



# Time Out Thursday



Relaxed

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:- Gales Marsh**

**Time:- 10am –12 noon**

**All equipment provided  
Tea/Coffee available**



**Gales Marsh Wildlife Reserve  
Marine Drive, Irvine KA11 5AE**



**Scottish  
Wildlife  
Trust**

For more information contact [hrichards@scottishwildlifetrust.org.uk](mailto:hrichards@scottishwildlifetrust.org.uk) or 07785 468 601