



CAST-Off activities in the Walled Garden at National Trust Penrose.

On Saturdays, from 30th July to 20th August, look out for free artist-led creative activities in the walled garden. Sessions run from 10 am to 12 noon and 2 to 4 pm with activities including pigment making and painting, brush making, pottery, wood and clay construction, botanical exploration, cyanotype photography, stone carving and polishing, felt making and nature-based printmaking.

Just drop in – there's no need to book.

For more details:
CAST website: c-a-s-t.org.uk Facebook page: CASTcornwall

What to do when you are out in nature

Be curious

There is a lot to discover when you are out in nature. The more curious you are, the more you will notice and understand about the amazing world around you. Find out and try to remember the names of plants, trees, birds and flowers that you see. If you discover something new each time you go out, you will soon find you know a great deal. Share your discoveries with others.

Draw

Drawing helps you to notice things and is an important way of recording information. Everyone has their own way of seeing and their own way of drawing. Draw and make notes about your discoveries and ideas on the map. You can also collect a sketchbook from CAST or from the walled garden on Saturdays and try out all kinds of different drawing techniques at the artist-led sessions.

Collect

Bring a small bag with you when you go on walks and use it to collect interesting things you find, for example: seeds, stones, feathers and leaves. If you see anything that is particularly special bring it to the walled garden on Saturdays to show us, or display it in our outdoor 'Museum of Special Things'. List the things you have collected and make a note of what is special about each one.

Listen

carefully to the sounds around you. Can you hear birds singing, dogs barking, people talking? Notice all the sounds you hear.

Look closely

for the smallest details, such as tiny insects, fluffy air-borne seeds or for the sparkle of quartz crystals in the footpath.

Look far

into the distance. See the rise and fall of the land, the trees and fields and the horizon as far as you can see.

Touch

Notice the way different surfaces feel, for example grass or sand compared to tarmac underfoot, or the touch of tree bark, or leaves in your hand. Are the surfaces you feel hot or cold, smooth or rough, hard or soft? What other words can you think of to describe how different things feel?

Smell

Make a note of the smells you come across. Whether they are delightful or disgusting, smells help you to know what kind of a place you are in. Familiar smells can often evoke memories. Try asking everyone you are with if any of the smells you've encountered have reminded them of a past experience. Petrichor is the name given to the particularly pleasing smell of rain on dust. Sniff the air outdoors just after rain and see if you can smell it too.



The woods

In 1272, King Edward I gave the woods at Degibna to William de Treville on the condition that he kept a boat and fishing hook for the king's use should he ever choose to visit.

Look up at the many different trees at Penrose. What makes them different, what makes them the same?

Can you name the types of tree? Look out for oak, pine, sycamore and willow.

Can you spot any others? Hunt and collect different kinds of leaf draw their shape.

Look out for pinecones, cob nuts or sycamore keys. What do you think they are for?

I spy...

Draw the shape of some leaves you found today.



Sycamore key

Carpentry is one of the oldest skilled trades. It involves the cutting, shaping and fitting of wood for all kinds of purposes.

What things can you think of that are made of wood?

Plants and Flowers

In the past gardeners would have grown most of the fruit and vegetables for Penrose in the walled garden, and apples for cider in an orchard that stood behind it.

Walk in the long grass in the inner part of the walled garden and see how many different kinds of plant you can spot.

Some plants are useful as well as being beautiful. They might have medicinal properties or taste delicious. Can you identify anything in the walled garden that would be good to eat?

I spy...

Nasturtium
Sweet pea
Raspberry bush
Dock leaf
Daisy
Apple tree
Ragged-robin
Rose

As you walk through Penrose and visit the walled garden, match the colours of the plants and flowers that you see with those along the edge of your map.

Move

So much space

Make the most of the wonderful spaces all around you. Run about and play games with your friends and family. Bring a ball to the Penrose amenity area by the river across the road from Coronation Park or ride your bike or scooter along the paths at Penrose.

