



Green Hands at Central Park!



Join us for **FREE** light-touch outdoor activities this
October 2021 - May 2022

Argyle Community Trust & The Green Minds Project have teamed up as part of a green social prescribing programme to run free 'Green Hands' events in Central Park.

Get active & learn light-touch wildlife conservation & heritage skills through Green Hands & enjoy a taster of how to stay fit & care for Central Park at the same time!

When?



Get involved 10am - 3pm on:

Sat 30th Oct

Wed 10th & Sat 27th Nov

Wed 8th Dec

Sat 15th & Wed 26th Jan

Sat 12th & Wed 23rd Feb

Sat 12th & Wed 23rd Mar

Sat 9th & Wed 20th Apr

Sat 7th May



How can I get involved?

Green Hands is being run by our friends at
Plymouth Environmental Action (PEA).

Book onto 1 or more session by clicking the link below
or scan the QR code with your smartphone:

www.tinyurl.com/BookGreenHands



Would you like to book as a family or group? Email PEA at plymouthenvironmentalaction@hotmail.co.uk for more details.

How can I find out more?

For more details, please visit www.greenmindsplymouth.com
or email PEA at plymouthenvironmentalaction@hotmail.co.uk

What is The Green Minds Project?



Green Minds is a project that is helping Plymouth become a better place for wildlife & people.
We run free nature-themed events in Central Park & other greenspaces in the city.

Find out more about Central Park: www.plymouth.gov.uk/parksnatureandgreenspaces/findpark/centralpark

Find out more about The Green Minds Project: www.greenmindsplymouth.com



www.greenmindsplymouth.com



@NaturePlymouth



@GreenMindsPlym

#GreenMindsPlymouth



greenminds





Tell me more about Green Hands at Central Park!



What should I expect & what should I bring with me?

The Green Hands sessions are being run by Plymouth Environmental Action (PEA). We have a relaxed start with a cup of tea & biscuits, plus time to chat with the other volunteers! The PEA leaders will explain the plan for the session, before the group (usually about 10 people) head off into the park to do some light-touch, wildlife conservation activities like tree care, planting & wildlife walks.

Most of the session will be outdoors, so we recommend wearing warm & waterproof clothes with sturdy shoes / trainers. Bring your lunch, a drink & anything else you need to feel comfortable! Waterproofs / wellies can be borrowed on the day & we have access to shelter at lunchtime if needed.

All activities will be run in line with coronavirus guidance & social distancing measures will be in place to ensure everyone feels safe & comfortable.

If you would like to know more details about accessibility, activities for each session or if you have any questions, please email the PEA team at plymouthenvironmentalaction@hotmail.co.uk



How do I sign up for an event?

If you would like to join 1 or more of the Green Hands sessions, simply enter your details in the booking form found at www.tinyurl.com/BookGreenHands to register your place on events. You will receive an email from PEA a few days before the event with activity details, meeting location & a link to register as a PEA volunteer.

The PEA team will get in touch with you if there are any changes before the event or if it needs to be postponed due to winter weather! If you can no longer make an event, please cancel your booking & let the PEA team know by emailing plymouthenvironmentalaction@hotmail.co.uk

Would you like to join Green Hands as a family or group?

If you have a team of people interested in joining the Green Hands sessions, email plymouthenvironmentalaction@hotmail.co.uk for details on how you can get involved.

Find out more:

Green Minds: www.greenmindsplymouth.com

Plymouth Environmental Action: www.pea-volunteering.co.uk/

Social Prescribing in Central Park: www.tinyurl.com/ACTgreenprescribingupdate



www.greenmindsplymouth.com



@NaturePlymouth



@GreenMindsPlym

#GreenMindsPlymouth





Green Hands Data Protection Statement



The information you submit by registering for this event will be shared between Argyle Community Trust, Plymouth Environmental Action and Green Minds. Green Minds is funded by the European Regional Development Fund, Urban Innovative Actions. We will only use your personal information in line with the reasons you gave it and at all times in accordance with the Green Minds Information Sharing Agreement. To this end, the Green Minds partners/signatories (Plymouth City Council, University of Plymouth, National Trust, Devon Wildlife Trust, Real Ideas Organisation CIC, The Data Place and Plymouth College of Art) commit to the following: Sharing information within a framework which supports the provision of better services to our service users and communities and improves the design of service; ensuring that information is shared safely and securely; ensuring that in sharing information there is a clearly defined requirement, it accords with the General data Protection Regulation (GDPR), the Data Protection Act 2018 and other applicable legislation, and is otherwise lawful, only appropriate information is shared and it is in the interest of service users and communities; putting in place governance that ensures that managers and staff are aware of their responsibilities and recognise the need to work with partners.

You have the following rights around your information:

- The right to access information stored about you, which will be provided to you within one month of request. You will have the right to be provided with this information in a portable electronic format.
- The right to have any inaccurate information held corrected.
- The right to erasure of your information if you no longer wish for it to be processed.

If you wish to exercise any of these rights, please at any point email:
wildlife@plymouth.gov.uk

By completing this booking / event registration form and attending this activity you are:

- Agreeing that you have understood the health and safety briefing for this event.
- Agreeing to give consent to any images or videos captured to be used for publicity purposes, including social media, newsletters, reports, presentations, websites, displays, leaflets and academic work.
- Agreeing that images and or videos captured can be used by news media and their associated websites and social media channels, including print, television and radio.
- Accepting responsibility to make myself and/or my dependants known to staff if I do not consent to the above at the event.
- Agreeing to your answers being used in line with the data protection statement outlined above.



www.greenmindsplymouth.com



@NaturePlymouth



@GreenMindsPlym

#GreenMindsPlymouth

