



CoedLleol  
SmallWoods

# ENRaW Project Evaluation Report 2021-2023

Coed Lleol (Small Woods)

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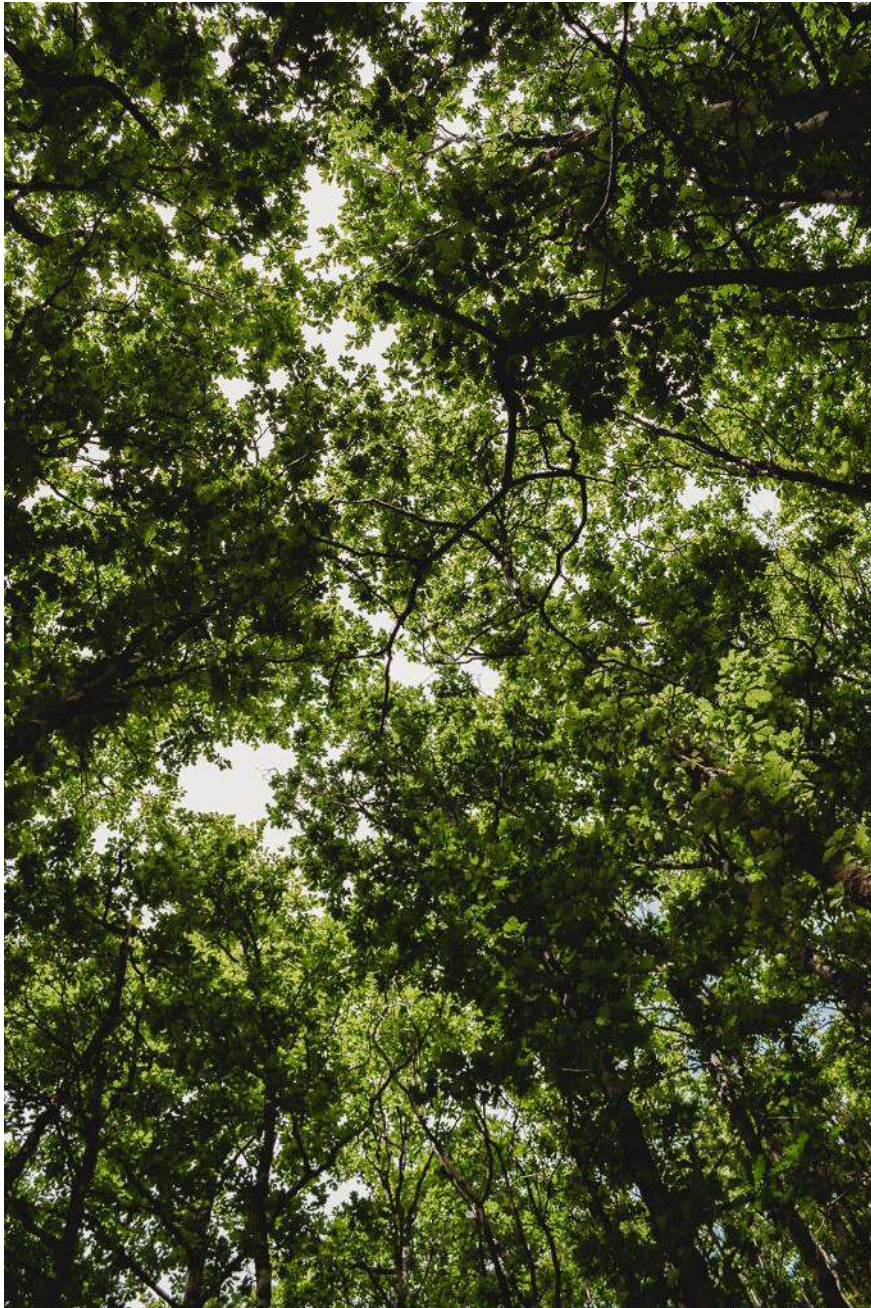


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# SECTION 1 – INTRODUCTION & COED LLEOL'S ACTIVITIES



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## Introduction

Coed Lleol (Small Woods Wales) is part of the National Charity, Small Woods (established 1988). Small Woods is a National Organisation for Small Wood Owners and has a significant track record in Social Forestry. Coed Lleol (Small Woods Wales), established in 2002, develops and delivers community and social forestry activities throughout Wales that help to connect people to their local woodlands. Coed Lleol's (Small Woods Wales') Actif Woods Wales Programme began in 2010 to connect people with their local woodlands for their health and wellbeing, whilst also helping to maintain and promote healthy woodlands. Since then, Coed Lleol (Small Woods Wales) has expanded to deliver woodland wellbeing sessions in fifteen Welsh counties (Anglesey, Conwy, Gwynedd, Wrexham, Flintshire & Denbighshire, Ceredigion, Powys, Swansea, Carmarthenshire, Neath Port Talbot, Blaenau Gwent, Newport, Caerphilly, Rhondda Cynon Taf and Merthyr Tydfil).

The Actif Woods Wales programme engages adults and children who predominantly live in areas that have high health needs, low employment rates and often poor access to services. Additionally, it encourages and supports social prescribing by working in partnership with health services and GPs who refer people to programmes. Coed Lleol (Small Woods Wales) is actively professionalizing and promoting social prescribing to outdoor health activities through the development of outdoor health clusters in four areas in Wales. Coed Lleol (Small Woods Wales) also has an established and well-respected training programme for staff, leaders, providers and health professionals to upskill and embed well-being in nature into their everyday practice.

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Coed Lleol (Small Woods Wales) received funding from the Healthy and Active Fund (HAF) in 2019 and match-funding from Enabling Natural Resources and Well-being (EnRaW) in 2021 to continue and to expand their woodland well-being programmes across Wales. The aims of the funded activities responded to previous evaluations and consultations with key stakeholders. This has enabled Coed Lleol (Small Woods Wales) to expand and develop its programmes with a greater focus on promoting and professionalizing social prescribing to outdoor health year-round. It also allowed for increasing access to woodlands through a woodland improvement scheme and the development of woodland hubs. The funding enabled a greater focus on embedding woodland management and skills by providing a woodland management team who support project officers, leaders, and participants to learn and understand how to create a healthy and thriving woodland for the benefit of the community, the environment, and future generations.



Woodland improvements in Monmouthshire carved bench circle

## Social Prescribing

There is a growing body of evidence that demonstrates that outdoor nature-based activity can improve mental health, increase lifespan, and reduce the incidence of chronic disease<sup>i</sup>. Currently, it is estimated that only a quarter of the population in Wales participates regularly in outdoor recreation and 47% are active for fewer than 150 minutes per week<sup>ii</sup>. The NHS report that one in four people will experience mental health issues at some point in their lives<sup>iii</sup>. The rise in mental and physical health issues is putting additional stress on GPs and the NHS, with an estimated 20% of all GP appointments concerning social rather than medical health issues<sup>iv</sup>.

In Wales, it is recognised that despite the first-class natural resources to hand many people are not accessing them regularly, and opportunities for social prescribing to outdoor health activities in some areas were minimal or uncoordinated. Moreover, although several independent agencies and charities offer outdoor health and wellbeing activities there was no joined-up network (or partnership) that could link them to healthcare providers to explore and ensure best practices across this sector and embed social prescribing more fully to encompass outdoor health and wellbeing.

Social prescribing to Outdoor Health (or 'Green Social Prescribing') has been gaining ground and recognition in Wales (with help from the Wales School for Social Prescribing Research). There was a need to streamline the process, offering a wider choice of outdoor activities for all abilities, and developing a joined-up system for registration, monitoring and evaluation thus addressing some of the challenges that have been identified in the research. Social prescribing to outdoor health can play a role in supporting people to engage with outdoor activities to address social isolation, and some mental and physical health conditions whilst also acting as a preventative health measure.

Through continual funding, Coed Lleol (Small Woods Wales) is supporting growth in this area by continuing their flagship woodland well-being activities (Actif Woods) and working in partnership to develop outdoor health clusters that connect the health services, outdoor health providers and participants. By providing first-class woodland well-being sessions, training and Agored accreditation and developing and improving sites in all counties for accessibility and year-round usage, Coed Lleol is well-placed to lead on developing social prescribing to outdoor health in Wales.

## Coed Lleol's Goals



Coed Lleol (Small Woods Wales) aims to protect and develop woodlands for current and future generations by encouraging the use of woodland resources for the long-term health and well-being of people and the environment – creating healthy woodlands and healthy people.

### The key objectives for participants are:

- Increase the mental well-being of participants.
- Increase the physical activity participants undertake.
- Increase the time spent outdoors and with others.
- Increase the knowledge and understanding of woodland skills and heritage crafts that utilise the natural resources of UK woodlands.
- Encourage progression to Agored accreditation, volunteering or drop-in woodland groups (supporting longer-term health and well-being) leading to community involvement in the maintenance of woodland sites.

### The key organizational goals are:

- Increase active referral routes from health and support services and GPs to woodland well-being and outdoor health activities (social prescribing)
- Develop strong training pathways for woodland leaders for career professional development (developing a clear set of minimum standards for woodland health activities)
- Promote stronger networks between outdoor activity provision, health services and woodland management.
- Support and encourage targeted university research that explores and examines the impact of social forestry.

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## Partnership working

Coed Lleol (Small Woods Wales) prides itself on successful partnership working. All programmes run as a result of partnerships. This spans from delivery through local organisations/freelancers who run the sessions, to referrals through partners in the health and social care sector and woodland site owners/managers who are custodians of the sites. Partnership development plans enable a successful partnership with agreements about working together and shared outcomes and what each partner can bring to the local project.

Some partners share the responsibility of leading and planning work within a specific area. The partnerships can lead to joint funding as well as increasing impact through shared delivery. Over the last year, some of these significant partners have been:

- Pembrokeshire Coastal Forum (Pembrokeshire) who have hosted the Project Officer and helped to develop the minimum standards for Outdoor Health Providers (Delivery partners: Buzzard Bushcraft Woodland Well-being, Reconnect in Nature, TYF Coastal Connections, Windswept SUP paddleboarding, Adventures beyond Nature Journeys)
- Ecodyfi (Powys) has hosted and employed the Project Officer for Outdoor Health helping to pioneer the initial Outdoor Health Cluster (Delivery partners in Mid and North Wales: Dyfi Donkeys, Snowdonia Donkey Therapy, Coed Lloel's Nature Connections, Parneriaeth Ogwen's Food Growing Programme, Wild Elements' Roots Programmes, Music and Movement (Family), Walking for Well-Being, Nature Keen guided walks)
- Golydfa Gwydr (Conwy) – Community Woodland in Conwy now hosts a Woodland Wellbeing Project Officer
- Interlink RCT – is a key partner in RCT and part of the Outdoor Health Network providing connections to each wellbeing coordinator in the GP centres. (delivery partners: Welcome to Our Woods, Cariad Pet Therapy, Meadow Street Community Gardens)
- Woodland Skills Centre, Reconnect in Nature, Down To Earth, Natural Resources Wales, Public Health Wales, and Centre for Alternative Technology have all been partners participating in the development of the Wellbeing in Nature Qualification.
- Crafted Space, Woodland Skills Centre, Pontypridd Town Council, Montgomeryshire Scouts, Free Range Designs and Llais Y Goedwig have all been partners within the Woodland Hubs development

Coed Lleol (Small Woods Wales) work with a range of partners to maximise shared outcomes and expand the reach and benefit of the services to a greater number of people in Wales.

## Coed Lleol's Programmes & Activities



### In-person activities

Coed Lleol programmes engage adults and children who predominantly live in areas that have high health needs, low employment rates and often poor access to services. Coed Lleol (Small Woods Wales) runs woodland wellbeing sessions (6-week programmes and follow-on monthly drop-in programmes) and guided walking groups. Some project areas also offer Agored accredited training. Courses are offered to adults and children (through family groups) with a priority to target those with health or well-being needs (via referrals).

Activities are coordinated by Project Officers and co-delivered by expert leaders. They cover activities from **bushcraft** and **fire lighting skills** to **charcoal making**, **coppicing**, **green woodworking**, **whittling**, **willow-weaving**, **green gym** and **foraging**, and **tree and wildlife identification** walks. Some sessions include **campfire cooking** with a focus on healthy eating. Coed Lleol also offers accredited Agored courses and training. Participants take responsibility for **clearing rubbish and light woodland management** whilst engaged in a programme or an activity session.

### Online activities

Coed Lleol (Small Woods Wales) deliver online 6-week courses. This provides alternative avenues of contact for participants who are unable to attend sessions during the winter due to weather or transport concerns. The online service is a direct result of the successful online programmes that were delivered during the lockdowns of 2020. Each programme consisted of an hour a week for 6 weeks. This year, Coed Lleol (Small Woods) ran 10 online courses. These included: **Nature Crafts**, **We Are Nature (mindfulness)**, **5 Ways to Well-being: Nature Connection**, **Environmental Awareness**, **Herbal Medicine**, **Sustainable use of Natural Resources**, **Fantastic Food**, **Eco Writing**, **Foraging for Health and Well-being x 2**.

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## Nature Chat

Nature Chat is a telephone service aimed at participants who are geographically or socially isolated, or who suffer from social anxiety that might prevent them from attending in-person or online groups. The Nature Chat service offers the participant up to 12 weeks of telephone contact that focuses on connecting people to nature from their homes and gently encourages them to explore nature from their window, in their gardens or further afield (if able to do so). The calls are a direct result of the work that started during the Covid lockdowns in 2020 where Coed Lleol (Small Woods Wales) supported participants over the phone throughout the pandemic. Staff consultation and participant evaluation allowed for a restructuring of this service once the lockdowns' eased. The Nature Chat calls aim to provide a springboard for participants to join a Coed Lleol (Small Woods Wales) group or a local nature group or to provide housebound or those with caring roles a way to connect with nature over the phone. The calls concentrate on the following themes: **Nature ID, exercise, exploring the local area, special interest, mindfulness, connecting to others and healthy eating.**

## Developing Woodland Hubs

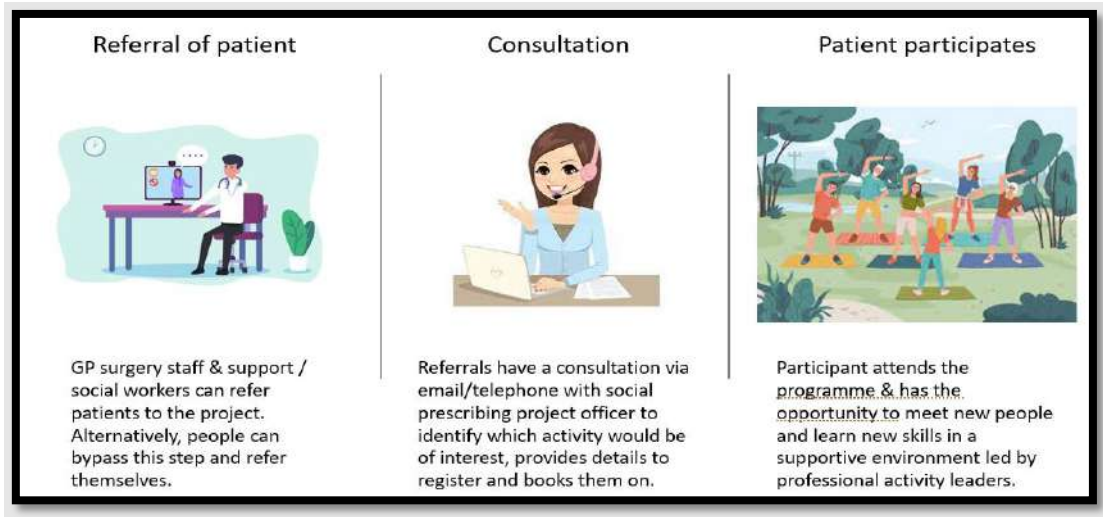
Through the Outdoor Health and Green Infrastructure project, Coed Lleol (Small Woods Wales) is developing three woodland hub sites to promote the year-round use of those woodlands. The hubs are permanent or semi-permanent shelters. Additionally, ten woodland sites have seen minor infrastructure projects to improve general accessibility to the site for participants with differing needs. Creating more accessible woodland spaces creates multiple benefits for individuals and communities.

