

The Power of Nature

Getting outside in the Bicester Area



*This is one of the projects by the **Bicester Health Centre PPG** to help patients in the Bicester area.*

Edition 1 Spring 2026

The Power of Nature

People often notice that being in nature has benefits for health and makes us feel good.



Today's science supports this. Spending as little as 20 mins in nature helps reduce stress.

There is growing research showing benefits for improved sleep and mental health. Sunlight helps our body's natural sleep/wake rhythms and regulates the hormone melatonin which aids sleep.

Time spent in nature helps lower blood pressure and heart health.

Green spaces include parks, gardens woodlands and other open areas.

Blue spaces such as rivers, lakes, canals and the coast also have a beneficial effect.



Getting Outside can be Simple

There are many ways to include time spent in nature into your week.

This can be something as simple as looking out of the window at green spaces or having your cup of coffee at your back door to get more sunlight.

Activities such as walking and gardening can be helpful. Think about what you might enjoy or try something new.

There are activities in the Bicester area to suit everyone whether in your own home or out and about on self-directed walks or with others and green gyms.

Walking And Running

Following the Blue Lines

Have you noticed the blue lines painted on the pavements around Bicester? They form circular 5k walks. Maps can be found on the Cherwell website. Look in the far column marked "Useful Resources"

Park Run

Langford Fields, Langford Village, Bicester, OX26 6SX.

You can walk or run up to 5k on Saturday mornings at 9am. Find the volunteers in blue Hi-Vis vests who will "walk and talk" with you. The event is free but if you can, please register first at:

parkrun.org.uk/register/?eventName=bicester



Volunteering

Langford Community Orchard OX26 6WQ

Volunteer sessions are on the first and third Sunday for two hours from 10.30 - 12.30.
www.cagoxfordshire.org.uk/groups-2/langford-community-orchard
Contact:
langfordcommunityorchard@gmail.com

Harvest @ Home in Bicester

3 Gardens listed below:

Volunteering sessions run throughout the week (including weekends/evenings) so email for the latest information. Registered volunteers are then able to access the gardens at their leisure:
Contact: harvestathome.bicester@gmail.com for more information about the sessions.

Garth Park Walled Garden, OX26 6PS

Sessions Fridays 10-12 noon. Attend to seasonal tasks

The Nightingale OX26 6XX -in the grounds of the pub. Weekly volunteering sessions.


Grebe Road OX26 6EL - Volunteering once a month second Sunday each month 10am -12, in addition to ad-hoc sessions.

Leaflet by the PPG, and correct to the best knowledge of the Group.




Gardening

Heyford Park Community Garden:

www.heyfordpark.com/community-activities/ or contact: heyfordparkcg@gmail.com or look at
 facebook.com/heyfordparkcommunitygarden

Bicester Community Wellbeing Garden OX26 6BB


The garden gate is generally open on Wednesday mornings, more in summertime.
Email: grassrootsbicester.org@gmail.com or
 facebook.com/groups/3250221528549847

Bicester Green Gym

Offering outdoor growing and conservation tasks for fit minds and bodies-
Tuesday 9.30am-12.30pm various locations
contact: bicgreengym@gmail.com
Or see website for more details:
www.bicestergreengym.org/join-us/

Sustainability

Bicester Green, 16 Sheep Street

www.bicestergreen.org.uk
A community hub focussed on sustainability, skills sharing, reuse and repair of items that might otherwise be destined for landfill
Open Tuesday- Saturday 10-4
info@bicestergreen.org.uk
[07909 633 382](tel:07909633382)
 facebook.com/BicesterGreen/

Useful Resources:

On this Cherwell DC page are brochures describing the 5K Blue Line walks and also one called “Discover Bicester’s Green Spaces” describing them and what you can do in them.
www.cherwell.gov.uk/downloads/download/1154/health-routes-in-bicester



One Step at a Time A Guide to Local Physical Activities



Free or for a Small Charge, at Home or in the Local Area, on Your Own or With Others



The Bicester Health Centre Patient Participation Group has produced a leaflet listing physical activities available in Bicester which can be read alongside this one. Activities listed include walking, running and cycling. Paper copies can be found at the Health Centre – ask if you do not see one.

It is on the practice website at:
<https://www.bicesterhc.co.uk/common/getdocument?id=340769>