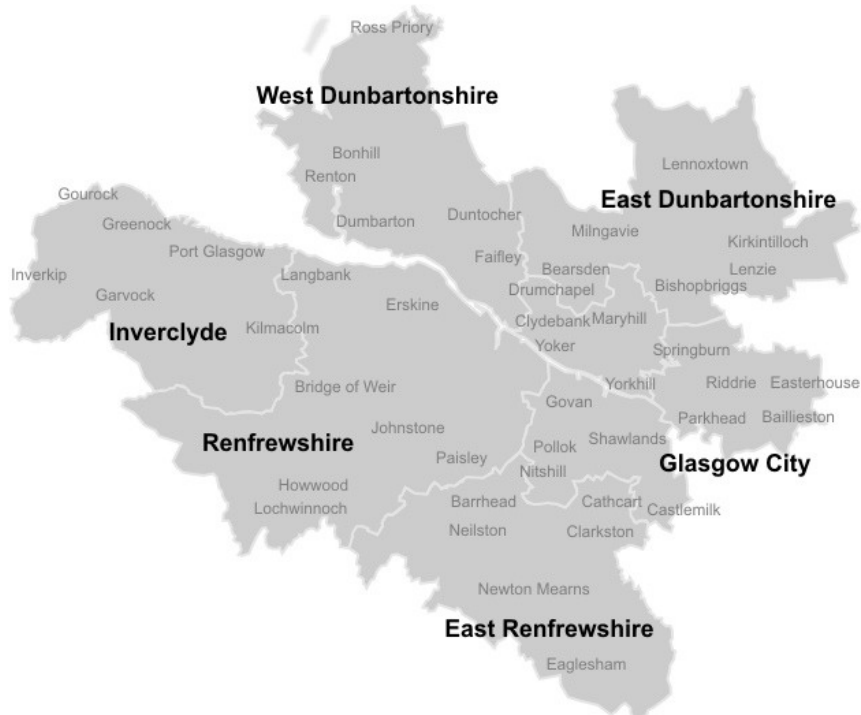


Green Spaces of Greater Glasgow and Clyde

Introduction

This resource has been created by the NHS Greater Glasgow and Clyde Mental Health Improvement and Equalities team. It is intended to signpost to local green spaces across Greater Glasgow and Clyde, and provide tips and resources on boosting wellbeing by being out in nature.



Nature and mental health

Nature can be found all around us, from local parks and gardens, to lochs, forests and oceans. Aspects of modern life, however, mean that people are having less contact with nature. This is often due to increased time spent indoors on screens, and decreased outdoor recreation activities. It's also because the environments around us, like our schools or workplaces, don't tend to encourage contact with nature.

Research shows that having access to green spaces is linked to a reduced risk of mental health difficulties, improved mood and increased life-satisfaction. Being outside in nature has other benefits too, like improved concentration, reduced stress, increased physical activity and better overall health.

Green Spaces across Greater Glasgow and Clyde



Inverclyde

Walking and cycling routes across Inverclyde:

[www.inverclyde.gov.uk/
tourism-and-visitor-
attractions/things-to-see-
and-do/walking](http://www.inverclyde.gov.uk/tourism-and-visitor-attractions/things-to-see-and-do/walking)

Renfrewshire

For parks and gardens across Renfrewshire, visit:
[www.renfrewshire.gov.u
k/parksandgardens](http://www.renfrewshire.gov.uk/parksandgardens)



East

Renfrewshire

For walking and cycling routes across East Renfrewshire, visit:

[www.eastrenfrewshire.gov
.uk/walking-routes](http://www.eastrenfrewshire.gov.uk/walking-routes)



West

Dunbartonshire

For green spaces across West Dunbartonshire, visit:

www.west-dunbarton.gov.uk/leisure-parks-events/parks-and-greenspaces/

East

Dunbartonshire

For parks, gardens, and green spaces across East Dunbartonshire, visit:

www.eastdunbarton.gov.uk/visitors/parks-gardens-and-open-spaces



Glasgow City

For green spaces across Glasgow City, visit:

www.glasgow.gov.uk/parks

5 Ways to Wellbeing in Nature



5 ways to wellbeing in nature

Research from the New Economics Foundation has shown there are five ways to look after your wellbeing: connect, give, take notice, keep learning, be active. Here are some suggested activities to do in nature around the 5 ways:

Connect

Join a local walking group ([Paths for All](#), [Ramblers](#)).

Grow food with others - apply to share an allotment or join community gardens ([Scottish Allotments and Gardens Society](#)).

Give

Give back to the environment by recycling.

Plant seeds or flowers to help bees.

Try pet-sitting or dog walking for a friend or at a local animal shelter.

Take notice

Listen to natural sounds, like through recordings or apps that play the sounds of the ocean or rain.

Arrange a comfortable place to sit, like in a park or by your window, and notice your natural surroundings. What can you see, taste, hear, feel, smell?

Keep learning

Learn gardening, including how to plant or grow your own vegetables.

Learn to paint, draw, or take photographs of nature around you.

Be active

Go for a walk in your local area, using the links to the green spaces of Greater Glasgow and Clyde in this resource.

Try moving your exercise outdoors by going for a run, trying a cycling route, or going wild swimming.

Additional resources

Community connections:

- **Greenspace Scotland's** toolkit for making better use of greenspaces:
www.greenspacescotland.org.uk/Pages/Category/better-outside
- **Ramblers**, local walking groups:
www.ramblers.org.uk/
- **Paths for All**, health walks:
www.pathsforall.org.uk/walking-for-health

- **NHS GGC**, health walks:
www.nhs.gov.uk/your-health/healthy-living/get-active/what-are-my-options/health-walks/

Workplaces:

- **Paths for All**, workplace walking resources:
www.pathsforall.org.uk/walking-for-health/workplacewalking



Schools:

- **Mental Health Foundation**, connect with nature pack, available to schools all across the UK:
www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/school-pack
- **Education Scotland**, a range of outdoor learning resources:
<https://education.gov.scot/improvement/learning-resources/a-summary-of-outdoor-learning-resources/>

"I've always found that connecting with nature supports my mental wellbeing. It doesn't matter whether it's a woodland walk, climbing a hill or just sitting in the garden, there's always something you can do outside to relieve some of your stressors."

"Finding ways to build your connection to nature is the best form of therapy there is. Not only does it calm your mind, it can lower your blood pressure and release soothing endorphins and it's also easy and usually free – a powerful combination!"



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