

Growing healthy communities Newsletter

Spring 2008



Scotland



Growing Healthy Communities Project

This project involves working with 11 communities in South Ayrshire: Minishant, Maybole, Kirkoswald, Fisherton, Dunure and Straiton.

The project is funded by the Fair Share Trust and the aims of this project are to work with individual communities to undertake positive practical action, to regenerate community gardens and green spaces, encourage local people to volunteer with community led projects to improve health and to encourage healthy lifestyles, develop basic life skills and social interaction. The project will work with local schools and school children on developing school grounds and eco-schools, taking part in community activities and working together on various environmental and health related projects.



Walk For Health

The Growing Healthy Communities Team has teamed up with Paths to Health Organisation to set up two healthy walking groups in Maidens and Dailly. Health walks are an hour long, led by trained walk leaders, aimed at people that want to improve their mental and physical wellbeing. Walking is an excellent way to get fit, meet new people, improve your social life, see amazing scenery and have a gossip!

If you would like to join our two healthy walking groups we meet every Tuesday at Maidens Bowling Club car park at 11.00am and Dailly Community Centre at 1.00pm. All Welcome!

Please wear suitable clothing and comfy shoes! Bring along your pet pooch too!





“We used team building skills and we got to get dirty, it was fun”! – Lauren P6 Cairn Primary



“Julie and Elspeth were really nice and helped us a lot! Our garden looks great!” – P3 Cairn Primary

Environmental Education/Eco Schools

We have been working with several primary schools over the last few months including Fisherton, Minishant, Crosshill, Gardenrose and Cairn in Maybole.

P4-7 children from Minishant constructed a willow tunnel in December and planted native trees. All the children will be involved in constructing willow domes for their school grounds in March.

The children from Cairn Primary have been involved with constructing a wildlife area for their school grounds, so far two stumpers (a habitat for minibeasts, frogs and toads to live), log piles, stone piles and insect homes have been constructed.

The children have also planted native trees and will be constructing a series of willow domes and tunnels before spring.

Fisherton Primary School and Nursery are busy collecting plastic bottles to construct a recycled plastic bottle greenhouse later in the year. This will allow the children to grow fruit and vegetables at school.

Gardenrose Primary School is keen to look after their feathered friends by constructing a bird feeding station, bird boxes and making bird feeders. P5 children had a fun afternoon in February to construct six scary scarecrows as part of an environmental art project.

“We learned to plant garden plants and help the environment” – P4 Cairn Primary

Wild Week

In the Autumn BTCV ran its usual ‘Wild Week’, and we embraced this excuse to go wild with our primary schools in South Ayrshire. Wild Week is all about ‘doing one thing’ that will make a difference to your local environment. It could be planting a tree, starting up a compost heap, or building a log pile for minibeasts.



Midweek Action Group

As a Community Project Officer with BTCV Ayr, my role is to provide practical conservation volunteering opportunities to a group of volunteers. Our volunteering takes place Mon-Thurs every week and we have been involved a wide variety of environmental projects around South Ayrshire. We have recently worked to construct footpath networks in Straiton, environmental tidy up days in Dundonald, and habitat management and invasive species removal at Auchincruive. Upcoming projects include path and drainage work near Dunure, working in community gardens in Annbank and Girvan and work in school grounds in New Cumnock and Crossroads (by Kilmarnock). As an ongoing task we will also be working on our allotments growing various vegetables at Auchincruive.



We support a number of volunteers on Project Scotland, and until December 2007 we supported 8 young volunteers on a pilot scheme called REEV. Raising Employability through Environmental Volunteering was a 1-year pilot innovative project that allowed 50 individuals who had been unemployed to undertake accredited learning and work experience with BTCV Scotland's environmental project teams. Through REEV we provided training and recognisable qualifications in land based skills such as use of brushcutters and strimmers, fencing and drystone walling. Using these skills the volunteer group completed a variety of tasks including work in community gardens and helping to create several kilometres of pathway from Dipple to Turnberry.

For further information on volunteering with the mid week group contact:

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Community Project Officer
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What the Growing Healthy Communities Team can offer you!



Work with local communities to regenerate garden and community green spaces
Deliver individual practical skills development
School grounds improvements
Information and assistance with school grounds funding
Playground development
Support for schools working towards Eco Schools status
The set up of health walks in your local community
BTCV Green Gym for schools and local community groups
Increase biodiversity in your area
Training programmes
Teams of volunteers for community projects
Assistance with setting up a community project and applying for funding
And lots more!!!!

STOP PRESS!!

BTCV Scotland is pleased to announce that we have recently been successful in securing a large grant from BIG Lottery Scotland to support our 'Space to Grow' Programme over the next 4 years. This means we are now well placed to deliver on many of the key social and environmental issues that affect communities in Scotland today

Community Events 2008

Minishant Community Event – Saturday April 26th 12.00-4.00pm in the IFE wing next to Minishant Primary School. Activities that will be taking place that day are willow weaving, tree planting and making animal/insect homes. The event is free and everyone is welcome to come along.

Crosshill Community Event - Saturday 17th May – We will be making animal and insect homes and willow structures.

Contact

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April

11th Power Hedgecutting (LANTRA) – Oatridge College
12th Introduction to Biodiversity - Aberdeen
12th-13th Tool Care – Oatridge College
12th-13th Rescuing woodland – Oatridge College
14th-15th Brushcutters & Trimmers – Oatridge College
17th Amphibians – Oatridge College
18th Introduction to Risk Assessment - Stirling
19th-20th Phase 1 Wildlife & Habitat Surveying – Oatridge College
26th-27th Drystane Dyking - Oatridge
27th Getting Young People Involved - Stirling
28th-1st May First Aid at Work – Oatridge College

For further information or to book a place on a course contact:

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