A working group helped to steer and support the development of the Hubs. Additionally, research into different woodland structures and planning for building in woodlands has been carried out.

The three Hub sites were selected after collaboration with the Coed Lleol (Small Woods Wales) team across Wales, local councils, Natural Resources Wales, community woodland groups and private woodland owners. These collaborations have yielded two Hub sites currently being developed and identified ten sites where minor improvements will be made (awaiting relevant permissions).

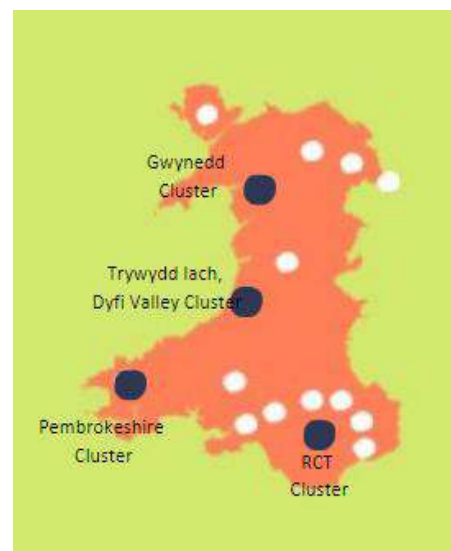
## Development of New Outdoor Health Clusters

The Outdoor Health cluster method applies a local approach to joining up the health services with a range of outdoor activity providers through a central referral and evaluation system. The clusters connect referred people to a wider range of outdoor health activities through social prescribing. This approach means that a wider range of activities from Paddle-boarding to Animal-assisted therapy can be offered under one referral pathway.



A diagram to show the referral pathway to outdoor health activities

Funding via the Outdoor Health and Green Infrastructure project Coed Lleol (Small Woods Wales) established three new outdoor health clusters in Gwynedd, Pembrokeshire and Rhondda Cynon Taf. The funding supports the maintenance of the Dyfi Valley, Trywydd Iach (Outdoor health) cluster. This was established following a successful pilot programme and has run continuously since 2020.



## Health Professional immersive experiences



Coed Lleol (Small Woods Wales) ran several immersive experiences for trainee GPs and Health professionals. These were designed to provide a real-life demonstration of social prescribing to outdoor health as well as allow team building and boost the well-being of professional health staff (following Covid). Some of these were run in partnership with Natural Resources Wales. Sessions were held at Nevill Hall Hospital in Monmouthshire, The Royal Glamorgan Hospital in Rhondda Cynon Taf, Swansea University for trainee GPs (RHIME) and the North and South Health cluster in Monmouth. Health and support professionals' days were also held in Flintshire and Denbighshire, Rhondda Cynon Taff (x2) and Carmarthenshire. A total of 154 health and support staff were engaged in these immersive days. The sessions were an opportunity for health and wellbeing workers to have the experience that their clients/patients would have if they attended a session. Activities included whittling greenwood, Nature walks and ID, campfire cooking, mindfulness and nature games and art from nature. The days provided an opportunity to consult with the health workers on issues and barriers that needed overcoming to develop a more streamlined and professional route to social prescribing to outdoor health (see separate report<sup>1</sup>).

## Training and Agored Accreditation

Coed Lleol (Small Woods Wales) offer free participant-focused Agored courses (online and in-person) and fee-paying professionally focused Agored accredited course (Wellbeing in Nature Level 3). The Wellbeing in Nature Level 3 Course is open to professional health workers or outdoor health leaders to understand the principles of well-being and develop the skills of effective leadership and facilitation to lead nature-based well-being groups more confidently. The participant-focused accredited courses offer progression routes, training and extended learning opportunities for new and existing participants.

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<sup>1</sup> An exploration of the Enablers and Barriers for Nature-based Social Prescribing available here [smallwoods.org.uk/assets/Uploads/Coedlleol-/Research/Reports-and-infographics/Consultation/Nature-Based-Social-Prescribing-Consultation-NRW-v1-1.pdf](https://smallwoods.org.uk/assets/Uploads/Coedlleol-/Research/Reports-and-infographics/Consultation/Nature-Based-Social-Prescribing-Consultation-NRW-v1-1.pdf)

## SECTION 2 – OUTPUTS



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## Outputs

Coed Lleol achieved the majority of the targets for the HAF and EnRAW funded projects.



<p><b>TARGET</b></p> <p>Well-Being In Nature Course Developed in partnership</p>	<p><b>ACHIEVED</b></p> <p>Well-Being In Nature Course Developed &amp; Delivered in partnership</p>	
<p><b>TARGET</b></p> <p>200 staff training experiences over two years</p>	<p><b>ACHIEVED</b></p> <p>321 training experiences delivered to 150 staff</p>	
<p><b>TARGET</b></p> <p>160 participants taking Agored Accreditations over 2 years</p>	<p><b>ACHIEVED</b></p> <p>172 took Agored Accredited courses across all projects</p>	
<p><b>TARGET</b></p> <p>3 Woodland Hubs and 10 woodland improvements to improve access</p>	<p><b>ACHIEVED</b></p> <p>2 woodland hubs in production (1 awaiting planning) 9 improvements made</p>	



Other targets for social media, advertising and academic publications and conference presentations were achieved over the two years<sup>2</sup>.




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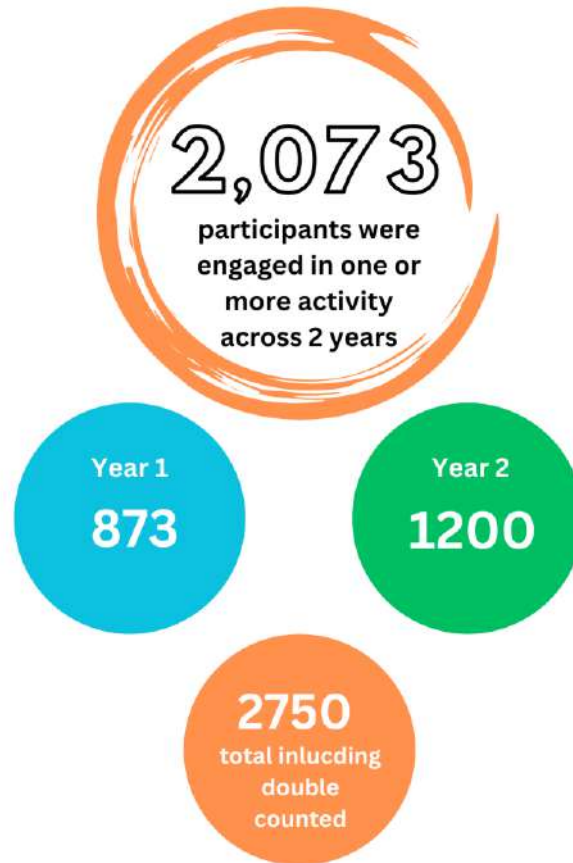
<sup>2</sup> Coed Lleol has been featured in the following publications: Public Health Network Cymru E-Bulletin, Small Woods Magazine, SWRC: Bwletin Cynnal-Sustain Bulletin, WCVA Magazine as a case study, Public Health Wales E Bulletin, Gwynedd Local Wellbeing Services Publication, Wellbeing, Space and Society journal - Betsi Cadwaladr UHB DPH (executive director of public health) annual report. Research publications in: Wellbeing, Space and Society journal, A modern guide to wellbeing research, Publishers Edward Elgar (Dr Heli Gittins) and One Health: The Psychology of Human-Nature Relationships for Planetary and Human Wellbeing - Volume II (Dr Ed Lord). Television: BBC Two: New Voices from Wales, Refuge, Series 4, Episode 3 (March 2021) BBC Two - New Voices from Wales, Series 4, Refuge and coast and country, ITV, series 10, episode 9. Coast & Country, Series 10: Episode 9 | Wales Programmes (itv.com). Presentations were undertaken at: National Forest of Wales – Online Conference, Rural Health & Care Conference, HAF Fund – Sustainability, Conwy Community Health Mental Health Team iCAN Mental Health BCHUB, Bitesize Health and Wellbeing Event, Cross-Sea Showcase on Social Prescribing organised by the All Wales Social Prescribing Network (Carolyn Wallace), NRW Medical Students & Social prescribing to green health, Rural Health & Care Summer Webinar, GP Trainee Event, Students - University of Trinity St David's, WWHSPR Social Prescribing Conference

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## Headlines

The target for the ENRaW project was 1640 participants throughout the 2-year project. Coed Lleol exceeded this target by 433 participants. 24% of the participants engaged over two years of the project<sup>3</sup>.

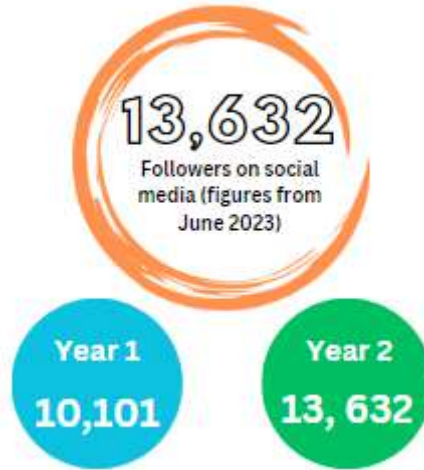


Adults & Children	Year 1	Year 2	Total including double counted	Total excluding double counted
Adults & Children (End of May 2023)	873	1200	2750	2073
Adults and Children (End of June 2023)	873	1485	2358	2885

<sup>3</sup> Figures take end of May 2023 – Current figures from July 2023 are 1485 new participants in year 2 = total of 2358 participants over two year (2885 engaged in sessions across the two years who attended in both years)

## Social Media

Coed Lleol's Social Media presence has grown. The ENRaW project areas and the central Facebook page gained 3,531 more followers than in the previous year.



Media type	Social Media Followers' Year One	Social Media Followers' Year Two
Outdoor Health and Green Infrastructure Groups Social Media <i>including Outdoor Health Cluster projects</i>	4861	6932
Coed Lleol (Small Woods Wales) National	5240	6278
<b>Total Reach (all social media)</b>	<b>10,101</b>	<b>13,632</b>

Social media has been an effective way to advertise and communicate with participants. The figures show a 35% increase in year 2<sup>4</sup>.

<sup>4</sup> Figures collected June 2023

## YouTube

Coed Lleol (Small Woods Wales)'s YouTube presence was established during the Covid lockdown years of 2019-20 ([Coed Lleol / Small Woods - YouTube](#))



Make berry ink | Coed Lleol / Small Woods



Trees with berries | Coed Lleol / Small Woods

Coed Lleol (Small Woods Wales) produced 78 short YouTube promotional films and tutorials since 2020. As of June 2023, the content has attracted 31,264 views. This is an increase of 9,449 views from the previous year.

Between April 2022 and June 2023, 13 new YouTube tutorials and promotional films were published on YouTube. These included learning woodland skills, mood-boosting microbes, making raw chocolate on a campfire, boosting vitamin C, Spatula Carving, Incense Making, identifying trees from their berries, Fire Lighting, Basket Making using Foraged Materials, Making Berry Ink and Catching and Identifying Insects. These new releases have had 1,955 views to date.

Content on the YouTube Channel has consistently gained around 10,000 views per year since its inception.



Spatula carving | Coed Lleol / Small Woods



Incense making | Coed Lleol / Small Woods

The most popular videos are on Woodland Management (3K views), making a Bumble Bee Nest (3K views), Making Hawthorn Guacamole (2.6K views) and Extreme Fungi (2.4K views).

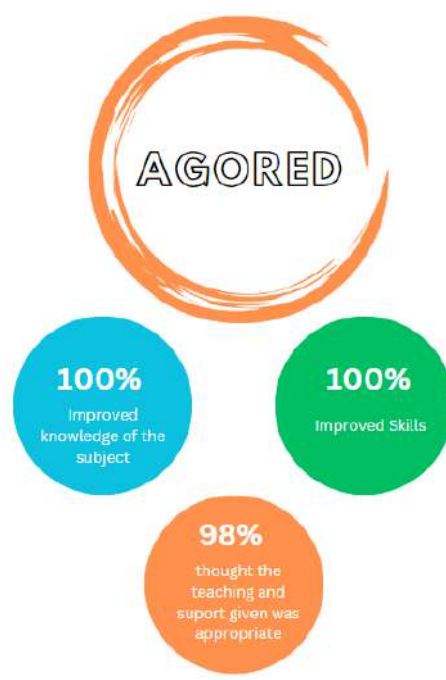
## Training & Accreditation

Coed Lleol delivered core training for staff and Agored training for participants, volunteers and others. The target for participants taking Agored accredited courses was 160 participants. Overall, 172 people undertook Agored across the two years with an additional 42 undertaking the Wellbeing in Nature Agored Level 3 (to date around 50% have passed the accreditation). There was a 118% increase in people taking Agored accreditation from 2021-2023. A breakdown of Agored Courses for each funded project is presented in Appendix A. The Agored outcomes are shown in the table below,

Number registered for Agored	April 2021-March 2022	April 2022 – March 2023	TOTAL
OH & GI and HAF Project	27	57	84
GI Project	10	46	56
Other projects	17	15	32
WIN	31	11	42
<b>Total excluding WIN</b>	<b>54</b>	<b>118</b>	<b>172</b>
<b>Total including WIN</b>	<b>85</b>	<b>129</b>	<b>214</b>

62% of the Agored participants were female and 38% male, indicating that the structures-skills-based courses attract slightly more male participants than the core woodland well-being sessions. Overall, around 43% of those that undertook the Agored accreditation had a university degree (or higher qualification) and 57% had qualifications that were not university-level (22% the highest qualification of GCSE or below).

Feedback for Agored ( $n=50$ ) was overwhelmingly positive, with **100% saying that their skills and knowledge** had been increased due to the course and **98% felt that the teaching and support given was the correct level**. As shown below,



There was evidence of participants gaining skills to be able to progress following the accreditation. For example,

*“Having never worked in coppicing, I now have the confidence and knowledge to plan and execute a coppicing management scheme, The course was excellent, and I was surprised at how quickly we all progressed to using the tools competently”* (Introduction to Coppicing Agored)

and

*“I had no idea how incredible and important coppicing is! I’ve learnt loads and I intend on using what I have learnt in the woods”* (Introduction to Coppicing Agored).

Additionally, courses were able to encourage behaviour change (for positive environmental impact) as this comment demonstrates,

*“This course has been great at getting me to understand and think about my own impact on the environment and what can be done and gaining further knowledge on the subject Being able to talk (interact with other students and the tutor) and debate about the subject...As an adult – the course has been great getting me to use my brain”* (Environmental Awareness Agored)

And evidence of increasing skills,

*“I learned to cleave, axe, use a shave horse, draw knife etc. Increased knowledge of many tools associated with coppice products and also of properties of timber. Thanks to all the tutors for their skills, knowledge, wisdom and good humour!”* (Coppice Products Agored).

The participants were overall satisfied with the delivery and content of the Agored Courses on offer, a recurrent suggestion was for longer courses to further embed the learning and complete workbooks.

## Staff Development & Training

Coed Lleol had a target of providing 200 training experiences for staff across the two years. During this time, 45 training sessions were undertaken through the ENRaW project for staff, leaders and volunteers. This provided around 150 staff with 321 training experiences meeting the target.

