

# Events & Activities for Teenage Girls



As part of the Make Space York project, we run a growing programme of events and activities designed with and for teenage girls. Our local engagement showed that girls wanted more opportunities to spend time in the park in ways that feel welcoming, social and low pressure. These activities help build confidence, create a sense of belonging and encourage girls to see the park as a space for them.

Alongside activities specifically for teenage girls, we also run some sessions for women and girls together, including yoga, pilates and dance. Seeing women active and visible in the park plays an important role in helping girls feel more comfortable and confident in public space.

We deliver activities directly through the Make Space York project and the Friends of Rowntree Park, and also work with a range of facilitators and partners who bring specialist skills in areas such as sport, arts, wellbeing and outdoor learning.



## Wild Ones

Wild Ones is our weekly outdoor group for older girls, running in blocks throughout the year. It offers a relaxed, welcoming space where girls can spend time together, try new things and build confidence.

Sessions include campfire cooking, simple survival skills, whittling, eco crafts and plenty of time to chat, swing in hammocks and enjoy being outdoors. Girls book in blocks so they can get to know each other and feel part of a group.

Places are currently subsidised through grant funding, with support secured until the end of 2026.



# Make Space Festival

Each June we run the Make Space Festival, a programme of free events and activities for teenage girls.

The festival began in 2023 in Rowntree Park, bringing together a wide range of sessions including sport, creative activities, nature based experiences, wellbeing and performance. It has continued to grow each year.

In 2024, the festival expanded beyond Rowntree Park to include activities in Homestead Park and West Bank Park. In 2025, the programme was delivered over two focused weekends across Rowntree Park and Homestead Park.

The festival now takes place over two weekends each June, with a mix of drop in and bookable sessions. While funding allows, we will continue to run and develop the festival each year, creating opportunities for girls to try new activities, meet others and feel more connected to their local parks.



## Year round activities

Alongside Wild Ones and the festival, we run a range of smaller, ad hoc events throughout the year. These include arts and crafts sessions, seasonal activities such as wreath making, engagement events where girls can share their ideas, and opportunities to try different sports and physical activities such as roller skating.

Together, these activities help create a more visible and welcoming presence for teenage girls in the park, while continuing to shape the project through their ideas and feedback.

