Nature gives us so much – fresh air, food, wonder and more! There are many ways that we can give back and benefit both ourselves and our planet.

Here are a few ideas:

- **Citizen Science:** Contribute to national surveys while exploring nature. Learn more at www.nature.scot/citizenscience

- **Your Outdoor Space:** If you have access to an outdoor space, support wildlife by planting herbs, growing your own food, or joining campaigns like No Mow May.

- **Volunteer:** Help your community by joining an annual litter pick, tree planting, or local garden project.

Photo by Lorne Gill

Find out more by scanning the QR code or visiting greenhealth.nhslothiancharity.org

Loth.greenhealth@nhs.scot

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