## Sessions

Coed Lleol (Small Woods Wales) ran a total of 1400 sessions from April 2021-June 2023 (this includes annual stakeholder events). The table below shows a breakdown of the groups per area for a full breakdown see Appendix B,

Area	Year 1 Number of sessions	Year 2 Number of sessions
Anglesey	73	83
Ceredigion	77	94
Conwy	12	44
Gwynedd	41	66
Merthyr Tydfil	19	44
Rhondda Cynon Taff	38	37
Wrexham	55	73
Flintshire & Denbighshire	51	116
SE Wales	44	97
Trywydd Iach – Dyfi Valley Cluster	68	128
Pembrokeshire Cluster		64
Gwynedd Cluster		48
RCT Cluster		28
<b>Total per project</b>	<b>478</b>	<b>922</b>

This breaks down as,

Session type	Year 1 Type of sessions	Year 2 Type of sessions
4–6-week total	155	406
Agored (in-person)	-	22
Drop-in sessions	139	291
Walking Groups	168	152
One-off or taster sessions	16	32
Heath Professional Events	4	5
Stakeholder events	8	8
Volunteer Groups	-	54
<b>Total sessions</b>	<b>478</b>	<b>922</b>

## Online sessions

Coed Lleol's (Small Woods Wales') had a target of engaging 160 people in Online Programmes across the two years. Coed Lleol (Small Woods Wales) engaged 217 participants in one or more of the online six-week courses over two years (a total of 304 participants attended online sessions including those that attended more than one session). A breakdown of the courses and numbers attended is shown in the table below,

Session	Year 1 Numbers attended	Year 2 Numbers attended
Nature Crafts	8	15
We are Nature: Mindfulness	20	9
5 Ways to Wellbeing: Nature Connection	17	10
Environmental Awareness	14	8
Herbal Medicine	44	27
Sustainable Use of Natural Resources (Agored)	21	15
Fantastic Food (Agored)	28	9
Eco Writing/Nature Poetry (in Welsh Language)	19	12
Foraging for Health and Wellbeing	-	14
Foraging for Health and Wellbeing (Swansea)	-	12
<b>Total engagements</b>	<b>173</b>	<b>131</b>
<b>Total Participants</b>	<b>122</b>	<b>95</b>

## Nature Chat

64 participants received Nature Chat telephone calls from trained Nature guides over the two years. A total of 257 calls were made to participants this year and 260 were made the previous year (with an average call being 20 minutes). The Nature Chat forms an important link for participants who are socially, geographically or circumstantially isolated (i.e. carers). The table below provides an annual breakdown of the Nature Chat participant numbers,

Nature Chat	Year 1: Number who received Nature Chat calls	Year 2: Number who received Nature Chat calls	The number who progressed to sessions
12-week nature chats	29	35	21

21 participants progressed to attend in-person groups following the Nature Chat calls (33% progression rate). Through supportive encouragement, participants were motivated to explore nature in their local areas and connect to local groups where possible. Feedback from participants following Nature Chat was extremely positive, with 100% rating it 5 stars ( $n=10$ ). The comments received indicate the positive impact of connecting people to nature in this innovative way,

*“It has inspired me to meditate and enjoy the peaceful environment around me. I go on walks in the countryside and forests nearby. I have an injured ankle so getting out this way is manageable. My mental health has also improved as I have a focus to distract me from*



*everyday stresses which can sometimes be overpowering. I have also planted some flower seeds which are growing quite nicely, and this gives me a focus at home. All together the chats have given me confidence to go out and explore nature and I have something to focus my attention on when I'm out if I ever feel a little self-conscious while out walking” (Nature Chat Participant)*

And,

*“The Nature Chat calls were really good and very helpful. When I started, I was pretty tense and struggling. The chats not only helped me to open-up, as I hadn't since lockdown. I love nature and having that common ground, was brilliant. The caller was lovely and full of ideas which really helped. I am making more of a point of going out and into nature again. Physically my pain has reduced and mentally I have more confidence and am more open to ideas” (Nature Chat Participant)*

Another comment illustrates the importance of these call for socially anxious participants,

*“The Nature Chat calls were extremely helpful. I had become very shut-in due to Covid and PTSD. Just chatting about nature, which I enjoy very much, helped me to build my confidence to go out walking in woodlands again. I felt supported and helped in a big way. Since the calls I have started getting wood and learning to whittle again. I have physical illnesses as well as mental health difficulties. Chatting has inspired me again in many ways. I have not attended any sessions as I am awaiting spinal surgery. I do intend to go when I have recovered” (Nature Chat Participant)*

Overall, the Nature Chat service provided a useful bridge for building confidence for participants to join in sessions and weekly contact and encouragement to use and access nature for health and well-being (in whatever way is possible) for those that could not access the groups.

## Volunteers

The ENRaW project areas were able to recruit or maintain **20 volunteers** to support the groups. From 2023 the volunteers can collect Tempo Credits to incentivise volunteering. Coed Lleol (Small Woods Wales) now has a dedicated volunteer coordinator who organises induction, training, DBS checks and Tempo credits. Many of the volunteers for the ENRaW project areas progressed from participants to volunteers.

## Woodland hubs and improvements



Design proposal for a reciprocal roof at the woodland hub in Rhondda Cynon Taff

Coed Lleol is passionate about creating accessible year-round outdoor spaces that can be used by local communities to support their health and well-being and provide safe spaces for community and woodland-wellbeing activities. A consultation with stakeholders was undertaken in 2020 to ascertain the aesthetic and function of a woodland hub<sup>5</sup>. This provided a sound basis for the application to build three woodland hubs through the ENRaW funding and improve access and develop ten woodlands with minor improvements.

To date, Coed Lleol has successfully gained planning permission for two of the three proposed woodland hubs, the third in Ceredigion is awaiting planning permission. The Hub locations were selected following an application process and an assessment of 'need' in the area. A desire to provide hubs that have long-term usage for both Coed Lleol (Small Woods) and partner organisations was sought in all areas to maximise the longer-term use and maintenance of the hubs. The following progress has been made in the three selected Hub locations,

Location for Hub	Improvements	Progress
Meadow Street Community Garden, Pontypridd, Rhondda Cynon Taf, South Wales	Construction of a round woodland permanent shelter that fits with the surroundings. Improved paths for wheelchair access (Twig funding) and improvement to the toilet block)	Planning permission was gained. Bottega <sup>6</sup> was successful in gaining the tender. Work starts on the build in Summer 2023. Further consultation is underway with the local community on the design features of the hub.

<sup>5</sup> [Coed-Lleol-Consultation-FINAL-2020.pdf \(smallwoods.org.uk\)](#)

<sup>6</sup> [HOME | The Bottega Project School for change](#)

Gwersyllt y Bryniau, Pantperthog North Wales	Permanent Shelter - Improved paths/accessible paths for use by existing Scout groups and other groups	Planning permission was gained. Build ongoing due to complete Summer 2023.
Coed Taliesin, Ceredigion, Mid Wales	Permanent Shelter – improved pathways for improved access to woodland well-being groups	Awaiting planning permission

The proposed designs for the two ongoing builds are below,



Design plan & frame for Gwersyllt y Bryniau woodland hub, Pantperthog North Wales



Design plan for Meadow Street Woodland Hub, Rhondda Cynon Taf

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Additionally, funding was gained to make improvements to 10 woodland sites across Wales. Applications to improve 12 woods across Wales were made. Progress has been made on 7 sites with 2 pending. Additional applications were made to 3 woodlands for development that were subsequently denied by the councils. These were for paths and bridges in Llyn Parc Mawr, Anglesey and Mount Woods, Pembrokeshire and a shelter in Treharris Park in Merthyr Tydfil and Coed Nyrs. Permission was denied due to the fear of attracting anti-social behaviour.

	Location for improvement	Improvements	Progress
1	Mardy Park, Abergavenny, Monmouthshire	Seating with participant-carved designs	Consultation with landowners, involvement of volunteers and participants from well-being groups. Seats constructed and in situ
2	Granny's Wood, Llanhillith, Blaunau Gwent.	Seating with carved designs	Consultation with landowners, involvement of volunteers and St Illtyd's primary school from well-being groups. Seats constructed and in situ
3	Treborth, Bangor	Improvements to the site for Forest School. Clearing, toilet, semi-permanent shelter	In-progress
4	Erlas Woodland, Wrexham	Wood Log Circle for Well-being and Activities	In-progress
5	Golygfa Gwydyr, Conwy	Accessible pathways	In-progress
6	Townhill, Swansea	Step creation on the entrance to mitigate boggy winter conditions. Repairing benches and sign near the entrance. Creating seating for activities to take place	In-progress
7	Ponterdowe, Carmarthenshire	Benches and campfire area, creation of a sensory garden, willow structure and sculptures/chess set, site clearance for heritage craft activities	In-progress
8	Dyfi Donkeys, Powys	Compost Loo	Awaiting Approval
9	Park in the Past, Wrexham	Semi-permanent shelter	Awaiting Approval

Where possible, Improvements have been or will include the input of partners, participants and volunteers to upskill them and instil a sense of ownership. Some photos of finished works are presented below,



Woodland improvements Mardy Park, Monmouthshire.



Woodland Improvements – Granny's wood, bench seating for school and community

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## Bringing Woodlands to Life: Woodland Management Work with the Community



The Woodland Management Team operate across the organisation to support woodland development and assess woodlands for ecology and woodland health as well as for human health. This underscores Coed Lleol's ambition to create 'healthy woodlands and healthy people'. Moreover, the team impart their expertise to staff, volunteers, and the community to ensure best practice for woodland management and woodland use. Coed Lleol use 126 private and public woodland sites (or other natural environment sites) in Wales for health and well-being activities (to date). Each site has now been recorded and mapped by the woodland management team and project officers.

The woodland management team cover North Wales, Mid Wales, South Wales and West Wales. From January 2022 the team have supported the achievement of the following

Task	Reason	Figures
Ecology site checks with recommendations	To assess the woodlands used for health and well-being for ecology to ensure good practice and safeguarding of the woods for wildlife and plants.	24
Woodland Assessments for People	Undertaken detailed surveys to assess woodlands for suitability for health and well-being groups	67
Woodland Permission	To gain permission for sessions and/or woodland management tasks	35

The Woodland Management team led 62 sessions where woodland improvements were made. These sessions included tree planting, scrub clearance, bramble and invasive species

clearance, tree thinning, path clearance, creation of willow structures and roundhouse and panels, coppicing, habitat creation, using diseased ash and tree safety work. This resulted in,



Overall, 148 hours of woodland management volunteer work were undertaken during April 2022-June 2023.

The team redeveloped an Agored level three training in Woodland Management course. This was delivered to 25 people across eight days. This pilot programme will inform future training delivery relevant to woodland management in Wales. All 25 attendees reported an increase in knowledge and inspiration for woodland management.

## SECTION 3 – EVALUATION AND PARTICIPANT DEMOGRAPHICS



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## Evaluation



To assess the impact of the adult woodland well-being sessions, a pre-and post-survey method was utilised to measure changes in physical health and mental well-being. Surveys were completed with an online link, on paper or over the phone.

The three validated measures that were used in the pre-and post-surveys were.

- The Warwick Edinburgh Mental Well-being Scale (WEMWBS) was used to measure the impact on well-being.
- The International Physical Activity Questionnaire (IPAQ) was used to measure changes in physical activity.
- The EQ-5D-5L health thermometer was used to measure self-perceived changes in overall health.

A non-validated short measure on nature connection was also used. Additionally, Likert-scale questions that relate to the NHS's 5-Ways to Well-being were included at the evaluation stage.

The post-activity survey also established the participants' views about the programme and gathered participants' ideas on what improvements could be made. The results of each are presented in the following sections.

Additionally, qualitative evaluation was undertaken in the form of participant-led case studies. Seven case studies were collected for this project and are in section 4<sup>7</sup>

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<sup>7</sup> Additional case studies (x30) are available in the case study report and the Cluster Areas Report

## Sample Group

1350 registration forms and 432 participants' evaluation forms were collected from April 2022-June 2023 (one-off activities were not evaluated). In the previous year 234 evaluation forms were collected. An increase of 198 forms.

This sample group represents a confidence level of 95% and a margin of error of 4%. This provides a sound basis for a representative sample group.

## Attendance Data

In year 1, 73% of participants attended two or more sessions with Coed Lleol, in year two this number was 67% due to an increased number of taster or one-off sessions being held. The number of one-off and engagement/taster sessions increased in year 2 of the project due to the launch of the Cluster areas. 38% attended 6+ sessions in year 1 and 29% attended 6+ sessions in year 2. A breakdown is below,

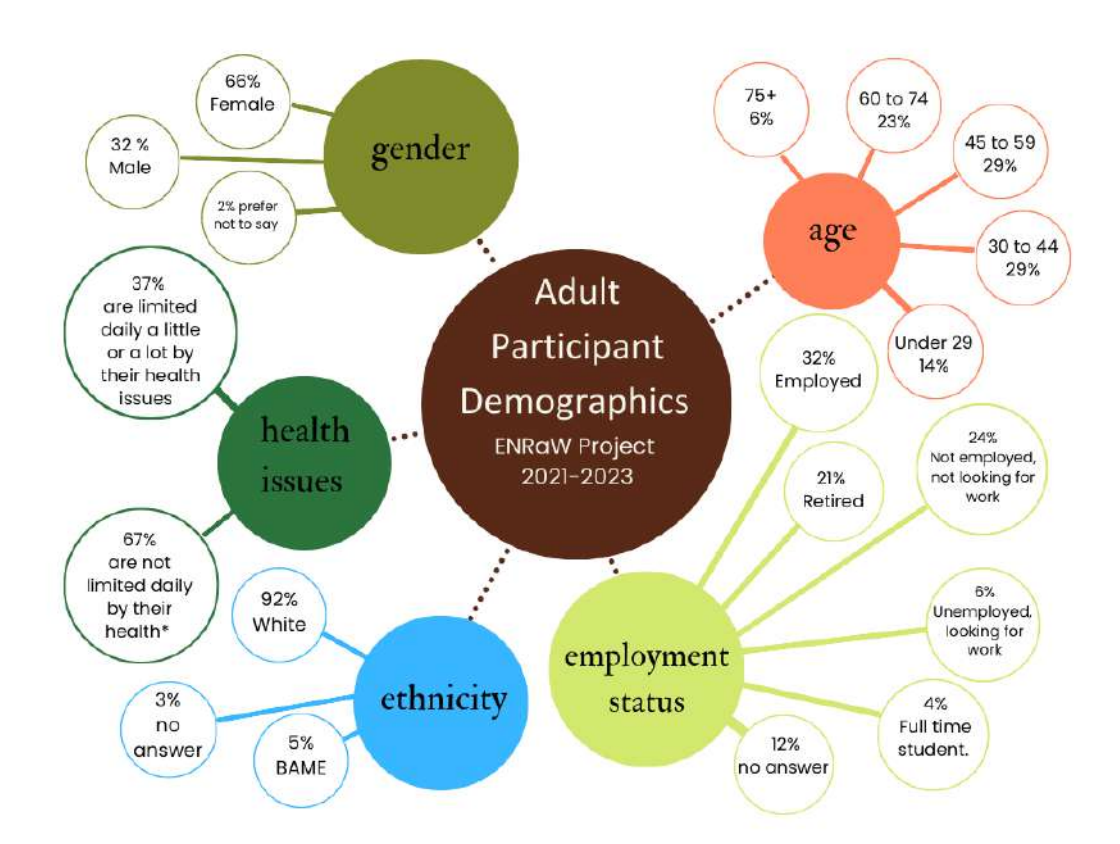
Attendance data	Year 1 (April 2021-March 2022)	Year 2 (April 2022-June 2023)
1 session (or taster)	27%	33%
2-5 sessions	36%	38%
6-10 sessions	22%	17%
11-15 sessions	6%	5%
16-20 sessions	4%	2%
21+ sessions	6%	5%

The programmes attracted 74% new participants in year 2 and retained 26% of participants who attended over several years. In year two, the project was able to attract a higher percentage of new participants by increasing the number of taster and one-off sessions and working with new referral partners.

