

WREXHAM – 14TH NOVEMBER 2014

Actif Woods Wales (AWW) Autumn Seminar

Alyn Waters Country Park, Mold Road, Gwersyllt, Wrexham LL11 4AG

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

Arrival for Tea/Coffee ready for PROMPT 10:00am start.

Introductions

Morning Seminar

- Actif Woods Wales mid project update - *Amie Andrews (AWW Project Coordinator) and Anne Brenchley (Wrexham Project Officer)*
- How has the project improved health and well-being? - *Kate Hamilton (AWW Training and Research officer)*

What we've learned so far through:

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

Woodland Activity Demonstrations

- Bowl making demonstration - *Doug Don (Come Outside! NRW),*
- Making bows and arrows - *John Whittaker and Jo Danson*
- Making gypsy baskets - *Rod Waterfield (Woodland Skills Centre)*
- Woodland gym - *Joe Cooper (personal fitness instructor)*

Lunch (provided) and networking

Afternoon Stakeholder Workshop –*Kate Hamilton (AWW Training and Research 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