

Heathfield Recreation Ground

Sensory Trail

Friendly Parks for All



Heathfield Recreation Ground Sensory Trail

The short accessible sensory trail follows the paths around the outside edge of Heathfield Recreation Ground.

You can follow the trail in any direction that you would like. The activities in this leaflet follow a clockwise direction from the children's playground.



Look for the posts.

Post location	Sense	Activity
Beside playground	Hear Touch	Listen to the children playing. What other noises can you hear? As you walk along the playground fence use a stick to make a noise on the railings. Feel the shape of the railings. Are they hot or cold? Pick some leaves from the hedge and feel the texture of different leaves. As you walk down the avenue of trees what do you feel? Can you feel the light and shade as you walk down the path? Does it feel like a tunnel?
Plinth	Touch	Free the texture of the plinth. There are smooth and rough area of stone. Can you describe the feeling?
Corner of Coronation Walk	Hear See	Listen to the rustle of the tree leaves. Does it bring back any memories? Look down the avenue of trees and describe what you can see.



Look at the different shapes of the trees on Powder Mill Lane. Feel the texture of the different fences – wire and wood. Which do you prefer?

Touch

Sensory path

Touch Walk over the different surfaces to feel the different textures of the path. You could take your shoes off, but check the path first! Which is your favourite? Compare the textures on the path with the grass on the field.



Wild flower Meadow


See Look at the different colours of the plants. How many can you count?
Hear Listen to the noise of the insects.
Smell Smell the flowers. How many different scents can you make out? Are they all flowers?



Hedge

See Look at the different leaves on the hedge. How many different shaped leaves can you find? Which one do you like best? Can you name any of them? What can you smell? Is one smell stronger than all the others? (You may find it useful to close your eyes to do this activity.)
Smell
Hear What can you hear? Do any birds make their home in the hedge?



Park entrance on Powder Mill Lane adjacent to Heathfield School	See	<p>Look at the avenue of old trees that overhang the path.</p> <p>Does this make you think about another place or a memory?</p> <p>Look at the lichen on the tree on the right hand side of the path. There are lots of different shapes – do they remind you of anything – animals, faces, clouds?</p> <p>Touch the bark of the old trees</p>	
Between 2 benches on the path adjacent to Powder Mill Lane	Touch	<p>Look at the view across the park. What can you see? Can you describe it?</p> <p>Hear Close your eyes and listen to the noise around you. What can you hear – are they man made or natural? Which direction do they come from?</p> <p>Smell Close your eyes and smell. What can you smell – are they man made or natural?</p> <p>Touch Touch the bark of the trees along the path and feel the different textures. Which tree is your favourite?</p>	

Dementia Action Alliance

Marathon trust