiful surroundings of The Regent's Park. Spaces are limited, so book your session today (tinyurl.com/mpaxdjif). Experience the joy of cycling with Bikeworks!

THE STRUCTURAL PARK



York Bridge, Grade II listed and one of the park's oldest assets, is undergoing vital works.

ONGOING PARK WORKS

Katherine Davis

*Stakeholder and Internal
Communications Manager*

Thames Water

Thames Water is carrying out essential work to repair a failing 30-inch water main in Regent's Park, and are aiming to complete by August 2025.

Some noise and an increase in vehicle movements are anticipated, but measures will be in place to minimise disruption, including the use of sound barriers where necessary.

Certain footpaths and gates within the park will be closed, with diversion signs in place to guide visitors. Saint Andrew's Gate and Chester Walk Gate will remain closed throughout the works, while the English Gardens Wicket Gate will be closed intermittently. Alternative routes will be signposted.

Three-way traffic lights will be in operation at the junction of Outer Circle and Park Square East, with on-street and path signage in place to assist visitors.

Thames Water and The Royal Parks are working closely to ensure the works are carried out responsibly, with safeguards in place to protect wildlife, trees, people, and the park environment.

For more, please visit: thameswater.co.uk/about-us/projects/improvements-in-your-area/regents-park-trunk-mains-replacement

Primrose Hill Gates

The Royal Parks charity began to install gates on Primrose Hill in late March, to support park closures when necessary.

The gates were installed one at a time to ensure access to the park at all times, and to ensure that visitor disruption was kept to a minimum.

The completion of the installation was expected in early April, dependent on weather and should be in situ when you read this newsletter.

The new gates are in keeping with the Grade II-listed landscape and with other similar gates

we have across our parks and will replace the use of the unsightly and costly temporary Heras fencing which has been used in recent years to support closures and which is prone to damage.

The installation of the gates followed extensive engagement to gather the views of residents and park visitors to Primrose Hill on a wide range of issues, including noise disturbances.

The installation of gates does not mean that the park will be closed more often. We are maintaining the current 24-hour weekday opening arrangements and we are continuing with weekend summer closures as we have done for the past four years.

This year, the park will be closed from 10:00 p.m. until 6:00 a.m. the following morning on Fridays, Saturdays and Sundays, from Friday 11 April until the clocks go back in October. We may also close the park on ad-hoc days for operational needs or for health and safety reasons due to extreme weather conditions.

York Bridge

The Royal Parks charity is pleased to be undertaking vital restoration work to York Bridge in The Regent's Park. The Grade II listed bridge crosses The Regent's Park boating lake and is one of the park's oldest assets, with the first part of the bridge dating back to around 1790.

It is an icon of the park and a popular entrance for pedestrians and vehicles alike which means it has been well used over the years, resulting in its gradual deterioration. We are now carrying out the necessary conservation work to prolong its lifespan for years to come.

While we aim to keep disruption to a minimum, in order to carry out this work safely York Bridge is now closed to all users and diversion routes are signposted. The bridge will reopen later in the year.

Cyclists can dismount their bikes to use the temporary pathway or access the Inner Circle via Chester Road.

Find out more here: royalparks.org.uk/visit/parks/regents-park-primrose-hill/york-bridge-restoration

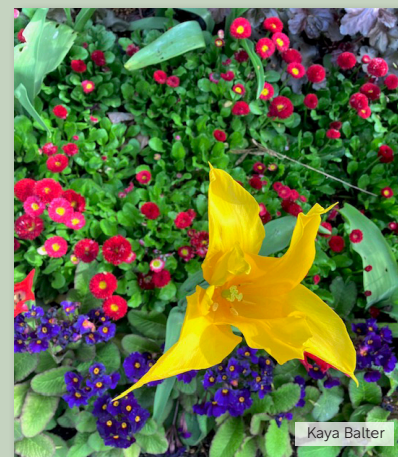
*Congratulations to the
winners of our Children's
Photography Contest!*



Amelie Spencer



Maya Balter



Kaya Balter

*Become a Friend
TODAY!*

*For events and membership information,
visit: friendsofregentspark.org*



HOW TO STAY SAFE IN OUR PARKS

Christian Roberts

Park Police

Regent's Park and Primrose Hill are both safe parks for everyone to enjoy, however due to the high proportion of visitors, the parks do attract undesirable people. Their intent is often to steal by use of force, items like mobile phones. These crimes are carried out predominantly by males on e-bikes riding normally in twos at speed, reaching out to snatch a mobile phone. The suspects will not say anything as they approach and will keep cycling though people to get what they want.

