



GET OUT MORE FOR **COMMUNITY**

# OUR SERVICES COMMUNITY

CONNECTING PEOPLE  
TO NATURE SPACES  
ON THEIR DOORSTEP

**Get Out More's community programmes connect people and nature. We talk to residents to understand more about local needs and put together programmes that get people outdoors, meeting their neighbours and developing local pride.**

Our community engagement offer includes:

- Nature-based activities
- Healthy food programmes
- Community events
- Environmental improvement days



SCAN QR CODE  
TO FIND OUT MORE

## CASE STUDY

When we first met Keighley resident, Bob McCall, in April 2020, he was on medication and was spending much of his day in bed. Through Covid lockdowns, we visited Bob and his neighbours on a regular basis, chatting on the doorstep and learning more about their interests. Bob had always been a nature-lover but was frustrated that his health

and the pandemic was keeping him housebound. In the summer, Get Out More's Hazel organized a trip to a nearby river where he was able to reconnect with his love of fishing. Over a year on, Bob gets out in nature nearly every day; fishing, walking and watching wildlife. "I'm off the happy pills now. When you come again, I'll show you the video of some foxes I filmed".



[www.getoutmorecic.co.uk](http://www.getoutmorecic.co.uk)

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