



# MALLS MIRE

## TORYGLEN

ISSUE 6 - MAY 2021



Timber climbing frame and climbing posts



New path next to allotments leading to Jessie Street



New McDonalds restaurant in ASDA car park

### GENERAL WORKS UPDATE

- At the Toryglen Park area grass seeding has begun around the play areas and to the sides of key paths. The new grassed circle recreation area will be seeded shortly once it has been cleared and graded.
- The new path connection between Prospecthill Circus and Polmadie Road has now opened, though there are still some works to take place to complete the surfacing at the Polmadie Road end. Weather dependent there will be a period of around 6-8 weeks before the grass seeding begins to come along the edges of this path.
- It is intended to open up the new path which connects near the Prospecthill Circus end then leads down to Prospecthill Road past ASDA in the next couple of weeks.
- The contractor has moved the main activity to the SUDS pond area which will see the formation of new tarmac paths with street lighting connect up to Jessie Street and round to the east past the existing ponds and Crossbank Drive towards the Malls Mire Community Woodland.
- Separate to this project the works in the ASDA car park to deliver the new McDonalds are continuing and it is unlikely that we will be able to open entrances from the paths into ASDA until these works are completed. The contractor also has a small section of path to deliver on ASDA's land to link in with their paths.

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# URBAN ROOTS UPDATE - WOODLAND WELLBEING SPECIAL

The benefits of nature for mental health are becoming more widely recognised and since the theme of this month's Mental Health Awareness Week was nature, we thought it was fitting to focus this update on some of the work we're doing around mental health in the woods.



## BRANCHING OUT

Urban Roots is a provider of Branching Out, a 12-week programme of woodland-based therapeutic activities for people using mental health services. It was pioneered by Forestry Commission Scotland and includes a variety of activities ranging from environmental art to bushcraft. We are midway through a programme and this week participants developed their green woodworking skills in a workshop led by Julie Durkacz.

## WOMEN IN THE WOODS

Our Women in the Woods group is a woman's wellbeing group that stemmed from the first ever 'Branching Out for Women' which we ran in 2019. The group now meets weekly and provides a safe, supportive space for women to meet up, socialise and develop skills. Activities are varied and shaped by what the women want to do, but recent examples include foraging and cooking, making herbal remedies and practical conservation. Last week they improved a hedgerow by planting tree saplings in the gaps.

## STAFF WELLBEING PROJECT

We are about to start a second block of 'Woodland Wellness' sessions as part of a Staff Wellbeing Project programme delivered in partnership with Glasgow City Health & Social Care Partnership and Govanhill Baths. These sessions are part of a wider programme delivered across several Southside venues and including Tai Chi, mindfulness and Shiatsu massage. The programme is aimed at helping frontline healthcare workers to take a few hours out for themselves to focus on their own self-care.