

Information sheet



If you have any questions about the Green Hearts project you should find the answer below. If not, just call us on 020 7323 0331 or email greenhearts@lpff.org.uk

Can I bring my children?

Your children are welcome to walk around the path with you. They do not need to register as a participant and are using the path at their own risk.

Can my children come to the ground and play football or cycle while I exercise?

We cannot allow any activity on our football or cricket pitches as we need to protect them for the schools and clubs that have hired them out.

Can I bring my child in a pushchair?

The Green Hearts path is marked out on grass on the perimeter of the playing field so it is not suitable for wheeled pushchairs.

Can I bring my dog?

The only dogs allowed on the ground are Assistance Dogs.

Why do I have to fill in the Green Hearts Activity log?

The project is funded by St James St Big Local (SJBL) who are keen to find out how many people are using the path and how often they are using it. The Activity Log is a simple way for you to keep track of how many miles you have completed and to total them up at the end of the month to report to us. Individuals' information will not be shared with SJBL or any other third parties and will only be used for monitoring the success of the project.

How do I report my monthly miles to you?

You can either report them to our Activator in person, emailing greenhearts@lpff.org.uk or submitting them online through the LPFF website: <http://lpff.org.uk/About/Our-Projects/Green-Hearts/Monitoring>

Why do I have to wear the armband?

The armbands have been given out to all registered Green Hearts participants to ensure your safety on the ground. They enable the groundstaff to recognise registered participants and let you know that other people exercising on the ground have permission to be there.

When is the Group Session?

The Group session will take place on Saturdays from 9.00am – 10.00am. Meet at the Start post.

Will there be other activities on the ground while I am exercising?

The groundstaff are onsite every day and they will be maintaining the pitches and facilities.

During the week there will be coaching courses taking place on the 3G pitch and use of pitches by local schools. At the weekend the grass football pitches will be heavily used on Saturday afternoon and Sunday morning by male adult teams and youth teams on Sunday afternoons.

Are there toilets I can use?

There are toilets in the pavilion that you are welcome to use when the pavilion is open.

Are there any changing rooms?

The only changing rooms on site are team changing rooms, they are not available for Green Hearts participants.

Are there any lockers when I can leave my bag?

There are no individual lockers on site.

Why is the ground not open in the evening?

There is no lighting on the playing field so it is unsafe to exercise on it after dusk.

Why was the gate shut when I turned up on Wednesday at 2pm?

The gates are only open when the groundstaff are on site. If they leave the site during the day then they will lock the gate to ensure site security.

Can I use the path if it is raining?

Yes. Just make sure you have suitable footwear and take care when walking around the ground.

Can I register for Green Hearts online?

Not at the moment, however the Registration Form will be available to download from LPFF's website and it can be emailed back to greenhearts@lpff.org.uk.

Does Green Hearts cater for people with disabilities?

We aim to be as inclusive and welcoming as possible. If you have any special requirements please contact us beforehand to discuss your individual requirements. Email greenhearts@lpff.org.uk or call 020 7323 0331. The path is marked out on grass so it is not suitable for wheelchair users.