



“A local place that is important to me is...”
(draw a picture or tell us about it!)



Research has shown that rural landscapes can have an impact on the health and wellbeing of people who live within them in both positive and negative ways, often through a shared history. Being in the outdoors can be beneficial for rural communities as it encourages physical activity and mental restoration. Does this chime with your experiences?



What local features are important to you?

On the other side of this postcard, use the space to tell us about a favourite place or feature in your area.

Is it a building, a loch, a beach, hidden beauty spot, or something else that is important to you?

Feel free to represent it anyway you like - draw it, sketch a map, share a short story or poem about it, or write a description of it and we'll add it to our community map.



Community Activity Idea

Why not make a new sign or message and leave it in this favourite place of yours for others to find? It could be a painted stone, a message in a recycled jar, or a memento – some way of sharing why this is your favourite place for others to find and enjoy.

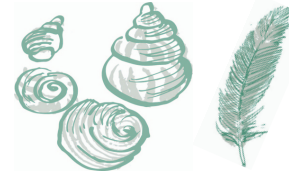
Read more about this research, references & more activity ideas at www.lecheiletogether.wordpress.com



“S e _____ àite ionadail air a bheil meas mòr agam”
(Tarraingibh dealbh no innisibh dhuinn mu dheidhinn!)



Tha rannsachadh air sealltainn gu bheil cumadh-tìre air an tuath a' toirt buaidh air slàinte agus soirbheas an feadhainn a tha a' fuireach ann an dà chuid deagh bhuaidh agus droch bhuaidh, tric tro eachdraidh chumanta. Tha e buannachdail do choimhearsnachdan air an tuath a bhith a-muigh oir tha e a' brosnachadh obair bodhaig agus slànachadh inntinn. Bheil seo a' tighinn a rèir ur n-eòlas fhèin?



Dè na nithean ionadail a tha cudromach dhuibhse?

Air taobh eile a' chairt-phuist, faodaidh sibh innseadh dhuinn mun àite no feart nur sgìre as dèidheile air a bheil sibh. An e togalach, loch, tràigh, àite àlainn dìomhair, no an e rudeigin eile a tha cudromach dhuibh? Tha sibh di-beathte a riochdachadh ann an dòigh sam bith – tarraingibh a dhealbh, clàraibh e air mapa, innsibh sgeulachd ghoirid no bàrdachd mu dheidhinn, no thoiribh tuairisgeul air agus cuiridh sinn e ri ar mapa coimhearsnachd.



Beachd airson Gnìomh Coimhearsnachd

Carson nach dèan sibh soidhne ùr no teachdaireachd agus fàgaibh e anns an àite as fheàrr leibh gus an lorg daoine eile e? Dh'fhaodadh gur e clach air a peantadh, teachdaireachd ann an sileagan, no cuimhneachan eile – dòigh air choireigin gu mìneachadh carson a tha sibh cho measail air an àite seo gus an tuig daoine eile e.

Leughaidh tuilleadh mun rannsachadh seo, iomraidhean & cur-seachadan eile aig www.lecheiletogether.wordpress.com