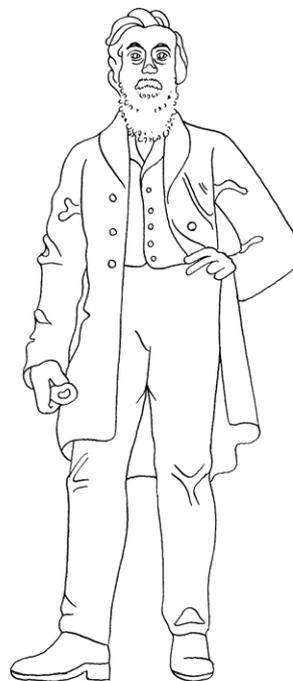
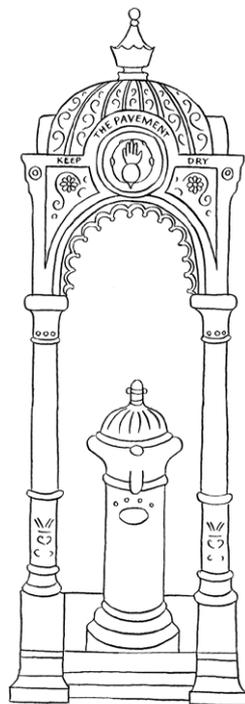
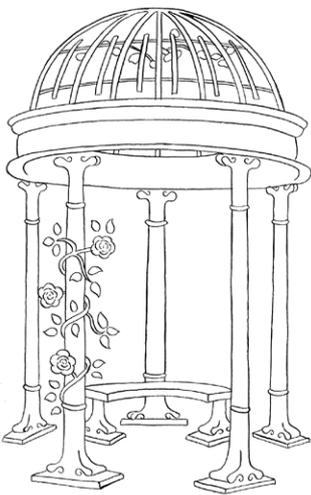
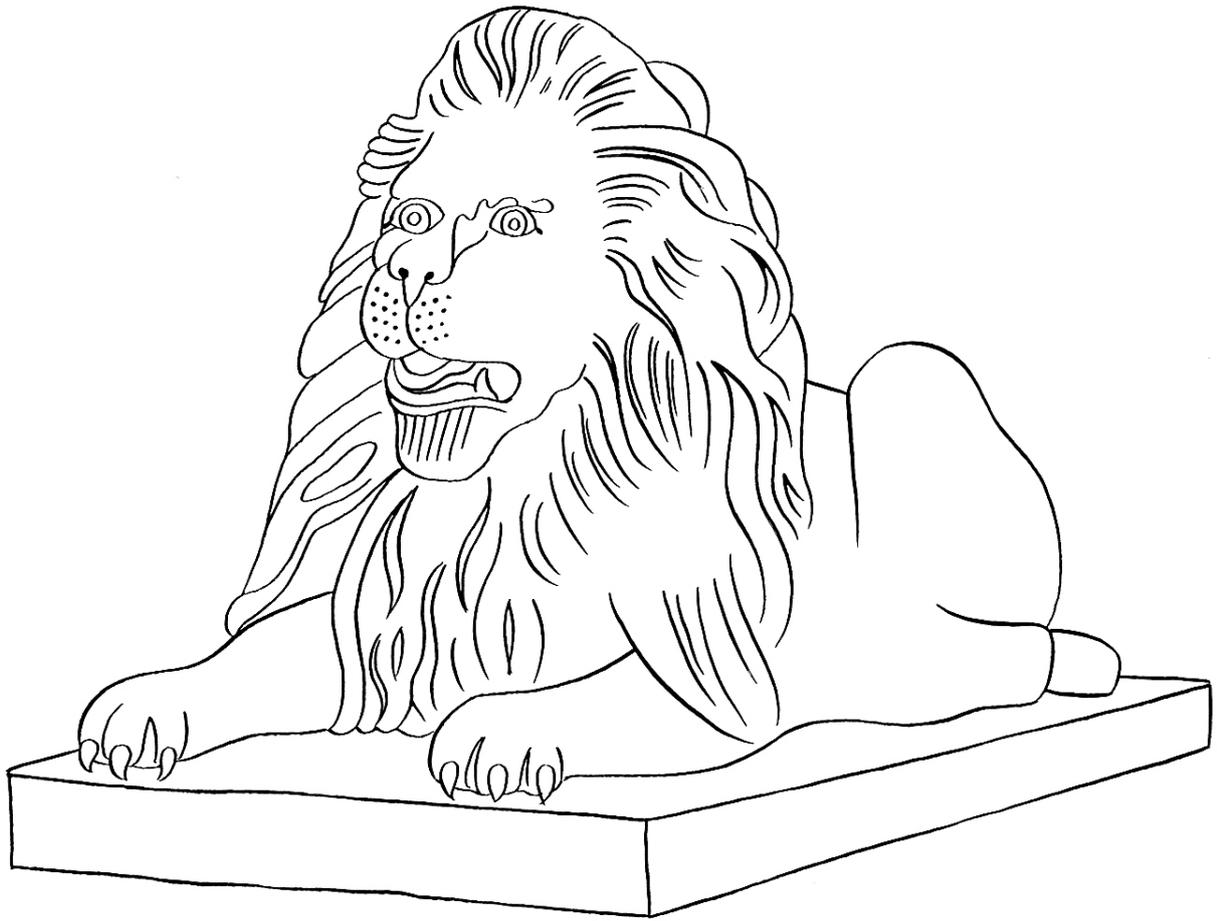




