



WOMEN'S WELLBEING WALKS AND WORKS

Join Groundwork for wellbeing walks plus gardening days in Luton

Groundwork are running FREE wellbeing walks and community gardening days to improve fitness, mental health and to learn about nature!



Discover and learn more about local wildlife and meet like-minded people in your local community



Suitable for anyone who wishes to improve their mental health/physical fitness



In addition to the walks, we will be offering a range of gardening 'works'



Each of the walks are graded either easy/medium/challenging and will last roughly one hour

Book now / Find out more:

The dates and times of the walks and works can be found on the back of this poster.

To book your space, please email laura.ferrier@groundwork.org.uk

Thanks to funding from:



Bedfordshire & Luton
Community Foundation



Dates and locations of Women's walks and works

Walk / Work	Date	Time	Location	Postcode	Grade	Family Friendly
Walk 1	Tuesday 4th July	10.30am-11.45am	Stockwood Park circular walk	LU1 4BH	Easy	F
Work 1	Tuesday 11th July	10.00am-1.00pm	Memorial Park garden practical tasks	LU2 7HA	-	F
Walk 2	Wednesday 19th July	10.30am-11.45am	Wardown Park walk	LU3 1LH	Easy	F
Work 2	Wednesday 26th July	10.00am-1.00pm	Memorial Park garden practical tasks	LU2 7HA	-	F
Walk 3	Monday 31st July	10.30am-11.45am	Leagrave Park and Waulud's Bank walk	LU3 3AL	Medium	-
Work 3	Tuesday 8th August	10.00am-1.00pm	Memorial Park garden practical tasks	LU2 7HA	-	F
Walk 4	Wednesday 16th August	10.30am-11.45am	Houghton Hall Park walk	LU5 5FU	Easy	F
Work 4	Wednesday 23rd August	10.00am-1.00pm	Memorial Park garden practical tasks	LU2 7HA	-	F

For the exact meeting point for each walk, please sign up and these will be sent to you via email. The walks listed with an 'F' next to them are family friendly walks- meaning they are pushchair accessible and activities will be put on for children if they attend.