My advice is look around and check if it is safe to hold your phone whilst walking, observing any cyclists. If in doubt walk on the grass away from the main paths to enjoy your phone as most bike riders do not like riding on grass.

Lone cycling on the Outer Circle early morning between 5:00 and 7:00a.m. is risky due to previous incidents of cycle jacking/robbery. Typically two males turn up on either an motor bike or powerful, illegal e-bike and attempt to kick or threaten the rider with a weapon to steal an expensive bike.

My advice for dawn summer rides on the Outer and Inner Circles is to meet up in groups before you get to the park. Safety in numbers is key here, and if in doubt, if you are on your own doing sports laps, then choose the Inner Circle where there are more safe places to get out of trouble. These include the university, Tennis Club, the entrance gates at the Holme and St Johns Lodge, all of which have good CCTV or 24hr security.

Distraction theft will continue as the weather improves, again the suspects are looking to steal mobile phones which are left on the grass or by the side on a bench. They will beg for some food, may sit next to you to distract you or your children then leave with your phone.

If someone approaches you in the park if



Police presence in the Park may soon be a thing of the past.

you are sat down, stand up making sure you have your phone and tell them politely that you have nothing to give them. Whilst you are on your feet it will attract attention from other people sat down as well. Keep an eye on the beggars and if in doubt call 999.

If you find yourself on Primrose Hill in the

evenings from 9:00 p.m. onwards be aware that on the summit you are likely to stand out. The light from a mobile phone will show up which will attract robbers.

My advice is stay on well-lit paths and not take your phone out when it is dark unless you are in a group and feel it is safe to do so.

BENEFITS OF A FRIENDS MEMBERSHIP

There are lots of perks to being a Friend of Regent's Park & Primrose Hill. It costs only £20 per year and the benefits apply to all members of a household living under one roof.

Not only do you get a copy of this bi-annual newsletter posted to your home (unless you choose to opt out) you can also find a copy on the website. You get access to Friends-only events and preferred rates to all our events, musical and non-musical alike.

There are numerous opportunities for volunteering too, helping at the Music events, litter-picking, manning our Visitor Information Van, and planting bulbs and shrubs too.

In addition, we have a raft of special offers such as:

- 25% discount on food and drink in all the cafés in the Park
- 20% discount on Off-Peak tennis court at Park Sports, The Regent's Park
- 20% approximately for boat hire at peak times, varying during the season
- 30% discount on a concession rate season ticket for deckchair hire
- £35 on Price Band A-B in person at the Open Air Theatre Box Office, available to purchase 2 weeks prior to the performance excluding Saturday evenings (maximum 2 tickets per transaction)
- See page 9 for new discounts on tickets at the Marylebone Theatre for upcoming performances of *Faygele* and *Alice in Wonderland*!

NEW AND IMPROVED CATERING FACILITIES

Ismini Stefanidou
General Manager

The park is about to get even better with the reopening of its catering outlets, thanks to Benugo's newly renewed, five-year contract. We are promised new menus, fun promotions, and a fresh look at all our favourite spots! The overhaul of all the Benugo catering outlets is now complete.

Regent's Bar & Kitchen

A new feature of the Regent's Bar & Kitchen, will be a brand-new ice cream parlour. Benugo have redesigned the seating area to make it more accessible and welcoming. They've also added a takeaway area for those on the go so hopefully things will flow better than in the past. We are looking forward to experiencing the 'wow-worthy experience' with a new range of cakes and food, all displayed beautifully.

The Broad Walk Café

The Broad Walk Café is set to become a must-visit destination with colourful displays and a hot menu featuring brunch on weekends. The café will have a seasonal pop-up in the garden with a rotisserie menu and a kiosk outside. The revitalized BBQ area will be the perfect spot to visit during summer peak times.

Playground Kiosks

(Gloucester Gate and Marylebone)

The playground kiosks are getting a makeover as well with brand-new pop-up units. These timber-clad kiosks will blend seamlessly with the park's natural beauty. Ice cream at the perfect temperature for the hot summer days, cakes and 'grab and go' bloomers, salads, wraps and cakes are going to be on offer.

The Hub

The Hub is already open and buzzing with fresh, healthy sandwiches, salads, smoothies, and juices. Benugo have optimized the service to handle busy weekends, ensuring visitors can access nutritious food quickly and efficiently. There will also be BBQ events.



General Manager Ismini Stefanidou, left, with staff members in the newly renovated Bar & Kitchen.

