

## Autumn Mind Programme 2018

This programme aims to improve health and wellbeing through activities in the woods. Receive your certificates of attendance listing your newly gained skills and achievements.

<b>When</b>	<b>Where</b>	<b>What</b>	<b>Who</b>
<b>Tuesday 13<sup>th</sup> November 10:30-12:30</b>	<b>MIND</b>	<b>Meet and Greet! Maggie attend Mind and get paperwork sorted at centre with a (RE-)introduction to Actif Woods and an outdoor session in the garden</b>	<b>Maggie and Neil</b>
<b>Tuesday 20<sup>th</sup> November 10:30-12:30</b>	<b>The Gnoll Country Park, Meet outside visitors centre</b>	<b>Bush craft</b>	<b>Maggie and leader</b>
<b>Tuesday 27<sup>th</sup> November 10:30-12:30</b>	<b>The Gnoll Country Park, Meet outside visitors centre</b>	<b>Mindfulness/ Forest Connections</b>	<b>Maggie and Neil</b>
<b>Tuesday 4<sup>th</sup> December 10:00-12:30</b>	<b>Glanrhyd Plantation, Minibus provided from Mind at 10am</b>	<b>Christmas Sessions: Reindeer making. Food over an open fire. Mince pies and mulled squash. Please note there are no toilet facilities in this woodlands</b>	<b>Maggie and Neil</b>

**Explore woodlands, learn new skills, feel great! Light healthy snacks and tea will be provided.** This programme aims to improve health and wellbeing through activities in the woods. Receive your certificates of attendance listing your newly gained skills and achievements. Email Maggie on [actifwoodsnt@smallwoods.org.uk](mailto:actifwoodsnt@smallwoods.org.uk) for more information or visit our Facebook page: Actif Woods Neath Port Talbot

