

Green Health in South Ayrshire

This leaflet will help your health professional to signpost you to green health activities in your local area, which will help you to enjoy low level activities in a natural environment. Spending time in green space has been proven to help improve your physical, mental and emotional health. Visit www.nhs.uk/services/services-a-z/better-health/green-health for more information on the benefits, how to download the South Ayrshire Green Health app, and green health activities to try at home.

Our Nature Calendar www.greenhealthsa.org.uk provides a month by month guide to green health locations in South Ayrshire, a home-based activity and fun family activities.

***** Taking part in any activity is at your own risk, speak to your GP or health professional if you are unsure. Please note group times and activities are subject to change; contact the provider before attending. *****

Conservation

Group	Location
Rozelle Conservation Volunteers For further information contact the Ranger Service via Facebook @SouthAyrshireRangerService or ranger.service@south-ayrshire.gov.uk	Ayr
Rozelle Junior Environmental Volunteers Booking is essential. For more information or to book contact the Ranger service ranger.service@south-ayrshire.gov.uk	Ayr
Friends of Fullarton Woods monthly sessions offering woodland tasks suiting most abilities. Details of upcoming sessions are posted on the Facebook page and website https://friendsoffullarton.co.uk Contact friendsoffullartontroon@gmail.com for details	Troon

Gardening

Group	Location
Dementia Friendly gardening – winter indoors, spring/summer Troon Allotments. Contact Pam Rudge on PRudge@Alzscot.org or call 07885253234	Troon
Girvan Community Garden – weekly green gym gardening Contact julie@girvancommunitygarden.com	Girvan
Lochside Gardening Group Contact Samantha.brown@south-ayrshire.gov.uk or Heather.davidson@south-ayrshire.gov.uk or call 01292 559438	Ayr

Three Sixty Gardening Contact referrals@thethreesixty.org.uk or call 01292 619 600 or 07375 702 586	Ayr
CRAG Community Arts – weekly gardening group at Wee School Art Space. Contact info@cragcommunityarts.org for details	Girvan

Other Green Health activities

Group	Location
Nurture Through Nature dementia friendly outdoor activities – spring/summer only. Contact Pam Rudge on PRudge@Alzscot.org or call 07885253234	Auchincruive

Health walks

Further information can be obtained from Lindsay Johnston, South Ayrshire Walking Development Officer on 01292 616249, lindsay.johnson@south-ayrshire.gov.uk or visit www.pathsforall.org.uk/walk-project/south-ayrshire-walking-development

Group	Location
Ayr sensory walk - health walk for people with a hearing loss	Ayr
Ayr Strollers – all welcome	Ayr
Citadel walking group – all welcome	Ayr
River Ayr health walk - disability friendly. All welcome, spaces must be booked	Ayr
Wednesday evening walkers – all welcome	Ayr
Wednesday Wanderers – all welcome, based Ayr North	Ayr
Ballantrae health walk – all welcome	Ballantrae
Girvan health walk (The Quay Zone) – all welcome. Involves litter pick for those who wish to take part	Girvan
Girvan health walk (Carrick Building) – all welcome	Girvan
Dementia friendly health walk Prestwick – all welcome, low level.	Prestwick
St Ninians Church walking group – all welcome, please book before attending first walk	Prestwick
Troon Trekkers – for adults with learning disabilities from Troon and surrounding areas	Troon

Troon walking group – all welcome, please book before attending first walk	Troon
Dementia friendly health walk Barassie – all welcome. Contact Pam Rudge on PRudge@Alzscot.org or call 07885253234	Barassie

Other activities (not associated with Green Health)

Ayr United Walking football - Contact enquiries@aufa.org.uk	Ayr
Walking Rugby with Ayr Rugby Club Contact frazier@ayrrugbytrust.org or call 07715976763	Ayr
Girvan FC Walking Football – runs twice per week, free of charge Contact Danny McCulloch 07836768161, chairman@girvanfc.co.uk or Alan Jeans on 07917840452 alanjeans60@gmail.com	Girvan

If you are aware of any changes to contact information, a group is not operating, or you are aware of any green health activities which could be added to this information sheet, please contact Ayrshire_NaturalHealth@nature.scot