The Espresso Bar

The perfectly formed Espresso Bar on the south end of the Broad Walk has had a refreshing makeover. Sandwiches, cakes, smoothies, ice cream and juices are on offer. The lower counters showcase abundant displays of cakes and morning goods, perfect for park regulars.

Primrose Hill Café

Primrose Hill Café is set to become a key destination point, especially with its proximity to the playground. Benugo have added more seating, including child-appropriate benches and flexible adult tables. They have added large plants, creating a cozy and artistic space. Cakes, pastries, and savouries will be the stars of the counter, alongside a juice and smoothie station.

Waterside Café

Waterside Café has seen a significant increase in sales, thanks to local customers' input. Some British favourites, like fish and chips, have been added to the menu. The ice cream kiosk hatch will offer both scooped and soft serve ice creams with customizable toppings and sundaes. Inside, a new stone counter worktop will highlight the abundant food offering. A buzzer system will call customers to collect their hot food, freeing up space within this small café.

The Holme Green Kiosk

The Holme Green Kiosk is getting a bright pop of colour to enhance its impulse ice cream offer. There will be a self-serve 'grab & go' display, making it easier for visitors to pick up their favourite treats.

MARYLEBONE THEATRE TICKET OFFERS

One of our near neighbours, The Marylebone Theatre is offering us discounts on two of its productions, *Faygele* (30 April – 31 May) and *Alice in Wonderland* (12 July–31 August)

Alice in Wonderland is an internationally celebrated production that brings Lewis Carroll's delightful chaos to life with extraordinary puppets, exquisite costumes and an original score that will captivate audiences of all ages. With creative stagecraft that will leave you spellbound, this visually breathtaking experience is a "must-see" for families seeking an enchanting escape.

Running time: 60 minutes (no interval)
Age Recommendation 5+.

Families purchasing four tickets will receive £5 off per ticket. One of the ticket holders must be under 18. Note: Before selecting the date you would like to attend, please select 'Enter Promo Code' on top of the calendar and enter FAMILY4NEW to access the offer.

In *Faygele*, 13-year-old Ari Freed's world is upended in an instant - when, at his Bar Mitzvah celebration, his father strikes him down with a single word: Faygele. The sting fractures his already delicate sense

of self, forcing him into a battle he never asked for. *Faygele* is a story of survival in the space between faith and identity, love and duty, past and future - unraveling the complexities of Ari's adolescence and the relationships that shape him. Running time: 90 minutes (no interval). Age Recommendation: 14+

The theatre is offering Friends 10% off the advertised ticket prices. Note: Before selecting the date you would like to attend, please select 'Enter Promo Code' on top of the calendar and enter FRIENDS10 to access the offer.

To learn more and to book, go to marylebonetheatre.com/#Whats-On

VOLUNTEER

MEET 'RAMBLING ROSIE', VISITOR CENTRE

Robin Black

Newsletter Editor

Over the past year we have been hard at work repairing, restoring, repainting and refitting a 1984 Citroën Hy Van which will replace our failing Gazebo. These are most known as 'food trucks'. This former food truck was rusted, neglected and going nowhere until it was spotted by our Chairman Mark Elliott who thought it would be a fine way to represent the Friends in the park and disseminate information to visitors to the Park during the summer months. The Park generously gifted it to us and Friends Gerald Hyam and Citroën owner and enthusiast Ronwen Emerson put in the legwork to make this happen.

So, we are delighted to introduce you to Rambling Rosie, thus named because of the famous Rose Gardens that bring so many people to the Park not to mention a generous donation from the Rose Foundation to aid us in restoring this beauty and putting her back into action with renewed vigour and purpose: rosefoundation.co.uk...and she will get around for all to see.

Join Us and Volunteer

If you have never volunteered as a Friend, now might be the time to consider volunteering to do a stint at our lovely new Visitor Van. Booking will open soon, and we are looking for people with a reasonable knowledge, and love of the park to dish out information to visitors. The usual queries involve 'Where are the toilets?' 'Where is the music today?' 'Where can we get some food?' 'How much to hire one of the boats and where do I go?' 'We only have a few hours; what do you recommend we do?' 'Where is the nearest tube station?' 'Where can we go next?'

As a volunteer myself I have found the experience extremely gratifying. You get a unique insight into who visits our park and why they visit. Many are from overseas and are excited to share their park experiences with you so if you have a second language you may be able to use it which makes our visitors feel even more welcome.

The job isn't difficult and you will learn a lot about the park too which, I would suggest, gives you an even better appreciation of the park's charms. I thought I knew the park...I learned so much more by volunteering at the gazebo over the past four years.

