

# CONNECTING PEOPLE THROUGH NATURE

**EXCITING NEWS IS SPROUTING AT BELHUS PARK AS IMPULSE LEISURE KICKS OFF THE GROUNDWORK FOR A STUNNING COMMUNITY GARDEN IN COLLABORATION WITH ESSEX WILDLIFE TRUST AND ACTIVE ESSEX.**

Community gardens serve as vibrant hubs for people to connect, both with each other and nature and they offer a delightful space for relaxation. Tending to a garden, watching it flourish, or simply soaking in the greenery can work wonders for your overall wellbeing, promoting both physical and mental health.

In the upcoming months, we will be laying the groundwork for the community garden beds. We're reaching out to you for your input, ideas, and assistance in creating the best possible community garden - one designed by the community, for the community.

**JOIN US IN CULTIVATING CONNECTIONS AND  
ENHANCING OUR LOCAL ENVIRONMENT!**



[impulseleisure.co.uk](http://impulseleisure.co.uk)

Charity number: Thurrock Community Leisure 1080186

