



Living Well North Tyneside

Supporting Health and Wellbeing

National Picnic Month took place throughout **July 2025**, inviting people across the UK to embrace the joy of outdoor dining, reconnect with nature, and spend quality time with family and friends. This annual celebration encourages simple pleasures and fosters wellbeing through picnics in parks, beaches, gardens—or any pleasant open space.

What Is National Picnic Month?

National Picnic Month is a long-standing UK tradition celebrated every year in July. It encourages people of all ages to pack a hamper or blanket and enjoy an alfresco meal—whether at a local green space, coastal view, or even your own garden. The initiative celebrates the simplicity of outdoor dining and reminds us of the benefits of slowing down, socialising, and savouring sunlit moments.

It's a summertime opportunity to enjoy tasty food, relax in nature, and create lasting memories with others.

Why Picnics Matter

- **Boost mental and physical health:** Spending time outdoors and sharing meals promotes relaxation, reduces stress, and lifts mood.
- **Strengthens community bonds:** Picnics bring people together—friends, families and neighbours can gather in shared green spaces, building connection across communities.
- **Supports sustainable habits:** With eco-conscious planning—like reusable containers and zero-waste packing—picnics can be enjoyed responsibly without harming the environment.

Picnicking has deep cultural roots in Britain, dating back to medieval and Victorian eras, evolving into the lighter, portable meals we know today. As an inclusive activity, it invites people from all walks of life to participate.

How to Enjoy National Picnic Month

Here are ways to make the most of picnic season in July:

1. Plan a themed picnic

Try a teddy bear's picnic, local produce spread, or historic recipe table to add fun and purpose.

2. Use local picnic hotspots

Explore parks, coastal paths, riversides, or quiet green spaces across North Tyneside for scenic backdrops.

3. Engage the kids

Include scavenger hunts, nature crafts, sandwich building, or storytime under a tree to help youngsters connect with the outdoors.

4. Pack smart, pack green

Choose reusable cutlery and containers, compostable napkins, and leave picnic areas spotless to protect nature.

5. Share your outing

Post your best picnic snaps using the hashtag **#NationalPicnicMonth** to celebrate the joy of summertime togetherness.

6. Host a community gathering

Host a group picnic in a park or community space with games like bean bag toss, blanket bingo, or frisbee to bring people together.

Picnic Ideas for North Tyneside

North Tyneside offers plenty of beautiful settings to enjoy a picnic:

- Coastal walks and harbours near Tynemouth, Whitley Bay, or Fish Quay provide seaside views and fresh sea air.
- Local parks and woodland trails, including parks like Collingwood or Longbenton, offer peaceful green spaces for a quiet lunch.
- Garden picnics at home can be just as special—especially when themed or shared with family and friends.

Whether it's a solo lunch or a group gathering, local produce from markets or shops can elevate your picnic experience.

Final Thoughts: Picnic Season Is Back

National Picnic Month 2025 reminded us that sometimes the greatest joys are the simplest: fresh air, good food, and company under an open sky.

By celebrating this tradition, North Tyneside residents can nurture local wellbeing, boost family ties, build community spirit, and enjoy sustainable summer traditions.

So this July, reach for a blanket, gather some treats, and step outside to enjoy the picnic season at its best.

Related Links

- [National Picnic Month](#)
- [Kid's Picnic Recipes](#)



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