

Training with Coed Lleol / Small Woods

Accredited Learning and CPD for your organisation



CoedLleol
SmallWoods



Contents



Learning with Coed Lleol / Small Woods

Welcome to Coed Lleol / Small Woods courses.

We run a variety of exciting in-person and online courses accredited by Agored Cymru, that aim to boost health and wellbeing through connecting to woodlands and nature.

Are you looking to explore and learn more about your natural environment or take part in a variety of craft activities? Would you like to take a deeper dive into why nature is so good for our wellbeing and how to support groups in nature? Or would you like to learn more about sustainable woodland management? Then our courses are for you!

Coed Lleol / Small Woods is an accredited Agored Cymru Centre. Our skilled, experienced tutors are passionate about their work and the outdoors and are here to guide your learning experience and help you develop new skills.

The courses we offer are perfect for anyone looking to deepen their connection with nature and learn something new. Whether you're a beginner or more experienced – we hope that you will enjoy the journey with us!



Many of our courses can be combined to result in a qualification.

The qualifications we currently offer are:

- Wellbeing in Nature Practitioner Level 3
- Supporting Wellbeing in Nature Level 2
- Learning in the Outdoors Award at both Level 1 and Level 2

Please [contact us](#) for more information.

Understanding this brochure

Our courses fall into 3 areas that you may be interested in learning more about.

- Exploring our Natural Environment
- Sustainable Woodland Management
- Nature Wellbeing

Each page starts with a brief overview of the course and what it will cover. You will then see a box which gives you more information on the details of the course and looks like this:

Method of Learning	In person
Level	1
Credit	2

This tells you the method by which we can deliver the course which could be: In-person, Online or sometimes we can use a Blended learning approach which encompasses both.

This refers to the difficulty of the course. Level 1 & 2 are GCSE level. Level 3 is equivalent to A-Level. Some courses we can also offer at Entry Level which is lower than GCSE. Enquire for more details.

The number of credits will give you an idea of roughly how long the course will take to complete. 1 credit is worth approximately 10 hours of learning so a 2 credit course will take around 20 hours to complete. This is usually a mixture of both taught and some self-study time. The taught time can be delivered in different ways and can be organised to suit your requirements. For example 2 consecutive full days or several hours a week over a block of time.



Exploring our Natural Environment

A lovely range of courses that invite you to explore your local environment in a variety of ways – from food and foraging to ecology and flora and fauna ID. Click on the course links to find out more.



COURSE —

Foraging for Plants

Learn how to forage for wild plants and fungi safely and sustainably and make various preparations using the plants collected.

Method of Learning	In person or Blended Learning
Level	Available at levels 1 & 2
Credit	2



COURSE

Fantastic Food (Preparing Healthy Meals)

Learn about healthy components of a meal, how to prepare food safely, eating with the seasons and foraging in nature.

Method of Learning	In person or online
Level	1
Credit	1



COURSE —

Nature Health Walk Leader

This course is designed to build confidence in those wishing to lead short low impact walks for health. It explores the benefits of walking for health, the responsibilities of a leader and how to plan and prepare for a walk.

Method of Learning	In person or online
Level	1
Credit	1



COURSE —

Sustainable Use of Natural Resources

Learn about the ecology of an area and the positive and negative impacts humans have on its natural resources.

The content of this course can be adapted according to local area and interest. Choice of habitats, for example, may include peatland, woodland, coastal areas or a local habitat of your choosing.

Method of Learning	In person
Level	1
Credit	1



COURSE —

Personal Safety When Learning in the Outdoors

Learn how to develop safe practices when working in the outdoors and learn how to deal with potential incidents.

Method of Learning	In person
Level	1
Credit	2



COURSE —

Observing Fauna and Flora

Develop skills to identify and record a range of fauna and flora in your local natural environment.

Method of Learning	In person or blended learning
Level	1
Credit	2



COURSE —

Practical Skills in the Outdoors

An introduction to outdoor practical skills. This course covers a wide range of skills from building and safely maintaining a campfire to identifying local species of fauna and flora, tool work, knots for practical use and building a temporary shelter.

Method of Learning	In person
Level	1
Credit	2



Sustainable Woodland Management Courses

Our woodland management courses allow you to explore the woodland environment and develop a wide range of skills. Learn all about the intricate workings of a woodland and how to manage them sustainably.

Develop and practise woodland management techniques such as coppicing and develop your creative skills by using coppice products to make a variety of products.



COURSE —

Introduction to Coppicing

Coppicing is a management practice that enriches biodiversity and generates a useful local resource. This course teaches you the principles and skills for safe and effective coppicing.

Learn to select suitable trees for coppicing, to identify coppicing tools and their uses and to practice by using coppiced wood to make a variety of products.

Method of Learning	In person
Level	1
Credit	3



COURSE

Coppice Products

A practical course that develops skills for using coppiced wood to create products such as wands, spatulas, artists charcoal and wooden mushrooms.

Method of Learning	In person
Level	1
Credit	3



Sustainable Woodland Management: Introductory Courses

Three introductory courses are available:

Introduction to Woodlands: Provides an introduction to woodland structure and a range of different woodland management techniques.

