



Actif Woods Wales
Coed Actif Cymru

Getting healthy the woodland way
Efordd y goedwig o gadw'n iach

12 weeks of free Woodland Activities

Starting on Wednesday April 25th 10.30am - 1.00pm

Barry Sidings Countryside Park, Gyfeillion rd., Pontypridd, CF37 2PP

Meet at the café

Actif Woods are running a 12-week woodland activity programme at Barry Sidings Countryside Park. This programme will include various woodland activities run by our woodland leaders. The woodland activities will include short, easy walks, woodland crafts, basic bush craft and nature activities. All activities will be tailored to suit the needs and abilities of the group.



If you are over 24 and unable to work due to a work limiting health condition or because you are a carer or if you are long term unemployed and over 54 - come and try out some woodland activities, learn new skills, meet new people and see how woodlands can benefit you!

**Please bring suitable footwear and clothing as the sessions will be outdoors.

- Tea, coffee, healthy snacks and biscuits provided – please bring your own lunch.

To book a place and for more information contact: Nico Jenkins - Treherbert woodland mentor.

actifwoodstreherbert@smallwoods.org.uk
07902 523567

www.coedlleol.org.uk

@actifwoodstreherbert

