

# involve

MAKING A DIFFERENCE LOCALLY



## Green & Active

Conservation Volunteering  
in Bracknell Forest



### ***Volunteering For Conservation & Wellbeing***

We work in partnership with Bracknell Forest Council, Public Health and local environment groups to run this **exciting volunteering project!**

Our volunteers undertake various **environmental tasks** with the aim of **maintaining local green spaces**, as well as **improving personal wellbeing** through physical activity, spending time in nature and social interaction. Task activities include:

- 🌿 biodiversity surveys
- 🌿 hedge-laying and coppicing
- 🌿 removing invasive species
- 🌿 overpopulation control
- 🌿 planting wildflower meadows
- 🌿 creating new wildlife habitats
- 🌿 and much more!





*"I enjoy getting out into the fresh air and doing something useful; I always look forward to the sessions I sign up for!"*



*"I have really enjoyed the experience of being outside and doing something to help improve my local green spaces and I've found it has helped make me feel more connected with the local community after a very difficult couple of years."*

Evidence shows that a wildlife-rich environment and spending time in nature benefits both physical and mental health. With this project, we want to bring wildlife to more people, and more people to wildlife. Want to sign up to get involved?

*It's easy to contact our friendly team:*



**green.active@involve.community**



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**involve.community/green-active**