

Time Out Thursday



Friendly

Welcoming

Great for mind, body and soul

Feel the need to get outdoors, away from everyday pressures?

Recovering from an illness (physical or mental)?

Come to our drop-in event anytime between 10 and 12 to do some gentle conservation work

Followed by a walk around a local wildlife reserve

When:- Every Thursday

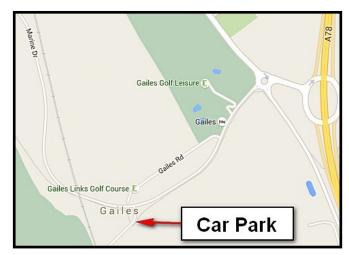
(July & August)

Where:- Gailes Marsh

Time:- 10am -12 noon

All equipment provided

Tea/Coffee available



Gailes Marsh Wildlife Reserve

Marine Drive, Irvine KA11 5AE



