



# Welcome to intu Green Gym!



Thank you for your interest in joining our volunteering sessions. We have outdoor activities suitable for all abilities, including tree planting, building insect hotels, making bird feeders, gardening and more!

We meet every Tuesday 10:45am-2pm in Central MK.



Improve your physical and mental health and well-being.

Join in, feel good!

During our 3 hour sessions you can meet friendly people, learn new skills, give back to nature and so much more.



Sessions start with a gentle warm up and a tool talk.

There are hot drinks and snacks for you during the social tea break.

All equipment is provided and instructions are given.

No previous experience is needed and it's completely free.

Please wear appropriate outdoor clothing.



If you have any questions or would like any more information, please don't hesitate to contact me at [emma.eteen@tcv.org.uk](mailto:emma.eteen@tcv.org.uk) or 07740 899633.

I look forward to meeting you!