



RESOURCE PACK

Created by
whistlestop
ARTS

in partnership with
EPSOM & EWELL
BOROUGH COUNCIL



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Welcome to your Virtual Day Trip around Nonsuch Park in Epsom.

Our Virtual Day Trips are designed to take you on a journey where you can meet new people and learn about their connection to the places we visit. Annalees and Luna will act as your tour guides, sharing their discoveries and filming their experiences for everyone to enjoy.



We're delighted that you will be running this Virtual Day Trip in your own setting, and this resource pack will give you all the guidance you need to have a successful 'trip' to Nonsuch Park.



We will guide you through all the steps; from decorating your space, creating an immersive environment, a shopping list for the craft activity and providing all the templates you need.



YOU WILL NEED

This pack includes most items for your day trip, but you'll need a few extras.

Decorations

Objects to fill the room. Print and create decorations using the bunting template at the back of this pack. See Create Your Space on page 3 for more.

Sensory Toolkit

Bird sounds on a CD or an online playlist, essential oil room spray and some hand cream with a scent to remind you of all the different roses in the rose arch.

Craft Activities

This list is per person, so multiply by the number of participants joining you.

Pop Up Greenhouse—See the How To Make craft sheet in the templates section

- 1 x printed template - preferably on card or thicker paper
- Glue stick
- Sticky tape
- Scissors
- Colouring pens or pencils

Afternoon Tea

What better way to end the session than with tea and cake! It is an excellent time for everyone to chat about what they enjoyed and share their experiences of visiting the area in person or similar places to which they have been or would like to plan a visit. If you are delivering your Virtual Day Trip session before lunch why not end with everyone having a bowl of tasty Nettle and Potato soup - you can find a recipe in the back of this pack.

*** Added Extra - Memory Boxes ***

Boxes filled with Nonsuch Park related memorabilia can be borrowed from Epsom and Ewell Borough council. Contact Lucy Buckland, Arts, Culture and Heritage Programme Officer on 01372 732380 to find out more.



CREATING YOUR SPACE

To have a truly immersive experience, it's important to create a new environment that's different from your usual room setup.

Step One

Bring as many plants into the room as possible and hang the bunting on the walls. If you have access to some props, add some outdoor-themed objects such as some hiking boots, a picnic basket, picnic blanket, or some bird ornaments to set the mood.

Step Two

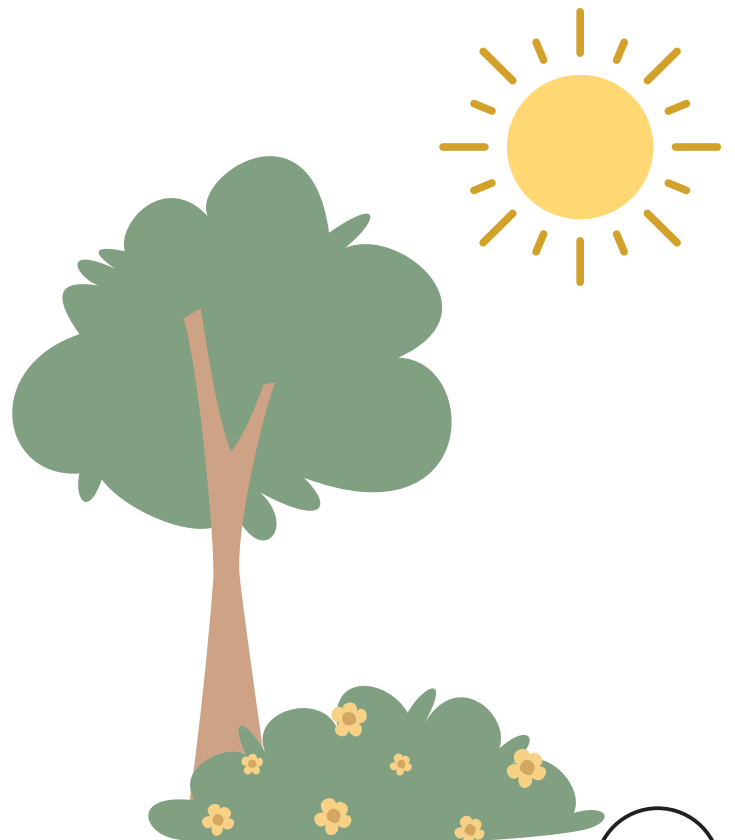
Create an atmosphere by playing some sounds of the outdoors - running water, the wind blowing through the trees, some birds etc. Search the internet for free sounds to play.

