



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:

- leaf biodiversity surveys
- leaf hedge-laying and coppicing
- leaf removing invasive species
- leaf overpopulation control
- leaf planting wildflower meadows
- leaf creating new wildlife habitats
- leaf 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