



Outdoors For you

Reconnecting people and nature



Wellbeing Information Booklet

Information to help
you improve your
physical and mental
wellbeing whilst
in Glasgow.

At Outdoors for You, we believe in the benefits of nature, the outdoors and physical activity for our health and wellbeing. Our aim is to support you to enjoy these benefits.

We have put together this document as a starting point for you to explore resources that might help you to improve your health and wellbeing while in Glasgow.

There are many organisations in Glasgow that can help with other aspects of your wellbeing, and we have included a few that might be useful.

At Outdoors for You, we have different indoor and outdoor activities that you can take part in free of charge. From hiking, to volleyball, to swimming, to tree planting, we have activities to suit all levels of fitness and confidence.

For information on our latest programme, please just get in touch. Our team will be delighted to help and advise on any questions or queries.

Outdoors For You

Tobacco Merchant's House
42 Miller Street
Glasgow, G1 1DT

0141 538 0028

0784 098 5858

info@outdoorsforyou.co.uk

www.outdoorsforyou.co.uk

Social Media

<https://linktr.ee/outdoorsforyou>

Outdoors For You membership is free of charge and allows you to access our services.

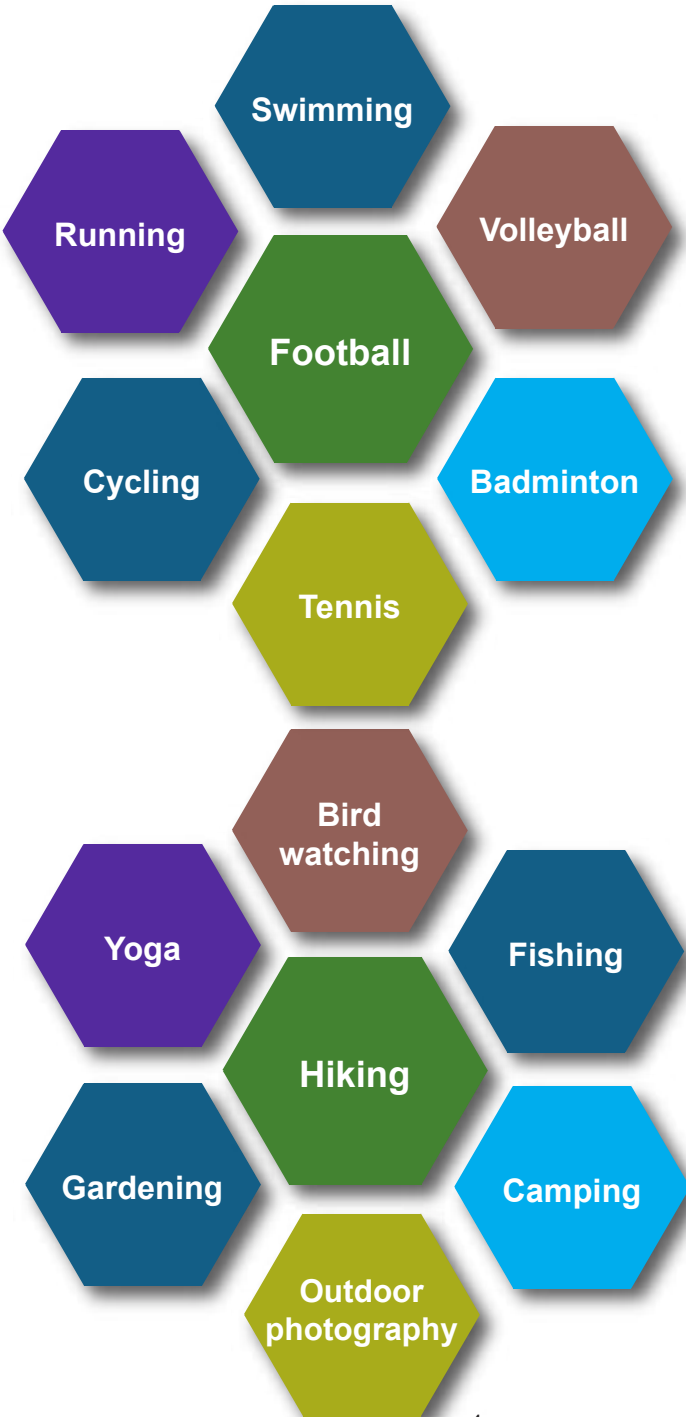
Please fill-in the membership form:

<http://bit.ly/outdoorsforyou>



Outdoors For You





Why Be Active?

