

**ABERYSTWYTH – 4<sup>TH</sup> NOVEMBER 2014**

**Actif Woods Wales (AWW) Autumn Seminar**

**Stapledon Suite, Stapledon Building, Gogerddan, Aberystwyth SY23 3EB**



*For health professionals, organisations and individuals with an interest in linking health care with the natural environment*

**Woodland Activities and Demonstrations**

**Stakeholder Discussion Workshop**



**Agenda from 10.00 am until 15.30**

**10am Arrive, tea and coffee**

**Opening words - Councillor Brenda Haines, Mayor of Aberystwyth**

**Morning Seminar**

- Natural Resources Wales and the AWW project – *Roz Owen, NRW*
- Actif Woods Wales mid project update - *Amie Andrews (AWW Project Coordinator) and Jo Cooper (AWW Assistant Coordinator)*
- How has the project improved health and well-being? - *Kate Hamilton (AWW Research and Training officer) and Debbie Clayton (Cardiff MET University)*

What we've learned so far through:

- project monitoring
- participant feedback and
- a study by Cardiff Metropolitan University

**Woodland Activity Demonstrations in neighbouring Gogerddan Woods**

- Craft demonstration – *Jane Rigby (AWW Activity leader)*
- Green Woodworking taster session, making stick chairs – *Adam Thorogood (AWW Activity Leader- Dyfi Woodlands)*

**Lunch (provided)**

**Afternoon Stakeholder Workshop – Sue Pritchard, (AWW External Evaluator) and Kate Hamilton (AWW Research and Training officer)**

- How has the Actif Woods Wales impacted on the local area?
- Outcomes – both expected and unexpected
- How will Actif Woods Wales ensure sustainability beyond 2016?

**3.30 End**

