

Mind Programme 2019

OCN 'Safe Tool Use'

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

When	Where	What	Who
Tuesday 15th January 10:30-12:30	The Gnoll Country Park, Meet inside the visitors centre	Happy New Year! Introduction to Course and workbooks given out. Paperwork: please bring completed soft skills forms and evidence. We will have extra forms for any lost ones! We will also be going for a walk to look for those first signs of Spring!	Maggie and Neil
Tuesday 22nd January 10:30-12:30	The Gnoll Country Park, Meet at visitors centre	Bush craft Tools and demonstration! A chance to use some of the tools! And start learning about Blood Bubbles!	Maggie and Neil
Tuesday 29th January 10:30-12:30	The Gnoll Country Park, Meet at visitors centre	Knives and a small whittling project! Take home your crafts!	Maggie and Neil
Tuesday 5th February 10:00-13:00	Glanrhyd Plantation, Minibus provided from Mind at 10am	Spatula making using all your new skills! Food over an open fire. Please note there are no toilet facilities in this woodlands	Maggie and Neil

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. Email Maggie on actifwoodsnt@smallwoods.org.uk for more information or visit our Facebook page: Actif Woods Neath Port Talbot