Introduction to Woodland Sustainability: Gives an overview of woodland sustainability and biodiversity with some basic tree identification and discussion around public access and use.

Introduction to Wood Processing: An introduction to wood processing and selecting suitable timber for different purposes.

Method of Learning	In person
Level	1
Credit	3



COURSE —

Sustainable Woodland Management: Level 3

A detailed course teaching learners to apply sustainable management techniques with a practical element. Learn about the structure of woodlands, the principles of woodland sustainability and practise management techniques and timber processing. An optional extra day is available to focus your learning in one of the following areas: Woodland Planning, Community Woodlands, Wellbeing and Health Activities in Woodlands or Woodland Careers.

Method of Learning	In person
Level	3
Credit	9



Nature Wellbeing Courses

With over 15 years experience of running programmes in nature for wellbeing, we now deliver a range of training designed to benefit your wellbeing and to support you to deliver your own programmes.

Our range of nature wellbeing courses cover principles and practices important to working with groups in nature as well as a lovely range of nature-based activities and crafts that you may wish to experience and share.



COURSE —

Exploring Craft Resources and Techniques

Learn and practice a new craft such as willow weaving or felt making, including use of a variety of techniques, tools and materials associated with that craft.

Method of Learning	In person
Level	1
Credit	3



COURSE —

Using Nature Based Activities for Wellbeing

This course looks at the importance of nature connection and provides experience of a range of sensory and nature based activities that can be used to support wellbeing.

Method of Learning	In person
Level	2
Credit	2



COURSE —

Healthy Lifestyles

This is a basic course to help learners develop an understanding of factors that contribute to a healthy lifestyle.

Method of Learning	In-person or Online
Level	1
Credit	1



Level 2 Supporting Wellbeing in Nature Qualification

This qualification aims to give an understanding of wellbeing in nature and build confidence to enable learners to support leaders of wellbeing programmes effectively.

The course aims to:

- Provide a deeper insight into the area of wellbeing in nature
- Develop practical hands-on experience in skills related to working with groups in nature
- Understand factors that influence human health and wellbeing
- Provide understanding of how to support wellbeing in nature groups
- Understand factors that influence the wellbeing of the environment.

Method of Learning	In person or blended learning
Level	2
Credit	Award (5), Extended award (9), Certificate (13)

Mandatory Unit

- Supporting Wellbeing in Nature Practice

Optional Units

The following optional units are available as part of this qualification but can also be achieved as stand-alone units:

- Using Nature Based Activities for Wellbeing
- Healthy Lifestyles
- Foraging for Plants
- Observing Fauna and Flora
- Sustainable Woodland Management
- Practical Skills in the Outdoors
- Introduction to Coppicing
- Coppice Products



COURSE —

Level 3 Wellbeing in Nature Practitioner Qualification

This Level 3 qualification looks in depth at how to support the wellbeing of individuals, groups and the natural environment. It aims to build confidence in developing and leading nature-based programmes for health and wellbeing.

Method of Learning	In person or Blended Learning
Level	3
Credit	13

For more detail on the units in this qualification please turn to the next page.



Level 3 Wellbeing in Nature Practitioner Qualification

The following three units are mandatory if you would like to gain the Wellbeing in Nature Qualification.

Principles of Wellbeing in Nature

The purpose of this unit is to explore the factors which contribute to human wellbeing and to gain an appreciation of the multiple wellbeing benefits that being in nature can have. It looks at current health initiatives and legislation, theories of wellbeing and behaviour change, and how these can be used to inform practice.

Facilitating Wellbeing in Nature Leader

This unit focuses on developing the skills to enable effective facilitation and leadership of nature-based wellbeing groups. This unit has both a theoretical and practical element and requires the student to develop and run a 6-week wellbeing in nature programme with a relevant client group.

Sustainable Use and Management of Natural Resources

This unit is about understanding ecosystems and the principles of sustainable management of natural resources in order to apply them to students' own site and practice. This unit focuses on developing an awareness of the wellbeing of the natural environment in which the practitioner is working.

Please note: This course does not teach students the practical skills of specific genres, e.g. Bushcraft or Nature Craft skills. Most courses will include some activities and skills that could be used with groups, but learners should have their own unique practical skills set in place or may need to undertake further training. The optional units which form part of the extended certificate offer a range of practical training that may be of interest in this instance.



Small Woods / Coed Lleol's Online Programmes

We run a range of online programmes and learn at your own pace courses that aim to boost health and wellbeing through connecting to woodlands and nature.

The courses we offer are perfect for anyone looking to deepen their connection with nature and learn something new. Whether you're a beginner or more experienced – we hope that you will enjoy the journey with us.

See our website for more information:



Enquire

For information on prices, locations and availability, please click on the link below and complete an Enquiry Form.

We will get back to you as soon as possible.

[Click here for a quote](#)



Take a Look

Our course tutors are experts in their field and passionate about sharing their knowledge and helping you to develop new skills.

Here is a small sample of some of the amazing things we can offer. Take a look at some of our leaders and tutors in action.



Thanks for reading

Getting in Touch

More Information:

Email

coedlleol@smallwoods.org.uk

Phone

01654 701 495



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