Working alongside another volunteer you make new friends and learn from them as well. I have found that everyone has their own perspective, their own special route, café, sculpture, garden...

We have four Gazebo managers who are on call every weekend should you encounter any



Top: Artist Jesse Brown puts the finishing touches on the artwork covering Rosie. Left: Michael from Elegaspace Construction kitting out the van's new interior. Above: Besha of Mike's Mechanics who completed Rosie's restoration so she was ready to roam the Park and greet visitors from May.

difficulties but there is training, should you need it and a comprehensive manual to refer to.

As you will see from the photos Rambling Rosie will make quite a splash when she is unveiled. She is green and mean and beautifully kitted out with illustrations all round provided by our resident artist and committee member Jesse Brown. We hope that she delivers a message to all that the Friends are here to support and to offer opportunities to join a wider community of people who love the park whether learning, exploring, enjoying or volunteering.

Rosie has a wonderful new awning to shade volunteers from rain and sunshine as the seasons dictate. She will be a presence, to be sure.

Opening for Business

Rambling Rosie will make her debut soon. The volunteering season begins Saturday 21 June when the Regent's Park Music Festival kicks

off and continues until Sunday 2 September. She will also be present at our Third Annual Big Lunch on the Broad Walk to take place Sunday 6 July. Save that date and book your place now by visiting frp-ph-members.org/events/category/55-big-lunch.

Volunteering slots occupy three hours so we need two volunteers in the morning from 10:30-1:30 and two from 1:30-4:30. We have two amazing support staff from the park that tow her into position and help us set up if that is required. But for those of you who have worked on the gazebo, Rambling Rosie is a doddle to set up by comparison. Inside the van everything is kitted out so that it is easy to find everything you need- a place for everything and everything in its place.

And this is an opportunity for everyone... some volunteers bring a child (12+) with them, and it is great to see different generations working alongside one another.

CONSIDER LITTER PICKING

Mike Baker

Volunteer Manager, Litterpicking

Spring is here and that means only one thing: there's a tsunami of litter gathering pace which will hit us in a month or two's time. There's a direct correlation between rising visitor numbers and the amount of litter dumped in the park.

The Royal Parks employs eight full time rubbish collectors in Regent's Park and Primrose Hill through their contractor Gavin Jones. This is fine in winter, but the team quickly get overwhelmed in summer. And that is where the Friends come in. We currently have around 30 active litter picking volunteers, who together put in around 100 hours a month in summer, at times to suit their individual schedules. The youngest, Nat, is five and the oldest is well into their eighties. Please feel free to join us!

There are quite a few corporate groups getting involved too (18 in 2024). They see it as a great way of giving back.

What do the Friends get out of it? Well, we put that to our volunteers, and here are a few of the typical answers:

'I do it because seeing litter annoys me, and I want to help keep our environment clean. I realised it's no good being annoyed and not doing anything about it.'

- Peter

'When we litter pick, we rummage in the hedges. You'd be surprised at what we have found. Bottles, cans, footballs, metal pipe, clothing, picnic remains... Working together, it can be good fun, and we enjoy each other's company.'

- Mark



Litter-picking volunteers from London Business School help keep our Park clean.

'It gets me into the park with a purpose and gives me a good feeling of contributing to the park-using community.'

- Belinda

'A good walk with an added purpose. Litter spotting and picking is very satisfying for those of us with a tidy disposition! It gives you a sense of ownership of our Hill by keeping it spick and span. The public often say thank you.'

- Caroline

'I like to help the world!'

- Nat, age 5

'I love the Regent's Park. I'm there 365 days a year with my two dogs. I feel so fortunate to have it on my doorstep. I keep my home clean and tidy so why wouldn't I do my bit to keep my park clean and tidy so everyone can enjoy it?'

- Janet

'Early morning litter-picking gives me the same feeling of Zen as the lead character enjoys in the film "Perfect Days".'

- Duncan

'I can't stand seeing beauty spoilt by carelessness. It makes me feel good to contribute to a task that many people think is beneath them.'

- Inma

'As an ex-smoker I began to realize how much damage to the environment a discarded cigarette end causes. I made it my mission to redress the balance, by attempting to collect more cigarette butts than I myself threw to the floor with complete disregard. For me it's a year-round endeavour...just a small part of keeping our beautiful park tidy.'

- Brendan

There were many more. You get the idea. Personally I find it meditative and satisfying – a bit like tidying up after a party, where you know you've left it in a better state than you found it.