MINDFUL MOWBRAY COLOURING SHEETS

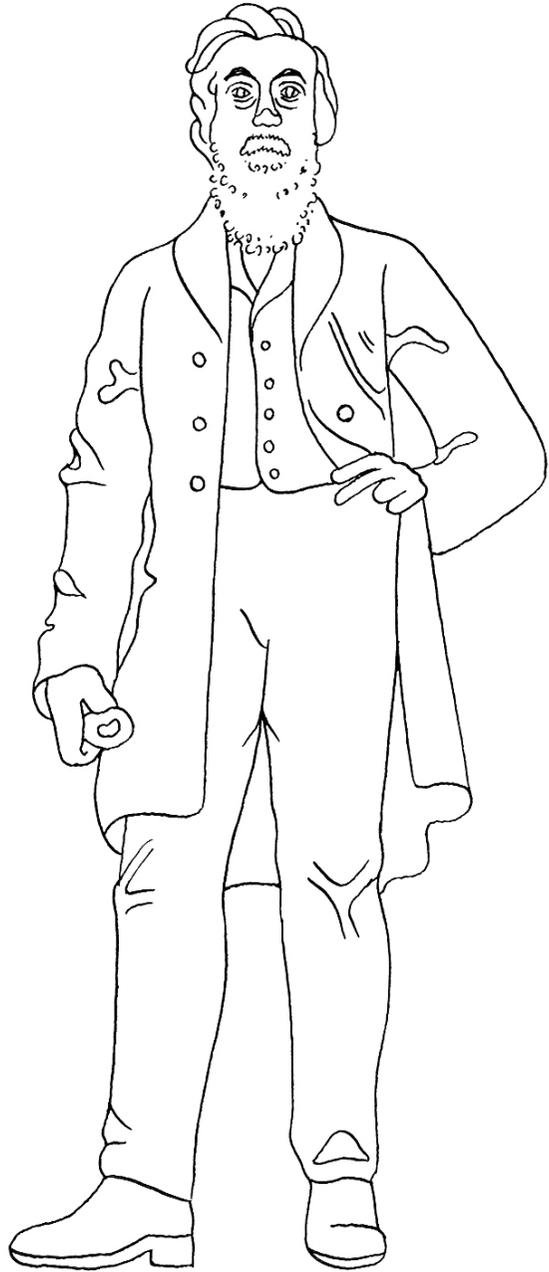
Sometimes we all need a bit of time out and mindful colouring is a great way to stay in the moment and forget our worries for a while. Enjoy these colouring sheets and find out some fascinating facts about the statues, sculptures and buildings in Mowbray Park. Each one has a reminder of simple ways we can care for each other and nourish our own wellbeing.

