

Marble Hill with Rachel Our Guide

Fresh Air and Friendship – Somewhere Special

For our somewhere special morning, our lovely Anne chose the beautiful Marble Hill Park and Mairi was able to connect with Rachel to be our guide across this English Heritage Park. Rachel started off the tour with the story of Henrietta Howard, Countess of Suffolk, whom was more than just a mistress. Henrietta's legacy lives through Marble Hill and she became a patron of architecture and landscape gardening. Henrietta whilst at court started to build Marble Hill. Rachel mentioned on our tour of the park that Marble Hill was set in an 'Arcadian' landscape with imagery from the gardens in ancient Greece and Rome. Rachel also brought pieces of glass and bone that was found when digging through Marble Hill. In the photos as you can see there the various colours of the glass, from the whites to the dark blues. Of course, we went past the beautiful Marble Hill House will be open to visitors next year in April. The gardens are stunning with lots of trees and greenery, Rachel also mentioned the varieties of beehives, with the diversity of planting. Planting includes Elm trees, Snap Dragons and lots of groves! There was a large black walnut tree, we were told that this type of tree has many medicinal uses such as being a laxative and treatment for parasitic worms!

The day ended with us all having a hot drink in the park with a slice of cake. A fun day full of history and greenery! A massive thank you to Rachel for her time today telling us all about Henrietta Howard and Marble Hill.

Check out the Instagram account [@marblehillrevived](https://www.instagram.com/marblehillrevived) to find out more about Marble Hill.

As a volunteer for Let's Go Outside and Learn, I find that these projects are so important for both myself and other people. It is not just a walk, it is socialising with people who you haven't met before, developing your confidence and feelings of belonging to a group. Learning new aspects about the environment, having a larger appreciation of the local parks and nature around you. I can say that I feel happy and fulfilled leaving these sessions and I find that I am learning more and more about nature that I didn't know before.

– Alisha Dave