So, to get involved, feel free to contact me mikebakermunton@gmail.com. I'll get you set up with all the necessary kit and the health and safety briefing too. Many thanks.

PUT YOUR TALENTS TO GOOD USE - VOLUNTEER TO HELP THE FRIENDS' COMMITTEE!

The Friends' Committee is a group of individuals who bring a wide range of skills and talents as well as giving their time to the smooth running of the Friends.

We are passionate about making a difference to the park that we love.

Our primary need is for a Book-keeper to take care of our finances. It's not difficult nor very time consuming but it is important! Please let us know if you can help.

We are also looking for more committee members. Ideally, someone with Marketing experience. What is most important is that you would like to make a difference to what we do to help the Park. We hold 6 meetings a year and get together for a Christmas celebration. Will you join us?

If you are interested please write to chair@friendsofregentspark.org.

THE CULTURAL PARK

EXPERIENCE ZOO TOWN AND ZOO NIGHTS

Alex Kemsley

Senior Press Officer, London Zoo

ZooTown opening September 2025

From September 2025, little adventurers can take charge at ZooTown – an exciting new role-play experience at London Zoo. Set in the Zoo's historic former Reptile House, this immersive adventure invites children aged 3-8 to step into the shoes of zookeepers, vets, scientists, posties, presenters, and more, as they explore the many roles that help protect wildlife and keep the zoo running.

With imaginations at the ready, kids will track animals in the Field Camp, carry out health checks in the Vet Hospital, and get stuck into messy fun in the Keeper Kitchen. They'll make deliveries around the zoo, take on conservation challenges, and even try their hand at presenting the latest zoo news! Each interactive zone will bring new adventures, with costumes, hands-on activities, and exciting tasks designed to inspire the next generation of animal lovers.

London Zoo's Chief Operating Officer, Kathryn England, explains: "The decision to transform the building into this exciting play space was driven by multiple factors. The



building had come to the end of its useful life as a place for animals, so needed a future that didn't include housing any of our animals here. We were also responding to audience insight coming in through our regular visitor surveys, that some of our visitors were not having fun on their day out – especially those with younger children.

'We are always driving to create learning opportunities for people of all ages, so a role play space that would be fun for children while

offering the chance to learn new skills felt like a great fit. We'll be able to show children – and their grown-ups – just how many ways there are to impact conservation by introducing them to the range of roles that contribute to running ZooTown – a role play version of ZSL."

Zoo Nights returns, June - July 2025

Zoo Nights is back, offering animal-lovers a chance to explore the wonders of the zoo after-hours. The conservation zoo's limited run of evening openings serves up a unique mix of wildlife and city life this June and July.

Visitors can bypass the kids and crowds in this series of exclusive evening events. Perfect for a first date, after-work catch-up or to simply unleash your inner child, grown-ups can explore the zoo like never before on a twilight trip through the animal kingdom.

Zoo Nights offers the perfect opportunity to witness the zoo come alive as the sun begins to set, with many of the fascinating inhabitants becoming more active in the evening ambience. The evening event includes a wide offering of live music, food and drink pop-ups, guided tours and a chance to see some of London Zoo's 8,000 incredible animals as the sun slowly sets.

EXCITING SEASON FOR OPEN AIR THEATRE

We are pleased to announce the upcoming schedule for the Open Air Theatre (OAT) under the directorship of Drew McOnie. If you have never been to the OAT this is an experience like no other. If you have been, consider taking your friends and visitors to give them a taste of 'real' London.

Food and drink play a significant role in the Open Air Theatre experience, with our in-house bars and restaurants including Covered Dining (certified as a Sustainably Run Restaurant), The Grill and The Pizza Oven. We also have our own picnic lawn and the West End's longest bar!

Did you know?

Regent's Park Open Air Theatre was established in 1932, and over the years has won numerous awards for its productions. In fact, it is one of the largest theatres in London (at a capacity of 1,304). This compares with the Apollo at 775 seats or the Haymarket at 888.

The theatre is passionate about producing popular, enriching and unexpected theatre that provides a lens into the here and now. The scale and ambition of its productions together with its entrancing outdoor setting, makes it unique in the capital's cultural landscape. It is a unique part of our 'cultural park' which most Royal Parks must be envious of. Yet another wonderful thing to do on our doorstep.

In 2024 the theatre welcomed over 180,000



people over a 27-week summer season. This year's programme runs from 10 May – 27 September.

