



# THORNHAM ESTATE OPEN DAY

Sunday 14th July

10.30am-5pm

Free activities throughout the day



## WILD CRAFTING

*With Jon Tyler: 10.30am-4pm, Spinney Glade*  
Try quick craft making using natural materials including rushes, willow sticks and nettles! Crafts on offer include: nettle wristbands / friendship bracelets, rush boats, dragonflies and badges.



## OUTDOOR DRAWING

*With Artist John Parker: 10:30-5pm, Various locations*  
Find a drawing desk in a beautiful location nearby a footpath... Sit down awhile and draw what you see!



## SCYTHING

*With Chris and Trevor: 10:30-3:30pm, Pinetum/Daffodil Ride*  
Watch a demonstration of cutting with the modern Austrian scythe. And why not have a go yourself! Compare old and modern scythes and see the techniques for keeping the scythe sharp.



## LIVE ACOUSTIC MUSIC

*With Patrick Foster: 12-12:30, 1:30-2, 2:30-3pm, Beyond the Image Gallery*  
Join Patrick for a melodic, foot-tapping acoustic set.



## MINI BEAST HUNT

*With insect specialist, Adrian: 10:30-11:15, 2:45-3:30pm, Mini-beast Haven*  
Come hunting for mini-beast in the grass and trees in the mini-beast haven - sweep nets, pooters and catching sheets provided! What list of species can we find?



## WOOD CLEAVING

*With Simon Hooton: 11:30am-12:30pm, 1-2pm, Mini Beast Haven*  
See the ancient skills of cleaving [splitting] round poles to turn them into useful timber - from paling fencing to stool legs. And try making your own piece of dowel or plant label!



## YOGA & SOUNDBATH

*With Transformation Holistic Therapy, Yoga and Sound Healing, 4pm, Picnic Area*  
At the end of the day, join Venessa for a fusion of Gentle Hatha Yoga. Stretch, rebalance and reset body, mind and soul with guided postures. Finish with a soothing Soundbath, allowing you to pause and recharge.



## GUIDED BIRD WALK

*With Suffolk Bird Group: 10:30-11:15am, 3-3:45pm, Bird Hide*  
Sit and stroll through the woods to see what birds can be spotted. Bring binoculars if you have them.



## CHAINSAW WOOD SCULPTURE DEMONSTRATION

*With Andy and Baz from Hearts of Oak: 11:30-2:30pm, The Enchanted Wood.*  
Witness the incredible artistic feat of creating sculptures from wood, using timber fallen at Thornham, watch the creators of the Enchanted Wood make magic with their chainsaws.



## PLANT A SEED OR MAKE A SEED BALL

*With Beyond the Wall, 10:30-3:30pm, Walled Garden*  
Come and have a go at making a wildflower seed ball or plant a sunflower or just enjoy the garden. Our pop up tearoom will be open 10.30am-2.30pm



## GREEN TALES STORYTELLING

*With Simon Hooton, 10:30-11am, 2:45-3:15pm, Den Building Area*  
Come to the Story Den and hear some brand-new countryside stories. Rugs, chairs and picnics welcomed. Stories devised for families suiting children 7 yrs +.



## PARKRUN GUIDED WALK

*With parkrun volunteers, 11am, Visitor Centre*  
Join some of the dedicated parkrun Thornham Walks volunteers and walk part of the route. Hear them talk about parkrun at Thornham Walks, and the community benefits it brings.



## POETRY TRAIL

*By Beth Soule, Poet in Residence, 10:30-5pm, Various Locations*  
Follow the trail around the main sights to find ten very special poems. With every poem written especially for Thornham, savour the words and the images they evoke. And why not try yourself! Contribute to a community poem in the Walled Garden.



## PHOTOBOOTH

*Beyond the Image Gallery, 10:30am-4pm*  
Visit the photographers' gallery and step inside the photobooth for a memorable record of the day!

