



Information Sheet

What is Green Gym?

The **West Glasgow Green Gym** is about healthy people and healthy places. The Group meet up every week to work together on improving local green spaces which helps to improve your fitness while also providing opportunities to learn new skills and meet new people in a friendly outdoor setting.

Where?

The West Glasgow Green Gym will be based in **Drumchapel** but the Group will also be working in nearby neighbourhoods including **Yoker, Knightswood and Scotstoun**.

When?

Time: 11:00am - 2:00pm

Day: Wednesdays (weather permitting!)

What to Expect

All participants are given a **Green Gym Programme** which provides information for every Green Gym session. It tells you what activity we will be doing, where we will be working, how to get to the site and any other relevant information. Volunteers are asked to make their own way to the site for work to start at **11:00am**.

At the start of each session we will do a few minutes gentle exercise to warm up before we start work. Tasks will vary from week to week but will include gardening projects, path maintenance, local litter picks and woodland management tasks. No previous experience is required to join in. Everyone is encourage to work at their own level and at the pace that they are comfortable with. There will be a tea break in the middle of the session and the session will end with some gentle cool down exercises.

What to Bring?

Wear warm clothes suitable for the outdoors that you don't mind getting dirty and stout shoes or boots if you have them. You are welcome to bring a packed lunch for the tea break.

What We Will Provide

Trained Leaders, First Aid Cover, Work Gloves, Tools and Equipment. Tea and Coffee is also provided for the tea break.

Supported By



For further information or to request an information pack, contact:

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