

## About Penge Green Gym

### What

We are all volunteers from the local community who enjoy coming together every Wednesday to improve our local environment. We learn about gardening for the wildlife and the people who visit the garden and then have a well earned cup of tea and a biscuit!

### When

We meet every Wednesday all year round between 11am - 2pm.

### Where

Winsford Gardens is in Garden Road, Penge (there is also an entrance on Croydon Road) SE20 7RN



## About Green Gyms

The Green Gym provides an opportunity to get more physically active and boost your well being whilst improving your local environment.

The Green Gym was founded by The Conservation Volunteers, the UK's largest practical conservation charity, enabling people from the local community to take practical action to improve their local environment.

For more information go to - [www.tcv.org.uk](http://www.tcv.org.uk)



## Keep in touch with us at -

[www.pengegreengym.org.uk](http://www.pengegreengym.org.uk)

[pengegreengym@hotmail.com](mailto:pengegreengym@hotmail.com)

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## Welcome to Winsford Gardens

Home of the Penge Green Gym



*Creating a better environment for wildlife and the community at Winsford Gardens, Penge.*

## Penge Green Gym at Winsford Gardens

Penge Green Gym meets at Winsford Gardens, Penge. Set-up in May 2011 we've been working hard to bring this rather neglected park back to life, and make it a vibrant open space for the local community.

We've developed a growing area, planted hedgerows, drifts of spring bulbs and an urban orchard, improved seating areas, and developed a children's natural play area including balance beams and stepping logs. One of our largest projects is creating a bog garden in a disused pond which will encourage more wildlife into the garden.

Why not come along and help us to keep improving this green oasis.



## How will my health benefit?

### Research shows that:

Green Gym participants report feeling fitter and having more energy than before they joined.

Almost a third more calories can be burnt up in an hour of taking part in some Green Gym sessions than in doing a step aerobics class.

People who take part in regular Green Gym sessions become stronger and fitter, and so are at less risk of developing conditions such as heart disease and osteoporosis (brittle bones).



*It is something to look forward to and enjoy. After only a couple of months I feel that I have a lot more energy for the other things that I do.*



## Who can take part?

Anyone, whatever your fitness level. Under 16's must be accompanied by an adult.

The Green Gym is a flexible programme: you can join in for just an hour, or up to 3 hours per session.

As there is a range of activities in any one session, you can start on gentle tasks and build up to more challenging ones.

As well as being fun, participation in the Green Gym is free of charge.



*The warm-up stretches prepare the body for work and help prevent muscle strain and injury.*