Regular physical activity is one of the most important things you can do for your health. It can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Everyone can experience the health benefits of physical activity – age, abilities, ethnicity, shape, or size do not matter.

Things you can do to look after your health:

GET INTO THE PARK

We are lucky that Glasgow has many great green spaces. With over 90 parks and gardens, it is no wonder that the city is known as the Dear Green Place. It's a great place to enjoy green places for walking, running, cycling, kids' playground, picnics, meeting friends and more.

To find out more about the top picks to visit in each of the city's neighbourhoods, visit:

peoplemakeglasgow.com/see-do/outdoor-activities/parks-gardens

To locate your local parks go to

glasgowgis.maps.arcgis.com

If you would like some more serious exercise, many of these parks also have outdoor gym equipment that is free to use:

calisthenics-parks.com/spots/6018

GET INTO THE GARDEN

Another way to spend time outdoors is to get hands-on with some gardening.

There are community gardens all over the city and this is a great way to connect with other people and with the land around us. It is also a great way to learn more about where your food comes from and help you to think more about what you are putting into your body.

There are lots of community gardens in Glasgow that you can get involved with for free. Outdoors For You also has an allotment space that you are welcome to visit. Or, have a look at these:

Urban Roots have a whole programme of community gardening opportunities.

For locations and times go to: www.urbanroots.org.uk/get-involved-1

Or email: projects@urbanroots.org.uk

The Hidden gardens is an urban greenspace where you can relax away from the busy city streets, discover nature, get creative and connect with friends and neighbours.

For more information <https://thehiddengardens.org.uk/explore/visit>

Volunteering Glasgow often advertises opportunities to get involved with community gardens:

<https://opportunities.volunteerglasgow.org>

A healthy and balanced diet to promote and maintain your health.

It is important to support your normal bodily functions, such as growth and repair, by eating a healthy diet. Eating a healthy diet also helps to prevent poor health consequences such as some diseases, overweight and obesity.

We know that certain life factors can make it difficult to have a healthy and balanced diet, such as access and money. There are many places around the city that provide support for this, from free community meals to food hubs, to community gardens where you can grow produce.

The Glasgow Community Food Network website has an up-to-date map of the services available around the city. Try looking at the Glasgow Community Food Network

www.glasgowfood.net/find-local-food-services

For more information about good diet, visit NHS Public Health Nutrition Page

www.nhs.uk/scot/your-health/public-health-nutrition

For more information on eating well, visit

www.foodstandards.gov.scot/consumers/healthy-eating/eatwell

Try Mindfulness and meditation for a healthy mind

Mindfulness and meditation are practices that focus on bringing attention to the present moment, improving your state of awareness and non-judgmental acceptance. Mindfulness is the act of being fully present and engaged in the moment, while meditation is the intentional practice of training the mind to achieve mindfulness.

For more information:

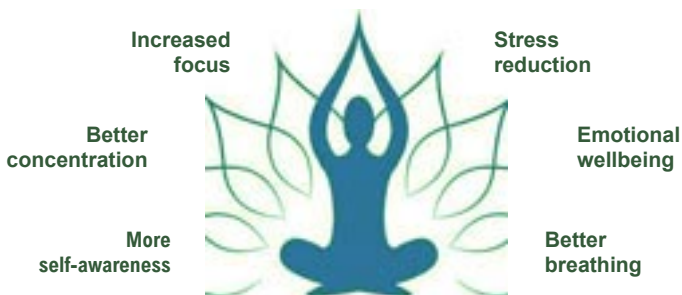
www.nhs.uk/every-mind-matters/mental-wellbeing-tips

Meditation apps

There are many meditation apps such as Head Space and Smiling Mind:

www.headspace.com/meditation/meditation-for-beginners

www.smilingmind.com.au/smiling-mind-app



Healthy Diet, Healthy Mind





Active Around Glasgow

Below, we list just a few of the services that can help to support an active lifestyle in Glasgow.