Attendance data	Year 1 (April 2021-March 2022)	Year 2 (April 2022-June 2023)
New participants	62%	74%
Existing (or attended over several years)	38%	26%

## Adult participants

The adults had the following demographic representation in March 2021-June 2023,



The ENRaW project attracted more women than men, in both years. Most participants were between 30-59 years old. The project attracted employed, unemployed and retired people. 56% of participants listed health conditions (physical or mental) and 37% were limited a little or a lot by those health conditions daily. Some of the main health conditions that were listed were:

<p><b>Mental Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>Anxiety &amp; Stress</li> <li>Depression</li> <li>Loneliness and grief</li> <li>Mental health (including long-term conditions)</li> <li>Learning or behavioural difficulties or neuro-atypical or chromosomal difference (ADHD, Autism, epilepsy, downs syndrome)</li> <li>PTSD</li> </ul>	<p><b>Age, Mobility, memory or sight and hearing</b></p> <ul style="list-style-type: none"> <li>Old age</li> <li>Mobility issues</li> <li>Sight loss</li> <li>Hearing loss</li> <li>Memory loss or dementia</li> <li>Weight gain</li> </ul>
<p><b>Disease or Chronic Illness</b></p> <ul style="list-style-type: none"> <li>Cancer</li> <li>Stroke or brain injury recovery</li> <li>Chronic pain (including arthritis)</li> <li>Chronic Fatigue syndrome</li> <li>Heart disease/failure</li> <li>Parkinson's</li> <li>Vascular Disease</li> </ul>	<p><b>Other Health</b></p> <ul style="list-style-type: none"> <li>Asthma</li> <li>Diabetes</li> <li>Blood pressure</li> <li>Thyroid</li> <li>Carpel tunnel</li> <li>Fibromyalgia</li> <li>Menopause</li> <li>Osteoporosis</li> </ul>

Just under half of the participants lived in areas designated the most deprived in Wales (1-5 on the Welsh Index of Multiple Deprivation, WIMD); this figure was similar in year one. 56% lived in areas designated 6-10 (least deprived). 42% of the adult participants lived in urban city and town areas with 35% living in Urban city and 7% in town in a sparse setting. 58% lived in rural areas. This reflects the rural context of many of Coed Lleol’s project areas.

### Welsh Index of Multiple Deprivation

44% of participants live in areas 1-5 WIMD (most deprived)



56% of participants live in areas 6-10 WIMD (least deprived)

### Urban or Rural

58% of participants live in rural areas



42% of participants live in urban areas



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## Referrals

The project areas were able to connect with 135 referral partners this year and 71 the previous year. This represents a 90% increase in year 2.

Approximately 39% of participants are referred from mental health teams, support organisations, link workers or GPs with 61% self-referred. This figure has been calculated from information gained from project officers and the participant's registration forms (using the question, *How did you hear about us?*). This represents an 8% increase from the previous year. It is anticipated that this figure might be higher, as many of the participants who stated that they heard about Coed Lleol via word of mouth could have heard via referral partners (through signposting)

A selection of the referral partners is presented below,

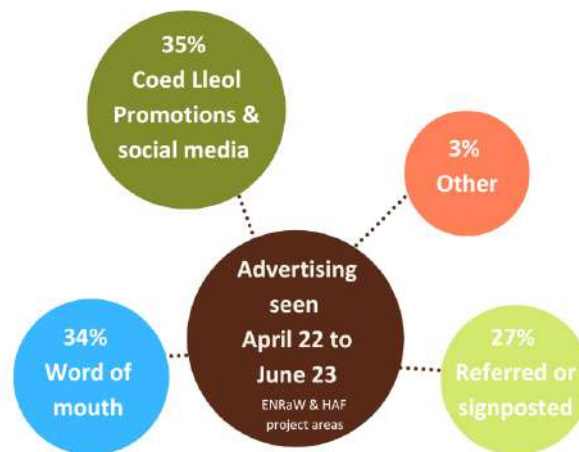
Area	Referral partners	
Anglesey	<ul style="list-style-type: none"> <li>Tyddyn Mon</li> <li>Byron Centre</li> <li>Blaen y Coed</li> <li>Lynvor House</li> <li>The Wallich</li> <li>Carers Wales</li> <li>Cartrefi</li> <li>Mencap Mon</li> </ul>	<ul style="list-style-type: none"> <li>Haulfre Gardens</li> <li>Anheddau Cyf</li> <li>Integrated Autism Service</li> <li>Y Dref Werdd</li> <li>Medrwn Mon</li> <li>Leonard Cheshire</li> <li>Citizens Advice</li> <li></li> </ul>
Ceredigion	<ul style="list-style-type: none"> <li>Flying Start</li> <li>Dyfed Drug and Alcohol Service (DDAS)</li> <li>Ceredigion Day Services</li> <li>Community Mental Health Team</li> <li>Job Centre</li> <li>Cyfle Cymru</li> <li>Canolfan Steffan Community Support Base</li> <li>Probation Services</li> <li>Ceredigion Association of voluntary associations – Community Connectors -</li> <li>Occupational Therapy - Neurological Team – Bronglais Hospital</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Team Around the Family</li> <li>Red Cross Resettlement Programme</li> <li>Mind Aberystwyth</li> <li>Gorwelion Unit - Mental Health Team – Bronglais University.</li> <li>Enlli Unit – People with Dementia – Bronglais University.</li> <li>Gwasanaethau Dysgu / Learning Services</li> <li>Camu Mlaen</li> <li>Church and Padarn GP Surgeries</li> <li>HAHAV - People with life-limiting illnesses.</li> <li></li> </ul>
Conwy	<ul style="list-style-type: none"> <li>MIND</li> <li>Cartrefi Conwy</li> <li>Golygfa Gwydyr</li> <li>Integrated Autism Service</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Llanrwst Family Centre</li> <li>Conwy Wellbeing Team</li> <li>Alabare</li> <li>Community Mental Health Team</li> <li></li> </ul>
Gwynedd	<ul style="list-style-type: none"> <li>Integrated Autism service</li> <li>BCUHB</li> <li>Hergest - Ysbyty Gwynedd</li> <li>Flying Start Gwynedd</li> <li>Adferiad Recovery</li> <li>Treherne Care Group</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Y Dref Werdd</li> <li>Conwy Connect</li> <li>Llwybrau Llesiant</li> <li>Tywyn Health Care</li> <li>Trywydd Iach (Eco-Dyfi Outdoor Health Project)</li> <li>Dolgellau Community Wellbeing Project</li> </ul>
Denbighshire & Flintshire	<ul style="list-style-type: none"> <li>MIND</li> <li>Salvation Army</li> <li>Andy's Man Club</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
Merthyr Tydfil	<ul style="list-style-type: none"> <li>Keir Hardie Health Centre</li> <li>Adferiad Recovery</li> <li>Cancer Aid</li> <li>Bridges into Work 2</li> </ul>	<ul style="list-style-type: none"> <li>Compass Hub</li> <li>Early Intervention Team</li> <li>Valley Steps</li> <li>Voluntary Action Merthyr Tydfil (VAMT)</li> </ul>

	<ul style="list-style-type: none"> <li>• Pen-y-Dre High School</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
Rhondda Cynon Taff	<ul style="list-style-type: none"> <li>• Bryn Awel Rehab Centre, Llanharan</li> <li>• Citizens Advice - Pontypridd</li> <li>• Ferndale Hub</li> <li>• NHS OT Mental Health Team</li> <li>• Hafod Housing Association</li> <li>• Valleys Steps</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Ynysybwl Regeneration Project</li> <li>• Early Intervention Team</li> <li>• Innovate Trust (disability charity)</li> <li>• Pinewood House</li> <li>• Sense Cymru</li> <li>• Voluntary Action Merthyr Tydfil (VAMT)</li> <li>•</li> </ul>
Wrexham	<ul style="list-style-type: none"> <li>• Refugee Kindness</li> <li>• Yellow and Blue</li> <li>• Rainbow Foundation, Penley</li> <li>• Wrexham County Borough Council</li> <li>• Kim Inspire, Wrexham</li> <li>• We are Plas Madoc</li> <li>• Betsi Cadwaladr University Health Board (Primary and Secondary Care Mental Health and Psychology)</li> <li>• Caia Park Partnership</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Wellbeing Hub, Wrexham</li> <li>• Glyndwr University, Wrexham</li> <li>• British Red Cross, Wrexham</li> <li>• UAREUK</li> <li>• North East Wales MIND</li> <li>• Wrexham Vision Support</li> <li>• Andy's Man Club, Wrexham</li> <li>• Woody's Lodge, Wrexham</li> <li>•</li> </ul>
SE Wales	<ul style="list-style-type: none"> <li>• MS Society Cymru</li> <li>• Carers Wales</li> <li>• Veterans Group</li> <li>• Newport County Council</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Blaenavon</li> <li>• Torfaen Community Connectors</li> <li>• CoStar</li> </ul>
Trywydd Iach Outdoor Health Cluster	<ul style="list-style-type: none"> <li>• Church Surgery Aberystwyth</li> <li>• Machynlleth Surgery</li> <li>• Dolgellau GP Surgery</li> <li>• Camad</li> <li>• NERS</li> </ul>	<ul style="list-style-type: none"> <li>• Caerffynnon</li> <li>• Cerrig Cornel Care home</li> <li>• Job centre DWP Aberystwyth</li> <li>• Tan-y-maen</li> </ul>
Pembrokeshire Outdoor Health Cluster	<ul style="list-style-type: none"> <li>• VERSUS arthritis</li> <li>• Hywel Dda Health Board – various departments including, UHB Community Neurorehabilitation Service, Health Disability, Psychology.</li> <li>• Mind Pembrokeshire</li> <li>• Local Primary Mental Health Support Service</li> <li>• Pembrokeshire Coast National Park Authority</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• GTBAL (Get the Boys A Lift)</li> <li>• Tir Coed</li> <li>• Pembrokeshire Association Voluntary Services - Community Connectors</li> <li>• Lifeseeker</li> <li>• NHS - Primary Care Occupational Therapy</li> <li>• Gryffs Mind Space</li> <li>•</li> </ul>
Gwynedd Outdoor Health Cluster	<ul style="list-style-type: none"> <li>• Red Cross</li> <li>• BCUHB</li> <li>• Substance Misuse Services, NHS</li> <li>• Mental Health Services, Hergest Unit</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Tan y Maen, Mental Health Clinic</li> <li>• Dementia Actif Gwynedd</li> <li>• Mantell Gwynedd</li> </ul>
RCT Outdoor Health Cluster	<ul style="list-style-type: none"> <li>• Hafod Housing</li> <li>• Pobl Group</li> <li>• Ocean Community Services - Ty Brynteg</li> <li>• Social Services Team RCT</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Early Intervention Mental Health Team</li> <li>• Drive</li> <li>• Groundwork</li> <li>•</li> </ul>
<b>Total</b>	<ul style="list-style-type: none"> <li>• <b>135 referral partners</b></li> </ul>	

## Advertising



Coed Lleol's advertising through social media, direct emails, website presence and promotions and talks were the most effective advertising for the sessions this year. This broke down to social media & Facebook (19%) and other Coed Lleol promotions such as posters, flyers or local publications (16%). Also effective was word of mouth or via family and friends (7% and 27% via friends/family). The advertising seen that was designated by participants is presented in the main promotions below and a full breakdown is available in Appendix C.

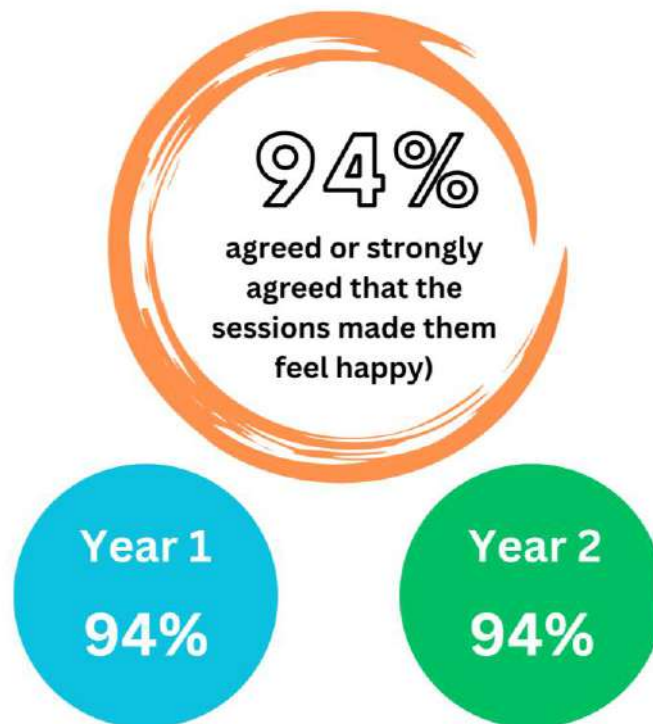


Participants also heard about Coed Lleol's activities and groups through referral pathways and signposting (27%), but an additional 7% heard through 'word of mouth' which could also be through referral partners. This illustrates how Coed Lleol's hyper-local approach, having project officers in each area, is effective in building reputation and trust locally.

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## Well-Being



Overall, **94%** of the participants who completed the evaluation form agreed or strongly agreed that taking part in the Coed Lleol (Small Woods Wales) sessions had made them feel happy and contributed to their overall well-being.

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## Measuring Well-being using validated measures

The Warwick Edinburgh Mental Well-being Scale (WEMWBS)<sup>v</sup> was used to calculate the overall well-being scores for the participants using a well-recognized validated method. This utilises a two-week recall, self-report, and well-being indication using a 5-point scale on fourteen set well-being indicators<sup>8</sup>. Wider research across the UK using this method has found that the average well-being score for adults is 51 points (out of a possible 70 points). A point score change of three or above is considered a 'meaningful change' in well-being. The Participants completed a WEMWBS test before starting the programme and then completed the same test once the programme had finished.

This year, 414 participants provided complete pre-and post- WEMWBS scores. Overall, the mean score for well-being increased from 43 (out of 70) for participants who completed the WEMWBS before the sessions to 50 (out of 70) for the same participants who completed the post-evaluation form. This represents an overall increase of 7 well-being points, demonstrating that the activities that the Coed Lleol (Small Woods Wales) sessions were able to contribute to increased well-being across the cohort.

This year, taken on an individual level, 77% of the participants who completed both pre-and post-WEMWBS had increased well-being (66% of these showed well-being increases of 3 or more which is considered a significant change). This year's figures represent an increase from 71% who increased in well-being the previous year.

