

Green Health Week

8th - 16th May

Saturday the 8th of May

- **Social Media** - Green Health Week Bingo (All of Green Health Week 8th - 16th May). Visit @NAGreenHealth Facebook and Twitter
- **Social Media** - Bringing Outdoors In Activity Pack - Variety of Activities that can be completed at home or in the garden. Visit @NAGreenHealth Facebook and Twitter
- **In Person** - Barrmill Conservation Group - Monthly Muck In, Barrmill - 11am - 3pm. An all abilities session for gardening and socialising, helping in the development of Barrmill Community Garden for the enjoyment of everyone. Contact Fiona Fisher - fionafisher.bcg@yahoo.com
- **In Person** - Turning Point Scotland - Eglinton Community Gardens, Kilwinning - 9:30am to 12:30pm. Contact MaureenBrown@turningpointscotland.com or LeanneKerr@turninpointscotland.com
- **In Person** - Turning Point Scotland - Kilwinning Walking Group, meet at Eglinton Community Gardens - 1.30pm - 2.30pm. Contact MaureenBrown@turningpointscotland.com or LeanneKerr@turninpointscotland.com

Social Media Activities will be released on the date stated on our North Ayrshire Green Health Partnership Facebook and Twitter @NAGreenHealth

Virtual Events will be hosted by various people and you must book them according to the provider provided. Contact provided beside the event.

In Person Activities are not Drop In. As a result of COVID-19 People must contact the providers of them before attending the session. Contact provided beside the event.



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Sunday the 9th of May

- **Social Media** - Celebrating - Our Ayrshire Women's Cycle Festival 5th to 7th of May. *Here you will be able to find lots of cool stuff like Bike Stories, How To bike stories, Cycling Videos, Interviews.
*<https://ayrshirewomenscyclefestival.org/programme/>
- **Social Media** - Beginner Bird ID Activity Pack - Promotion of Beginners Bird ID Virtual Event by NA GHP/TCV on Thursday 13th of May. Visit @NAGreenHealth Facebook and Twitter
- **Social Media** - Green Health Gardening with Barbara Series - Video 1 - A Journey with Barbara on growing fresh food from scratch! Visit @NAGreenHealth Facebook and Twitter

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Green Health Week

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Monday the 10th of May

- **In Person** - The Conservation Volunteers - Castlepark Health Walk Taster Session, Castlepark Community Centre - 2pm - 3pm. Contact David Meechan on d.meechan@tcv.org.uk
- **In Person** - Turning Point Scotland - Stevenston Walking Group, Turning Point Offices, The Grange Business Centre, Stevenston - 2:30pm to 3:30pm. Contact MaureenBrown@turningpointscotland.com or LeeanneKerr@turninpointscotland.com
- **TCV Virtual Event** - Coastal Environments - 7pm - 8:30pm. Please book online at <https://www.eventbrite.co.uk/e/151981345295>
- **Social Media** - Mindfulness Exercise. Visit [@NAGreenHealth](#) Facebook and Twitter

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Green Health Week

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Tuesday the 11th of May

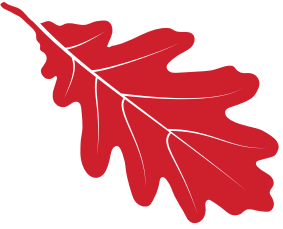
- **TCV Virtual Event** - Kitchen Sprouts - 10am (sprout your own beans and garlic shoots). Please book online at <https://www.eventbrite.co.uk/e/introduction-to-kitchen-shoots-and-sprouts-tickets-152085765619>
- **In Person** - The Conservation Volunteers - Kilwinning Green Gym Taster Session, Kilwinning Library - 2pm - 4pm. Contact David Meechan on d.meechan@tcv.org.uk
- **In Person** - Barrmill Conservation Group - Barrmill Park, Barrmill:
 - I. Barrmill to Spiers walk. A countryside walk along the Active Travel Route from Barrmill to Spiers Old School grounds and back - also try out some Nordic Walking - 10am - 12pm.
 - II. Qi Gong in Nature - A gentle Qi Gong session in Barrmill Community Garden - 1pm - 1.30pm.
 - III. A wee dauner 'roon the Vales. A short walk around Barrmill Community garden - 1.30pm - 2pm. Contact Fiona Fisher - fionafisher.bcg@yahoo.com for all above.
- **Social Media** - Outdoor Green Fitness Course Activity Pack. Visit [@NAGreenHealth](#) Facebook and Twitter

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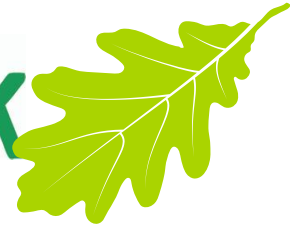
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Wednesday the 12th of May

