



GREEN GYM™



in Hounslow

Every Monday at Pevensey Road Nature Reserve
& Every Tuesday at Hounslow Heath



Join in, feel good

From sowing meadows to planting trees, we have practical conservation tasks running every week to help you get active and improve your local green spaces.

All are welcome and sessions are free

**For more information: For Mondays contact Jack on 07989167787
or for Tuesdays contact Nadia on 07801686014. Twitter @TCVHounslow
gg-hounslow@tcv.org.uk www.tcv.org.uk/london/hounslow**

Registered in England as a limited company (976410)
and as a charity in England (261009) and Scotland (SC039302)
Registered Office: Sedum House, Mallard Way, Doncaster DN4 8DB



London Borough
of Hounslow

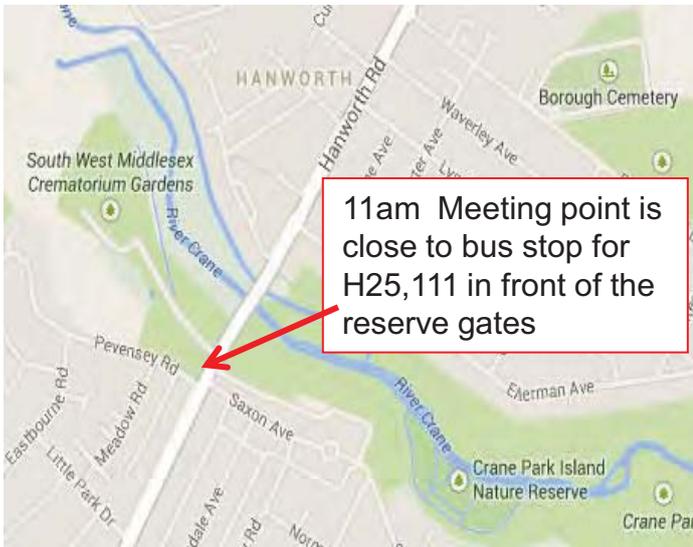




TCV Green Gym in Hounslow

Volunteers wanted!

What is a Green Gym? TCV Green Gym is a great way to keep active, meet people and spend time in a local park taking part in our practical activities. This is exercise to make a difference! No experience necessary to join **FREE** weekly sessions at Pevensey Road LNR (Monday) and Hounslow Heath NNR (Tuesday).



11am Meeting point is close to bus stop for H25,111 in front of the reserve gates



Pevensey Road Green Gym is a free opportunity for local people to get involved in maintaining this beautiful local nature reserve in Hounslow, just off Hanworth Road. Sessions are **every Monday, 10.45am - 2pm**. To book your place contact **Jack** on **07989167787** or j.mccrickard@tcv.org.uk



Hounslow Heath Green Gym
Every Tuesday 10.45–2pm. Meeting point is 10.45am at visitor centre by Hounslow Heath car park (located at corner of Staines and Frampton Road). Green Gym is a great way to keep active, meet new people, and learn about plants and wildlife living on Hounslow's iconic park for **FREE!** Book your first session at Hounslow Heath Green Gym, **contact Nadia** on **07801686014** or n.ward@tcv.org.uk

What to bring and wear to a TCV project day

TCV provide gloves, tools and light refreshments for tea break at Green Gym. Please bring your own lunch. Volunteers must wear sturdy boots and clothes need to be suitable for outdoor work and the day's weather.

@TCVHounslow #Joininfeelgood #GreenGym www/tcv.org.uk/london/hounslow