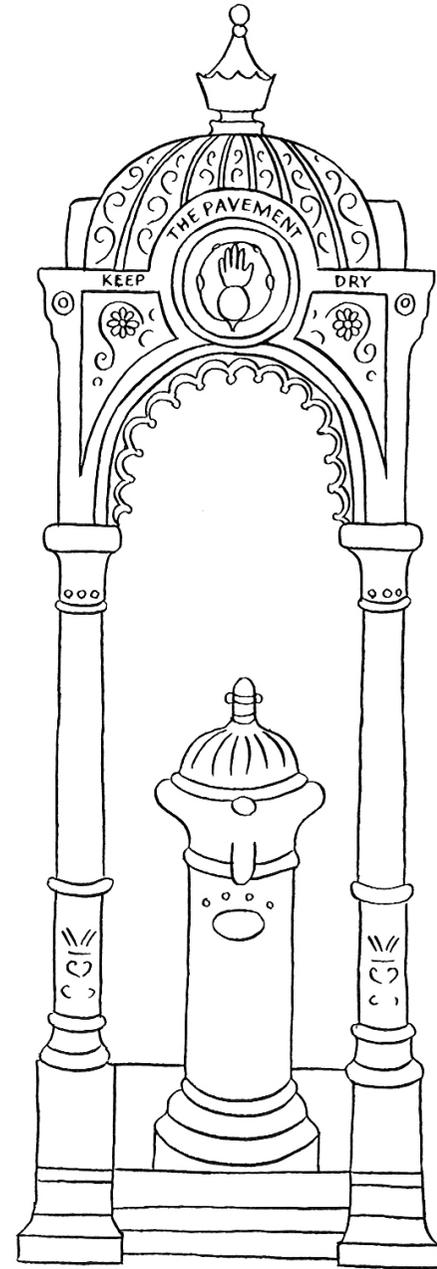
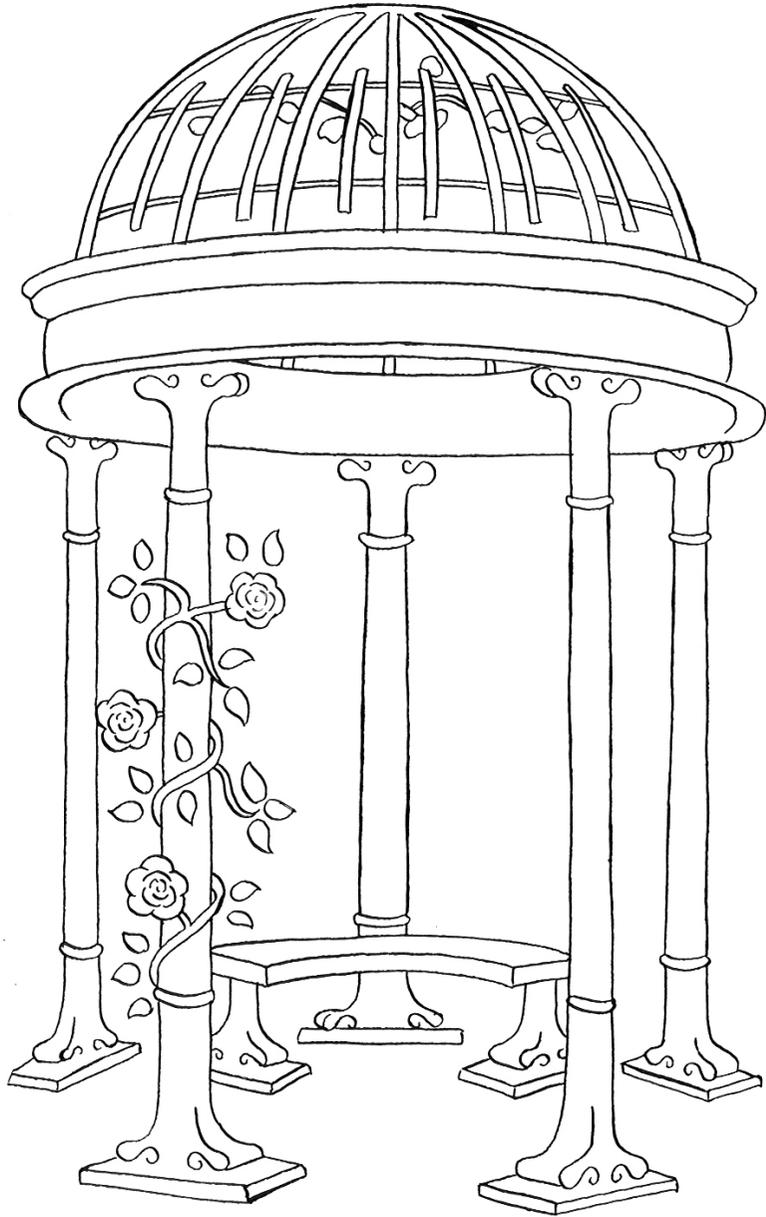


