

Subject: FW: Week of activities to encourage people to enjoy the great outdoors

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Media Release

For Immediate Release

Week of activities to encourage people to enjoy the great outdoors

People are being encouraged to get outside and make the most of green spaces in Swindon as part of Green Spaces and Wellbeing Week, running from 8 – 14 July 2019.

Swindon Borough Council's Public Health Team have been working with many local organisations to pull together a series of activities to encourage people to reap the benefits of the great outdoors.

Starting on Monday (8 July), a number of events will be taking place across the town including free walking groups, art and craft activities, and a Lost Words Trail. Full details of the events can be found on the dedicated Facebook page: 'Swindon Green Spaces and Wellbeing Week'.

There are nine partners involved in total, as well as several community groups who have made pledges to get outside and enjoy the green spaces in Swindon during the week. These pledges include taking a lunchtime walk, spending time with family or friends at a local park or doing a spot of gardening.

Cllr Brian Ford, Swindon Borough Council's Cabinet Member for Adults and Mental Health Champion, said: "The benefits of green spaces on both our physical and mental health should not be underestimated. Being outdoors can really help our mental wellbeing so I'd encourage people to get involved with the activities taking place during Green Spaces and Wellbeing Week.

"There's lots of services available in Swindon to help us all to look after our mental health, all year round. Details of these can be found at www.swindon.gov.uk."

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