Step Three

Set the tables. Sitting in small groups works well, and then add vases of flowers onto the tablecloth-covered tables. Scatter some leaves or petals on the tables to add to the outdoor theme.

Step Three

Position the chairs so everyone can see the screen where you'll play the film. A projector is ideal as it can display the image on a larger scale, but a large TV will also work well.





THE RUNNING ORDER

We've made a film of our Virtual Day trip around the Nonsuch Park, exploring the grounds and museum and meeting various experts along the way.



The film is approximately **40 minutes** long. Simply press play, enjoy listening to our experts, and press pause when prompted to make a craft or participate in an activity.



Press **PLAY** – you will meet Annalees and Luna, who will introduce you to Jon from the Nonsuch Voles. *If you have a Memory box, use some of the Rose Hand Cream when Jon talks about the Rose Arch.*



Press **PAUSE** when you have finished watching the film on how to make the Pop Up Greenhouse.



Press **PLAY** – you will meet volunteers at Service Wing Museum. *If you have a Memory Box, you will see the rest of the contents featured here. Choose to pass the objects around when they are mentioned or pause the film after we leave the Museum to look through the objects in more detail.* We finish this segment by learning how to make Nettle and potato soup.



Press **PAUSE** after Annalees and Luna have introduced Krista. Take a moment to inform everyone in your group that they will join the guided meditation, which they can do seated. Press **PLAY** and follow Krista's instructions.

At the end of the meditation, we will return to Luna and Annalees. The film will then **END**

Make the **POSTCARD** to invite friends and family to Nonsuch Park with you (an optional activity over tea and cake or to take home).



MEET YOUR EXPERTS

We met so many brilliant experts along the way. We think you'll enjoy meeting them too...



Jon

Nonsuch Voles

email: nonsuchvoles@gmail.com

web: nonsuchvoles.org.uk



Peter and Steve

Nonsuch Voles Volunteers

email: nonsuchvoles@gmail.com

web: nonsuchvoles.org.uk



Gerald

Friends of Nonsuch Park
web: friendsofnonsuch.co.uk



Ian and Wendy

Friends of Nonsuch Park Volunteers
web: friendsofnonsuch.co.uk



Krista

Soul Midwife, Reiki MasterTeacher,
and a yoga teacher
web: krista.soulmidwife.org.uk



