



20 December 2017

New Year healthy activities at Countess of Chester Country Park *New 2018 programme launched*

Burn off the Christmas excesses by joining in a range of healthy outdoor activities at Countess of Chester Country Park, starting in January.

Following the end of a highly successful two year activity project, Health for Life, the park's owners, the Land Trust are working with The Conservation Volunteers and Cheshire West & Chester Council to organise a series of regular free events to help people get fit, healthy and enjoying the country park.

A two hour session of Nordic walking with poles will be held every Wednesday, starting on January 10. Walkers should meet in the car park at 1.30pm. Poles are provided.

A Community Growing Project invites people of all ages and abilities to help establish wildflower meadows and cultivate a community allotment. Family horticulture sessions will take place on the first Saturday of each month (starting on 6 January), 10am – 12.30pm. This will be followed at 1.30pm by a separate two hour session of guided park walks and talks, with a ranger.

On different Mondays in each month (apart from the first Monday) , there will be a range of activities from Drop in Health Activities (1-3pm on 2nd and 4th Monday) to a Community Growing Group, 10am – 12 noon, starting on Monday 8 January.

An enthusiastic group of park supporters meet as the Friends of Countess, 3.15-4.15pm, and on the third Monday of every month, local youngsters get a chance to turn their fingers green with a special Blacon Schools Growing Project.

Sarah Palgrave-Neath, North West estates manager with the Land Trust, said: “The recent Health for Life project has been a catalyst for getting all sorts of wonderful activities and groups off the ground. Sadly the external funding has now come to an end but we hope to make the most of the legacy and continue with many of the activities, albeit on a smaller scale.

“The Land Trust is currently applying for more grants but we are in a challenging financial environment at the moment. There is no guarantee of success but whatever the outcome, we want to make sure we do our absolute best for the local community with the resources we have. Situated next to the hospital, the country park is a fantastic open green space for everyone to enjoy fresh air and some healthy exercise.”

For full details about events and activities at Countess of Chester Country Park, visit:
www.thelandtrust.org.uk/space/countess-of-chester-country-park/ or
www.facebook.com/countessofchestercountrypark

ENDS

For more information, contact Lynn Pegler, Communications, the Land Trust on 07783 686246 or lynn@peglercommunications.co.uk;

Notes to Editors

About Countess of Chester Country Park

Much of the park is located on a former landfill site next to the Countess of Chester Hospital, which was closed in the 1970s. Thirty years later, the Homes and Communities Agency took ownership, allocated some land for housing and gave 19 hectares to the Land Trust to develop a country park. It was officially opened on 12th September 2014 by HRH the Duchess of Cornwall and now provides paths and trails for walking, running and cycling, plus a range of habitats for wildlife. The Conservation Volunteers is the managing partner with responsibility for day-to-day care, and further support and funding is provided by a range of other organisations.

About the Land Trust

The Land Trust, which owns the Countess of Chester Country Park, is a national land management charity that provides a cost effective management solution for open space and green infrastructure. We have around 2,000 hectares of land in our portfolio and use our spaces to deliver positive interventions that provide significant community benefits, including improving health, social cohesion, providing an educational resource and uplifting the local economy, whilst improving and enhancing the natural environment.

For further information visit www.thelandtrust.org.uk

About The Conservation Volunteers, The Community Volunteering Charity

Every day TCV works across the UK to create healthier and happier communities for everyone - communities where our activities have a lasting impact on people's health, prospects and outdoor places.

- TCV works together with communities to deliver practical solutions to the real life challenges they face.
- TCV transforms people's health: being active outdoors improves people's mental and physical well-being and brings people together.
- TCV transforms people's prospects: helping people get back to work and improve their economic well-being.
- TCV transforms outdoor spaces: empowering communities to take responsibility for improving their environment.

Our vital work includes:

Green Gyms: Benefits both the health and wellbeing of participants and the people who enjoy these well-managed outdoor places in the heart of their community.

Natural Talent: Supports the development of a wide range of skills from core numeracy and literacy through to hands-on conservation experience.

Community Builder: Encourages people to take an active role in the creation and development of local outdoor spaces that reflect their community's unique needs.

We support:

Over 11,000 volunteers each year to face the challenges of being indoors, inactive or isolated.

Over 130 Green Gyms to improve people's health and wellbeing

More than 2,000 community groups across the UK to transform outdoor spaces

Over 18,000 individuals each year to gain skills, qualifications and move into employment through our ETS programmes.

For over 50 years we have adapted our work with volunteers to reflect the changing needs of communities in the UK and, by giving people a sense of purpose and belonging, we have empowered them to take control of their lives and outdoor spaces for the benefit of all. Whilst our activities vary, our inclusive approach has remained consistent; bringing people and places together to create happy, healthy and connected communities for everyone.