

Nearby green spaces

- Some of our favourite green spaces near Hammersmith Hospital and Queen Charlotte's & Chelsea Hospital are under 10 minutes away, including:
- Wormwood Scrubs
- Wormwood Scrubs Pony Centre
- Other green spaces within 20 minutes are:
- Wormholt Park
- Kensington Memorial Park
- Little Wormwood Scrubs

Spending time in a green space is a simple and easy way to improve your mental wellbeing. Our hospitals are surrounded by some beautiful green spaces - both big and small that you can explore - some of which are just 10 minutes from our main hospital sites. You can use this map to learn more about the green spaces closest to you and how you can visit them.



Green spaces around Hammersmith and Queen Charlotte's & Chelsea hospitals



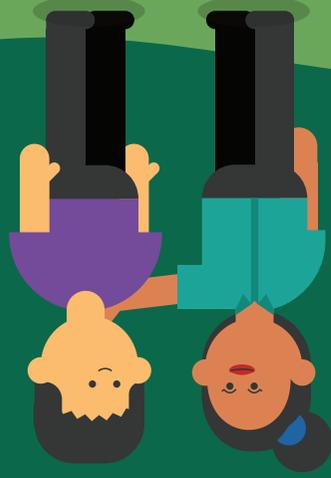
Spending time in green spaces

Spending time in green spaces can improve our mental wellbeing and reduce levels of stress and anxiety.

Research shows that spending time in a green space, or by a body of water, can make us feel happier, and help us get together to socialise, and build better relationships with others.



Find out more
about our
Green Plan



Walking for health

Walking or wheeling is one of the easiest ways to reduce stress levels, build your stamina, burn excess calories, and improve your heart health.



Walking also makes up an important part of the amount of exercise recommended by the NHS each week (about 5 hours)

Improve
heart health

Build stamina

Reduce stress

Burn calories



Green spaces around Hammersmith and Queen Charlotte's & Chelsea hospitals

All routes are 10 minutes or less!

