PRESERVE NATURE IN URBAN AREAS.

THE SPACES ARE REALLY VALUABLE.

Grow yourself in your local green space

With the ever increasing urban sprawl, it's more important than ever to enjoy and treasure our local green spaces. Enjoying nature as a break to town/city life helps to relax and improve our mental wellbeing. Sitting and enjoying nature can help break up a busy or stressful day.

There are a number of nature preservation projects to get invovled with. Find your local project and help nature thrive in your community.

Explore more at actionmedia.uk/mtg

ACTION MEDIA

MIND THE GAP

IN PARTNERSHIP WITH

STARTINGPOINT

real time

Reading Borough Council
Working better with you