



Actif Woods Wales
Coed Actif Cymru

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

Winter Warmer in the Woods

When: Tuesdays from January 22nd between 10.45am and 2pm, running for 6 weeks.

Where: Allt Derw Woodland

Who: over 25, long term unemployed (12 months plus) economically inactive, carer, over 54, experiencing a health condition

What you will learn about: Bushcraft, Natural Firelighting, Campfire Cooking, Whittling, Winter Tree ID and the opportunity to complete Hand Tool Use level 1 accreditation.

No skills or experience needed, get in touch to find out if you are eligible to register.

FREE TRANSPORT AND REFRESHMENTS



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