

STRATEGY

2022-2030

Conservation and Community
on Hampstead Heath

heath-hands.org.uk



About Us

Heath Hands is the conservation and community charity for Hampstead Heath.

We help conserve 350 hectares of unique green space in North London, delivering projects and activities across Hampstead Heath, Highgate Wood, Keats House and the Kenwood Estate. We are involved with a wide variety of volunteering, community outreach, wildlife conservation, learning, and nature related programmes.

Heath Hands works with and supports people and groups of all backgrounds, ages and abilities. We strive to give everyone an opportunity to get involved in activities on green spaces.

We coordinate a wide range of volunteer programmes including practical conservation and habitat management, ecological surveys, interpretation and events. Our experienced staff team works proactively to deliver these programmes and oversees our fundraising and community outreach projects. We are an active and growing organisation with a broad range of activities including schools and youth volunteering, community outreach, health connections and public events programmes.

Founded in 1999, Heath Hands is a collaborative organisation working in partnership with the City of London Corporation and English Heritage, who manage our green spaces, alongside numerous local groups and charities helping to deliver our programmes and aims.

15,000+ HOURS PER YEAR
600+ SESSIONS PER YEAR
1000+ VOLUNTEERS INVOLVED EACH YEAR
175,000+ HOURS SINCE 1999
5 GREEN SPACES

working in partnership with:



Hampstead
Heath



ENGLISH
HERITAGE



Our vision

As the conservation and community charity for Hampstead Heath we want to ensure that our green spaces provide a sanctuary for wildlife and people, and that they are protected and accessible for all.

We believe that everyone has a role to play on our green spaces through nature conservation, learning and community involvement.

Our aims

CONSERVATION

- help conserve our amazing green spaces, maintaining a rich mosaic of important wildlife habitats, conserving nature and preserving the unique character of this landscape.

COMMUNITY

- work to give everyone from the community, regardless of background or ability, the chance to get involved in volunteering and recreation on Hampstead Heath and nearby green spaces.

LEARNING

- work to connect people to nature across our green spaces through an engaging programme of free learning activities to inspire and educate people of all ages.

WELLBEING

- provide opportunities to improve the physical and mental wellbeing of all participants in our activities, being inclusive and welcoming.



“*Heath Hands will enable like-minded people to be out on the Heath together where they can gain new skills while giving back to the Heath they love.*”

Founding Purpose Statement 1999

Aim 1: Conservation

Heath Hands help conserve 350 hectares of amazing green space, helping maintain a rich mosaic of important habitats, conserving wildlife and preserving the unique character of this unique landscape.

We deliver a range of conservation programmes and environmental projects across Hampstead Heath, Highgate Wood and the Kenwood Estate. Our volunteers make an amazing contribution to the conservation of our green spaces, and we work to engage visitors and get the local community involved in nature conservation.

Heath Hands will:

- Actively contribute to the conservation and maintenance of the historic landscapes and gardens in collaboration with our partner organisations
- Deliver a varied and accessible conservation programme involving volunteers of all backgrounds and abilities
- Work with our local community and partners to enhance nature and improve connectivity around the borders of our green spaces
- Deliver nature interpretation, ecological monitoring and citizen science projects to enhance the public's understanding and support for the conservation of our green spaces
- Develop our conservation and maintenance programmes in relation to environmental need, and in coordination with our partner organisations



Aim 2: Community

Heath Hands works to give everyone from the community, regardless of background or ability, a chance to get involved in volunteering and recreation on our green spaces.

We deliver a range of free events, nature days and activities for people and groups of all backgrounds and abilities throughout the year.

Heath Hands will:

- Work to give everyone the chance to get involved in volunteering and recreation on Hampstead Heath, Kenwood Estate, Highgate Wood and Keats House
- Collaborate with our partner organisations and build strong links with a wide range of groups from the local community to promote the enjoyment and appreciation of our green spaces
- Deliver an engaging programme of activities and events for our volunteers, members and the general public
- Encourage a greater range of people getting involved with our programmes with particular focus on youth, people living with a disability and people under-represented in the environmental sector



Aim 3: Learning

Heath Hands works to engage and connect people with nature across our green spaces through a wide-ranging programme of learning activities and events.

We develop educational resources and sessions to inspire and educate people of all ages and abilities, actively working to enhance learning opportunities.

Heath Hands will:

- Work to increase general understanding and appreciation of our green spaces and the natural environment by providing volunteering and learning opportunities for people of all ages and abilities
- Deliver nature interpretation and public outreach activities and develop educational resources to help people learn about our nature conservation and wildlife
- Develop our Heath Friendly Schools and university programmes and work with the local community to encourage participation and enjoyment through our various youth projects
- Provide work experience and training opportunities, particularly for people under-represented in the environmental sector, offering pathways to employment



Aim 4: Wellbeing

Heath Hands actively aims to provide opportunities to improve the physical and mental wellbeing of all participants in our activities.

We believe that spending meaningful time in nature is hugely beneficial for physical and mental wellbeing. Getting active outdoors and taking part in group activities makes a positive contribution and benefits wellbeing.

