



POPULATION HEALTH & SUSTAINABILITY

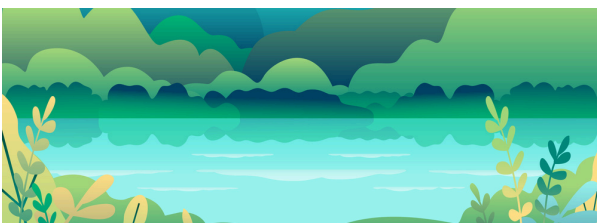
BLUE HEALTH

Following the success of previous collaborative work on Green Health (app and calendar), joint work on Blue Health commenced with a development day for key partners in November 2024. A video reel is available on South Ayrshire Rangers Service Facebook page.

It was agreed that a Blue Health Calendar would be developed with a launch to take place on the day of Earth Hour 2025. Partners worked together to develop the content of both the calendar and the launch day.

The calendar, while a useful resource for all, is designed to be appropriate for those who, for whatever reason, are both least likely to benefit from and most in need of the benefit of, blue health experiences. These experiences can be local or even in the individuals own home, undertaken with others or alone. Every month there are simple opportunities suitable for all, and with that in mind it is nature connection rather than a requirement for physical activity that the calendar focuses on. The calendar focuses not only on the benefits of nature to people, but also how a greater connection with nature can help to protect nature and look after the wider environment.

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- ✓ Partners are now collaborating on a range of blue health opportunities funded through a number of different pots of money delivering a range of outcomes to communities, both geographic and of interest, across South Ayrshire.
 - ✓ These are varied and wide ranging and are being brought together through the use of our new Blue Health logo and distribution and promotion of the calendar. The collaboration continues to explore new possibilities and look to other models of best practice in this area from across Scotland, with blue health prescribing being one of the current threads being investigated.
 - ✓ The quarterly calendar instalments will continue to be released across the year ahead with opportunities to take part in a range of activities being promoted and other strands coming on stream and being included as they are developed.



Links

www.bluehealthsa.org.uk