Go green and get fit with your local Green Gym

People who live in the Garnock Valley are being invited to go green and get fit at the same time by joining their local Green Gym.

The Green Gym is a partnership between Healthy North Ayrshire and the British Trust for Conservation Volunteers (BTCV). Kilbirnie’s Green Gym volunteers have just completed a successful project in the town. A year ago they were faced with a huge challenge when they were asked to create a garden for the town's Bridgend Community Centre.

The garden was developed using the green motto of ‘reduce, reuse and recycle’. Materials were recycled from the old dye works factory next door.

A local youth group came up with designs and plans for the garden which included benches, pathways, raised beds, plastic bottle greenhouses, hedging, sensory areas and a vegetable growing area.

Plants were donated from local community members, Ayr Flower Show, BTCV and freecycle. The town’s old mile post and drinking fountain were donated and given pride of place, offering a glimpse of local history in the garden.

Joanne Balmer, Programme Manager for Healthy North Ayrshire, said: “All of our Kilbirnie volunteers have worked extremely hard over the past year to create something very special. This new garden provides a local beauty spot for people to visit and enjoy. I would like to offer my thanks and congratulations to all our volunteers on such an amazing achievement.”
The group is ideal for members of the community who would like to increase their activity levels, become stronger, fitter, improve skills in conservation and improve their health and wellbeing.

People can still get involved with Kilbirnie Green Gym and help with future projects. The group meets every Thursday at Bridgend Community Centre from 10am to 2pm.

The Green Gym is now branching out across the Garnock Valley with projects planned for the local cycle route and in the grounds of the old Spiers School in Beith.

To get involved with future projects in your area please contact Katie Stewart, Green Gym Project Officer on 01292 525178 or Shirley Morgan at Healthy North Ayrshire on 01294 322093.

Photographs

Hard working volunteers complete their garden
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