

LOVE YOUR PARKS

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for more information



EXPLORE WHAT'S AVAILABLE RIGHT ON YOUR DOORSTEP

**28 PARKS
& GREEN
SPACES**



lbdd.gov.uk/love-your-parks

**Barking &
Dagenham**

LOVE YOUR PARKS

Councillor Saima Ashraf
Deputy Leader of the Council



“

We're so proud Barking and Dagenham has **28 brilliant parks and open spaces** which are much loved by so many people. Our ambition has always been to provide a range of accessible, good quality facilities for residents of all ages and abilities to enjoy.

That's why we have secured **investment of over £23m** to keep improving our parks and the borough now boasts seven green flag awards – a nationally recognised standard for excellent parks - with the hope that we'll secure even more over the coming years.

So, whether you're an avid park goer, a newbie, or somewhere in the middle, why not check out the borough's parks in all their glory and find out what's available for you, your family, friends (and furry friends!) to benefit from.

From outdoor gyms and play areas, to walking trails, a splash park and sports facilities – there's something for everyone and plenty to see, do and enjoy all year round.

You can see a full list of all our park's facilities online at **lbdd.gov.uk/love-your-parks**
#loveyourparks ”

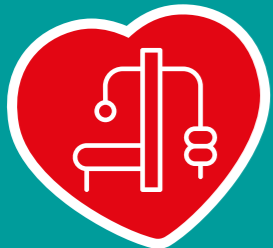
LOVE YOUR PARKS

SEE THE LIST OF FACILITIES IN
ALL OUR BOROUGH'S PARKS AT
lbld.gov.uk/love-your-parks



PLAY AREAS

If you're looking for ways to keep the kids busy – you'll know play areas are just the thing! And, to keep things interesting there are 37 play areas to choose from plus Barking Park Splash Park for those warmer days!



OUTDOOR GYMS

There are 11 outdoor gyms you can use across the borough. You don't need any experience to use the equipment and best of all, there's no membership fee to pay!



CAFÉS & TEA ROOMS

If you need to refuel, why not grab a bite to eat in one of the cafés at Barking Park, Central Park, Parsloes Park or Eastbrookend Country Park. From fresh-filled Brick Lane bagels to cream teas and ice cream, there's plenty to enjoy!



MULTI-SPORTS FACILITIES

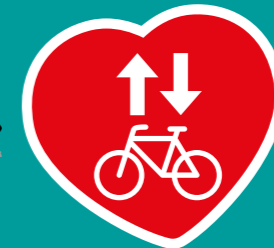
From tennis, basketball and multi-use courts to football, rugby and cricket pitches, there's plenty to do in our borough's parks! Why not give skating a go at one of our skate parks? Or grab some friends and get competitive at the pitch and putt golf course in Central Park!

BARKING & DAGENHAM PARKS



GREEN FLAG AWARDS

We're so proud seven parks boast a prestigious Green Flag Award – national recognition of well-managed, good quality green spaces!



CYCLE ROUTES

Why not join one of the many cycle networks in Barking and Dagenham, criss-cross the borough and take in our beautiful parks along the way! For more information, visit lbld.gov.uk/love-your-parks



NATURE AND WILDLIFE

We're lucky that our parks are rich in wildlife, with many featuring lakes, ponds or water courses. Our country parks are particularly important habitats for lots of different species. Connecting with nature can do wonders for your health. Head to barkinganddagenhamparklands.com to plan your visit.



FRIENDS OF PARKS

Friends of Parks groups are made up of people in the community who work with the council to improve their local park through a range of activities. Interested in joining or setting one up? Visit oneboroughvoice.lbld.gov.uk/friends-of-parks



BARKING PARK

One of the borough's oldest parks opened in 1898 and received £3M Lottery Funding for new pathways, play areas and our only splash park.



GREEN FLAG AWARD



PLAY AREA, SKATE PARK, SPLASH PARK



VISITOR CENTRE



CAFÉ/TEA ROOM



BASKETBALL, FOOTBALL, TENNIS, INDOOR BOWLS



LAKE/POND, WATER COURSE

MAYESBROOK PARK

A green space offering a range of sport facilities, a nature reserve, plus a variety of swans, geese, and ducks.



GREEN FLAG AWARD



PLAY AREA



OUTDOOR GYM



ATHLETIC TRACK, FOOTBALL, CRICKET



LAKE/POND, WATER COURSE

PARSLOES PARK

An exciting £13M new football hub – The Bobby Moore Community Hub – is being built for the community, sitting alongside a nature reserve and peaceful lake.



PLAY AREAS



3G FOOTBALL PITCHES, SKATE PARK, HARD COURTS



CAFÉ/TEA ROOM



LAKE/POND, WATER COURSE

BEAM PARKLANDS

A multiple award-winning wetland park in Dagenham that has scenic crafted landscapes with community orchards and wildlife.



GREEN FLAG AWARD



LAKE/POND, WATER COURSE, HERITAGE TRAIL



FRIENDS OF PARK GROUP

ST CHAD'S PARK

Situated in Chadwell Heath, this Victorian style park is the oldest in the borough with gardens offering time for quiet reflection.



GREEN FLAG AWARD



PLAY AREA



OUTDOOR GYM



BOWLS, TENNIS



FRIENDS OF PARK GROUP

GOESBROOK PARK

Situated in the heart of Dagenham, it offers a network of pathways, a multi-use games area, and features the Gores Brook river.



PLAY AREA



BASKETBALL, SKATE PARK, HARD COURTS



WATER COURSE

EASTBROOKEND COUNTRY PARK

Home to the most diverse wildlife in the borough, the park offers nature trails, a sculpture trail, fishing lakes, a tea room and family activities.



GREEN FLAG AWARD



PLAY AREA



OUTDOOR GYM



DISCOVERY CENTRE



CAFÉ/TEA ROOM



LAKE/POND



FRIENDS OF PARK GROUP

CENTRAL PARK

One of the largest green spaces in Dagenham and home to pitch and putt, new play and tennis facilities, plus enhanced wildlife areas.



PLAY AREA



OUTDOOR GYM



CAFÉ/TEA ROOM



FOOTBALL, RUGBY, TENNIS, GOLF PITCH & PUTT

OLD DAGENHAM PARK

A large open space suitable for informal recreation such as walking, jogging and includes a children's play area.



BASKETBALL, 5 ASIDE FOOTBALL COURT, TENNIS



OUTDOOR GYM



FRIENDS OF PARK GROUP

GREATFIELDS PARK

In addition to an array of sports facilities and a playground, quiet areas in scenic gardens with wildlife and wild flowers can be found here.



GREEN FLAG AWARD



PLAY AREA



OUTDOOR GYM



TENNIS COURT

TANTONY GREEN

Our newest park to receive an esteemed Green Flag Award for excellence, this park boasts a state of the art playground and multi-use sports area.



GREEN FLAG AWARD



PLAY AREA



OUTDOOR GYM



SPORTS COURTS

VALENCE PARK

Situated in Dagenham, this park features an attractive tree lined moat and water course, including gardens, a children's play area and sports pitches.



PLAY AREA



BASKETBALL, FOOTBALL PITCHES



OUTDOOR GYM



CAFÉ/TEA ROOM



LAKE/POND, WATER COURSE

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SCAN ME

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