

## Nearby green spaces

Some of our favourite green spaces near St Mary's Hospital and the Western Eye Hospital are under 10 minutes away, including:

- Norfolk Square Garden
- The Floating Pocket Park
- Merchant Square Big Screen
- Sheldon Square Amphitheatre
- Paddington Street Gardens South
- Other green spaces within 20 minutes are:
- Regents Park
- Hyde Park
- Rembrandt Gardens

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.

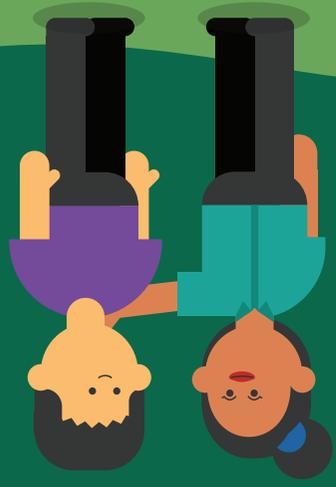


# Green spaces around St Mary's and Western Eye hospitals

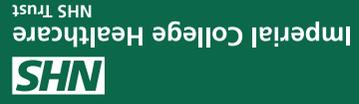


## Spending time in green spaces

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 St Mary's and Western Eye hospitals

All routes are 10 minutes or less!



**1** Sheldon Square Amphitheatre



**2** Merchant Square Big Screen



**4** Norfolk Square Garden



**3** The Floating Pocket Park



**5** Paddington Street Gardens South

Regent's Park (20 minutes)

Hyde Park (20 minutes)