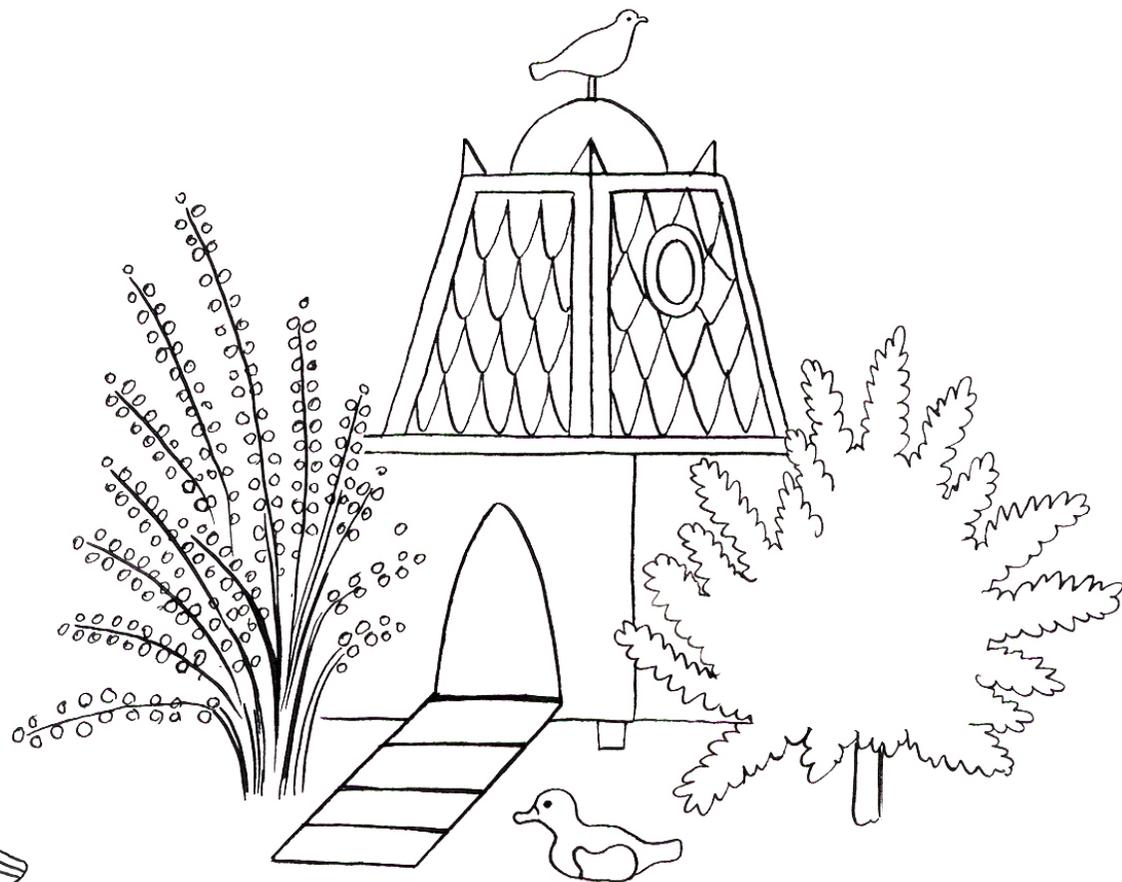
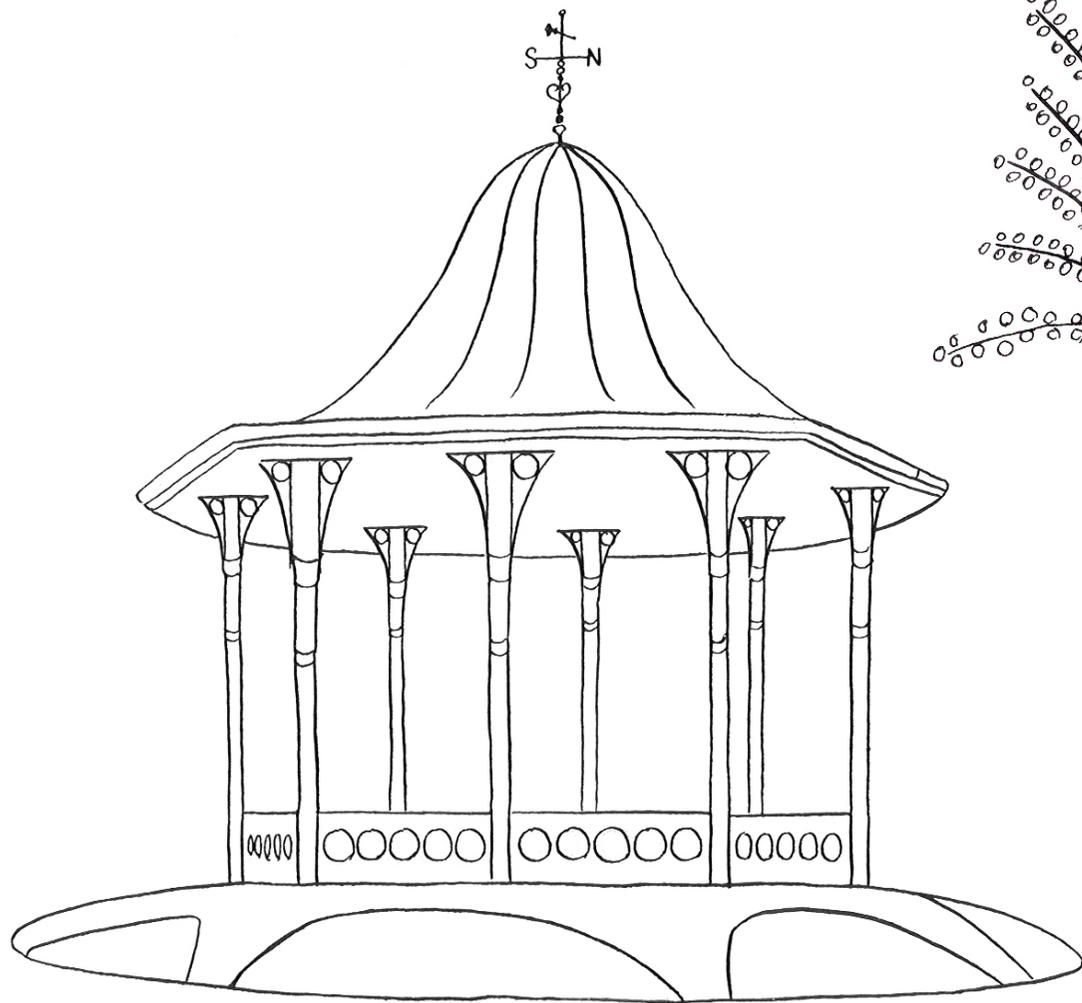




