Skelmorlie NATURE FESTIVAL

EXPLORE | CONNECT | LEARN

Skelmorlie Environment Trust

Find out what's on, where and when!

All activities **FREE!**

Something for all ages and abilities

FESTIVAL PROGRAMME

29th August -
1st September 2024

For more details, scan the code or visit
www.skelmorlienaturefestival.co.uk

We'd like to thank the volunteers, activity providers and funders who have been supportive, kind and generous in bringing this event to Skelmorlie. **Thanks all!**

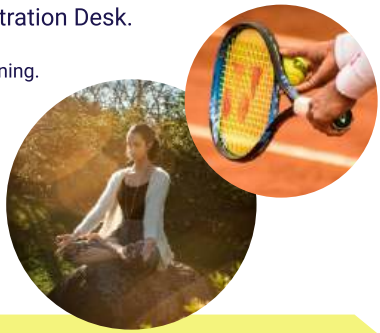
Funded by

NatureScot NàdarAlba

COMMUNITY FUND

OUTDOOR PARTNERSHIP AYRSHIRE

Each activity is tagged with information on how to book and attend. Our volunteers will be on hand to help. For events at Meigle Beach and Secret Garden, the free shuttle bus will take you to the event – ask at the Registration Desk.



D **Drop in** – No need to book. Turn up when the activity is running. You might have to queue for a shot, but you'll get a turn.

V **Go to venue** – No need to register or book. Go straight to the venue 15 minutes before the activity's start time.

R **Register** – Register on the day at Skelmorlie Community Centre. You can do this at any point during the day.

THURSDAY

15:00 - 18.00	**Fishing**	Skelmorlie Fishery	Skelmorlie Fishery	S D
15:10 - 16.10	**Story telling - Ghillie Dhu & Fairy**	Library	Wee Storybox	-10 R
16:00 - 16:30	**Zumba class**	Community Centre	Zumba Gold with Ursula	F R
17:00 - 17:30	**Zumba class**	Community Centre	Zumba Gold with Ursula	F R
17:30 - 19:20	**1 to 1 mini Reiki sessions**	Community Centre	Reiki Light Therapies	A R
18:00 - 21:30	**Knock Hill walk and cold water dip**	Meigle Beach	Gillian's Walks and Happy and Wild	16+ V
18:30 - 19:30	**Try lawn bowls**	Skelmorlie Bowling Club	Skelmorlie Bowling Club	F V
19:30 - 20:30	**Restorative breathwork**	Community Centre	Prince Therapy	A R

FRIDAY

15:00 - 16.30	**Table tennis coaching**	Community Centre	Largs Table Tennis Club	F R
16:00 - 17:30	**Painting workshop**	Community Centre	Lisa Cunningham, artist	A R
16:00 - 20.00	**Mobile climbing tower**	Community Centre	Above Adventure	C D
17:00 - 18.00	**Kids silent disco**	Community Centre	North Ayrshire Council	10+ R
17:00 - 18:00	**Tennis fun and games**	Skelmorlie Tennis Club	Skelmorlie Tennis Club	F D
18:00 - 19:30	**Wild walk - foraging**	Kelly Woods	Wander & Wonder	F R
18:30 - 20:00	**Kundalini Yoga**	Community Centre	All Hands On Earth	A R
20:00 - 21:00	**Tai Chi**	Community Centre	9 Waves Tai Chi	A R
20:00 - 21:00	**Bat walk**	Skelmorlie Golf Club	Field Studies Council	F R
21:00 - 22:00	**Star gazing**	Skelmorlie Golf Club	Field Studies Council	F R

F	A	C	S	16+	8+	10+	3+	-10	-5
All the family	Adults only	Children only	Supervised children	Adults and children aged 16+	Adults and children aged 8+	Children aged 10+	Children aged 3+	10 years and under	5 years and under

