



Your Community & Camden's Green Spaces

Do you have an idea to improve the health and wellbeing of your clients but not sure where to begin?

We are committed to helping you host community health-related activities in our parks.

What we can do to help you:

- Give you a single point of contact for liaison with Camden Council Green Spaces
- Recommend appropriate green spaces for event
- Provide the space
- Navigate simple events application
- Provide support with risk assessment
- Advise about public liability insurance (and cover activities in some circumstances)
- Help promote events through network of comms channels within community
- Support event on the day
- Liaise with park stakeholders to help support application
- Help fund equipment for sustainable activities
- Give training on social media comms
- Provide training on running volunteering sessions and toolbox talks





Examples of activities we continue to support:

- Wellbeing Walks with Friends of Bloomsbury Squares
- Pop up outdoor gym sessions with Age UK
- Conservation work with The Green Gym
- Food growing projects
- Mobile Maker Space in Cumberland Market
- Park Volunteering Days

What types of activity could you hold in one of our parks?

We are open to any suggestions and are happy to discuss ideas. These could include:

- Mindfulness sessions
- Chair exercises
- Reuse/recycle activities
- Walking group
- Pop-up outdoor gym sessions
- Family Playground meets
- Nature spotting sessions
- Community Litter pick
- Children's arts & crafts sessions

For more information and to discuss your ideas further, please email Alex, David, Rosa and Martin in the Green Spaces team via

parks@camden.gov.uk

and we'll be happy to help.