TEMPLATES & RESOURCES



Bunting



How to make a Pop Up Greenhouse



Pop Up Greenhouse print-out

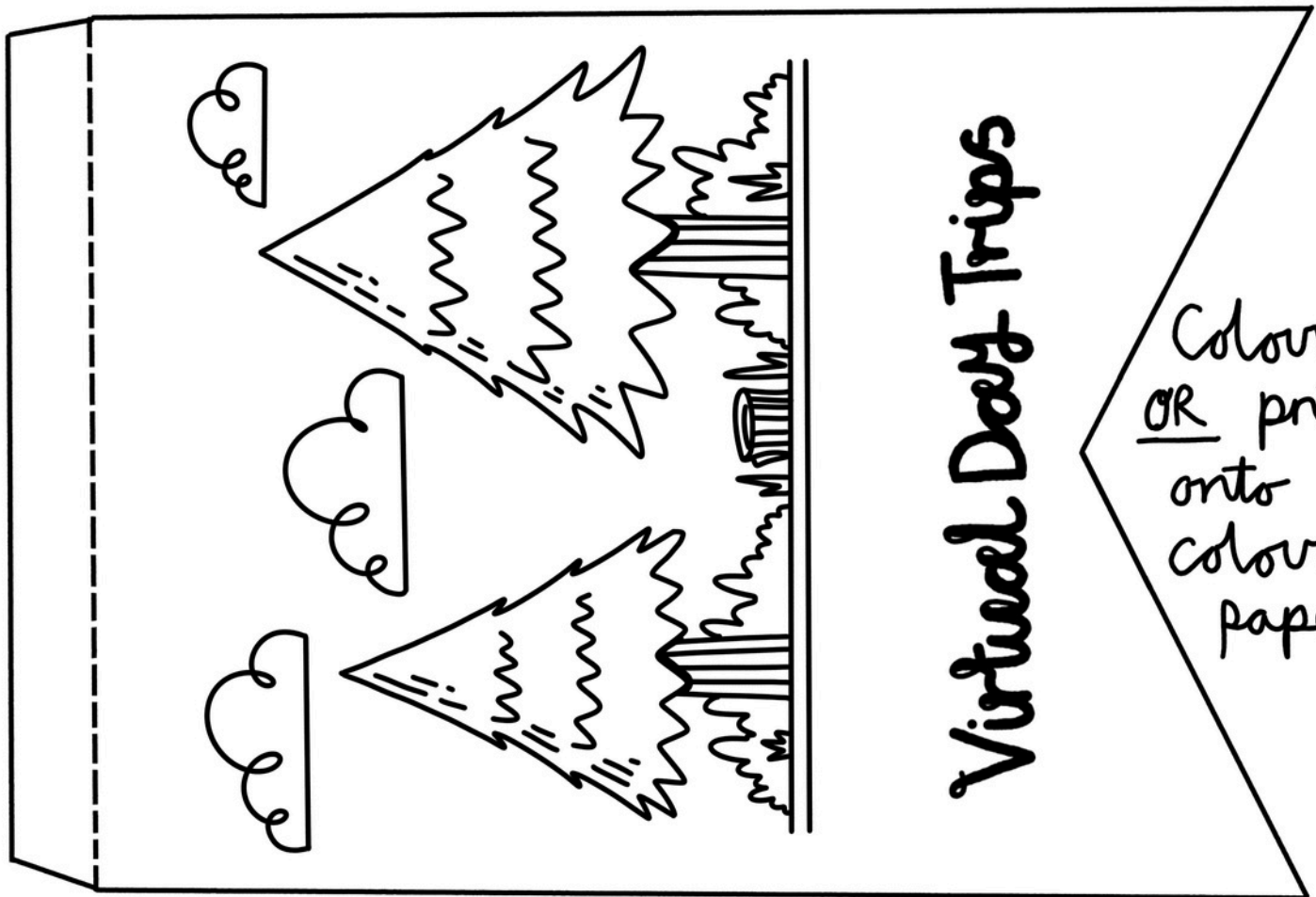


Postcard Template

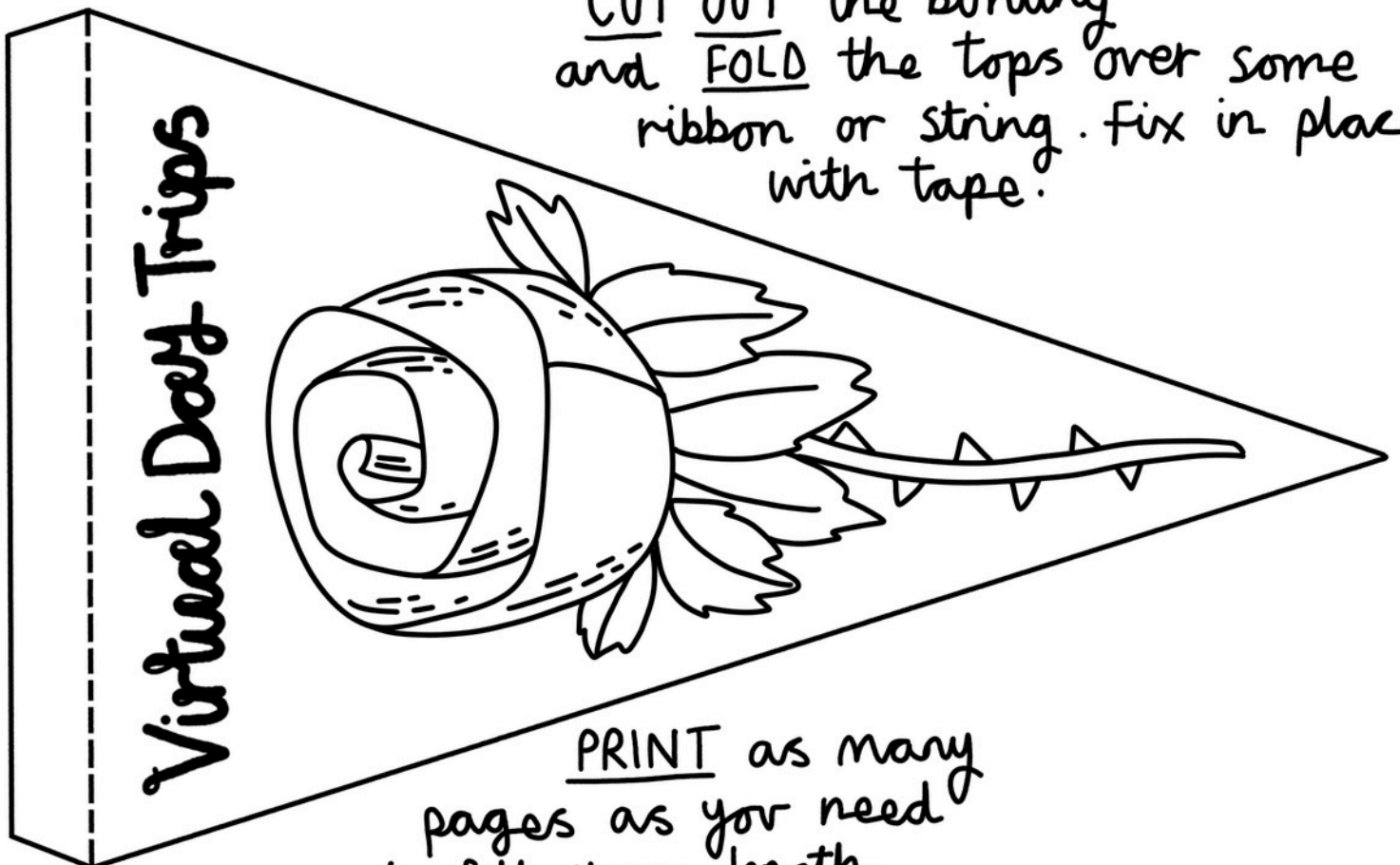


Nettle and Potato Soup Recipe

Virtual Day Trips **Bunting**



CUT OUT the bunting and FOLD the tops over some ribbon or string. Fix in place with tape.



Virtual Day Trips

You will need:-

- PRINTED SHEET
- SCISSORS
- COLOURING PENCILS
- GLUE STICK

STEP 1

COLOUR IN the sheet.

STEP 2

CUT OUT each part
(main card, (a) bird,
(b) flower pots, (c) wheelbarrow)