Highlights of this year's programme include:

- The UK premiere of the Broadway hit *Shucked* with book by Robert Horn.
- Malorie Blackman's *Noughts & Crosses* adapted by Dominic Cooke and directed by Tynuke Craig.
- Drew McOnie directs Lerner & Lowe's *Brigadoon* in a new adaptation by Rona Munro.
- Rodger's & Hammerstein's *Dream Ballets: A Triple Bill*

- The popular family musical, *The Enormous Crocodile* by Roald Dahl returns!

... and there will be four open air theatre festivals throughout the season across family, dance, comedy and music.

In addition to the theatre productions the Open Air Theatre will also host the 'Family Takeover' (Sunday 25 May 2025), 'Dance Takeover' (Sunday 20 July) 'Comedy Takeover' (Sunday 14 September 2025) and 'Music Takeover' (Tuesday 23 – Saturday 27 September 2025).

For more information visit openairtheatre.com/whats-on.

UPCOMING EVENTS

2025 MUSIC FESTIVAL – BIGGER AND BETTER

Mark Elliott

Regent's Park Music Festival Charity is now in its eighth year and becoming one of London's premier classical and popular music festivals.

This year's festival will run from 21 June–21 September and feature 30 top bands for Sundays on the main bandstand and 15 first rate jazz groups for Saturday jazz on the Broad Walk. It's all free with no need to pre-book.

The festival team has been bolstered by the recruitment of an experienced Marketing and Concert manager and a committee of highly talented volunteers.

Lakeside Concerts

Last year we arranged concerts in the Secret Garden, but this has become too restrictive partly due to the impeded access to the back gate caused by the new Queen Elizabeth II Garden. For this reason, we are moving the Festival to the Lakeside and will install a large marquee near the Bandstand.

From Friday July 25 to August 3 there will be 8 or 9 events that will include Musical Theatre, Opera, Our Magical Musical Evening, a Viennese Evening (bring your dancing shoes to dance at the Bandstand), and an evening of gospel music featuring the Soul Sanctuary Gospel Choir.

The highlight of the festival will be a day with Sir Karl Jenkins, often described as one of the world's most performed living composers. For a look into the life of this fascinating composer, watch [Karl Jenkins: The Composer behind the Moustache](#) on BBC iPlayer.

Hosted by Classic FM's John Suchet, Karl will spend the Saturday afternoon in conversation with the audience talking about his life and his music followed by the famous *The Armed Man – A Mass for Peace*.

This world premiere of a brass band ver-



Last year's Festival saw record-breaking crowds and outstanding performances. Above: Sir Karl Jenkins, left, with Tom and Trish Thomson.

sion will be performed with 60 singers from the Crouch End Choir accompanied by one of Britain's leading Brass Bands, The Aldbourne Band. We expect this series to sell out quickly so book your tickets early when they are released in June.

The Festival will close with a party for everyone! There will be two great bands at the

Bandstand and swing dance teachers to train participants!

Details are still being fine-tuned but the performers are booked as is the marquee. Please keep an eye on regentsparkmusicfestival.org.uk and make sure to sign up for regular updates, to donate or to volunteer.

Lakeside Concerts - ticketed



Friday 25 July	18:00 to 19:30	Musical Theatre evening
Saturday 26 July	14:00 to 15:30	Budding Opera Stars (ages 7 to 13)
Saturday 26 July	18:00 to 19:45	Opera Gala evening
Sunday 27 July	10, 12 & 14:00	Pied Piper of Marylebone (ages 4 to 9)
Sunday 27 July	18:00 to 19:45	Magical Musical Evening
Thursday 31 July	18:00 to 19:30	Viennese Evening
Friday 1 Aug	18:00 to 19:30	Sanctuary Gospel Choir
Saturday 2 Aug	16:00 to 17:30	In conversation with Karl Jenkins
Saturday 2 Aug	18:00 to 19:30	<i>The Armed Man – A Mass for Peace</i>
Sunday 3 Aug	12:00 to 17:00	Bandstand Swing party



Bandstand Festival - all FREE



Saturdays, 21 June - 20 Sept	14:00 to 16:00	Jazz on the Broad Walk
Sundays, 22 June - 21 Sept	12:00 to 14:00	Main Bandstand (band one)
Sundays, 22 June - 21 Sept	15:00 to 17:00	Main Bandstand (band two)
Swing Dance Sundays 29 June, 3 & 17 Aug, 14 Sept	14:00 to 17:00	Dance classes/sessions 'round the bandstand
Sunday, 20 July Bandstand Memorial Day	11:00 service	Waterloo Band and Central Band of the Royal British Legion



NEW NON-MUSICAL EVENTS FOR 2025

Viv Ward
Events Manager

Each year when planning the Friends programme of non-musical events we try to supplement our traditional activities with new initiatives that we hope our members will find attractive. We are aware that many Friends work normal office hours, so in 2025 we have tried to arrange more events in the evening and at weekends. However, as many of the people who lead our walks are Royal Parks employees, they are only available during normal working hours, which is why events are during the working day.