On open sea
on dry land
nail your colours
to the mast



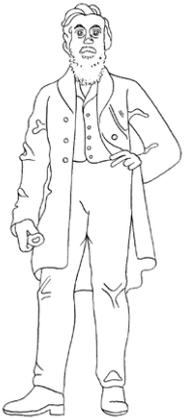








MINDFUL MOWBRAY COLOURING SHEETS



John Candlish MP (1815 – 1874) **Kindness**

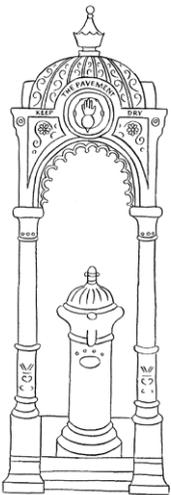
John Candlish is best known as a businessman who owned several glass bottle factories in Seaham and Sunderland. The most famous was the Londonderry Bottle Works which had its own library and school on site

to give workers and their children free access to books and education. As Mayor of Sunderland he opened Mowbray Park in 1857 and became a member of parliament (MP) for Sunderland from 1866 to 1874. **What small acts of kindness have you done for others?**



bravely nailed the flag (known as 'the colours') back onto the mast of the British ship HMS Venerable after it was shot down by the enemy Dutch ships. The British won the battle and Jack Crawford became a hero; awarded a

silver medal and pension. A new stone sculpture was created for the reopening of the park in 2000. The poem 'on open sea or dry land, nail your colours to the mast' is written on it, which means stay strong and stick to what you believe in, whatever happens. **Who is the bravest person you know? When have you had to be brave?**



