

The South Ayrshire Green Health App is here

What is green health?

Green Health is about engaging with nature and spending time outdoors which is good for your physical, mental and emotional health and wellbeing.

What does the app contain?

It's a directory of Green Health activities and groups. The app contains information on what the groups or activities are, where they are and how you can get involved.

How to get the app?

Scan the QR code to download NHS Ayrshire & Arran app, and search for the Green Health app.

