

**CREATE YOUR OWN ACTIVITY**

If you think there isn’t enough to do in your local park you can write to your local council about it and in the meantime set up your own thing for young people in your area!

Whether you are part of an existing group or you want to create something new with your mates, here are some simple ideas to get you started!

**Get Active**

Green spaces give off their own welling benefits so why on combine this with the awesome effects of exercise. Whether yoga, footie or a game of rounders is your thing, make regular use of your patch to make a good impression.

Projects such as [Park Run](https://www.parkrun.org.uk/), [Park Play](https://park-play.com/), [Street Games](https://www.streetgames.org/healthier), [This Girl Can](https://www.thisgirlcan.co.uk/activities/park-workouts/) provide advice taking park in sports in parks and volunteering opportunities.

**Take Notice – How to organise a Litter Pick**

We have all seen issues with litter in our neighbourhoods and wonder what to do about it. Well organising a litter pick an easy and impactful activity.

Key kit list: litter picker, gloves, bags, hand sanitiser.

Your local Council is the first port of call to enquire about permissions, to source your kit, and to arrange collection. Find your Local Council [here](https://www.gov.uk/find-local-council) and drop in to enquire.

Tip: check if there any other groups already picking in your patch, such as Friends of Park groups.

Keep Britain Tidy – who organise the Great British Spring Clean – have more details guidance [here](https://www.keepbritaintidy.org/get-involved/support-our-campaigns/great-british-spring-clean/clean-preparation-and-safety-advice)

**Give back – feel-good community ideas**

Parks can be hubs for some amazing community projects – from food banks to tree planting – and all community projects start as a small ideas and grow from there.

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| **Plant Trees** | **Reading Trail** |
| Scope your tree or edge planting area and seek permission (and kit) from your Local Council.  Get your free community trees planting kits in November or March from the Woodland Trust [here](https://www.woodlandtrust.org.uk/plant-trees/schools-and-communities/).  Promote you tree planting event amongst your community and spark further conversation on parks conservation. | You will need some books by dotation from friends, family, schools or charity shops and clear zippy folders to pop them in.  Create note about your project to provide access to reading in the park, noting the age range for the book and any further instructions.  Place your book trail in imaginative yet accessible places and advertise. |

With all of these ideas remember to share the space and seek permission, wherever possible. Have fun and show the world how it’s done!

If you want to discuss your ideas or share with us get in touch: groundwork\_youth@groundwork.org.uk