## INCREASING ACCESS TO NATURE





helping people engage with nature to feel better in mind & body



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Get Out More connects communities with the green spaces on their doorstep, helping to overcome barriers to participation and increase access to nature. We create nature connections which inspire communities to value their local environment and protect it for future generations.

Get Out More uses local woodlands, parks and natural spaces to bring people together, be active and feel good, working towards our vision: communities and nature growing healthier together.