

# NEW SUSTAINABLE PATHWAYS TO WELL-BEING



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Our NHS Our People Our Planet

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**NHSGGC BOARD HAS BEEN WORKING CLOSELY WITH GREEN EXERCISE PARTNERSHIP TO IMPROVE THE ACCESS TO THE NEARBY GREENSPACE FOR PATIENTS AND STAFF. THE AIM OF THE PARTNERSHIP IS TO CREATE CONNECTIONS BETWEEN ENVIRONMENT AND HEALTH. ON THE 1ST OF JULY 2019 THE NEW WOODSIDE HEALTH AND CARE CENTRE HAS BEEN OPENED -WHILE PROVIDING DIRECT ACCESS TO FORTH AND CLYDE CANAL.**

The new pathway and access to greenspace has many benefits for patients, staff and the local community; affordable exercise and outdoor activities; an off-road active travel corridor for all the family; art installations by local artists to enjoy; a safe outdoor space to be able to relax. It promotes and improves mental health and well-being, encourages a healthy lifestyle and reduces health inequalities.



**WOODSIDE HEALTH CENTER**