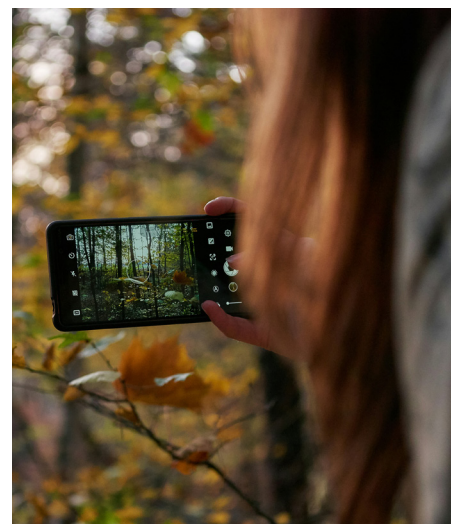
We are fortunate that Regent's Park, unlike the other Royal Parks, has not only lakes but also the Regent's Canal. This year, 2025, we have taken advantage of having the canal to arrange **several barge trips**, two of which visit the fascinating London Canal Museum, and an all-day excursion from Islington to Maida Vale, which gives a new view of the canal and its relationship to the park.

Those Friends and their children who wish to get even closer to the canal water can choose to **paddle either a canoe or kayak** under the watchful eye of a qualified instructor.

A new innovation in the programme, which has been posted to you and is available on our website, is that events especially suitable for schoolchildren are marked with a picture of a small girl. Of particular interest to younger Friends might be the **free early evening sessions on the pedaloes or rowing boats on the lake**. Life jackets are provided and are mandatory.

We have not forgotten traditional Regent's Park events and this year have added four new walks. **The Wonderful Weeds walk** looks at the place weeds have in our urban parks whilst in the **Weird and the Wonderful walk** the Arboricultural Manager of the Royal Parks will point out the unusual plants in the Avenue Garden. Our **Bee Walk** will introduce you to the variety of bee species that visit the Park flowers.

Our fourth new walk, **Plants, Philanthropists and Physicians**, will be of interest not only to



Enjoy a canoeing or kayaking session with instructors, or a free early evening pedalo session. A Nature Recording Walk for adults will take place on 25 April, in addition to several new walks throughout the summer.

those Friends with medical connections but also to lay persons, as we investigate the stories behind many of the blue plaques and the Prince Regent's various illnesses.

You can find the full details of all these new events, plus all our usual events, in the brochure that was posted to you, or you can go to our website, friendsofregentspark.org and follow the link to events.

The number of places for most events is limited and we have a strict "first come, first served" policy, so book early for any event you

wish to join. If an event you wish to join is full, add your name to the wait-list, so if a place becomes available we will contact you by email to offer it to you.

We would welcome suggestions from you about any ideas for new events but they must use the facilities of the Park or that have relevance to the flora and fauna that we might reasonably expect to see there. Email events@friendsofregentspark.org with your ideas.

Looking forward to meeting you at our events.

MORE EVENTS YOU MIGHT LIKE...

Nature Recording Walk for Adults
Friday 25 April, 6 - 7:30 p.m.

Join in a gentle walk and use the free iNaturalist app to document some of the amazing biodiversity of The Regent's Park as part of the City Nature Challenge 2025. Go to royalparksofuk.org/whats-on/city-nature-challenge-2025

The Regent's Park Nature Day
Saturday 26 April, The Broad Walk

A great one for kids and families and its free. Follow a scavenger trail to get you in the mood for spring, or have a go with binoculars to



An Old Favourite - Chit Chat

take a closer look at nature. There will be nature crafts and interactive games too. Free but you must register to take part then you can drop in any time from 11:00 a.m. - 3:00 p.m. Visit tinyurl.com/5n7jd6us to register!

Join us each Tuesday at the Primrose Hill Café from 2:30pm - 4:30 pm. We thank Wallacea Living for sponsoring this community-driven initiative (and cake) and to Benugo for providing refreshments. Free to attend.



Join family, friends, neighbours and the Mardi Gras Jazz Band at The Big Lunch on the Broad Walk, Sunday 6 July.