Well-being increases are shown below,

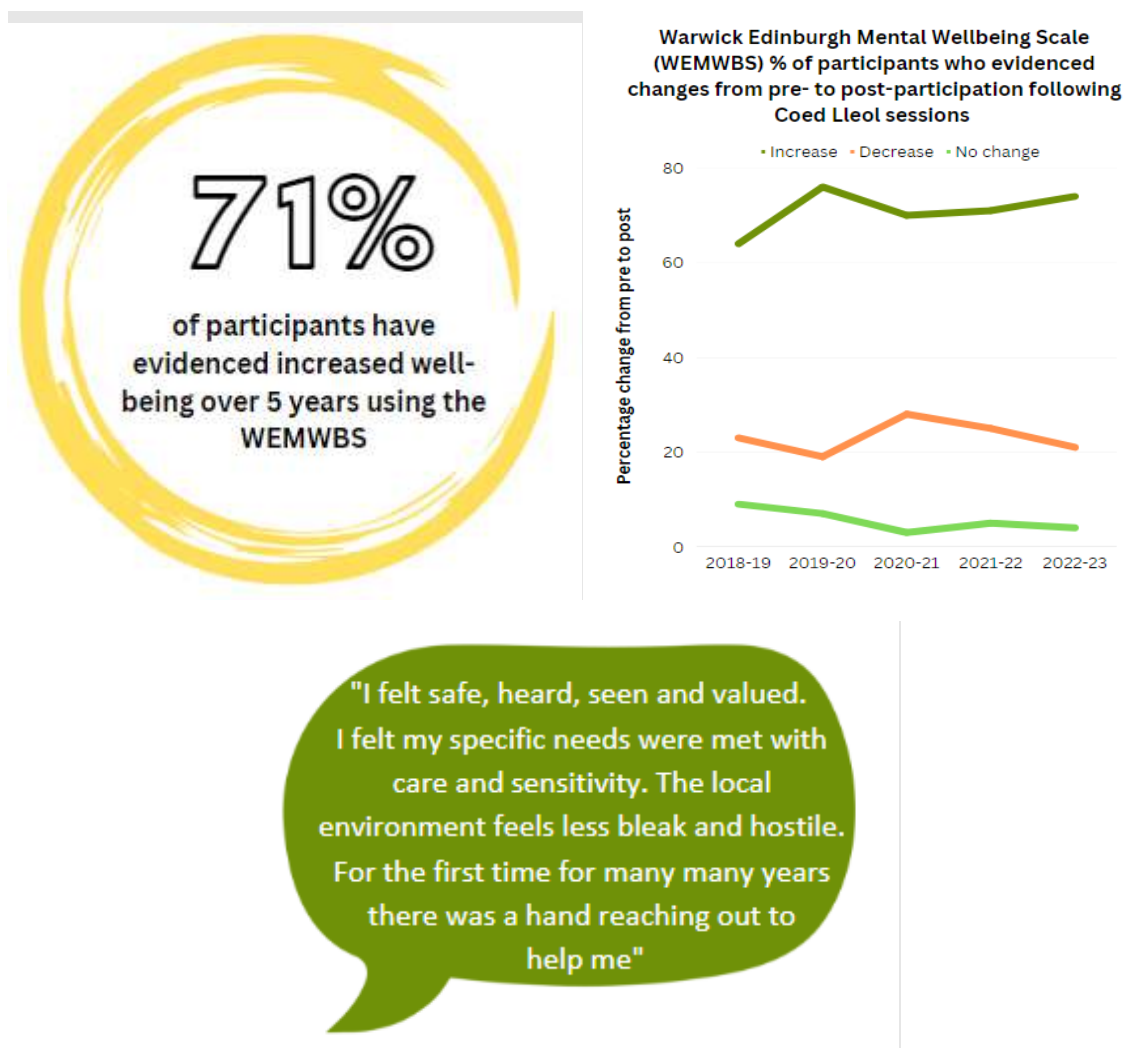


<sup>8</sup> The 14 WEMWBS indicators are:

I have been feeling optimistic about the future, I've been feeling useful, I've been feeling relaxed, I've been interested in other people, I've had energy to spare, I've been dealing with problems well, I've been thinking clearly, I've been feeling good about myself, I've been feeling close to other people, I've been feeling confident, I've been able to make up my own mind about things, I've been feeling loved, I've been interested in new things and I've been feeling cheerful.

WEMWBS	Year 1 (April 2021- March 2022)	Year 2 (April 2022-June 2023)
Well-being increase	71%	77%
Well-being the same	5%	4%
Well-being decrease	24%	19%
Average START	44	43
Average END	49	50
Average Increase	+5	+7

Coed Lleol (Small Woods Wales) has been collecting well-being data for the last 5 years (since 2018-2019) using the Warwick Edinburgh Mental Well-being Scale as a measure. The chart below shows a consistent increase in the well-being of participants across this period of 71% (average),



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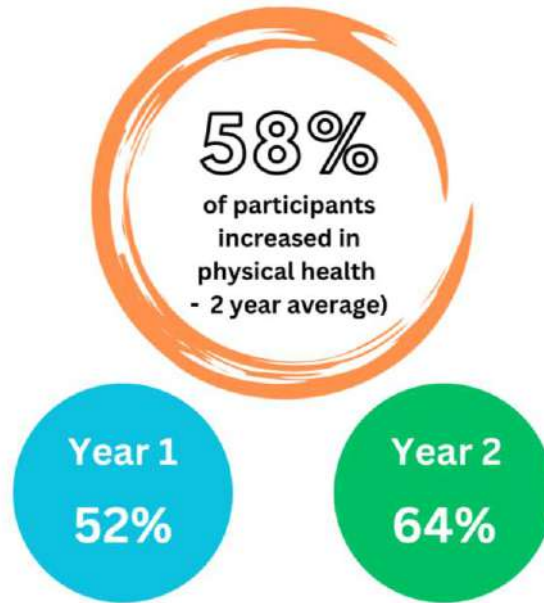
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## Physical Activity

Physical health changes were also measured using the short version of the International Physical Activity Questionnaire (IPAQ)<sup>vi</sup>. These measures were taken before the sessions started and after the sessions had finished. IPAQ uses a self-report, 7-day recall of the amount and duration of vigorous, moderate, and walking exercise that a participant recalls from the previous week. The scores are converted into an overall MET score that provides an indicator of weekly physical activity. To calculate change, individual scores are converted into a single MET score that provides an indicator of weekly physical activity. A high MET score of over 1500 indicates a high level of physical activity, a MET score of between 600-1500 indicates a moderate level of physical activity and a MET score of under 600 indicates a low level of physical activity.



368 participants completed both pre-and post- IPAQ measures this year. The mean score increased from 2879 MET points pre-activity to 3664 MET points post-activity – an increase of 785 MET points. Taken on an individual level, 64% of the participants showed increased physical activity from pre- to post-activity. This figure increased from the previous year.



A breakdown of the two years data is presented below,

IPAQ	Year 1 (April 2021- March 2022)	Year 2 (April 2022- June 2023)
<b>Increase</b>	52%	64%
<b>Decrease</b>	46%	35%
<b>No Change</b>	2%	1%
<b>Average MET score Pre</b>	<b>3491</b>	<b>2879</b>
<b>Average MET score post</b>	<b>3659</b>	<b>3664</b>
<b>Average Inc/Dec</b>	<b>+168 MET points</b>	<b>+785 MET point</b>

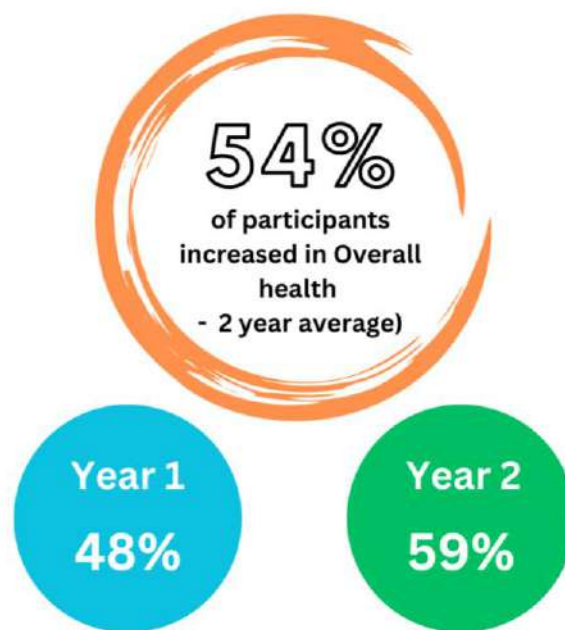
The results indicate that Coed Lleol sessions can increase the physical activity of over half of the participants by an average of 476.5 MET points (the equivalent of 2 times thirty minutes of vigorous activities per week).

"Now I have started going out again I am not going to stop. I already feel fitter and much happier. It has shown me places that i can continue to go to and places I can show my children"

## Overall Health

Overall health was measured using the 'health thermometer' from the EQ-5D-5L<sup>9</sup> where participants were invited to state how good or bad, they felt their health was on that specific day. Participants completed this before the sessions started and again when they had completed the sessions. The participants were shown a 0-100 scale, where 0 was 'the worst health that they could imagine' and 100 was the 'best health they could imagine'.

This year, 311 participants completed both pre-and post-EQ-5D-5L health thermometers. The results showed that the mean score for overall health rose from 60 (out of 100) to 68 (out of 100), an increase of 8 points. Taken on an individual level, 59% of the participants showed increased, self-declared, levels of overall health from the start of the programme to the end of the programme. The results for the two years are shown below,



EQ-5D-5L Health Thermometer	Year 1 (April 2021- March 2022)	Year 2 (April 2022- June 2023)
<b>Increase</b>	48%	59%
<b>Decrease</b>	28%	23%
<b>No Change</b>	24%	18%
<b>Average Pre</b>	<b>62</b>	<b>60</b>
<b>Average post</b>	<b>66</b>	<b>68</b>
<b>Average Inc/Dec</b>	<b>+4</b>	<b>+8</b>

These results indicate that over half of the participants perceived their overall health to have increased following the sessions. It is anticipated that sessions were able to improve mental well-being/mental health and gentle physical exercise leading to a perception or reality of improved overall health.

<sup>9</sup> [Health questionnaire \(EQ-5D-5L\) \(nsw.gov.au\)](https://www.nsw.gov.au/health-questionnaire-eq-5d-5l)

## Nature Connection

Coed Lleol (Small Woods Wales) activities aim to encourage the greater use of woodlands and green spaces to promote the use of outdoor green spaces for longer-term health and well-being. Outdoor contact was measured using a pre-and post-evaluation question. This question sought to explore how much annual contact with woodlands or natural green spaces a participant had before attending and then immediately after the sessions. An additional question established whether the participant would use woodlands or natural green spaces for their health and well-being in the future.



This year, 338 participants completed both the pre-and post-nature-connection question. The results show that before the sessions 30% of the participants were frequent woodland/natural green spaces users. Frequent use was designated as weekly or more. After the sessions, 56% of the participants were frequent users of woodlands. This represents an increase of 26% in people using woodlands more frequently following the Coed Lleol (Small Woods Wales) sessions. Additionally, 96% said that they would continue to use local green spaces for health and well-being in the future. Over the two years, 23% of the participants were able to progress to frequent use of natural outdoor spaces (weekly or more). Additionally, 92% of the participants agreed or strongly agreed that they felt more connected to their local greenspaces following the sessions.

"Since starting with Coed Lleol I have taken more time to enjoy nature and continued to use my new skills"

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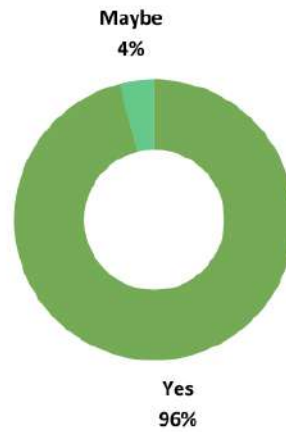
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# Nature Connections

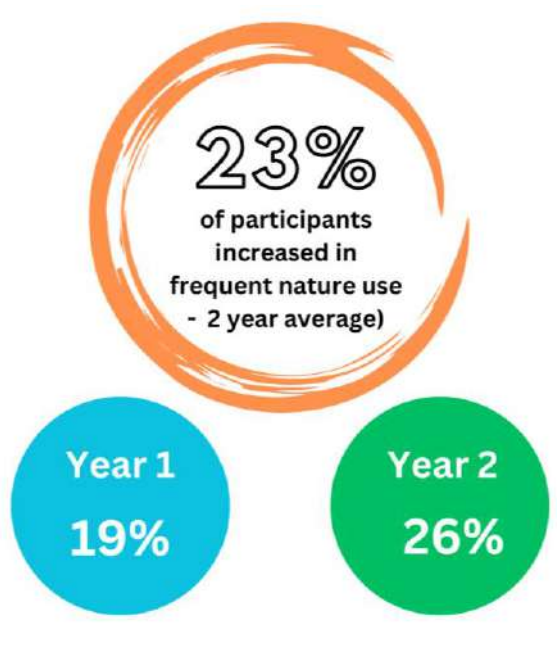
Before joining activities 30% of participants were frequent visitors to natural greenspace or blue spaces (visit weekly or more). This rose to 56% following the sessions. This is an increase of 26%, after contact with Coed Lleol groups



**96%**  
of participants will continue to use natural greenspace or blue spaces for health and wellbeing longer-term



Nature connection	Year 1 (April 2021- March 2022)	Year 2 (April 2022- June 2023)
Increase in Frequent use (weekly or more)	+19%	+26%



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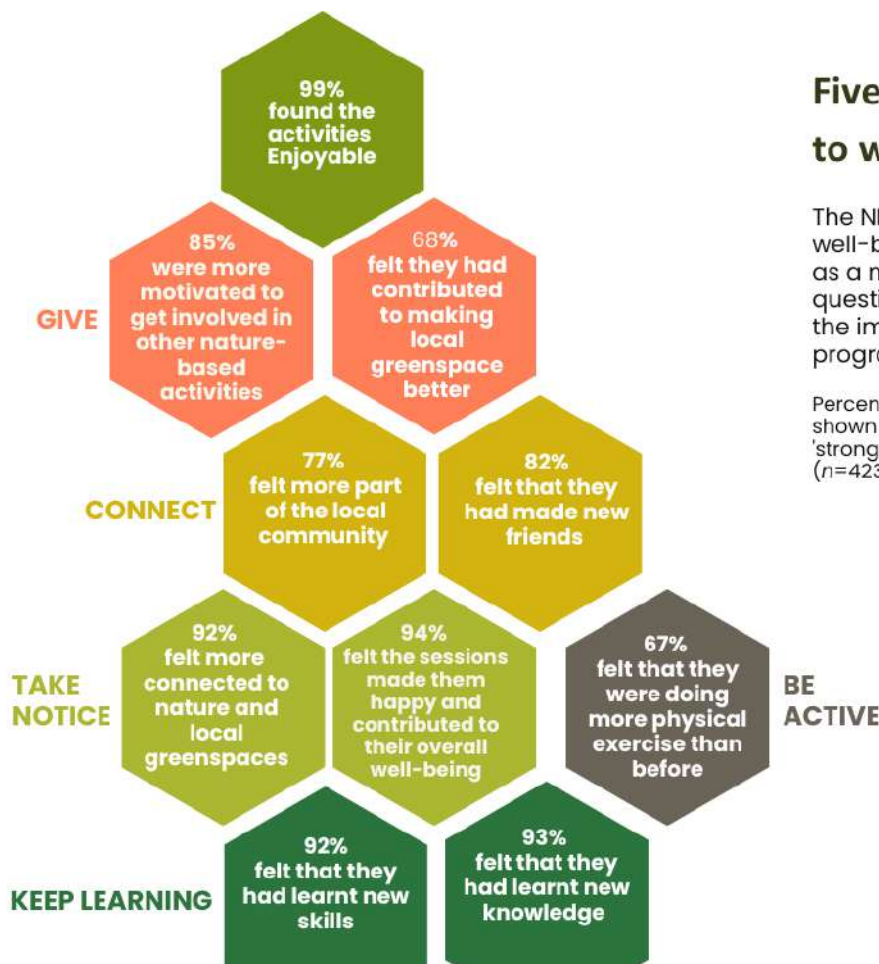
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## 5-Ways to Well-being Measures

The evaluation asks a series of rating-scale (1-5) questions to establish how far the activities are undertaken to align with the NHS's 5-ways to well-being. The 5 ways to well-being are,



The results are presented below for this year,



### Five ways to well-being

The NHS' 5-ways to well-being was used as a model for questions relating to the impact of the programmes.