Journey

Set yourself a challenge and go on a journey to a place you haven't been to before. Can you walk all the way to Loe Bar and back? Or ride your bike off-road to Degibna Woods? Be sure to bring water and a picnic for when you get there.

I spy...

All the different ways we get about.

The Sky

Sunlight is made up of the full spectrum of colours, which are scattered as they pass through the air because blue light waves are the shortest and quickest they scatter the most. This is why we see the sky as blue.

Can you see clouds and if you can, what shape are they? Do they look like anything familiar?

I spy...

Draw things that fly.



Insects and Animals

The marsh here is a special natural habitat that has been recently restored. The pools and wet shrubby areas attract frogs and insects, small mammals, nesting birds and a population of bats.

Butterflies

There are lots of different types of butterfly which you can identify by their markings. How many different kinds can you find?

Dragonflies

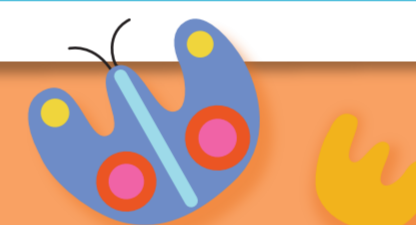
Dragonflies live near fresh water. If you look carefully you may be lucky enough to see one today.

I spy...

Insects, birds and mammals I

have seen today.

- 1.
- 2.
- 3.
- 4.
- 5.



Bats

Did you know? The Lesser and Greater Horseshoe bats, which live at Penrose, are the only two species to roost hanging upside down.

Gateway to the Sea

This shingle beach at Loe Bar blocks the mouth of an estuary which was open to the sea many centuries ago. Sit high up on the ridge and imagine the horizon full of ships in full sail, setting out on voyages or returning with cargo from faraway places.

Beach finds

Look for interesting or unusual objects on the beach. What are they and where did they come from? Are they natural or man made? In 1997 a huge freak wave washed 62 containers off the deck of a Japanese cargo ship near the Cornish coast. One contained 5 million pieces of Lego, some of which can still be found washed up on Cornish beaches today.

I spy...

The view from Loe Bar today.



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Mailing list

Donations

Follow @CASTCornwall on Facebook or join CAST's mailing list to find out what is going on at each month. The building provides studio spaces for twenty artists. It also has a Cafe serving delicious locally sourced food, a black box screening space where artists' films are shown, learning spaces that host workshops for families and programmes for schools, a regular Saturday Club for 12- to 16-year-olds, and a new ceramics studio. Former school building in the centre of Helston, with entrances on Penrose Road and from the car park in Wendron Street.

What is CAST?

CAST is a not-for-profit arts organisation founded in 2012. It is based in a large former school building in the centre of Helston, with entrances on Penrose Road and from the car park in Wendron Street. The building provides studio spaces for twenty artists. It also has a Cafe serving delicious locally sourced food, a black box screening space where artists' films are shown, learning spaces that host workshops for families and programmes for schools, a regular Saturday Club for 12- to 16-year-olds, and a new ceramics studio. Follow @CASTCornwall on Facebook or join CAST's mailing list to find out what is going on at each month.

There is a large car park at the fairground in Helston, TR13 8SG, and a small National Trust car park at Penrose, TR13 9RE. Find full details of all activities on the CAST website: c-a-s-t.org.uk and Facebook page: CASTCornwall. We won't be put off by a bit of drizzle and hope you won't either, but please check on the day in case of extreme weather or last-minute changes. Look out for CAST-Away days on the Lizard peninsula on Wednesdays: Polurrian 3rd, Gweek 10th, Poltesco 17th and Porthoustock 24th August.

CAST-Off

FREE CREATIVE ADVENTURES IN THE WALLED GARDEN AT PENROSE
SATURDAYS, 30TH JULY, 6TH, 13TH, 20TH AUGUST
10AM TO 12 NOON AND 2PM TO 4PM