STEP 3

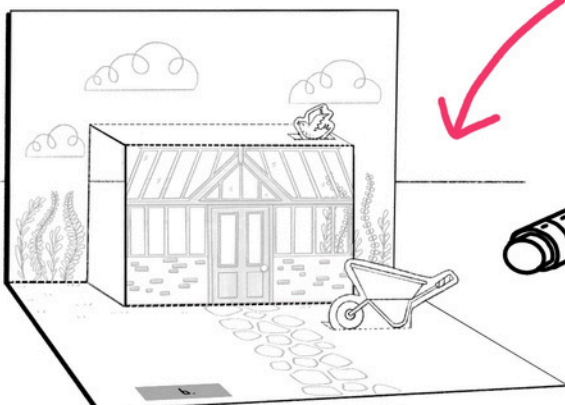
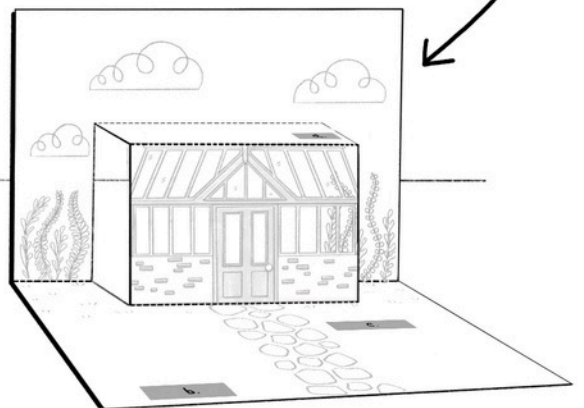
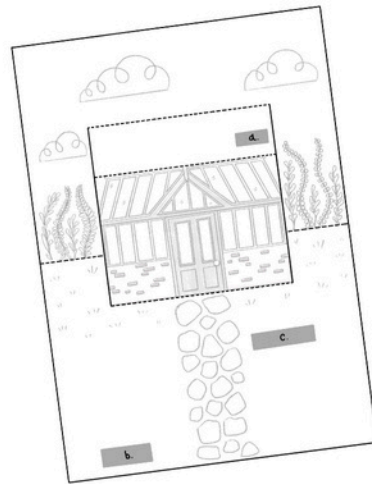
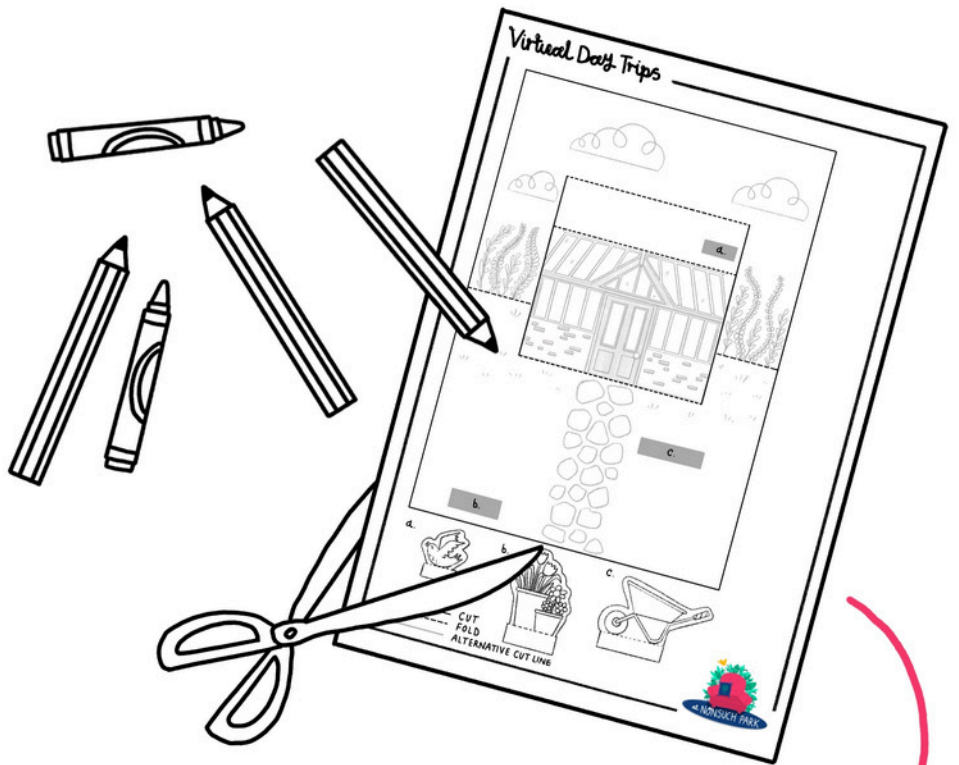
CUT along the two straight lines in
the middle of the main card and
FOLD to make it POP UP!