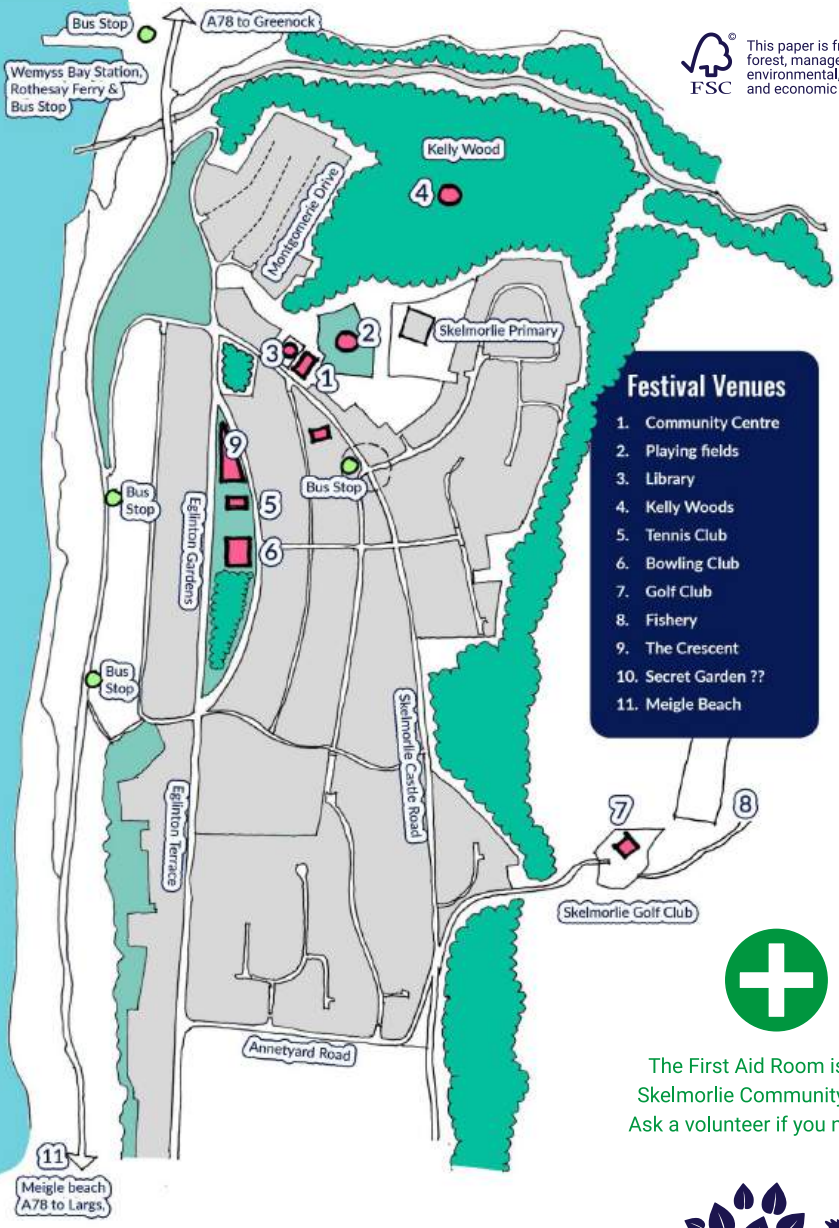
SATURDAY

09:40 - 11:30	**River Clyde bird watch**	Meigle Beach	RSPB	F	R
10:00 - 11:30	**Animal nature trail**	Kelly Woods	Beasties, Bugs and Bairns	C	R
10:00 - 12:00	**Bee bombs making**	Community Centre	North Ayrshire Council	F	R
10:00 - 12:00	**Mindfulness & nature connection**	Community Centre	Yes Your Entire Self	A	R
10:00 - 14:30	**Reiki**	Community Centre	Starlight Therapies	F	R
11:10 - 13:30	**Cold water swim / sauna tent**	Meigle Beach	Happy and Wild	16+	R
12:00 - 17:00	**Putting**	Skelmorlie Golf Club	Skelmorlie Golf Club	F	D
12:00 - 17:00	**Community rhythm experience**	Playing field	Drum 4UR life	F	D
12:00 - 17:00	**Circus skills**	Playing field	North Ayrshire Council	C	D
12:00 - 17:00	**Make your own bath salts and herbal teal**	Playing field	Movement in Thyme	F	D
12:00 - 17:00	**Flower crown making**	Playing field	Little Acorns	F	D
12:00 - 17:00	**Axe throwing**	Playing field	Little Acorns	F	D
12:00 - 17:00	**Steiner stay & play**	Playing field	Little Acorns	-5	D
12:00 - 17:00	**Hammocks, ropeswings and plant printing (Hapa zome)**	Kelly Woods	Woodland Wakeup	C	D
12:00 - 17:00	**Face painting**	Playing field	Little Dreams Events	3+	D
13:00 - 17:00	**Tree climbing**	Kelly Woods	Treetop Rocks	F	R
13:00 - 16:00	**Games on the grass**	Playing field	UnderSky	C	D
13:30 - 14:15	**Storytelling – Ghillie Dhu & Fairy**	Library	Wee Storybox	-5	R
13:40 - 15:00	**Tai chi**	Secret Garden	9 Waves Tai Chi	A	R
14:00 - 15:00	**Soundbath**	Community Centre	Gong Girl	A	R
14:00 - 15:30	**Animal tracking**	Kelly Woods	Beasties, Bugs and Bairns	C	R
14:00 - 15:30	**Wild walk – foraging**	Kelly Woods	Wander & Wonder	F	R
14:00 - 15:30	**Terrarium making**	Community Centre	THRU Decades Upcycled	8+	R
14:30 - 15:30	**Rocky shore exploration**	Meigle Beach	Field Studies Council	F	R