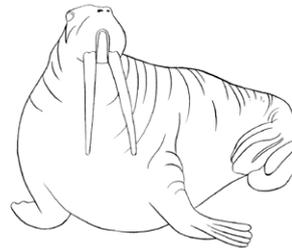
William Hall Drinking Fountain (1878) **Support**

This cast iron drinking fountain was built in memory of William Hall who was the oldest member of the Society of Oddfellows when he died in 1876 aged 75. The Oddfellows provided support for workers and their families in times of hardship and they still

exist today. The writing on the fountain says 'Keep the Pavement Dry' to politely ask visitors not to splash water around when they are drinking! **How can we support our family and friends at difficult times?**

Jack Crawford (1775 – 1831) **Bravery**

Jack Crawford was a sailor in the Royal Navy, known as the hero of Camperdown. On 11 October 1797 he



Walrus (2000) **Creativity**

The sculpture of the Walrus was made by Andrew Burton

and is inspired by the story of Alice in Wonderland by Lewis Carroll. The poem 'The Walrus and the Carpenter' appears in 'Alice through the Looking Glass' There is a Sunderland legend that Lewis Carroll was inspired to write this poem after seeing the stuffed walrus in the Sunderland Museum. However, the poem was published before the walrus was displayed so unfortunately the story cannot be true. The head of the Walrus survives to this day and is displayed in the Time Machine Gallery in Sunderland Museum & Winter Gardens. Writing stories is one way to be creative and improve our mental wellbeing. **How have you been creative recently?**



MINDFUL MOWBRAY COLOURING SHEETS



Duckhouse (2000) **Home Comforts**

The duckhouse was built on an island in the lake in 2000, when Mowbray Park was restored. It has the same design as the roof turrets on Sunderland Museum and provides a shelter for mallards, tufted ducks and moorhens. **What things bring you the most comfort in difficult times?**



South Lodge (1856) **Self Care**

South Lodge was built as the park keepers house in 1856. It is now being used by Life Kitchen, a charity helping people undergoing cancer treatment to help them learn new recipes and cook food that is healthy and full of flavour. **What foods make you feel good? How can what we eat change how we feel?**



Stone Lion (2000) **Family Time**

The stone lions have always been a favourite for families in Mowbray Park, Generations of children have sat on their backs to have their photo taken. **What happy memories of days out can you share with your family?**



Rose Arbour (2000) **Relax**

The rose arbour was built by blacksmith Craig Knowles. It was designed as a place to sit and relax, enjoy nature and talk to family and friends. There

is a poem written inside – ‘If love were a rose, I’d watch how it grows, learn all the secrets it knows.’. **How does being outdoors in nature make you feel?**



Victoria Hall Memorial (1883) **Sadness and Sympathy**

The Victoria Hall disaster took place on 16 June 1883. Children from across the city paid a penny to watch an entertainment and magic show. There were over 2000 children in the hall and very few adults. At the end of the show the entertainer Mr Fay began giving out toys and children sitting on the upper level ran down the stairs to get their share. On the stairs was a half-bolted door which the large numbers of children couldn't squeeze past. 183 children died that day in the crush. The people of Sunderland raised funds for a statue of a grieving mother and child to remember them. **How can we listen more and support others when they feel sad or upset?**



Bandstand (2000) **Music**

The original bandstand was built in 1883 but was removed and melted down to make weapons in World War Two. During that period a public air raid shelter was built under the bandstand to protect people during German bombing raids. Nearby Victoria Hall was destroyed by a German parachute mine in April 1941 and the Winter Gardens was damaged beyond repair by the blast. This replica bandstand was built in 2000 allowing music to be performed for visitors again. Listening to music can bring out different emotions. **What music makes you happy?**