Percentage results are shown for all 'agree' and 'strongly agree' ratings (n=423).



Ratings for the two years are as follows,

5-ways to well-being Agree/Strongly Agree	Year 1 (April 2021-March 2022)	Year 2 (April 2022-June 2023)	Average
<b>Connect: Helped make new friends</b>	75%	80%	78%
<b>Connect: helped feel more part of the community</b>	76%	76%	76%
<b>Give: contributed to making local greenspace better</b>	67%	67%	67%
<b>Take notice: More connected to local green space</b>	89%	92%	91%
<b>Take notice: more motivated to get involved in environmental activities</b>	82%	85%	84%
<b>Keep Learning - teaching new skills</b>	87%	92%	90%
<b>Keep Learning - taught new knowledge</b>	95%	93%	94%
<b>Be Active: more physical activity</b>	58%	67%	63%

The ratings have been consistently high for Take Notice Activities, Keep Learning Activities and Connect Activities across the two years.

## Inspiring changes in participants

The participants were asked an open-ended question about how Coed Lleol (Small Woods Wales) activities may have inspired any changes in themselves (physical or mental well-being or environmental change) through the course of the programme. The responses were grouped into the following themes, environmental benefit, more connection to nature/outdoors, social well-being, learning new skills and knowledge, mental well-being and relaxation, increased confidence and motivation, inspiration and sense of achievement and sharing beyond the group/with others (many of the comments could be attached to two or more themes). In year two, 386 people provided positive-change responses to this question.

## KEY IMPACTS



**INCREASED CONNECTION TO NATURE**



**SOCIAL WELL-BEING & CONNECTION TO COMMUNITY**



**IMPROVED PHYSICAL HEALTH**



**IMPROVED MENTAL WELL-BEING**



**LEARNING NEW SKILLS AND KNOWLEDGE**



**INCREASED CONFIDENCE**



**MOTIVATION, SENSE OF ACHIEVEMENT & INSPIRATION**



**SHARING BEYOND THE GROUP**



**ENVIRONMENTAL BENEFIT**

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The comments received reflect a combination of impacts that often crossed over the themes. The key themes are illustrated in a selection from the comments presented below,

## Nature Connection

Several comments related to the sessions helped participants to connect with nature or/and spend more time outdoors, a selection is presented below,

"The project made me get outside. And it has motivated me to look for more outdoor things to do"  
(Gwynedd Outdoor Health Cluster, OH project)

"It has made me go outdoors exploring new things more often now. Am walking a lot more too and my overall health and mental wellbeing has improved as well in the last 12 months." (Merthyr participant, OH project)

"Over time, these routine engagements with this kind of programme would benefit a sense of connection to nature and support a deepened appreciation of my environment" (Reconnect in Nature, Pembrokeshire Outdoor Health Cluster)

"I feel that the course has reiterated how important getting into nature is for my wellbeing and how satisfying it is to work with my hands. I have always felt better for coming to the course and mixing with a wide range of people." (Denbighshire participant, OH project)

"I'm accustomed to walking in wild places as I have a dog, but this has encouraged me to settle in one spot, sit, take in the surrounding and make something from the materials around me. It clears my head taking time to sit and just be, rather than walking and rushing." (Pembrokeshire Outdoor Health participant, OH project)

"I now feel a part of this world. It has taught me about how wonderful the outdoors is. Would like to say thank you for letting me feel a part of nature. I would recommend this course to anyone who can feel isolated at times. I have learned that nature is so wonderful." (Merthyr Outdoor Health participant, OH project)

## Mental Well-being

Several comments were coded for mental well-being or mental relaxation. Some of the comments that illustrate this are presented below,

"My mental health and wellbeing has improved massively. Nature with social connection is a wonderful combination."  
(Gwynedd participant, OH project)

"The project has definitely improved my mental well-being as I wasn't really happy. Now I feel happier and more connected to nature" (Gwynedd Outdoor Health Cluster, OH project)

"It has helped my mental health which has been bad. It has given me the opportunity to challenge myself to do something new that I would not have done otherwise. It was good fun and helped with my physical health too. Built confidence" (Pembrokeshire Outdoor Health Cluster, OH Project)

"I have learned how important it is to do something just for me. It has been my favourite two hours of my week. I feel confident to try experimenting in the garden and have discovered how much I love it! My mental health is at its best when I am here!" (RCT Outdoor Health Cluster, OH Project)

"It has helped me have an hour or so a week to focus on something that betters my mental health, soothes my anxiety, and learn new skills as a distraction from my health issues and the overall uncertainty of the world. I've enjoyed having opportunities to get out in my local nature as well as sharing my new knowledge with others" (South East Wales participant, OH project)

"This has been completely transformational to my mental health and well-being. Being in a safe space with beautiful surroundings, supporting facilitators and like-minded people whilst learning new skills is more beneficial for any other counselling or treatment I have done" (Dyfi Valley Cluster, OH Project)

"It has been great to have a weekly reason to get out of the house in to nature. It has acted as my weekly chance to 'reset' and has massively benefited my mental health. It has helped me feel more positive and engaged . It also motivated me to take a bus to and from sessions - which is a massive personal challenge - and it feels like a great accomplishment!" (Pembrokeshire Outdoor Health OH project)

## Learning

Some comments related to learning new skills or knowledge.

"The leaders are so knowledgeable and passionate about caring for the donkeys and this was lovely to witness. Learning about donkeys, and being able to groom them, walk them, clean out the stables, and spend time with them gave me a sense of achievement and well-being. The project is such a positive one, and you just could not help but to smile and laugh during your time there" ( Gwynedd Outdoor Health Cluster, OH Project)

This course has taken me out of my comfort zone, made me try different experiences and learn new skills, it has increased my confidence and lowered my anxiety" SE Wales Participant, OH Project)

"The course has helped me to learn how to feel peace of mind – (and made me realise) I can do it for myself! - the wind through the trees makes me more relaxed" ( RCT Outdoor Health Cluster, OH Project)

"Been inspired to keep learning about skills taught here and build on the tree and plant identification knowledge." (Trywydd Iach participant, OH Project)

"It has taught me new skills that I am now continuing with as a hobby e.g. green wood carving and which gives me time to relax and create something from scratch." (Ceredigion participant, OH Project)

"I've loved it all, learning new things and being more aware of my local woodlands." (SE Wales, OH Project)

"My mental wellbeing has grown quite a lot. Going for woodland walks and learning more about native woods has helped me with both my mental and physical wellbeing. I would love to do it again!" (Denbighshire participant, OH Project)

## Social Support and Social Well-being

Social well-being or support was mentioned by many of the participants. The comments below illustrate this theme,

"My time at Snowdonia Donkeys really made me feel part of the local community. I moved to the Llyn Peninsula during lockdown in 2020, and it was difficult to form social networks. It has been lovely to meet local people and to be part of a wonderful local organisation. Meeting new people and hearing Welsh being spoken has given me a push to try and learn the language again. Taking part in the activities has really motivated me to push forward with my own plans and dreams and has given me a sense of wellbeing and purpose. Being in friendly and happy surroundings was a great experience"

(Gwynedd Outdoor Health Cluster, OH Project)

"I was socialising which has made my life easy and interesting. I loved making new friends it is one of my only social events in this area"

(Dyfi Valley Cluster, OH Project)

"Having been a widow for 18 months I needed to carry on with my life as a single person. This exceeded all of my expectations - everyone is very good and friendly and it has opened up my life again. And, I have embraced every minute." (Wrexham participant, OH Project)

I am going on more walks as a result of making friends that I have found through this group"

(Dyfi Valley Outdoor Cluster, OH Project)

"I felt safe, heard, seen and valued. I felt my specific needs were met with care and sensitivity. The local environment feels less bleak and hostile. For the first time for many many years there was a hand reaching out to help me!"

(Conwy participant, OH Project)

"I love the weekly sessions, I feel so much better in myself after spending time in the woods with my new community of friends. The group is so special and if we have to miss a week we are always very disappointed and notice a difference in our general wellbeing." (Denbighshire participant, OH Project, OH Project)

## Increased Confidence

An increase in confidence (including motivation to attend sessions) was mentioned in some of the comments. These comments illustrate how Coed Lleol (Small Woods Wales) groups can help build confidence and encourage new behaviours. The comments below demonstrate these themes,

"I enjoyed it and I am more confident following the sessions. I liked meeting new people and want to keep up doing the dog walking. Others say that I am more confident and have come on 'leaps and bounds'." (RCT participant, OH Project)

"As a personal assistant to a lady with dementia, it has been lovely to see her going from not wanting to touch the donkeys to patting, stroking and 'hugging' them" (Gwynedd Outdoor Health Cluster, OH Project)

Have become stronger in walking post knee problems. Am more confident to talk with others than I was when I first started. I like to learn new skills and now Paracord weaving is one of my hobbies since I learned how to do it in one of the sessions. (Merthyr Participant, OH Project)

"Taking part boosted my confidence in the outdoors and in general. It was so amazing to be out of the water and feel strong, healthy and it was also peaceful and calming" (Pembrokeshire Outdoor Health Cluster, OH Project)

"It has empowered me as a woman to share my voice and to move my body more freely. I felt safe, more confident and less self-aware during these sessions" (Gwynedd Outdoor Health participant, OH Project)

This course has hugely helped with my state of mind and I saw an improvement to my overall mood, whereby I have been consistently happier. My confidence with carving/whittling, firefighting etc have all improved, which will hopefully help me in my career direction, but was massively lacking in confidence with certain skills and within my own ability and I just generally feel more confident in myself around people, when I was having quite a lot of anxiety previously. The course has definitely improved my wellbeing over the six weeks. (Rhondda Cynon Taf participant, OH Project)

## Behaviour and Progression – outside of the group

Several comments were coded to new behaviours following being part of the group. Encouraging people to continue the activities, share their experiences with others or motivate them to do other activities or volunteering. This illustrates how Coed Lleol (Small Woods Wales) activities can change behaviours and help people progress. These actions also show that Coed Lleol (Small Woods Wales) has a wider reach than the sessions themselves. Some of the comments on this theme are presented below,

"It's difficult to put into words what this project has done for me as it has done so many things. Not only did I learn new skills but made some great friends, for me personally just being in that environment has changed my mood. It was really special to be around such knowledgeable and passionate people and I have since gone on to visit woodlands more and am also looking at volunteering and job opportunities in this field.

(Anglesey participant, OH Project)

"Absolutely wonderful. Encouraged me to spend more time outside with my children." (Gwynedd participant, OH project)

"It's hard to put this in words really, it has hugely inspired me to do more so much so I have done a session as a volunteer and hope to do more. It has been so many things to me both mentally and physically." (Anglesey participant, OH Project)

"Having been part of this project it has led me to become a volunteer at meadow street community garden." (RCT participant, OH project)

"It encouraged me to remember I need to schedule time outside in nature to help me regulate my nervous system in a busy life - to make this a priority" (Pembrokeshire Cluster, OH Project).

"I feel invigorated by spending time with others in nature and being part of the outdoor health activity has encouraged me to keep attending other similar activities and to volunteer with outdoor groups and even seek out relevant experience, training and qualifications to allow me to work in the area of wellbeing in nature." (Gwynedd Outdoor Health participant, OH Project)



## Inspiration, Motivation, Sense of Achievement

Some of the comments reflected a sense of achievement or inspiration felt by the participant. A selection of these is illustrated below,

"It's inspired me to use some of the knowledge in my day to day life and given me a new interest in nature also bought new equipment to use with the skills I learnt" (Ceredigion participant, OH Project).

"I have now started going out again I am not going to stop. I already feel fitter and much happier. It has shown me places that I can continue to go to and places I can show my children"(Coastal Connections, Pembrokeshire Outdoor Health Cluster)

"Has inspired me to continue to learn heritage skills such as green woodworking"  
" (Agorod Coppice Products Course)

Inspired to get to use more local woodlands and meet people" (Conwy participant, OH Project)

"It has made a huge impact on my life. I have learnt new skills and it has made me realise that I am able to achieve things. It has helped me to appreciate what I have around me, overall it has been a wonderful experience and the staff and people amazing."  
(Merthyr participant, OH Project)

"I'll definitely be more of a "stop and smell the roses type person" and make more of an effort to identify flora and fauna. I'm planning to do more of the crafts I've learned to do plus making bird feeders and nesting boxes. It's been very good to feel connected to others for whom nature is important." (Wrexham participant, OH Project)

"It has inspired me to go out in the woods and take in what is around me, and go foraging and experiment with plants ID, and there usage and benefits. Also it allows me to go into the forest and get away from all the pressure of every day life, and to appreciate my soundings"  
(Conwy Participant, OH Project)

## Physical Health

Many of the comments were themed around improving physical health. Many of these were in response to the walking groups. A selection is presented below,

"I've been extremely inactive throughout Covid so this project has helped to gently ease me back into more physical activity again, and I find myself spending more time in my own garden working. I always have more energy on the days I am able to participate in these sessions"

(Dyfi Valley Outdoor Cluster, OH Project)

"It's encouraged me to go for more walks. It has made a difference in my fitness and has really helped me with my mental wellbeing." (Conwy participant, OH Project)

"It has helped me physically by being more active in just enjoying a walk in the local park." (Denbighshire participant, OH Project)

"I'm feeling more active, healthy and motivated"

(Gwynedd Cluster, OH Project)

"I have not come across any other walking groups that afford such help and encouragement to disabled participants. The group is very companionable and we have some very spirited discussions. The fresh air stimulates the mind, and we feel so much better after a walk" (Dyfi Valley Cluster, OH Project)

"It's been really uplifting. It's taught me that I can enjoy moments and learn about nature. It's inspired me to give up tobacco - in the last 6 weeks, I've switched to using a vape but want to give up nicotine completely. Coming to this group has helped me give up tobacco and drink less"

(Dyfi Valley Cluster, OH Project)

## Environmental benefit

Many of the comments were themed as 'environmental benefit'. These comments highlight a new appreciation of the importance or significance of nature.

"It has made me inspired to explore natural spaces. I didn't realise how beautiful Wales is, and the project has reframed my opinion/view of my home country. I feel inspired to share these spaces with my family and friends." (RCT Outdoor Health participant, OH Project)

"The sessions reminded me of the access we have to the countryside" (Ceredigion Participant, OH Project)

"Undertaking the Coppicing Course has made me even more enthusiastic about understanding the benefits of managing a woodland" (Anglesey participant, OH Project)

"Over time, routine engagements with this kind of programme would benefit a sense of connection to nature and support a deepened appreciation of my environment" (Pembrokeshire Cluster, OH Project)

"Inspired me to keep on learning more about the woodland and the environment around me." (Merthyr participant, OH Project)

"My participation in the Coed Lleol programme has unequivocally instilled in me a deep-seated appreciation for the significance of preserving our woodland area. Furthermore, it has equipped me with invaluable skills which are related to the forest and enabled me to establish a meaningful connection with my local community and environment"

The amount and range of comments received demonstrate the breadth of impact that the sessions can have on its participants.

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## Overall Rating

Overall, 4.8 participants rated the Coed Lleol programmes and activities. Participants rated the sessions 4.7 stars out of 5 the previous year. This is an average rating of 4.75 stars out of 5 across the two years.



