

Talks Timetable

Session 1: 11.30 – 12.45		
Time	Speaker / Organisation	Subject
11.30	Angela McDermott London National Park City http://www.nationalparkcity.london/	<i>What if London was a National Park City?</i> <i>How can we weave nature back into our busy urban lives? How can we future proof our cities against climate change and loss in biodiversity? And how can we each play our part? Becoming a National Park City may just be part of the answer.</i>
11.45	Nick Bender Walk and Talk for Life wtlwalthamstow@gmail.com facebook.com/walkandtalkforyourlife	<i>What if we thought differently about chronic disease?</i> <i>The human body's ancestral roots have become mismatched in our modern environment. We are overfed, under slept, chronically stressed, sedentary, and lack quality connection within our community. Each of these factors have been linked to the development of chronic disease. So what can we do about it?</i>
12.00	Daniel Turner Skate Park User Group / Friends of Lloyd Park http://friendsoflloydpark.org.uk/	<i>What if we lived in a skateable city?</i> <i>This talk will consider the inclusive (gender and race) and inter-generational (old and young) nature of skateboarding (and other 'wheeled-activities), the high demand and use of facilities, the way it can engage hard to reach demographics, the health benefits and connection to other creative outlets (photography , music etc). Skateboarding will be in 2020 Olympics and so will get a potentially big boost in interest in next 18 months.</i>
12.15	Josh Wehner Ever Better Sport http://www.flamesbasketball.co.uk/	<i>What if there were more places to play?</i> <i>Josh will talk about the beauty he sees in when coaching people outdoors whether on basketball courts or through his intense circuit training sessions. The smiles on people's faces and the healthy glow of being ourselves and with each other released from the confines of our schools, offices and houses.</i>
12.30	Gareth Chalmers The Conservation Volunteers g.chalmers@tcv.org.uk https://www.tcv.org.uk/london/waltham-forest	<i>What if every park had a Green Gym?</i> <i>The Green Gym brings people together and helps people keep fit whilst helping add biodiversity to our outdoor spaces. Nurturing yourself and the planet at the same time? Win-Win surely?! So why aren't there more?</i>

Session 2: 1.15pm – 2.30pm		
Time	Speaker / Organisation	Subject
1.15pm	Angela McDermott London National Park City http://www.nationalparkcity.london/	<i>What if London was a National Park City?</i> <i>How can we weave nature back into our busy urban lives? How can we future proof our cities against climate change and loss in biodiversity? And how can we each play our part? Becoming a National Park City may just be part of the answer.</i>
1.30pm	Ciaran Shrubsy Quantum Landscapes ciaran2323@gmail.com	<i>What if we could use green walls to reduce air pollution?</i> <i>I am 'Shrubsy' Director at Quantum Landscapes the new Patrick Blanc, I am here to talk about active green wall. For those who have no idea what that means this is an air cleaning system based on NASA research and results.</i>
1.45pm	Willy Forbes Forager & Alcohol Creator	<i>What if we could get in touch with nature through foraging?</i> <i>The master of flora and fauna shares his love of foraging and just want you can find out in the marshes or local woods if you take a bit of time to delve a little deeper!</i>
2.00pm	Vicky Peet The Conservation Volunteers v.peet@tcv.org.uk https://www.tcv.org.uk/london/waltham-forest	<i>What if everyone could have fun learning about nature in their local parks?</i> <i>Vicky shares her love of educational programmes that connect people to nature and imagines if every park could be an wonder of learning and natural adventure.</i>
2.15pm	Cathy McLoughlin Lloyd Park & Adult Learning (LBWF) Catherine.McLoughlin@walthamforest.gov.uk	<i>What if we were all a little wilder?</i> <i>Saving the world one garden at a time. Appreciating and celebrating that we are part of nature. Step back and enjoy nature more and interfere less.</i>

