

Text on screen: Dare to Discover.

Imagery on screen: A woman runs down a path.

Female narrator: My name's Rowan Douglas, and my green space is Bedford Park.

Text on screen: Rowan Douglas. Bedford Park.

Female narrator: I've come here since I was a little child. My Dad and my family used to come around here and me and my brother would always insist on going into the park and obviously because the swings are amazing, and I've been coming here ever since.

Imagery on screen: Rowan runs along a path. There are a mixture of shots of the parkland as she speaks.

Female narrator: The reason I love Bedford Park is that I can run through this, and it's an experience that is very rare. I love coming here in the mornings when there's nobody else around so I can enjoy listening to the birds in peace, but I usually run along the cycle route and then down the path through the park, and I can run along the bridges over the river which is absolutely beautiful and then I run up the hill and back around again. I see some squirrels running across the paths, and see the birds and everything and I love to just watch the wildlife go past as I run. I would defy anyone finding somewhere else better to run.

Text on screen: My Green Space.

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Bedford Park

Get involved.

#My Green Space

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