Bike for Good have sites in the West and the South of Glasgow. They have a whole programme to support New Scots and they offer discounted membership for use of the city bikes.

www.bikeforgood.org.uk



Parkrun

Parkruns are free, weekly, 5k run events. Organised by volunteers who love running, Parkruns are friendly and sociable events, for all abilities, that take place every week in local parks and public spaces.

www.parkrun.org.uk



There are over 50 free walks around the city each week. Lasting around an hour, Health Walks are easy, sociable and most of all good fun. Walk Leaders are on hand to encourage you to go at a pace you're comfortable with and make sure you get the most out of your walk.

www.glasgowlife.org.uk/Healthwalks



The Walk Highlands website is a good resource to plan walking and short hiking around Glasgow and Scotland

www.walkhighlands.co.uk/glasgow



Paths For All is a charity dedicated to providing advice and activities around walking and walking tours.

www.pathsforall.org.uk



A website guide to what's on in and around the city

whatsonglasgow.co.uk



A community based platform that offers a range of events, from arts and music to museums and libraries.

www.glasgowlife.org.uk/whats-on



Get Out Glasgow uses sport and physical activity to improve the lives of marginalised LGBTIQ+ people.

leapsports.org/activities/getOUTglasgow



An online platform to browse, create and promote local events

eventbrite.co.uk



This is an online platform for organising activities, gatherings and events .

www.meetup.com

USEFUL RESOURCES

How 2 The Hills Booklet

This provides great information and advice on how best to access our wonderful Scottish hills. If you don't know where to begin, this resource is a great place to build your confidence:

<https://mhoroutdoor.com>

The National Health Service

The National Health Service can provide information regarding your health. Try the Live Well website: for information on topics such as sleep, water intake and quitting smoking.

www.nhs.uk/live-well

Using fitness tracking apps for motivation

Most smartphones have fitness apps already downloaded on them, such as GoogleFit, AppleFitness, Sports Tracker and Samsung Health. These can be an easy way to monitor your levels of movement, set yourself targets and motivate yourself to keep up any progress.

Move more!

The NHS has two free apps which can help guide you to move more. Details are below.

Couch to 5k

Couch to 5K is a running programme for absolute beginners.



It has helped millions of people to start running.

The app:

- has a choice of five trainers to motivate you
- works with your own music player
- tracks your runs
- connects you with other Couch to 5k runners

Couch to 5K can be completed in as little as nine weeks, or longer if you want to go at your own pace.

www.nhs.uk/better-health/get-active



Active 10

The Active 10 app anonymously records every minute of walking you do.



Just pop your phone in your pocket and away you go!

The app:

- tracks your steps
- helps you to set goals
- shows you your achievements
- gives tips to boost your activity

Did you know that walking briskly, even for one minute, counts as exercise? What are you waiting for - take your first steps today!

www.nhs.uk/better-health/get-active



HELPFUL ORGANISATIONS

Community InfoSource

Community InfoSource currently has three main projects: Challenging Violence Against Women, Women and Asylum Seeker Housing and The Wellbeing Project

Call: 0141 258 2773

or email: info@infosource.org.uk



Scottish Refugee Council

The SRC has put together a map online that shows different organisations that can help:

scottishrefugeecouncil.org.uk/new-scots-connect-map

They can also help with:

- accessing benefit payments and other entitlements.
- housing issues.
- getting a National Insurance Number.
- finding out about education, training, learning English and skills to help find work.
- planning for the future, and working towards your goals and aspirations.

Call 0808 1967 274 for an appointment.

Freedom From Torture

FFT provides specialist psychological therapy to help asylum seekers and refugees who have survived torture recover and rebuild their lives in the UK

Email:

scotland@freedomfromtorture.org

Refuweegee

At Refuweegee, you can make an appointment to collect clothing, household items, entertainment items, food and toiletries free of charge.

For more information:

Call: 0141 401 0756

Email: enquiries@refuweegee.co.uk



Glasgow Libraries

To find information, free internet and computer use can be accessed in Glasgow Libraries.

www.glasgowlife.org.uk/libraries

Positive Action in Housing

Positive Action in Housing provides support for housing issues.

Call: 0141 353 2220

Email: home@positiveactionh.org

Advice from Outdoors For You for getting active

- Come along to one of our activities! Try an activity that you already like OR try an activity that is new to you.
- Join a new group or club. Share your experience with others.
- Track your activities with a mobile app or a smart watch
- Know your limits and start slow
- Speak first with your doctor if you have any health conditions, as participating in new activities may affect your health
- Be safe and ask for advice from a professional if unsure
- Care for your body by watching your diet and eating healthy

Above all - enjoy yourself!



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Charity
Registration
Number
SC051780

www.outdoorsforyou.co.uk

