



Diary Date

Wednesday 24 March – for immediate release

Love Parks Week 2010: free family events in parks across the country

This year's Love Parks Week, organised by parks charity GreenSpace, will take place between Saturday 24 July and Sunday 1 August.

Throughout Love Parks Week there will be scheduled events in some of the UK's best-loved parks and green spaces. For families on a budget, or those looking for new activities to keep the kids entertained during the first week of the summer holidays – there's something for everyone. There's no need to plan trips abroad or splash out on expensive leisure destinations when fun can be had in the local park!

Just days after the website's launch there are already over 60 events registered, including: family fun days, concerts, bike rides, arts and craft sessions and play days. There's even something for the very young, with 'Tiny Tot Ramblers' and 'Buggy Walks' taking place. What's more, it's proven that enjoying nature and the outdoors can benefit the health and wellbeing of all the family – so it's the perfect opportunity to explore how visiting the park can lead to a healthier lifestyle.

Last year over 600 events were registered on the Love Parks Week website, providing opportunities for over 400,000 families to get outdoors and make the most of all that parks have to offer.

The national campaign aims to raise awareness of the importance of Britain's parks and green spaces and the central role that parks play in communities across the country. This is the fifth year that GreenSpace have held the campaign, and in 2010 the focus is on encouraging as many people as possible to get into parks to join our campaign for continued investment and support for these valuable assets.

Paul Bramhill, Chief Executive of GreenSpace, said: "Love Parks Week provides a great opportunity to get outdoors and explore all that our local parks and green spaces have to offer. In the current financial climate parks are more important than ever – they are free to visit and provide opportunities to improve health, relax, enjoy nature, play and have fun."

Visit www.loveparksweek.org.uk for more information and to find out what's on in your local area.

-Ends-

-Notes to Editors-

- GreenSpace is a registered charity which works to improve parks and green spaces by raising awareness, involving communities and creating skilled professionals. For more information please go to www.green-space.org.uk
- Love Parks Week was launched in 2006, and has been growing steadily each year. In 2009, 600 events took place during the week and encouraged over 400,000 people to get out into their local parks and green spaces.

- For more information please contact:

Emma Donaldson

Communications Manager

T: 0118 946 9066

E: emmad@green-space.org.uk