



Join us on Knowsley's Green Fit Green Gym Project



Based on the Green Gym model developed by TCV (The Conservation Volunteers) in partnership with Knowsley Council, Green fit activities are fun and free outdoor sessions where you will be guided in practical activities such as planting trees, removing invasive species, sowing meadows and even working to establish a wildlife pond.

Unlike other conservation projects, the emphasis is very much on health and fitness so there is absolutely no pressure on how much a person needs to do - volunteers warm up and cool down in preparation for a range of light to vigorous activities to suit all abilities.



How do you get involved?

All you need to do is turn up at the meeting point, the project leader will ask you to fill in a welfare form to give us any information we need about any medical conditions and a short questionnaire about how much exercise you already do. Any information provided will be stored discretely and confidentially.

Bring along water and remember to wear clothes that you don't mind getting dirty as well as sturdy foot wear.

TCV will provide all tools, gloves and most importantly, tea, coffee and biscuits to devour over a good natter after the session.

The Project Officer will always be on site, and will provide a thorough tool talk and demonstration at the beginning of each day so that you are comfortable with the task and confident in using tools safely.

Join in, Feel Good

Dates and meeting place are

25th September, 2nd, 9th, 16th, 23rd October, 6th, 13th, 20th, 27th

November, 4th, 11th, 18th December

Meeting at Acornfield Plantation by the parking area on the corner of Spinney road and Perimeter Road, Kirkby, L23 7XX

At 10.30am to 1pm