15:00 - 15:45	**Storytelling – Ghillie Dhu & Fairy**	Library	Wee Storybox	-10	R
15:00 - 16:00	**Managing menopause – eat to beat your symptoms**	Community Centre	Kelly Ludwig Health & Fitness	A	R
15:00 - 17:00	**LEGO walk**	Playing field	Inner Fire Hypnotherapy	F	D
15:30 - 17:00	**Terrarium making**	Community Centre	THRU Decades Upcycled	8+	R
15:40 - 17:00	**Rocky shore exploration**	Meigle Beach	Field Studies Council	F	R
16:10 - 17:30	**Forrest yoga**	Secret Garden	Breathe and Believe Yoga	A	R
16:15 - 17:15	**Yoga for body, breath and mind**	Community Centre	Kelly Ludwig	A	R
16:30 - 17:30	**Singing from the heart**	Community Centre	Westbourne Medical	F	R
18:15 - 21:00	**Firewalking empowerment**	Playing field	Inner Fire Hypnotherapy	A	R

SUNDAY

Volunteer Day - Skelmorlie Environment Trust has been working on a project on Skelmorlie Crescent for a number of years, clearing the invasive Rhododendron Ponticum and opening up the space for use to the community. We plan on connecting the path from North to South and we would love it if you could join us!

10:00 - 14:00	**Clearing the pathway**	The Crescent	Scottish Wildlife Trust Ayrshire	F	V



This paper is from a certified forest, managed to strict environmental, social and economic standards.

The First Aid Room is within Skelmorlie Community Centre. Ask a volunteer if you need help.

There are no food stalls at the Festival. Hopefully you've brought a picnic or snacks! There are a few eateries and shops close by. To find out more visit **www.skelmorlienaturefestival.co.uk/food**

Water refills available at the venues. Bring your bottle.

Visit **www.skelmorlieenvironmenttrust.co.uk** to sign up for our newsletter for info on events and activities.

Skelmorlie
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