- **TCV Virtual Event** - Rocky Shores at 10am - 11:30am. Please book online at <https://www.eventbrite.co.uk/e/151986641135>
- **In Person** - Barrmill Conservation Group - Grow with Us, Barrmill, Wednesday, 12.30pm - 3.30pm A relaxed gardening session led by our Therapeutic Gardener, using the community garden to develop new gardening skills and the physical & mental health benefits. Contact Fiona Fisher - fionafisher.bcg@yahoo.com
- **In Person** - Turning Point Scotland - Irvine Walking Group Meet at Vineburgh Community Centre 10am - 11am. Contact MaureenBrown@turningpointscotland.com or LeeanneKerr@turninpointscotland.com
- **In Person** - Turning Point Scotland - Garnock Valley Walking Group, 2 School Road, Kilbirnie 2pm - 3pm. Contact MaureenBrown@turningpointscotland.com or LeeanneKerr@turninpointscotland.com
- **In Person** - K.A Leisure - Nordic Walking - 12pm - 1pm, meeting at Fairlie Community Gardens. Please contact hcampbell@kaleisure.com or 07483156182
- **In Person** - K.A Leisure - Buggy Walk - Community staff led weekly walk - 11.30am meeting at the Circuit car park, Quarry Road, Irvine. Please contact activelifestyles@kaleisure.com or 07483156181
- **Social Media** - Beginners Bird Song ID Activity Pack. Visit @NAGreenHealth Facebook and Twitter

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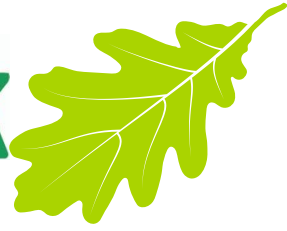
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Thursday the 13th of May

- **NA GHP Virtual Event** - Beginners Bird ID at 2pm - 3:30pm. Please book online at <https://www.eventbrite.co.uk/e/beginners-bird-id-tickets-151967529973>
- **In Person** - Scottish Wildlife Trust - Time Out Thursday 10am - 12pm. Contact Harry Richards - hrichards@scottishwildlifetrust.org.uk
- **In Person** - K.A Leisure - Nature Walk - 2pm, meeting at Eglinton Country Park. Please contact activelifestyles@kaleisure.com or 07483156181
- **NA GHP Virtual Event** - Green Health Network at 6pm - 8pm. Please contact David Meechan - d.meechan@tcv.org.uk
- **Social Media** - TCV Scavenger Hunt Activity Pack. Visit [@NAGreenHealth](#) Facebook and Twitter
- **Social Media** - Green Health Gardening with Barbara Series - Video 2 - A Journey with Barbara on growing fresh food from scratch! Visit [@NAGreenHealth](#) Facebook and Twitter

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Friday the 14th of May

- **In Person** - Turning Point Scotland - Largs Walking Group, meet at Morrison's car park 10am - 11am. Contact MaureenBrown@turningpointscotland.com or LeanneKerr@turninpointscotland.com
- **In Person** - Turning Point Scotland - Eglinton Community Gardens, Kilwinning 1pm - 4pm. Contact MaureenBrown@turningpointscotland.com or LeanneKerr@turninpointscotland.com
- **NA GHP Virtual Event** - Health and Wellbeing Benefits of Green Health for Young People 2pm - 3pm. Please contact David Meechan - d.meechan@tcv.org.uk
- **NA GHP Virtual Event** - Getting to know your local Green Health Project, Jess Gillespie from Trinity Active Travel Hub - 11am - 12pm. Please contact David Meechan - d.meechan@tcv.org.uk
- **NA GHP Virtual Event** - Getting to know your local Green Health Project, Linda Tedford from Breaking Ground - 11am - 12pm. Please contact David Meechan - d.meechan@tcv.org.uk
- **Social Media** - TCV Activity Pack - DIY Strawberry hangers worksheet. Visit [@NAGreenHealth](#) Facebook and Twitter

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Saturday the 15th of May

- **In Person** - Irvine Wildlife Watch - Feathers, Flight and Fun - Kids Event, Gailes Marsh Wildlife Reserve in Irvine at 10.00am. Contact irvinewildlifewatch@gmail.com
- **In Person** - Turning Point Scotland - Eglinton Community Gardens, Kilwinning 9:30am to 12:30pm. . Contact MaureenBrown@turningpointscotland.com or LeeanneKerr@turninpointscotland.com
- **In Person** - Turning Point Scotland - Kilwinning Walking Group, meet at Eglinton Community Gardens 1.30pm - 2.30pm. Contact MaureenBrown@turningpointscotland.com or LeeanneKerr@turninpointscotland.com
- **TCV Virtual Event** - Coastal Birds 9:30am - 11am. Please book online at <https://www.eventbrite.co.uk/e/151988296085>
- **Social Media** - Nature Sensory Box Activity Pack. Visit [@NAGreenHealth](#) Facebook and Twitter

Sunday the 16th of May

- **Social Media** - Sensory Seaweed Activity Pack. Visit [@NAGreenHealth](#) Facebook and Twitter
- **Social Media** - Green Health Gardening with Barbara Series - Video 3 - A Journey with Barbara on growing fresh food from scratch! Visit [@NAGreenHealth](#) Facebook and Twitter

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