REMEMBER!

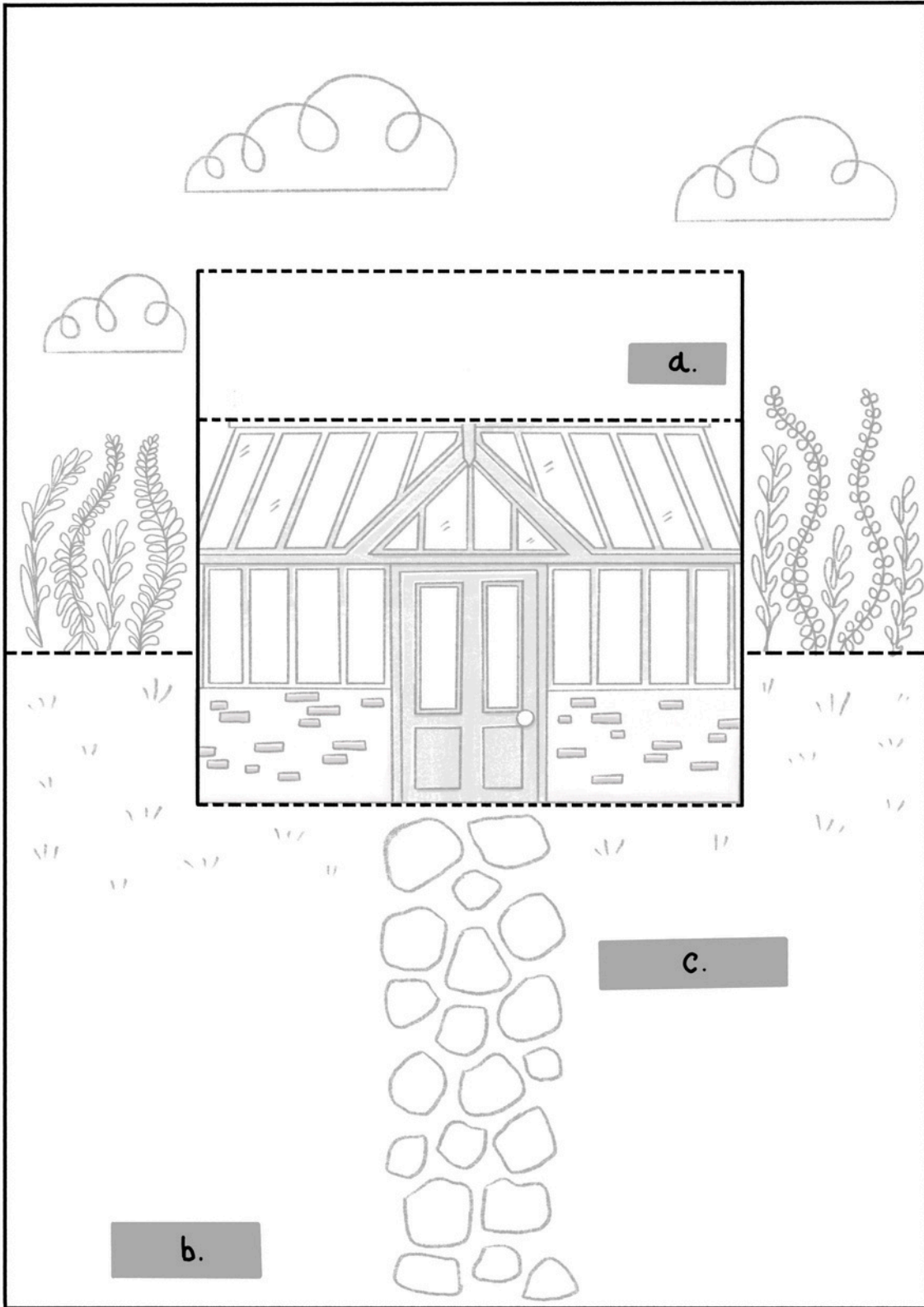
Do Not cut to the very edge...

