

5 Ways Well Green Gym

Dear Sir/Madam,

There are great new developments happening at University Hospital Ayr & Ailsa (UHA & A) as part of the NHS Greenspace for Health project. Due to the increase in demand and the potential possibilities available within the woods and walks, there will be a launch of a new Green Exercise programme. This programme is called a 5 Ways Well Green Gym. It is available to all patients, staff, volunteers and local community. It will run alongside and encapsulate everything that is positive and inclusive about the current Green Gym (ever Wednesday 10am – 1pm) and Calendar of Events (second last to last Friday of every month) that have been running on site for 5 months.

There will be a 5 Ways Well Green Gym taster day on the 21st of July (10am – 1pm) and a full launch on Friday the 4th of August (10am – 1pm). It will continue to run every Friday from 10am - 1pm. It will be themed around the 5 Ways to Well Being (see below and, [New Economic Foundation](#) and [TCV Green Gym](#)). It aims to help address social isolation within the communities in South Ayrshire by providing further opportunities to increase physical activity levels, meet new people, learn new things and spend more time outdoors. Like the other Green Exercise programmes it is a drop in & drop out service, to allow flexibility for people's lifestyle.

The Green Gym (Wednesday) is more focused on people bettering their physical activity levels, thus sessions are primarily built around practical conservation and horticulture. The 5 Ways Well Green Gym has more of a focus on the overall well-being (mental and physical) of attendees participating in sessions, accomplished through connecting with the 5 Ways to Well-being. This also includes being able to take lessons & knowledge gained from sessions in to their lives away from the 5 Ways Well Green Gym. Attendees should recognise the 5 key themes integrated within sessions:



These sessions will include outdoor activities ranging from practical conservation projects, (e.g. woodland management, horticulture, habitat creation/management etc.) citizen science health walks (e.g. Bird ID, Foraging, and Wildlife Surveying etc.), as well as Art therapy and other activities.

How to refer someone? It is simple and easy, and the same as the Green Gym. All I need from an attendee is TCV Volunteer Welfare Form with PAR-Q (Physical Activity Readiness Questionnaire), and

a TCV Green Gym Evaluation Form. Potential attendees can get in touch with me or I can contact them, to chat about what they need to know and be aware of when starting. I would recommend that if someone who is interested is apprehensive then they should come to speak to me or try out the 5 Ways Well Green Gym for 30 minutes to 1 hour to see if it is an experience they enjoy and benefits them.

If anyone is interested in discussing this more, or are interested in attending themselves please contact David Meechan the Greenspace for Health Senior Project Officer:

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