

**Text on screen:** Dare to discover.

**Imagery on screen:** Matthew Richards walks past the entrance to an old, disused tunnel, and then speaks to the camera in the midst of a woodland.

**Text on screen:** Matthew Richards.

**Male narrator:** Hi I'm Matthew Richards, and this is my green space.

**Text on screen:** Bedford Park.

**Imagery on screen:** There is a road sign which points to Bedford Park and signifies that it is both a tourism spot and a heritage site. Shots of woodland and industrial ruins continue through the video.

**Male narrator:** The thing I love about Bedford Park is that there are just so many places to explore. You can have a quiet stroll with a dog. You can go for a full on ramble and hike, or you can just sit and watch the river go by.

Particularly interesting here is the former ironworks. John Bedford who gave his name to this park set them up in the nineteenth century, and they're perhaps the best preserved example of ironworks in the UK. They really do offer a window into our industrial heritage. So, it's there if you want to take advantage of it, but otherwise there's plenty of greenery to enjoy as well.

So I think perhaps the highlight of this is that there are many different paths here but it's completely up to you which one you choose.

**Text on screen:** My Green Space.

Visit Bedford Park

Near Pyle.

Bedford Park.

Matthew Richards.

Get involved.

#My Green Space.

Natural Neighbourhoods dot com.