STEP 4

STICK the (a) bird, (b) flowerpots
an (c) wheelbarrow to the
pop up card.



Virtual Day Trips



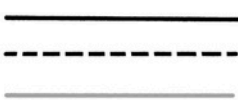
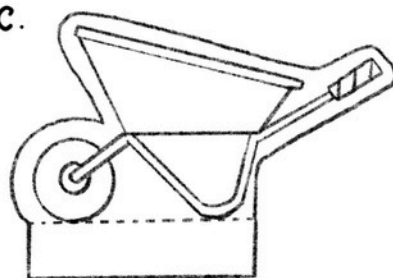
a.



b.



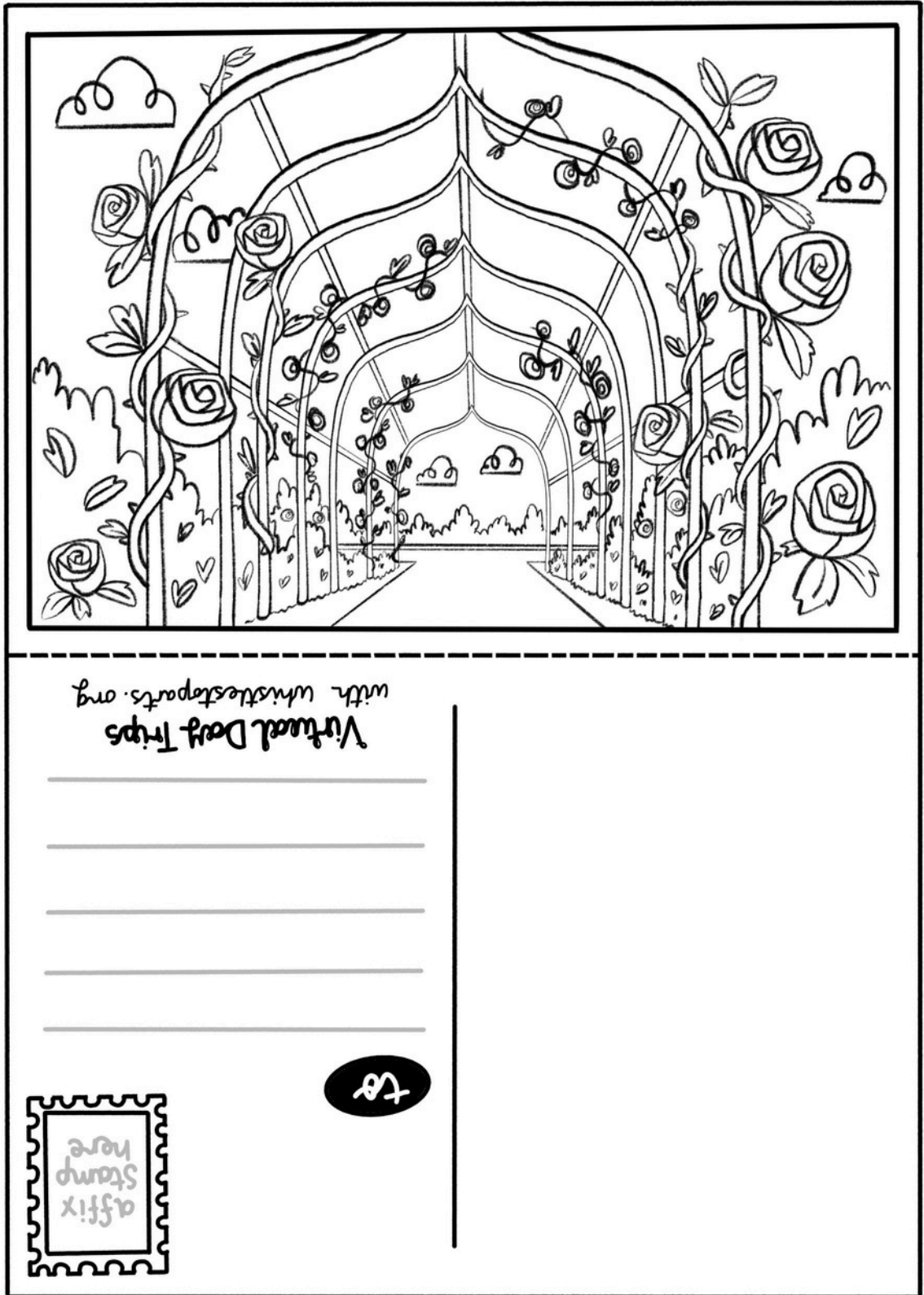
c.



