

# 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](http://nature.scot)

  
NHS  
Lanarkshire