

recovery across mental health

#### **RAMH's Discovery Trail**

is coming to Ferguslie from the

1st July & it's for everyone!

Follow the trail to learn more about

Ferguslie's fascinating past while visiting
the interesting places of today.

This is an interactive 4km trail (about 6000 steps) that will lead you around Ferguslie and highlight all the things that make the area a great place to live.

Walking is great for your physical wellbeing and connecting with people and places in your community can be really beneficial for your mental health, so use this map and let's discover the potential!

- 1. RAMH
- 2. Glencoats Park
- 3. Dalskeith
- 4. Ferguslie Sports Centre
- **5. Community Circus**
- 6. The Tannahill Centre
- 7. St. Mirren FC
- 8. Sculpture House



# The Discovery Trail



## The Darkwood Crew

"Local residents group helping Ferguslie flourish" www.darkwoodcrew.co.uk admin@darkwoodcrew.co.uk 07780437578

#### Pals of the Privies

Glencoats Park restored by the people of Ferguslie.

glencoatspark@gmail.com

#### **RAMH**

"Local mental health provider"
41 Blackstoun Road
0141 847 8900
enquiries@ramh.org

## The Tannahill Centre

Community hub in the centre of Ferguslie



#### Own Yer Bike

"Teaching children how to repair and maintain their bikes"

Falcon Crescent ownyerbike@gmail.com 07761 673985

### Thanks to our partners



















