Keep a note of your green walks in Marston

It's up to you how many times you choose to walk this route, but you may want to keep a record of your walks and what you see along the way. Marston is a great place to spot birds such as Owls, Woodpeckers and Finches, as well as home to a wide range of other animals and plants. You can use the space below to keep a few notes.

Note your walks,
record your sightings . . .

Marston Green Health Route Supporters

This project is coordinated by the charity, the Centre for Sustainable Healthcare, which runs pioneering programmes to engage health professionals, patients and the wider community with the common ground between personal wellbeing and wider environmental concerns. For more information please visit the website: **www.sustainablehealthcare.org.uk**

The Centre for Sustainable Healthcare, gratefully acknowledges funding for the Marston Green Health Route from:

GRUNDON

LOTTERY FUNDED

toe2 Trust for Oxfordshire's Environment
Putting people and places together

UNIVERSITY OF OXFORD
SUPPORTED BY UNIVERSITY OF OXFORD COMMUNITY GRANT

We would also like to thank all of the individuals in Marston and the various organisations based in the community who have helped with ideas and support for the Marston Green Health Route.

The Centre for Sustainable Healthcare is registered as a charity no: 1143189

CENTRE for SUSTAINABLE HEALTHCARE
inspire • empower • transform

Marston Green Health Route

The Marston Green Health Route is part of NHS Forest - an exciting charitable project enabling hundreds of communities to use green spaces to benefit their health and wellbeing.

Marston Green Health Route

Studies show that spending time outdoors has multiple health benefits, and that trees and green space can provide a 'natural health service'.

Walking has so many health benefits - you can lose weight, lower your blood pressure and improve your mood - All for FREE!

NHS FOREST
growing forests for health
www.nhsforest.org

Marston Green Health Route Map - Length 2.5 miles approx

The Centre for Sustainable Healthcare has developed the Marston Green Health Route to take in the various nature reserves, schools, church and coffee shops of the Marston area.

Opposite is the Marston Green Health Route map. Please look out for the maps at the Resident Association displays throughout Marston and for signs along the route.

The route is flat and manageable with trainers or sturdy shoes and is suitable for wheelchairs or buggies. You can also stop off for coffee at the local cafe on Cherwell Drive or the 'Over 50's Cafe' at the Scout Hall on a Tuesday morning.

So go on get outside and try to do three walks a week enjoying the fresh air and the great green space in Marston.

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