



PRESS RELEASE
March 2018

COULD YOU BE A VOLUNTEER NATURE BUDDY?

Let's Go Outside & Learn are looking for local people to volunteer as Nature Buddies to help us introduce the amazing parks and open spaces available on our doorstep to local people. Nature Buddies will demonstrate the benefits to health & wellbeing that spending time outdoors can offer, and provide opportunities to bring individuals together so that they can make new friends in parks and open spaces. If you think that you can help, we'd love to hear from you.

The Nature Buddy project will create a network of volunteers who will receive regular training and support, meet others and eventually lead activities to help local people discover and enjoy the green spaces on their doorstep.

If you are interested in becoming a volunteer Nature Buddy enroll for the next training session on 16th March 2018 by contacting outdoor.learning@outlook.com for further information, and see www.lgoal.org

Notes

Let's Go Outside and Learn Community Interest Company works to introduce people living in an urban and built up environment to the natural environment around them, to show the benefits to improved health and wellbeing that spending time outdoors offers, and to bring people who are socially isolated together to make new friends. We work to engage people with natural environments by developing positive attitudes in communities where spending time in the natural green spaces could contribute to

improved health & wellbeing and can contribute to breaking down the barriers to isolation. We also work to promote environmental stewardship.

The Volunteer Nature Buddy Project has been funded by Richmond Council Parks team to support their Friendly Parks for All project.