

Free!

Actif Woods Wales
Coed Actif Cymru

Getting healthy the woodland way
Ffordd goedwig o gadw'n iach


CoedLleol
SMALL WOODS

Using Hand Tools Accredited OCN-Level 1 with Actif Woods RCT

Open to adults 25+ Long-term unemployed or economically inactive*
(*not working due to ill health or retired)

@Dare Valley Country Park, Aberdare CF44 7PS



10.00am – 1.00pm

Registration and Taster Session -

Friday March 8th

(Please bring I.D – Passport or Driving Licence and
DWP letter)

OCN days – Friday

15th, 22th & 29th March 2019



*Please wear suitable clothes as part of the session will be
outdoors – snacks and refreshments provided.

No experience necessary

Contact Gareth for details – 07851 336676

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