## SECTION 4– CASE STUDIES



Unit 1, Forestry Hub, Dyfi Eco Parc, Machynlleth, SY20 8AX

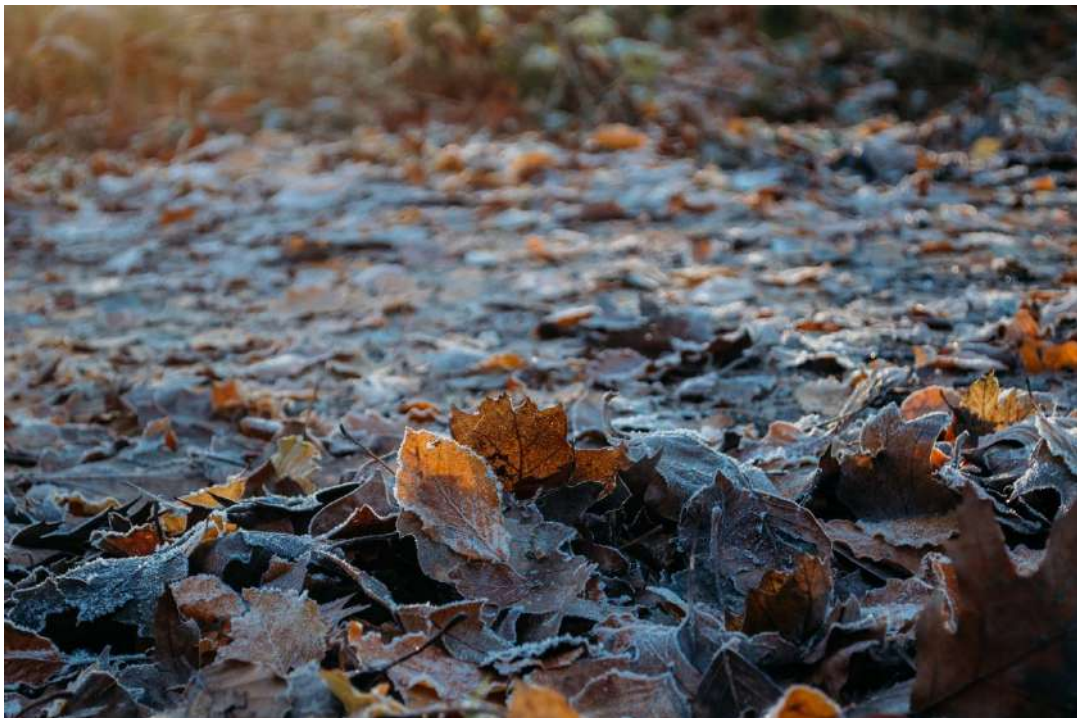
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## Case studies

Coed Lleol (Small Woods Wales) values the individual stories of change that their participants experience. Each participant is different and has a different motivation for joining a group and a different starting point. Each participant experiences individual impacts, small and large, that are personal and unique to themselves. The following participant stories are participant-led, giving agency to the participant to derive personal meaning and define the impact that the groups have on them themselves.

Coed Lleol (Small Woods Wales) documented some of these journeys by collecting case studies of participants who have experienced a Coed Lleol group in the years 2021-2023. Coed Lleol (Small Woods Wales) conducts participant stories over the telephone. All conversations are transcribed, and the participants' own words are used. The participant then reads and edits the story so that it reflects their sentiments and direction. The stories are guided with open questions such as, 'Tell me about yourself', 'Tell me why you wanted to join a Coed Lleol group?' and 'What do you think you gained from being part of a group?'.

All the participants have permitted their stories to be documented and used for this report, but due to the personal nature of the stories some have requested that their names be changed.



## CLIVE

### WOODLAND WELLBEING GROUP, SE WALES



I am 61 years old. I worked for years managing a large team of over 500 staff. I then worked as a researcher for a few years with a large company. I loved being out in nature as a child, I was very active and even did my Duke of Edinburgh Gold Award. I always got an enormous sense of peace being outside and part of nature.

Just before lockdown I developed chronic fatigue syndrome which has had serious impacts on how I can live my life. The illness effects my memory, my ability to order my thoughts, my speech and my mobility and energy levels. The impacts have been so huge, that I have had to leave work and I can no longer enjoy many of the activities that I previously enjoyed. Coming to terms with this illness was like a bereavement – I had to learn to live in a different way. My mental health also suffered as I felt that I had lost the ability to do all of the things that I had loved doing before I had the illness. Having a disability meant that I felt excluded from society as there are lots of places that I couldn't access, and people treat you so differently when you have a disability. My illness, followed by covid, meant that I had become very isolated. I was really struggling.

I then heard about Coed Lleol's groups and with trepidation went along. My mobility is poor, I can walk with support and I have an electric wheelchair, so it was great that the woodland site that had been selected was accessible and that I could park near the entrance. I was lent a pair of walking boots by support staff, and they were able to help me to walk the short distance into the woods. The project officer understood my needs straight away and had a chair ready for me to sit on. The group was very welcoming, and the sessions are very person-centred. They even had an icebreaker activity that helped me to remember people's names. The group gelled together straight away.

We did several activities during the sessions including fire lighting, mindfulness, charcoal making, art, mallet making, learning knots, and whittling. I enjoyed the six weeks so much and it made such a difference to my mental health, I started attending the monthly follow-on sessions too. If I can't do an activity, I am given other tasks that I can do like cutting the wood for the fire – and that is very important as it gives me a sense of purpose. The project officer always takes the time to show me how to do things and makes sure that I remember the things that I have learnt. He has even asked me to show new people how to do things. The project officer took the time to find out what my needs were and fitted in the activities to what I can do, at the same time he has stretched me to do a few things that I thought I

couldn't do. The sessions make me feel good, welcomed, and included. The group is so positive – and has reinforced to me that I *can* do things and people are accepting and welcoming to me as I am now. I love humour and it helps that the project officer is really funny. He is such a bubbly character and the whole group has great banter. We are all interested in the same things and enjoy learning new things together.

I lost so much of me through my illness, but the Coed Lleol sessions have been able to bring me back – the part of me that loved being out in nature and being social – and they have reminded me that there is still a lot of me left. I can enjoy the things that I *can* do. The sessions have had a significant impact on my wellbeing. It has helped me to maintain my social skills and use my mind again. I have regained my confidence to get out and about in nature again. I have discovered other outdoor places that has accessible routes that I can visit independently.

I think many more people would benefit from this type of programme – it has given me something regular that I can look forward to. If I'm having a bad or a difficult day, I just think that the woodland group is coming up soon and it makes me feel better.

The whole experience has been literally life-giving for me. It has made such a significant difference in my life, and I am so grateful and thankful for this opportunity.

## ZAINAB

### WOODLAND WELLBEING AND WALKING GROUP, GWYNEDD



I have always loved nature. My formative years were spent in a little village, and I think this is where my love of nature stems from. However, when I was around seven, we moved to the city, and I mainly lived in cities before moving to Wales a few years ago. Typically, Asian families who live in the cities don't traditionally access the countryside regularly. but I have always taken the opportunity to get into nature and shared this with others.

I have an adult son who suffers from mental health problems. Initially, I contacted Coed Lleol because I thought that it might be a good thing for my son to do. He came to a few sessions, but he didn't engage. At the time, life was complicated as he has quite severe needs and I was looking after him on my own, so as a parent and carer I was neglecting my



own needs. I was stressed out and exhausted. I had enjoyed the sessions that I'd taken my son to and I thought that I might be able to benefit myself, so I re-joined once the time was right.

I attended woodland sessions and walking groups. The sessions provide me with a safe space where I can be just myself without being called on for any reason. They have enabled me to get in touch with my creative side again because there is always something interesting to do. We have done weaving and painting with natural dyes, and we have made lanterns. The project officer always makes us feel welcome and cooks locally sourced healthy food over the open fire. It is like going to camp! We all gather around the fire, and this is such a nice antidote to being in front of a computer all day.

The Coed Lleol model where you are outside and doing activities is just fantastic, as it gives another dimension to the experience of nature. I have learnt about coppicing and woodworking and have made a gate, and this has built up my skills. I'd like to do more courses with Coed Lleol in the future. I have been inspired through doing activities with Coed Lleol to take up weaving which I am really enjoying and would love to learn how to grow and coppice willow that I can use for that purpose.

The groups themselves are great as there is no pressure put on anyone and they are very inclusive – people of all abilities can join the group. It is good to meet people from all walks of life, and it is a space where we can all be equal and have fun together. The groups provide gentle exercise and help motivate people to get out in the open. I think that having a dedicated team doing health and well-being in a natural environment is fantastic – the social prescribing element is brilliant as nature itself provides the well-being remedy. It takes you out of your head and into your body and that is so important. People say that these types of activities are '*alternative*' but I don't see it like that at all, I see it as using the natural resources that are around us to help to maintain our health. I have been lucky in life, I have a good career and material comfort, but I also have a lot of pressure in caring for my son and his needs. The Coed Lleol group provides me with that space where I don't have that burden of responsibility for a few hours. It is somewhere where I am the one being looked after instead, and that means so much to me because I am usually the one doing that.



## MAGGIE

### WOODLAND WELLBEING 6-WEEK AND MONTHLY DROP-IN GROUP, GWYNEDD



I have lived by the sea all of my life and love being by the coast. As a child, I spent most of the day playing on the beach but was rarely in the woodlands. I have done lots with my life. I have always worked in the caring professions including learning support and working in a care home and working in an independent living facility with older people. I am also a volunteer for guide dogs for the blind and I care for my elderly parents. I am now 63 years old and have two grown-up daughters and grandchildren.

As I live on my own, and my daughters live far away, the pandemic really hit me hard. At the beginning of the Pandemic, I began working 12-hour shifts at the independent living home, supporting elderly residents. We understood that the residents couldn't see their families, so we became their only contact and support. At that point, nobody knew what was happening. I was trying to support the people at work and I was supporting others in my neighbourhood who were isolated too. I was doing all the shopping for my parents and trying to keep them safe. The lady that I support with her guide dog was taken into hospital and I had to find a new home for her wonderful guide dog. I had become very close to both and this was a terrible wrench for me, especially at that time when the world had stopped. I was just on autopilot doing everything for everybody else, and I forgot about myself. I became lost; I didn't have anyone to talk to and the strain of everyday life became too much. I knew that I wasn't okay, and soon my friends started messaging me and asking whether I was okay too. They could see that I wasn't myself.

One day, I was surfing the internet and came across the local health centre website and it had a little advert for Coed Lleol on it. I thought, 'This is just what I need!' – I knew that I needed help and something in my life that was going to make me feel better, I am not a tablet taker, so this seemed like a good solution. I loved the idea of doing something in the woods. Initially, I did a 5-weeks course in Woodland Wellbeing and then I started attending the monthly drop-in sessions.

This course absolutely came along at the right time for me – it saved me – and I say that because I'd forgotten who I was. I was so busy looking after everyone else, I forgot what I needed to make me feel like me. I have always loved doing arts and crafts, but with such a busy life, I rarely had time to do anything like that.

Being in a beautiful woodland location was the key for me. Hearing the wind in the trees, the fresh air and being able to learn how to identify the trees and learn new crafts. It introduced me to a beautiful woodland, that I have now visited independently. The staff are wonderful and there is a calmness about them that really helped me to heal. There is no pressure on the group, people can decide what they would like to do, and that is important. We did all sorts of activities during the 5 weeks, including mindfulness, willow weaving, making clay figures, leaf printing and wool wrapping and mobile making. Of course, we also had lots of nice cups of tea or soup made over the fire. We try to use resources that can be gathered from nature in the local area. I am on tight budget, so I couldn't have afforded to do these things. I love doing the activities because I am totally absorbed in them and not thinking about anything else. I even brought my friend along who also loves it and I've been telling everyone about the sessions.

Through these sessions, I have learnt to put myself first, which I find very hard as I am so used to doing things for others. But when I am there, those two and a half hours are totally for me. This group has been about going back to nature and letting mother nature heal me rather than turning to tablets. I feel so much better just knowing that I will have that time outside with the group.



## TOM

### WOODLAND WELLBEING 6-WEEK COURSE AND AGORED COPPICE PRODUCTS COURSE, ANGLESEY & CONWY



I am 41 years old, and I have three young daughters ranging from ages one to seven – so life is lively - my wife and I even got married during lockdown! We moved to this part of Wales because it was near to my job at the time. It is a beautiful part of Wales, and we were lucky enough to buy a lovely cottage just outside a small town - with some land. As a child, I was always outdoors and playing in nature, but somehow that part of myself had been taken over by work.

My job was high-level and very pressurised, and I was a successful manager for seven years. Things changed for me during the covid years, my job in management became even more pressurised and I got little to no support. The pressures mounted up and it resulted in me having a mental breakdown. I made myself really ill and eventually, I had to quit my job – I just needed to stop. I was suffering from anxiety and stress, and it hit me pretty hard. So, I just had to walk away from it.

From that point, I needed to slow down and refocus on what was important and what I wanted to do. I had been offered a coracle-making course to go on in Anglesey with a tutor who also is a leader for Coed Lleol. The course was transformative, as I found that it wasn't just the skills that I was learning that made a difference to me, but that it was being in the woods itself. I could feel the healing process going on by just being in the woods – it was incredible.

I then got the bug and signed up for a gate-making course and a charcoal-making course. Then I started on the Coed Lleol Agored-level Coppicing and then the Coppice Products course, and I attended a Foraging course with Coed Lleol too. These have helped me to keep on track mentally and I have learnt loads. I learnt all about coppicing techniques and how to use the products effectively, sustainably, and to benefit the health of the woodland. I now have a better understanding of coppicing and the cycles of growth and I have two accredited courses behind me. It is something I am excited to get started this winter on my own land.

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Although these were learning experiences, I gained so much more than that – they really helped my well-being too. The tutors are incredible, and you just learn so much from the wealth of knowledge that they have. The fire was a great focus for conversation and connecting with the other participants and everyone had their own story to tell.

My well-being has massively improved – it's been a rocky old road – but I feel like I have finally healed. For me, it was the combination of being immersed in nature and learning about the processes and skills of traditional crafts that have been one of the drivers for my recovery. It was both a sensory and an immersive experience – I particularly remember a day when I was working in the woods with the draw knife, the fire was crackling, there was the smell of the smoke and, in the distance, someone blacksmithing – I just felt all of that tension I had built up start to wash away. It is being in nature and having a sense of purpose that is a great healer for me.

The skills that I have learnt through all these courses, including the ones run by Coed Lleol, have helped me to understand the land and our natural resources better and helped me to manage and use my own land more effectively and start to specialise in some traditional crafts. I hadn't done anything like this previously – I worked in an office! My kids have also benefited – we go on walks, and I am teaching the oldest one the tree names – she is super keen to learn more. They all love being outdoors – even the baby. She has a hearing issue, so being outside and using all her senses, is even more important for her.

My ambition is now to buy a small woodland and set up a forest school, where people can sit in nature and tell stories, relax and have the space to recover from mental difficulties. I have been on a journey over the last year and with the help of Coed Lleol and its leaders not only do I feel restored mentally, but I also have a brand-new focus and career trajectory!



## DIANE AND RYAN

### WOODLAND WELLBEING WEEKLY DROP-IN GROUP

(OPEN TO ALL BUT SPECIALISES IN ENGAGING PEOPLE WITH ADDITIONAL NEEDS)



Ryan has learning and mobility difficulties, he also has limited communication. He uses walking sticks or a mobility scooter to get around. Ryan's first language is Welsh, but he understands Welsh and English, and he often communicates using Makaton and keywords. Ryan loves the emergency services and in particular Fire Engines. When I first started as his support worker, we would often visit the fire station to see the fire engines and Ryan loved that, but we needed something that would provide more physical and social constructive activities for Ryan long-term.

