

# Green Health Week

<p>Tuesday 16<sup>th</sup> May</p>	<p>A gentle stroll &amp; tea in the woods Milton Tileworks, Carluke 12.00-2.00</p> <p>Come and experience one of South Lanarkshire's newest local nature reserves. Suitable for both walkers and wheelers.</p> <p>Contact: Karen Dobbins karen.dobbins@southlanarkshire.gov.uk</p>		
<p>Wednesday 17<sup>th</sup> May</p>		<p>Himalayan Balsam Bashing Bothwell Castle 1.00-3.30</p> <p>Celebrate Invasive Species Week and help control some Himalayan Balsam on the Clyde Walkway - fresh air, exercise and possibly an otter.</p> <p>Book: <a href="https://www.facebook.com/events/285160190500654">https://www.facebook.com/events/285160190500654</a></p>	<p>Lunchtime heroes Fernbrae Meadows 11.30-1.30</p> <p>Be a hero and join our nature connection and volunteer activities to suit you. Whether you are 5 or 50, can spare 5 minutes or 5 hours get in touch.</p> <p>Contact: Karen Smith karen.smith2@southlanarkshire.gov.uk</p>
<p>Thursday 18<sup>th</sup> May</p>	<p>Jocks Burn Walk, Carluke 10.00-12.00</p> <p>Meeting at OneCAN, 76 High Street, Carluke, ML8 4AJ</p>	<p>Conservation Day Morgan Glen, Larkhall 10.30-2.00</p> <p>Contact: Karen Smith karen.smith2@southlanarkshire.gov.uk</p>	<p>Wildflower wander and tea in the glen Cadzow Glen, Hamilton 2.00-3.30</p> <p>Connect with nature this Green Health Week. Join Kerry the countryside ranger for a wander down to Cadzow Glen where we'll</p>

	<p>Find out more:  <a href="https://www.facebook.com/photo?fbid=559632776312625&amp;set=a.507219988220571">https://www.facebook.com/photo?fbid=559632776312625&amp;set=a.507219988220571</a> or contact Lynda Burns          (lynda.burns@onecan.org.uk)</p>		<p>take in the wildflowers in the garden and enjoy a cup of tea.</p> <p>Meet at LAMH Shop, Cadzow Street at 2.00</p>
Friday 19 <sup>th</sup> May		<p>Hedge witchery          Fernbrae Meadows          11.00-1.00</p> <p>We'll be checking in with our own well-being while monitoring the health of an important habitat,our hedge. We'll have a look at what is growing in and around our hedgerow that is safe for us to eat too!</p> <p>Book:  <a href="https://www.eventbrite.co.uk/e/hedgewitchery-tickets-634047672657?aff=ebdsoporgprofile">https://www.eventbrite.co.uk/e/hedgewitchery-tickets-634047672657?aff=ebdsoporgprofile</a></p>	
Saturday 20 <sup>th</sup> May	<p>Himalayan Balsam Bashing          Bothwell Castle          10.30-1.30</p> <p><a href="https://www.facebook.com/events/153498254110991">https://www.facebook.com/events/153498254110991</a></p>		
Sunday 21 <sup>st</sup> May		<p>BikeTown Cycle Festival          Cambuslang Park          11.00-3.00</p> <p>Come and visit Greening CamGlen at the BikeTown Cycle Festival. We'll be celebrating Plant &amp; Share month with a</p>	<p>Spring Walk          Morgan Glen, Larkhall          2.00-3.30</p> <p>Join us on a spring walk through Morgan Glen and wonder at the wildflowers!</p>

		<p>focus on pollinators. So come along and plant a sunflower.</p> <p>Find out more: <a href="https://fb.watch/ksp21DGYyg/">https://fb.watch/ksp21DGYyg/</a></p>	<p>Book: <a href="https://www.eventbrite.co.uk/e/spring-walk-tickets-634085305217?fbclid=IwAR0I9PSiU_-aBA3iCZQ3kedF-Z--xP6UK3Yad1pqGaElxsfDqEaPqAjWBaM">https://www.eventbrite.co.uk/e/spring-walk-tickets-634085305217?fbclid=IwAR0I9PSiU_-aBA3iCZQ3kedF-Z--xP6UK3Yad1pqGaElxsfDqEaPqAjWBaM</a></p>
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