Session 3: 3.00pm – 4.15pm		
Time	Speaker / Organisation	Subject
3.00pm	Angela McDermott London National Park City http://www.nationalparkcity.london/	<i>What if London was a National Park City?</i> <i>How can we weave nature back into our busy urban lives? How can we future proof our cities against climate change and loss in biodiversity? And how can we each play our part? Becoming a National Park City may just be part of the answer.</i>
3.15pm	Talitha Gamaroff Surfers Against Sewage / Plastic Free Community Facebook.com/groups/plasticfree communitywalthamstow	<i>What if the World was single use plastic free?</i> <i>Plastic Free Community Walthamstow wants to make Waltham Forest the first Plastic Free borough in London. With the incredible tools and resources provided by Surfers Against Sewage, it is absolutely achievable as long as the amazing residents of Walthamstow and our borough. We can start a wave of change right here, right now.</i>
3.30pm	Willy Forbes Mothers Ruin	<i>What if we cherished our non-native plants?</i> <i>Some non-native plants get given a really bad image. Japanese Knotweed anyone? But there is a whole world of non-native plants that have added colour and vibrancy to this wonderful country and helped support wildlife. Do you happen to know what the flower of London is? Well you'll find out, and guess what.....it is an immigrant like so many of us, so let's celebrate and appreciate our diversity!</i>
3.45pm	Ru Kenyon London Wild Fruits Facebook.com/londonwildfruits	<i>What if our city was edible?</i> <i>Designing edible urban landscapes for a National Park City. How can wild food contribute to a 21st century diet?</i>
4.00pm	Teresa Mulhall Psychotherapist	<i>What if our parks became wells for wellness?</i> <i>The aim of my talk is raise awareness of how our park(s) can become resources for well being. Using a wellness model that incorporates aspects of the emotional, physical, spiritual, intellectual and occupational, I will give examples of how there is potential in our parks to complete the wellness wheel. Our beautiful parks are free, waiting to be made the most of by you for you!</i>

About the Speakers

Angela McDermott – WM Big Local / London National Park City

Angela is a firm believer in the restorative power of the outdoors and gets out running and gardening as often as she can. Though those activities have recently been replaced by long walks and exploring the daily changes in Lloyd Park due to becoming a new mother. Not only has she become a new mother but also a trustee of the National Park City Foundation for which she has volunteered for a number of years. She is also a partner in the William Morris Big Local and will be returning to her job as a humanitarian response project manager in due course.

Nick Bender – Walk and Talk for Life

Nick is the coordinator of Walk and Talk for Your Life which is a 10 week health coaching and fitness course for older adults. The Walthamstow-based course combines socialising, exercise, and health discussions with the primary goal of reducing loneliness. He is enrolled in a masters degree at Middlesex University where he studies exercise for older adults. The first trial of Walk and Talk for Your Life will act as his dissertation and will be completed in September.

Daniel Turner

Daniel is a sustainability professional at environmental charity/NGO called CDP to help organisations manage their environmental impact. He has been a skateboarder for 30 years, DJ for 20 years, parent for 11 years. He is a local resident and heads up the Lloyd Park Skaters User Group.

Joshua Wehner – Ever Better Sports

Joshua Wehner is a Community Sport advocate focusing on basketball and bringing people together through outdoor activities. He believes that this encourages cohesions, strengthens ties and builds confidence. Josh is a trained basketball coach and Our Parks instructor and runs multiple sessions around Waltham Forest for communities, youth clubs and schools.

Gareth Chalmers – The Conservation Volunteers

Gareth is both Green Gym Officer and leads the Young Persons Conservation Programme for parks around Waltham Forest. The Green Gym encourages people to take part in gardening sessions as a way to keep fit and help maintain the natural environment around them. They are fun and invigorating with the emphasis on health and wellbeing.

Ciaran Shrubsy – Qantum Landscapes

I am 'Shrubsy' Director at Quantum Landscapes the new Patrick Blanc, I am here to talk about active green wall. For those who have no idea what that means this is an air cleaning system based on NASA research and results.

Willy Forbes – Mothers Ruin / Four Pillars Brewery

Willy is a long time local resident and worked with local breweries and distilleries. He is an expert on flora and fauna and makes his own range of drinks with the species he forages.

Vicky Peet – Conservation Volunteers

Vicky is the Senior Schools and Community Education Project Officer for TCV working in parks across the Borough. She is a well know face in Lloyd Park running nature based activities for all ages from Under 5's Nature Explorers to Nature Trail and Dawn Chorus Walks.

Cathy McClaughlin

Cathy is Lloyd Park's Community Gardener and an Environmental Educator, specialising in organic horticulture, food growing, wildlife gardening and biodiversity. She is a gardening lecturer for Waltham Forest Adult Learning Service, for whom she delivers gardening training and nature themed workshops mainly in Lloyd Park, but also at other community venues and events across the borough. She also delivers gardening and nature themed workshops as a freelancer for various community organisations within the borough including TCV and Organiclea.

Talitha Gamaroff – Surfers Against Sewage

Talitha is a community leader for Surfers Against Sewage Plastic Free Communities initiative. She wants to make Waltham Forest the first Plastic Free Borough in London and has no doubt at all that this is achievable through the help of all the amazing Walthamstow residents and volunteers.

Ru Kenyon – London Wild Fruits

Ru is a Foraging Teacher educating people about wild food in London and beyond and hosts a number of foraging walks and courses.

Teresa Mulhall

Trained psychotherapist who has lived in Walthamstow for approx. 13 years. Aims always to make the most of Lloyd Park which she loves having on her door step. From Sept 15, will be hosting free to attend Wellness Reading Group in the park to which all are welcome to attend.