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# Wellbeing at Redbridge Lakes

## Mission Statement

Wellbeing at Redbridge Lakes is a not-for-profit Community Interest Company, that exists to bring wellbeing opportunities to the people of Redbridge. We do this by collaborating with local service providers to deliver green projects at Redbridge Lakes.

## How it works

*(This can be used where an expanded description is appropriate)*

Our Member Organisations (MOs) are a collective of independent charities, businesses and volunteers, working to improve the wellbeing of local people. We organise innovative green projects using the resources at Redbridge Lakes, a tranquil nature reserve in the heart of urban Woodford.

We connect people with the healing power of nature through conservation, education, and community. We help people living with mental health issues, bereaved children and their parents, people with special educational needs, the elderly and disabled, and we provide brief respite for the homeless, and people who are lonely and isolated. Our MOs run activity groups like counselling for adults and children, gardening, massage, women's fitness, special needs work experience, paddle-boarding, knit & natter, helping the homeless and people experiencing anxiety and depression. We champion the importance of environmental understanding and stewardship, and an appreciation of the natural world as a vital part of wellbeing.

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