

Key to stalls:

1. River Hiz Conservation
2. Tuuli Parker Jewellery
3. Lulu Witch clothing
4. Growing Ability
5. Triangle Garden Plants
6. Triangle Garden Info
7. Triangle Garden Kids' Activities – fun with craft
8. The Yoga Shed
9. Ali Green Woodworker
10. Hitchin Nature Network
11. Flor de Luna Upcycling
12. Take the Jump

13. Sam's Pizza
14. Viv's Kitchen
15. Sizzlers Burgers & Dogs
16. Food Rescue Hub
17. Cafe2U
18. NH Friends of the Earth
19. Vicki Baker Creates
20. Tiny Friends
21. Impressions Face Painting
22. RSPB
23. Vintage Games
24. Welly Wanging (W)
25. B's Icecream

26. Wrayfield Dog Agility
27. Herts Beekeepers
28. Wildlife Trust
29. All You Need is Yarn
30. Pet Tombola
31. Char's Sand Art
32. Herts Help
33. Hitchin Camera Club (inside the Pavilion)

Garden Tours:

11.30 Triangle Garden/Forest Garden Tour* with Triangle Garden's Steve Granger and Jen the Hitchin Forager (meet at A)
2pm Tour of our Growing Ability project* with Dulcie and GA gardeners (Meet at C)

Buskers' Marquee Programme:

11.10am Tegan & Alfie
11.30am Yolanda Gabrielle
12.15pm Wild Soul Sisterhood
1.00pm Neon Skies
2.00pm Tuesday Dance
2.30pm Emerald Dance Academy Bollywood kids
2.45pm Garden City Samba with audience participation!



- A** Triangle Garden
- B** Forest Garden
- C** Growing Plots
- D** Buskers' Marquee
- E** Wellbeing Area
- F** Dog Agility
- +** First aid/Lost Children

- Stalls
- Food stalls
- Toilets

Nature Trail:

See if you can find all the creatures hidden inside the Triangle Community Garden!

Workshops & Tours:
 11.15am Tai Chi class* with Three Treasures (E)
 11.45 kids' yoga class* with Yoga Shed (E)
 12.15pm adults' yoga class* with Yoga Shed (E)
 All workshops are free!
 *Book via www.trianglegarden.org/events or sign up on the day at the relevant stall

Sunday 15th September 11am-3.30pm
Triangle Garden Summer Fête

Community opportunities through gardening and contact with the natural world



Friday Garden Club tends the Triangle Garden and keeps it looking good for the enjoyment and use of the community. There are opportunities for plant propagation, helping to look after our allotments and making crafts and preserves to raise funds. Garden Club members organise group trips and outings and are encouraged to take an active role at our community events, bringing people together.

Sunday Garden Club is on the second Sunday of each month, open to all including children and is geared towards creating and developing areas of the garden, focusing on planting, cultivation, nature conservation and gardening together.

Family Forest School takes place on the fourth Sunday of the month and offers families with children aged 3-12, the opportunity to engage with the natural world in a risk-positive and interactive way, building confidence and resilience.

Triangle Tribe offers bushcraft for wellbeing, for families with teens aged 12-16, neurodiversity inclusive. Book via trianglegarden.org/events

New Shoots is a six-week wellbeing project offering people with anxiety, stress or depression, the benefits of being active together in a therapeutic garden setting, in a structured supportive way.

Garden Club enquiries:
Steve Granger
Email: steve@trianglegarden.org

Community opportunities for people with a range of support needs including learning disability



Growing Ability is our social, therapeutic horticulture project based at the allotments at Ransom's Rec. The 'gardeners' who attend collectively plan what they're going to grow each season, cultivating food and flowers of their choice. Our structured programme helps them improve their literacy, numeracy and work-life skills, focusing on the wellbeing and self-esteem of each individual and their own personal goals.

Through the healthy living activities embedded in all our sessions, we support individuals to lead more active healthy lives. We help those who want to improve their fitness, stamina and general health, and our activities include the preparation of healthy meals, regular walks, outdoor games and supported discussions about sleep habits, exercise and mental wellbeing.

As well as therapeutic horticulture we also incorporate nature observation, mindfulness and arts and crafts into our sessions. We aim to improve work-life skills through productive activities integrated with the community. Our Growing Ability gardeners help to maintain the Triangle Community Garden, serve at produce stalls, make refreshments, organise trips and outings and take part in our community events.

Growing Ability & New Shoots enquiries:
Julie Zirngast 07887 725962
Email: julie@trianglegarden.org



Triangle Garden Summer Fête Programme



www.trianglegarden.org