

Five ways to wellbeing



Find out more!

The volunteer groups have been set up as part of NHS Lanarkshire's Green Health Project and have joined forces with the Clydesdale Food Network, which supplies locally grown produce to the Clydesdale Foodbank as well as weekly healthy eating sessions at our Community Kitchen based in Lanark.

CCI engages volunteers in a range of activities which make a significant contribution to local communities. We build community gardens, work on nature reserves, offer woodwork classes, soft and hard landscaping, public art projects and grow healthy food for the community.

Clydesdale Community Initiatives, Langloch Farm, Hyndford Road, Lanark ML11 9TA

@ccilandscaping @CCIinitiatives Tel: 01555 664211 Email: info@cciweb.org.uk

The project is supported by Scottish Natural Heritage, Scottish Forestry, NHS Health Scotland, Transport Scotland and local partners such as North and South Lanarkshire local authorities, leisure providers, and voluntary sector organisations such as Lanarkshire Links, Scottish Wildlife Trust, Paths for All and Voluntary Action North and South Lanarkshire. www.bit.do/lan-greenspace



CCI Scotland

NHS Green Health Project

Volunteering opportunities at Cleland, Coathill, Kirklands, Lady Home & Udston Hospitals



Clydesdale Community Initiatives are running gardening groups in local hospital gardens where the focus is on growing vegetables for the hospital to use and to help support local food banks. What can you expect as a volunteer?

- Be part of a friendly hard working team
- Discovering new skills and interests
- Making a positive contribution to your community

This is a great opportunity to meet new people and have fun, whilst giving you experience in 'hands on work' in a real working environment.

Gardening for Health

Fresh air, sunlight and nature—gardening is so good for your mental and physical health. Spending time in the outdoors can reduce symptoms of anxiety and depression and increase feelings of positive physical and mental wellbeing. Why not give it a go?



What have we done so far?

- ⇒ Tattie patch – root vegetables
- ⇒ Assembled raised beds
- ⇒ Planted up raised beds—strawberries, vegetables, herbs
- ⇒ Planted orchard
- ⇒ Provide local food banks with fresh produce
- ⇒ Harvesting and cooking with produce
- ⇒ Willow animal sculptures
- ⇒ Made holly wreaths & lip salves on bad weather days.

Where and when?

Cleland Hospital, meet at the Hospital Entrance, Bellside Road, Cleland, ML1 5NR every Thursday, 10:15am-12.15pm

Coathill Hospital, meet at the Hospital Entrance, Hospital St, Coatbridge, ML5 4DN, every Thursday, 1.15-3.15pm

Kirklands Hospital, meet at the Hospital Entrance, Kylepark Ward, Fallside Road, Bothwell, G71 8BB every Tuesday, 1.15-3.15pm

Lady Home Hospital, meet at the Hospital Entrance, Ayr Road, Douglas, Lanark, ML11 0RE every Tuesday, 10-11.00am

Udstson Hospital, meet at the Hospital Entrance, Farm Road, Hamilton ML3 9LA every Tuesday, - please phone for times

No experience required. Volunteers must be 16yrs or over. All tools will be provided. Please wear weather appropriate clothing.

