



# Silverdale Country Park

## Green Gym

Green Gyms are fun and free outdoor sessions for all abilities, where you will be guided in practical activities such as planting trees, creating habitats and general conservation skills.

There will be the opportunity to meet with others whilst undertaking conservation and related activities at Silverdale Country Park

### All activities will follow Covid-19 safe guidelines

Starting Tuesday 5<sup>th</sup> May 2021 at

Silverdale Country Park, Silverdale, Newcastle ST5 6RJ

meeting at the entrance to the park by the football club at 10.30am until 1.30pm

### Then running alternate weeks on

5<sup>th</sup> & 19<sup>th</sup> May, 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> June, 14<sup>th</sup> & 28<sup>th</sup> Jul, 11<sup>th</sup> & 25<sup>th</sup> Aug,  
8<sup>th</sup> & 22<sup>nd</sup> Sept, 6<sup>th</sup> & 20<sup>th</sup> Oct, 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> Nov, 15<sup>th</sup> Dec

Travel to site may be available if required with prior booking at a designated pick-up point.

### BOOKING ESSENTIAL

Contact Neil McMahon  
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**Join in, feel good**