



GREEN HEALTH & ACTIVE LIVING

Green health

is about engaging with nature and spending time outdoors which is good for your physical, mental, social and emotional wellbeing.

Active living

means building physical activity into everyday actions, such as walking or cycling for journeys, having a walking meeting or being more active as part of your daily routine.

Partnership working

The Green Health and Active Living sub group includes a range of community planning partners who will promote green health and active living as part of their work.

Some key achievements include:

- **The South Ayrshire Green Health App**
- **South Ayrshire Nature Calendar**
- **New Greenspace Officer to co-ordinate green gym activities at hospital sites**
- **Developing a Green Health e-learning module with Ayrshire College students**
- **Working on a Green Health Hub to be sited at Ayr College**



The new South Ayrshire Nature Calendar, produced by Undersky and South Ayrshire Ranger Service is available at <https://www.greenhealthsa.org.uk/> Printed copies of the Spring booklet can be ordered from hirs@aapct.scot.nhs.uk

Scan the QR code to download the South Ayrshire Green Health app to your phone and find out about nature based activities happening near you!



Call to action!

We would like you to help us deliver green health & active living in South Ayrshire. You can do this in a number of ways.

- **Download the green health app**
- **Encourage patients and clients to use the app and calendar**
- **Get in touch if you want to know more!**

For more information contact:

Eileen McCutcheon,
Health Improvement Officer
eileen.mccutcheon@aapct.scot.nhs.uk