



Your local conservation volunteers



Scrub clearance at the Glyme Valley nature reserve

- We meet all year, on Wednesdays from 10 to 1
- Membership is free Phere are jobs for all
- No previous skills needed Training offered
- We welcome those with learning difficulties
 - Lifts to worksites are often available

Visit www.chippygreengym.org to find out more









promotes physical and mental well-being and is recommended by GPs everywhere.







Interested in joining the team and giving it a try? Then **email us via www.chippygreengym.org**You'll get a warm welcome – rain or shine!

