



TRYWYDD IACH - HEALTHY TRAIL

REFERRAL FORM to the Dyfi Biosphere Outdoor Health Project



Type of activity you wish to do this Autumn:

- Gardening – Tuesdays and/or Thursdays
- Leisurely walking on Wednesdays.
- ‘Darganfod Dyfi’ walks at weekends.
- Woodland health & well-being activities (i.e Actif Woods) - Tuesdays
- Spending time with Dyfi Donkeys Mondays.

Please note: For this season, most activities will be available for six weeks starting the first week in October. There will be additional opportunities to volunteer at the gardens.

Who can take part/be referred:

- Open to adults who are eager to improve their health and well-being.
- Physically well enough to participate in outdoor sessions (although we will strive to adapt the activities to meet specific needs, but essential that they are noted on this form please)
- People will attend and take part in activities at their own risk, however experienced leaders are trained in their field and in First Aid.
- No one should attend if they feel they will be a risk to others.

NAME:

How can we contact you?

AGE:



ADDRESS:

Important medical information/issues we should be aware of:

Which local G.P./Health Practice are you registered with?

Signature please- yourself or referrer

Name – capital letters please

Date:

Information: ☎ 01654 703965

Return form to: ✉ gwenfair@ecodyfi.cymru

or: Gwenfair Rhys-Davies, Ecodyfi, Y Plas, Machynlleth, SY20 8ER



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government