THE BIG LUNCH RETURNS ON 6 JULY

Robin Black

Viv Ward

Event Organisers

The Big Lunch (its official name) was an initiative of the Eden Project with the objective of generating new connections, celebrating community and helping people make change where they live, inspired by the belief that bringing people together enables change for the better. The first Big Lunch was held in 2009 at the Eden Project, since when 6 million people around the world take part in the annual event.

Statistics produced by the Eden Project show that 71% of people feel less lonely after attending a Big Lunch and 75% feel a stronger sense of community as a result. In Great Britain now 617,000 people volunteer to organise a Big Lunch for their community.

We were inspired to celebrate the Coronation of King Charles III and we thought a Big Lunch in The Regent's Park might be a 'nice idea'. Little did we know it would be so huge, with 700 attendees from all over this country and many from abroad. We were sold out and press attended from around the world, including Japan,

Canada, USA and Romania.

Following the success of the Coronation Big Lunch and last year's Celebration of English Music and Dance lunch, on Sunday 6 July the Friends of Regent's Park and Primrose Hill will hold its third annual Big Lunch on the Broad Walk - "A Summer Celebration".

What to Expect

The event starts at 12:00 noon. Everyone who has booked will have a reserved place at an assigned table. We might not be able to accommodate people who have not booked, so book as soon as you can because we only have 400 seats. If early demand is strong, we may be able to expand the number of places, but that is not guaranteed.

Bring your own picnic, although Benugo, the Park's official caterers, will be on hand to provide food and drink should you prefer to purchase your picnic or if you need a top up. The tables will be decorated but participants are encouraged to supplement this to make their own statement and may be rewarded for doing so. Dogs are always welcome on the Broad Walk and in the past we have recognised the Best Dressed Dog,

so consider that if you are a dog owner.

From 12 noon until 2pm enjoy your picnic and from 2pm – 4pm enjoy the traditional New Orleans Jazz provided by the Mardi Gras Jazz band. There will be facepainting for kids, provided by Jenny from Arty Cats, who has supported us in past years. We are also staging games for kids and parents so there is something for everyone: music, food, drink, facepainting, games, storytelling.

Come and meet new people and enjoy the Park from a whole new perspective.

Volunteers needed

We need people to volunteer to help set up and decorate the tables and chairs and to make everyone welcome, to take care of safeguarding during the event and, at the end, with dismantling the tables and picking up litter.

Contact newsletter@friendsofregentspark.org if you think you can spare some time, no matter what your abilities – it could be an hour, or more should you choose.

Book now for the Big Lunch to avoid disappointment (friendsofregentspark.org/friends-events). We look forward to welcoming you and your friends and family.

SAVE THE DATE AND BOOK IT NOW!

The 3rd Annual Big Lunch on the Broad Walk
Sunday 6 July, 2025 | 12 noon – 4:00 p.m.
The Regent's Park, NW1 4NP

Bring a picnic, BYOB, listen to music and learn how to swing dance. The Big Lunch has become a fixture in the Friends' summer calendar – join us! It is a great way to meet up with friends, family and meet new friends too all in the peaceful, leafy environs of the Regent's Park.

Cost: £12 per person for a single table place; £60 for a whole table of 6 places.
Book now as places are limited at this not to be missed event. Great fun for the whole family!

What the Day Holds:

12:00 noon – 2:00 p.m. Picnic Time!

Take your reserved place at one of our tables and get stuck into food and drink, fun and fellowship al fresco in one of London's favourite parks. Pack your own picnic but additional food and drink provided by Benugo on site.

2:00 – 4:00 p.m. Music and Dance

Music by The Mardi Gras Jazz Band. Swing dance teachers will be on hand to get everyone up and moving. Facepainting and games for the kids. And get your photo taken with 'Rambling Rosie'.

Book now by going to frp-ph-members.org/events/category/55-big-lunch

Places by reservation only.



GET INTOUCH

Park Office: regents@royalpark.org.uk

Chair: Mark Elliott chair@friendsofregentspark.org

Secretary: Pamela Henry secretary@friendsofregentspark.org

Treasurer: Jody Zhou treasurer@friendsofregentspark.org

Newsletter: Robin Black newsletter@friendsofregentspark.org

Membership: Jo Faktor membership@friendsofregentspark.org

Events: Vivian Ward events@friendsofregentspark.org

 [friendsofregentspark](https://www.instagram.com/friendsofregentspark) / [friendsofregentspark.org](https://www.instagram.com/friendsofregentspark)