Heath Hands will:

- Promote physical and mental wellbeing through positive engagement with, and enjoyment of our green spaces
- Develop our wellbeing and volunteering activities to enhance the health and wellbeing of our volunteers and the general public, focusing particularly on those people with poor physical and mental health
- Partner with organisations to offer therapeutic nature-based activities, opportunities for social prescribing and enhanced health and wellbeing outcomes
- Offer support health connection links to help ensure our programmes and green spaces are inclusive and welcoming to people of all abilities and backgrounds



“So much time is spent by so many people, that the Heath could never be kept in the state it is, unless we help to do it.”

—
Larry Phillips, founding member

“It’s been an amazing few months for me... getting to be outside, and in nature, it’s really uplifting meeting people of all different ages and backgrounds.”

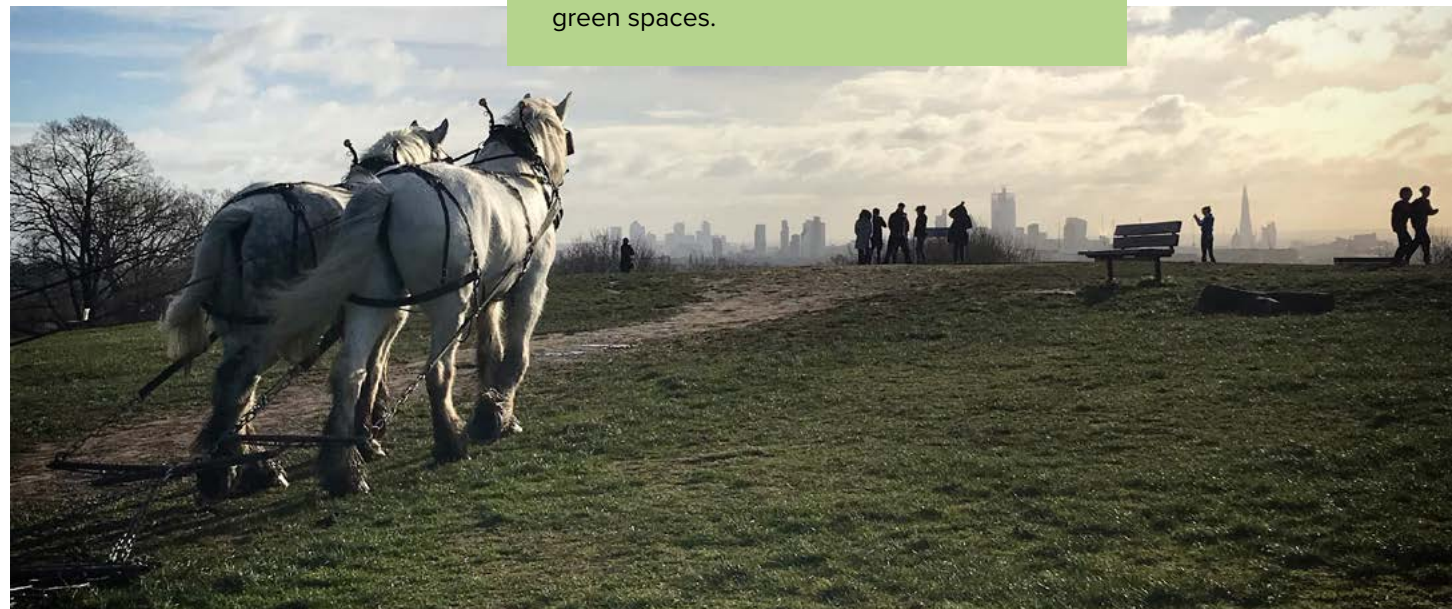
—
Archi Vasireddy, volunteer

Ways to get involved

- **COMMUNITY OUTREACH**
Supporting groups and individuals to get involved on our green space
- **CONSERVATION**
Delivering projects to enhance habitats and wildlife
- **WILDLIFE INTERPRETATION**
Engaging visitors and developing green neighbourhoods
- **HEATH FRIENDLY SCHOOLS**
Delivering environmental projects with local schools and universities
- **HEATH CONNECTIONS**
Supporting people access volunteering and beneficial nature-based activities
- **WILDLIFE MONITORING**
Ecological monitoring and citizen science surveys of wildlife species
- **YOUTH PROJECTS**
Getting young people involved in environmental projects
- **EVENT, WALKS & TALKS**
Year round activities and events for everyone
- **VOLUNTEERING**
Nature based opportunities for people of all ages and abilities

Programmes

- Conservation volunteering
- Schools and community groups
- Youth volunteering
- Friends Membership
- Interpretation and Events
- Corporate Volunteering
- Wildlife Monitoring
- Community Outreach
- Walks and talks
- Fundraising and Wildlife Adoption
- Work Experience



Our Green Spaces

HAMPSTEAD HEATH

350 hectares of spectacular open space in the heart of London, a unique landscape of different habitats loved by all.

KENWOOD ESTATE

Kenwood is bordered by the Heath and is a remarkable estate encapsulating a stunning mosaic of parkland, woodland and historical features.

HIGHGATE WOOD

A precious ancient woodland, Highgate Wood provides refuge for an important range of species and wildlife.

Alongside these amazing places we work across hidden gems like the Hill Garden, Golders Hill Park, Keats House, Whitestone Garden and areas around the borders of our green spaces.



Contact Us

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