



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:

Dates and locations of walks and works

Walk / Work	Date	Time	Location	Postcode	Grade	Family Friendly
Walk 1	Monday 3rd July	10.30am-11.45am	Stockwood Park circular walk	LU1 4BH	Easy	F
Walk 2	Monday 10th July	10.30am-11.45am	Wardown Park walk	LU3 1LH	Easy	F
Walk 3	Monday 17th July	10.30am-11.45am	Lewsey Park walk	LU4 0EZ	Medium	-
Work 1	Monday 24th July	10.00am-1.00pm	Memorial Park garden practical tasks	LU2 7HA	-	F
Walk 4	Monday 31st July	10.30am-11.45am	Wigmore Park and Country Wildlife Site walk	LU2 9JB	Medium	-
Walk 5	Monday 7th August	10.30am-11.45am	Cowslip Meadow walk	LU3 2AB	Medium	-
Walk 6	Monday 14th August	10.30am-11.45am	Houghton Hall Park walk	LU5 5FU	Easy	F
Work 2	Monday 21st August	10.00am-1.00pm	Memorial Park community garden practical tasks	LU2 7HA	-	F
Walk 7	Monday 28th August	10.30am-11.45am	Wardown Park walk	LU3 1LH	Easy	F
Walk 8	Monday 4th September	10.30am-11.45am	Wigmore Park and Country Wildlife Site walk	LU2 9JB	Medium	-
Work 3	Monday 11th September	10.00am-1.00pm	Memorial Park community garden practical tasks	LU2 7HA	-	F
Walk 9	Monday 18th September	10.30am-11.45am	Cowslip Meadow walk	LU3 2AB	Medium	-
Walk 10	Monday 25th September	10.30am-11.45am	Houghton Hall Park walk	LU5 5FU	Easy	F
Walk 11	Monday 2nd October	10.30am-11.45am	Leagrave Park and Waulud's Bank walk	LU3 3AL	Medium	-
Work 4	Monday 9th October	10.00am-1.00pm	Memorial Park community garden practical tasks	LU2 7HA	-	F
Walk 12	Monday 16th October	10.30am-11.45am	Stockwood Park circular walk	LU1 4BH	Easy	F
Work 5	Monday 23rd October	10.00am-1.00pm	Memorial Park community 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.