

Photography in the Park Free Workshop in SE16 with Local Expert Nick Fleming

On Sunday 8th May around the old converted docks and ecology park of Russia Dock Woodland, local resident and acclaimed professional photographer, Nick Fleming (www.nickfleming.com) will share the expertise he's acquired through years of dedication and refinement to his craft, in a pair of free workshops for photography enthusiasts of any level.

Each session is a fun, hands-on, and eye-opening experience for anyone who enjoys taking pictures with their camera or camera phone. Each workshop begins with a brief presentation of Nick's photography focusing on key tips and insights into what makes an impactful and memorable photo regardless of the subject matter. Participants then venture into the surrounding woodland, and later reconvene to share and critique the results. There are two sessions, 10am - 1pm and 2pm - 5pm or you can stay for both.

Photography in the Park, is entirely free though **pre-registration is required at www.meditationinthepark.com/free**. The event is part of a series including Painting in the Park and the flagship event, Meditation in the Park, now in its third year. The series is hosted by the Friends of Russia Dock Woodland and is funded in part by the UK Lottery Awards for All. The series of events was created to encourage positive and community oriented use of our local green spaces, and they help to support the prestigious Green Flag status awarded to Russia Dock Woodland.

Learn more and register for Photography in the Park at www.meditationinthepark.com/free.



Media Information

Website: <http://www.MeditationInThePark.com/otherevents>

Hari Karam Singh, Regally Graceful 0207 394 8587, sacredstudio@amritvela.com

Steve Cornish, Friends of Russia Dock Woodland, 07947 275386, stevecornish49@hotmail.com

About Nick Fleming

Nick Fleming's photography has been exhibited in Central London and elsewhere in the UK, and he has lectured at the Royal Geographical Society, the Victoria & Albert Museum, and the Indian High Commission. He was selected as the sole photographer in the Microsoft "I'm a PC" global campaign, and was the first photographer to be invited to exhibit and lecture at Art in Action, the UK's largest festival of fine art and master craftsmanship. For more of his work including photography, podcasts, blog and more stories behind the photos, visit www.NickFleming.com.

About Friends of Russia Dock Woodland

Friends of Russia Dock Woodland (FRDW) is a group of residents who help to protect and enhance the woodland and the Stave Hill ecological park, which together run through the middle of the Rotherhithe peninsula and which supports a huge variety of plant, animal and bird life. <http://www.russiadockwood.ukfriends.com/>

About Meditation in the Park

Meditation in the Park is a free annual event in the beautiful, hidden green space in Central London, Russia Dock Woodland. It's a day of picnics, prizes, family, friends and community and for trying many new things including free tuition from qualified instructors in simple, effective and fun techniques which improve health and wellbeing. The event is an initiative of the Friends of Russia Dock Woodland in collaboration with local organisation Regally Graceful and is supported by the Lottery Awards for All, Tesco Surrey Quays, Surrey Quays Shopping Centre, Borough Market Stallholders and many others. <http://www.meditationinthepark.com>