

Our parks can be amazing places. Across the country, volunteer Friends of parks groups work tirelessly to care for and protect their local green spaces, improving our towns and cities.

Their efforts are increasingly important, as local authority parks teams have been reduced and restructured with pressure on council budgets. Even without these financial pressures, Friends and community volunteer groups get together to add value through their work, improving biodiversity, protecting local heritage, engaging local communities and providing fun, sociable days for people to get together and work collaboratively.

If you care about your local park or green space, find out about your local group who works there and get involved. Groups are fun and flexible, there's often no pressure on time commitments, meaning you can just drop-in during volunteering times. Volunteer roles are not always weeding, digging and planting you could support your local park with events, social media and promotion work.

[See if there’s a Friends of Parks group near you](https://natfedparks.org.uk/members/)

**Field Finder Option**

Fields in Trust legally protect parks and green spaces forever, by working in partnership with friends of parks groups and landowners across the UK.

[Find your nearest protected space](http://www.fieldsintrust.org/protected-spaces)