

## TCV proposal for Citizen Science CPD / Workshops / Health Walks



TCV are proposing the delivery of:  
**4 to 6 Citizen Science CPD / Workshop /  
Health Walks delivered by TCV Senior Project  
Officer.**

Aimed at a variety of audiences from community groups, organisations, health, and social care professionals as well as those within local authority who work with communities and more.

It would serve as an **environmental education session** and help build skills and understanding of Ayrshire greenspaces and monitoring wildlife. As well as build a legacy of citizen scientist in Ayrshire that can have an impact on climate action.

"Really fun day and I feel like I learned a ton, definitely liked the bug ID the best."

If you are interested please get in touch with Alex Paterson our TCV Senior Project Officer, Scotland Counts / Citizen Science on [alex.paterson@tcv.org.uk](mailto:alex.paterson@tcv.org.uk)





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## Overview



Citizen Science is about getting everyone, from experts to complete beginners, involved in science. Getting involved is fun and helps develop skills and relationships with others. It also improves health and wellbeing as it promotes mindfulness and physical activity outdoors and allows us to feel more connected to nature and the environment around us.

In a relaxed and informative workshop participants will learn all about Citizen Science; what it is, why it's important and how to take part. These sessions introduce people to Citizen Science and allows people to have a go at species identification and recording. These sessions can be run indoors, outdoors or a mixture of both.

Citizen Science health walks combine physical activity with species identification and recording. This encourages participants to take more notice of the world around them, and being able to identify species creates a stronger connection to nature. Contributing to Citizen Science projects is also a rewarding and worthwhile activity to do whilst walking in nature.

## Feedback from 23 people taking part in various sessions in September 2023 found that:

- 91% of participants strongly felt more connected to nature.
- 78% of participants said they were more likely to visit local greenspaces.
- 91% of people felt they had learned new skills.
- 73% of people felt more confident after the session.
- 69% of people strongly agreed that they felt more connected to their local community.
- 78% of people strongly agreed that their well-being had been improved.

**"The group investigation and briefing were excellent, I learned a lot! It was very enjoyable and Alex very helpful and knowledgeable."**