

It's Time to get Outdoors!

Join us for

Keep healthy and happy.

Being active outdoors can improve the quality of life for you and your family and even guard against future illness.

Simply said - being outside is good for you!

 @HealthDundee
#GreenHealth Week



Green Health Week

22nd - 28th of April
across Dundee

The Dundee Green Health Partnership is helping to make more use of Scotland's outdoors as Our Natural Health Service.





Green Health Week

WHAT'S ON

Ninewells Community Garden

Tuesday 23rd
April 10am-1pm
Ninewells Hospital
(near to Maggie's Centre)

Garden Volunteer Session - Get fit, spend time in nature and learn something new! Our gardening sessions are relaxed and enjoyable - no experience is necessary. Refreshments provided.

Thursday 25th
April 1-4pm
Ninewells Hospital
(near to Maggie's Centre)

Understanding weeds - how to live with them, and which ones are useful! Get fit, spend time in nature and learn something new! Our gardening sessions are relaxed and enjoyable - no experience is necessary. Refreshments provided.

Contact details
Sarah Griffiths 07540 746075

Visit your local Community Garden!

Community gardens are great places to meet friendly people, learn about a healthier diet and grow your own veg. Come and join us!

Tayview Community Garden
Robertson Street

Balgarthno Garden
Balgarthno Place
(by the new school campus)

MAXwell Centre
Carnegie Street
(Hilltown Park)

Whorterbank Garden
access from Loons Road
(or behind Burnside Court)

Ardler Garden
Ardler Community Complex
Turnberry Avenue
(ask reception for access code)

Fruit Bowls
Lochee Park
Bowling Green
(off Ancrum Road)

Douglas Garden
Balmoral Place
behind Community Centre
(ask Community Centre for key)

Grove Garden Wildflower App Launch

Thursday 25th April
1.30-3pm
Queen Street Community Garden
(opposite Broughty Ferry Library)

Contact details
Ms Holligan 01382 436800
ddmholligan374@glow.sch.uk



This is a fun event for 2 of Grove's feeder primaries. A nature trail built around the wildflower QR codes and a wildflower quiz will help introduce people to the app and the wildflowers. We will also be sharing what we love about nature with our Green Hearts. And of course there will be snacks. Grove's interactive wildflower app, for use in our community gardens is easy to use, should appeal to a wide age group and help introduce wildflowers to a new generation. We have placed QR codes around our Queen Street and Shiell Street Community Gardens allowing you to scan the QR code that will then take you to a page dedicated to that wildflower.

ReDiscover Dundee by eTrike

Friday 26th April
11am-1pm
Carnegie Street
(across Maxwell Centre/ Hilltown Park)

Come along and try the Re-discover Dundee electric tricycles. If this is your first time on an e-trike or you haven't cycled for a long time, you will have the chance to do so in a flat and safe environment. However, if you feel confident enough, you can also go for a short spin around the park. Drop by and find out more on how to join in taster sessions, essential cycling skills courses and free regular e-trike guided rides!

Contact details
Volunteer Dundee 01382 305757
rediscover@volunteerdundee.org.uk

The Big Fit Walk Dundee

Saturday 27th April
10am registration for 10.30am walk
Baxter Park Centre

Contact details
Elaine Ross 01382 438810
stepstohealth@leisureandculturedundee.com

Come and join our Big Fit Walk on Saturday 27th April 2019, in Baxter Park. It is free, easy and lots of fun. Young, old, fast, slow – it doesn't matter. Absolutely everyone is welcome! Three walks will take place between 10.30am – 11.30am. Choose between a short, medium or long health walk up to an hour. The short walk is stroll around the park for up to 20 minutes, the medium walk will take up to 30 minutes. Both are done at a pace that suits the participant. The longer walk will combine walking in the park with a route around the local area. All walks will finish at Baxter Park Centre. After the walks, refreshments will be offered in the Park Centre, and participants will have the opportunity to find out more information about local walking groups. The Big Fit Walk is a celebration of the benefits of walking. Just a 30 minute walk has lots of positive benefits. It's good for physical health, mental wellbeing and helps create social links.

Walking is an activity that most people can do and it's fun.



Dundee Botanic Garden
University of Dundee

Visit the Botanic Gardens!
Free entry Monday - Friday

Opening Times
Mon - Sun 10am - 4.30pm
Riverside Drive
DD2 1QH