

# Lanarkshire's Natural Health Service

Spending time in nature is good  
for the body and mind

Find out more at: [www.bit.do/lan-greenspace](http://www.bit.do/lan-greenspace)



Getting outdoors is free, easy and  
can be enjoyed anytime



# Lanarkshire Green Health Partnership

There are lots of green spaces, parks, gardening groups, health walks and opportunities to volunteer.

**Here are some examples...**

**Get Walking Lanarkshire (North & South):**

Short, gentle walks across Lanarkshire led by trained volunteers.

Tel: 01698 402 077; [www.facebook.com/getwalkinglanarkshire](http://www.facebook.com/getwalkinglanarkshire)

**South Lanarkshire Countryside & Greenspace Services:**

Tel: 01698 426 213; [www.facebook.com/CountrysideRangers/](http://www.facebook.com/CountrysideRangers/)

**South – Outdoor volunteering:**

Tel: 01698 300 390; [www.facebook.com/vasouthlanarkshire](http://www.facebook.com/vasouthlanarkshire)

**North Lanarkshire Greenspace Development:**

Tel: 01236 632 708; [www.facebook.com/nlccountryparks](http://www.facebook.com/nlccountryparks)

**North – Outdoor volunteering:**

Tel: 01236 748 011; [www.facebook.com/VoluntaryActionNL](http://www.facebook.com/VoluntaryActionNL)

**Breathe some fresh air into your life**

*The outdoors helps us cope with life's ups and downs*



Making more use of  
Scotland's outdoors as  
Our Natural Health Service

  
Scottish Natural Heritage  
Dualchas Nàdair na h-Alba  
**nature.scot**

  
**NHS**  
Lanarkshire