



INFORMATION FORM

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The Edinburgh & Lothians Greenspace Trust is a Company Limited by Guarantee No. 132480. A charity recognised in Scotland No. SC 018196.



Physical Activity & Greenspaces

The Thrive Physical Activity & Greenspaces Collective partners (ELGT, Edinburgh Leisure, SAMH & Cyrenians) have come together to support people experiencing poor mental health.

We are committed to ensuring that everyone has the opportunity to get active and connect with their natural environment to protect their physical and mental health.

Greenspaces provide health benefits, encourage physical activity, provide spaces for socialising, decrease noise and air pollution and improve immune function. Exposure to the natural environment is psychologically restorative and can protect against mood disorders, depression, anxiety and stress.

Edinburgh & Lothians Greenspace Trust Activity Schedule

Walking Groups

There will be weekly walking groups, running for up to one hour, in each of the localities which will be suitable for a range of abilities. Walking provides an accessible way to get active outdoors and increases social connections and facilitates peer support. It allows participants to connect with nature, to spot local wildlife, learn about native plants and experience the changing seasons. The walking groups are particularly suited to people new to physical activity or those who have had little exposure to outdoor activities.

Jogging Groups

There will be jogging groups, running for up to one hour, set up in each locality in 12 week blocks. Jogging is a great outdoor activity for people who are keen to improve their fitness outdoors and take it to the next level. It is a more vigorous form of exercise which encourages the body to release endorphins that help to combat stress and promote calmness.

Conservation Activities

There will be 8 week blocks of conservation activities, running for 2 hours per session, held 12 times per year. These will be spread across the localities and the programme will change with the seasons including practical activities such as path clearing and tree planting – widening access to nature and improving the biodiversity of local greenspaces.

Please note that we are flexible with our project schedule and activities (walking groups, jogging groups and conservation activities) can be set up by us if a need is identified by a referring agency. Please contact us to discuss this further.

There are also various other groups and activities delivered by Edinburgh & Lothians Greenspace Trust including buggy walks, move and grove groups etc. which are also open to referrals.