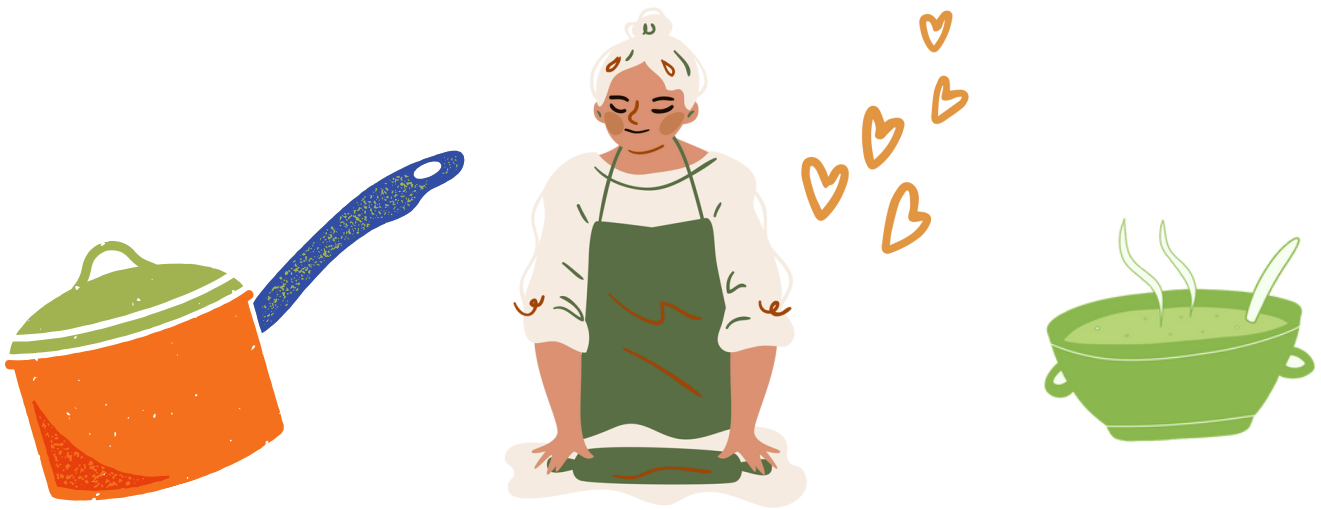
CUT
FOLD
ALTERNATIVE CUT LINE



Virtual Day Trips Postcard



★ Colour in, cut out and fold in the middle. Stick the two sides together with glue. Write your message and send.



NETTLE AND POTATO SOUP

Stinging nettles are an excellent choice for making a tasty and warming soup.

Serves 4-6

YOU WILL NEED

- 50g butter
- 1 large onion, chopped
- 1 carrot, diced
- 2 large potatoes, thinly sliced
- 1litre vegetable stock
- 200g stinging nettle leaves, washed well
- 50ml double cream or creme fraiche

METHOD

- Start by melting the butter in a large saucepan. Then, add the onion, carrot, and potatoes, and cook for 10 minutes until the vegetables begin to soften.
- Next, add the stock and nettle leaves, and continue cooking for another 10-15 minutes, or until the potato is soft.
- Using an electric stick blender, puree the soup, season to taste, and stir in the cream or creme fraiche before serving.

TIP: Ideally, pick the stinging nettles before they flower in late May, and wear gloves to protect yourself from stings while gathering, washing, and cooking with the leaves.