I heard about Coed Lleol through other support workers and families who already attend. We started going straight away and that was it – we went every week from then on. It has become a central part of Ryan's weekly routine. Anglesey is very limited for outdoor activities that are suitable for people with physical or learning difficulties. Coed Lleol is one of the only programmes that I know of that supports people's well-being and physical health outdoors all year round. Coed Lleol is great because it runs in various locations around the Island and it gets Ryan out and about all over Anglesey, and he loves that. He enjoys being outside in nature and meeting people. The fact that the sessions are bilingual is fantastic for Ryan, as he is a native Welsh speaker – and this means that he gets to hear and communicate in Welsh and English during the sessions.

The Coed Lleol Staff are fantastic with him – they will tailor the activities to suit the participants and will work out ways that Ryan can be included even if he can't manage to do the whole activity. He enjoys helping make the tea (Panad) and getting out the biscuits. He enjoys seeing the fire, especially when they make soup or stew over the fire. Every week, part of the session is a green gym, this helps to get Ryan active and moving each week. Ryan likes being out in the trees and likes the games that the group play around the woods. Ryan has a mobility vehicle with a tail lift for his scooter – a few weeks ago we had a great session at the nature reserve. As Ryan couldn't manage the long walk, we walked part of the way and then we set up Ryan's tail lift as a little 'café'. Ryan then had a job to help give out the teas and coffees to all the other participants once they had finished the long walk. For someone else, that doesn't seem a lot, but for Ryan, this is a massive thing as it is *his* van, and *he* is helping the leaders and *he* is manning the café and in charge of it. These small

activities make huge differences in Ryan's well-being as they give him a sense of purpose and build his confidence.

The Coed Lleol Sessions have given Ryan so much more confidence with his mobility and it has increased the types of pathways that he can walk, previously he would not have attempted to walk on woodland pathways with his sticks as he would have been too nervous. With the support of Coed Lleol, Ryan has built up his confidence to walk across different terrains – even through the woods. The group meets in different locations, and we often go to places where I think it might not be manageable for Ryan, but because he enjoys the group, he encourages and challenges himself and he does it. Ryan can't communicate fully, but his actions often speak louder than words – when he started going to the group, he would want to stay for an hour or so before asking to go home, now he stays well after the session has finished as he is interacting with everyone and helping pack up. Often, we will be there for over three hours now. Ryan always has a big smile on his face when we are at a Coed Lleol Session.

I absolutely love attending Coed Lleol with Ryan too – I have been working in and around support work for over 25 years – I love being out in the community and seeing first-hand the impact that these sessions have on Ryan and me. Coed Lleol is an inclusive group with people from all walks of life and abilities and everyone gets on with the activities and with each other. I will often go away to get a cup of tea and find Ryan chatting and having a laugh with someone quite happily and independently. This is so good for Ryan's confidence and independence, and it allows him to have a normal life – just like his peers. Ryan attending Coed Lleol has also been good for Ryan's mum. As he has made so many friends through the group, this has linked Ryan's mum up with a wider network of parents and support workers and this gives her support and friendship.

When I first started looking after Ryan, he wouldn't want to leave his mum, especially following the Covid lockdowns. Now, through Coed Lleol, he has built up his confidence to do different things, explore new areas on foot and meet new people. Coed Lleol has helped to ensure that Ryan has a normal life for a boy his age.



## GAVIN AND OWEN

### WOODLAND WELLBEING WEEKLY DROP-IN GROUP

(OPEN TO ALL BUT SPECIALISES IN ENGAGING PEOPLE WITH ADDITIONAL NEEDS)



I have been a carer for Owen for six years now. Owen is 40 years old he has severe autism and downs-syndrome. He lives at home with his mum and dad. When I first started caring for Owen, six years ago, he wasn't very sociable, and he didn't walk very far at all. Because I am quite sporty, I decided that it would be good for both of us to get outside and start walking, gradually we have built this up. Now we walk 5-6 miles a day together. Owen likes to watch the ferries as we walk, and everyone knows him and says 'hello' to him along the route we walk.

I found out about Coed Lleol through the Holyhead Disability Centre. I really wanted to take Owen, because it was a large group of adults, most of whom also have learning difficulties. I liked the idea that it was outside, in all weathers, and it was somewhere where Owen can meet other people and socialise. We loved the first session and we have gone ever since. We have now been attending for over 5 years. It is the first thing that Owen asks me about when I arrive on a Monday morning. At one point I actually changed my working day with Owen from Monday to Friday just so that we could both attend the Sessions. Coed Lleol was the beginning of Owen coming out of his shell and developing his social life. Beforehand, he was quite reserved and found being in a crowd difficult, but now he goes around the group saying 'hello' to people. Because of his autism, the noise that is created in indoor environments with large groups of people is too much for him, but because Coed Lleol is outside, the noise doesn't overwhelm him, and he has responded so positively. This development has had a knock-on impact on Owen's general socialising outside of the group – this has really improved – which has transformed how he lives his life now. He now talks more and socialises with others. Another impact on Owen has been addressing his phobia of dogs. From childhood, Owen had developed a fear of dogs, and this was problematic and caused a barrier for him to go out for walks in the park where there might be lots of dogs. Through attending Coed Lleol's Actif Woods Programme over several years, we have gradually been able to address this with Owen, as sometimes people will bring their dogs along to the session. Owen has now become used to the dogs and over time we have encouraged Owen to stroke the dogs and give them treats. This was unheard of before. This might sound like a small thing to anyone else, but it is a massive achievement for Owen and has knock-on implications for Owen and his parents. Now they can go for walks where there may be lots of dogs and Owen will put his hand down to touch a passing dog. The calm and nurturing nature of the people at Coed Lleol and the outdoor environment has helped this change in Owen's behaviour. His confidence and abilities have grown.

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Owen loves socialising around the fire with a cup of tea and a biscuit. This allows him to sit outside with a group in a calm environment surrounded by nature. Owen hasn't got the capacity or dexterity to undertake many of the activities, but we generally go off for a walk at that point so that he gets the exercise and a bit of time away from the group which benefits him too. If it is raining, Owen likes to wear his Wellington boots and jump in the puddles – it provides a sensory experience for him, which is so important for someone like Owen. It is the environment of a Coed Lleol group that is significant. When you are outside, it can bring out an aspect in someone that they are unable to do in an inside environment – especially for someone with autism. Also, the support given by the staff and the inclusiveness of the group means that everyone feels supported. The group evolves organically, by responding to the group and its needs – and this constantly means that the group develops, grows, and pushes itself forward. Because the group moves around to different locations, Owen and I have been introduced to different areas of Anglesey that we have never been to before. I've since passed this information on to others and shared these places with my own family.

For me personally, being part of Coed Lleol has made a difference in my life. I was a consultant in the construction industry, I started caring part-time because I wanted a job that would get me out of an office environment and give something back to the community. I have enjoyed it so much that I do it full-time now. The work I do now gives me more in my life than my professional role. But as a carer, I can't do it all on my own, we both need places where we can go to learn, grow, be active and socialise. I enjoy Coed Lleol as much as Owen does. It has allowed me to learn more about the massive cross-section of learning difficulties and I have made new friends. Often the group can have about 40 or 50 people attending and this is great for everyone – I just see happy faces.

Coed Lleol makes our Friday. You look forward to Friday and you look forward to being with the group. It is the feel-good factor for all of us – for both the support workers and the participants.



## ELISABETH

### NATURE CHAT PARTICIPANT



I am nearly 60 and have lived mainly in the South of England. My childhood was spent very close to nature – we lived in a rural setting, and I'd spend a lot of my time roaming around the woodlands. In a lot of respects, it was an absolutely glorious place to be. However, I had a difficult past with lots of abuse. The woodlands provided me with that sense of peace that I needed to cope with the other things that were happening in my life.

I moved to Wales about a month and a half before the first COVID lockdown. Pretty much as soon as I moved, I was isolated straight away in a new location where I didn't have friends or family around me. I ended up with two and a half years of my own conversation and although I am not what you would call a social person, even I realised that I needed some company. As a result of the lockdowns and being so isolated I had lost all confidence. I really wanted to start going outside at that point, but I have physical disabilities that mean that I can't walk very far, and I had become very anxious.

I was not in the best place at all, and I knew that I needed help. In the end, I reached out to the Crisis team in my area. It was the Crisis team that told me about Coed Lleol's Nature Chat service. I immediately thought that it was right up my street because of my interest in woodlands. I was paired up with my nature chat caller and we arranged a set time and day each week that she would call me for 12 weeks.

The opportunity to talk to someone each week who also loves and is knowledgeable about nature was just so lovely. I am not always the most sociable of people, so having nature as a focus gave us something to talk about. In the end, we would have great conversations where we would swap knowledge. There were little bits that I knew that she didn't and little bits that she knew that I didn't. I have had lots of counselling in the past, and the nice thing about this is that it *wasn't* counselling. We weren't talking about personal things we were talking about a shared interest – it was a refreshing alternative to give me time to talk about nature especially as I was unable through my physical disabilities to access it at that time.

The experience of Nature Chat took my mind off my worries and helped me to refocus on my interest in woodlands and nature. I would often spend the time between our calls reading up and researching things that I could then talk about the following week. Having the Nature Chat calls also gave me the stimulation to finally type up a book that I had been

writing. I was able to re-find my confidence. Since that time, I have now joined a local club which gets me out of the house each week and I have started writing another book.

From the first conversation I had with her, when I was in such a bad place, to the last one that we had - I was feeling so much better. There is no doubt that the nature chats helped me to get there. It surprised me how a simple chat could do so much. I didn't need counselling at that point in my life, what I needed was for someone to wake me up and get me back outside and do things that I love – and my Nature Chat caller absolutely did that.



## SECTION 5 – IMPROVEMENTS & RECOMMENDATIONS



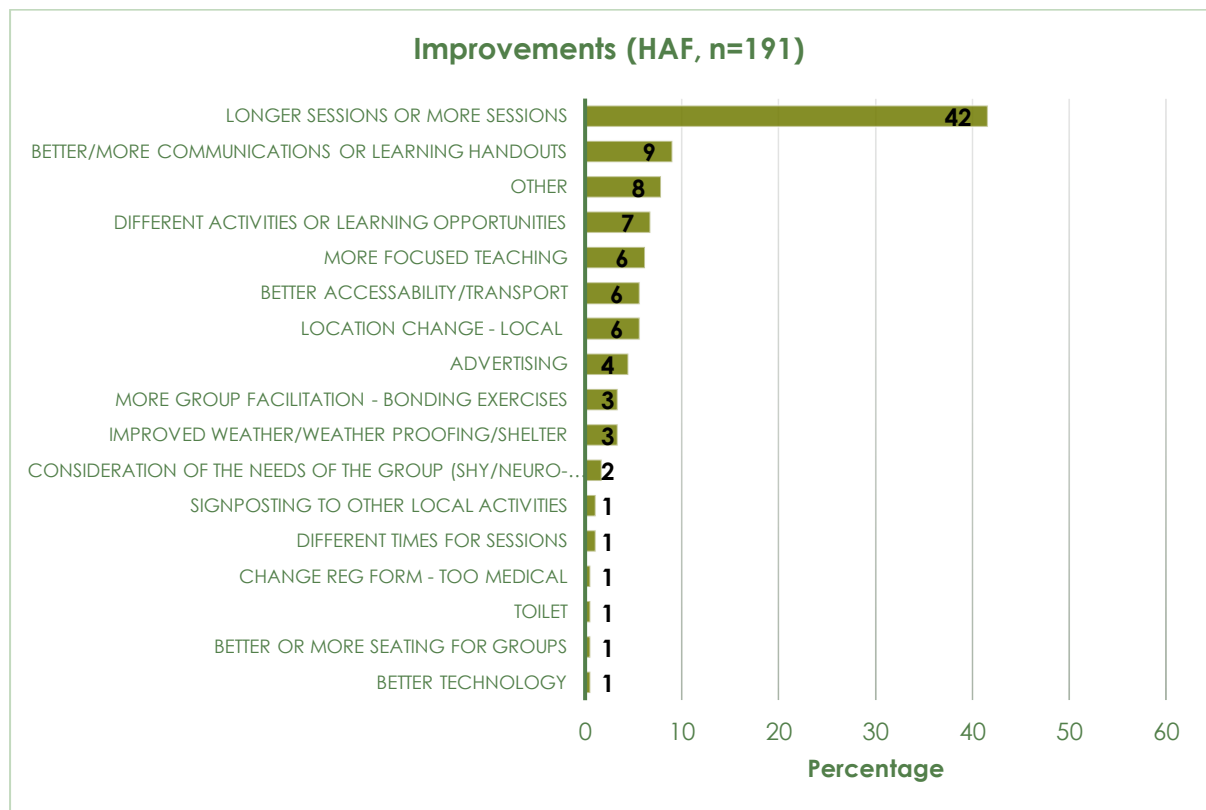
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## Improvements and Suggestions

191 participants left suggestions for improving the sessions, and 242 respondents left this question blank or said that no improvements were needed. Most of the suggestions were for longer and/or more frequent sessions (42% of those that provided improvement suggestions requested this from all project areas).

The improvement suggestions that were made are shown on the below chart,



It is interesting to note that most project areas offer follow-up monthly sessions (where participants can engage longer-term), an exploration of whether these groups are not sufficiently advertised or not suitable for some participants (location, timings, access etc.) could be made to explore this further.

## Recommendations

### Woodland Well-Being Sessions

- A review of the delivery of sessions and the number of participants should be undertaken to ascertain the optimal number of sessions needed to impact change to physical health and wellbeing (previous research undertaken found this to be 4-6 weeks plus, with the most change being evidenced in those that engage for longer)
- The pathway to extend drop-in services that extend a participant's engagement should be examined. Despite offering monthly drop-in sessions, many participants requested longer engagements (indicating a lack of knowledge of the drop-in groups or other barriers that might prevent attendance i.e. access, location or timing of session)
- In some cases, further and more advanced communication was requested. This included instructions to get to locations, advanced timetables of activities and learning and skills handouts. Consider developing key template documents or learning handouts that can be shared across multiple projects (or downloaded)
- More women than men attended woodland well-being sessions (although this gap was narrowed slightly if isolating the Agored data). Consider providing more skills-based courses to attract men or link to established male health charities to refer male participants.
- Ensure each project area has sufficient weather-proofing for up to fifteen people (temporary pop-up shelters – branded with LOGO) and branded chairs that are suitable for those with mobility issues (where needed).

### Woodland Hubs

- Additional time was needed to fully complete this part of the project, hold ups were created by planning and the tender process.
- More staff hours would have resulted in a better integration of the hubs with the project officers in each area – leading to sessions being successfully build around hub development.

## Outdoor Health Clusters

- A greater number of adult participants registered than attended sessions. An exploration of the reasons for non-attendance would inform future practice and highlight unanticipated barriers to attendance.
- A full-time member of staff (admin, advertising and organisation) would ensure consistent communication between the partners and the participants. Part-time delivery staff could run and support the groups. This would aid in consistent communication, advertising and timetables/schedule creation.
- A greater number of female participants both registered and engaged in activities (only about 25% of participants were male), the walking groups and wild swimming groups in particular attracted a lot of women. A collaboration/partnership with local men's mental health groups could ensure a great take-up by males. A consultation could explore how to attract more men to the groups (exploring what men want, how they find out about activities, and what barriers to engagement they have).
- Consider a range of programmes to attract a greater number of participants from minority communities in the area (work in partnership with faith groups or established groups that engage these communities)
- Further connections and promotion to the GP surgeries and communications about referral routes and suitability for participants could create stronger links and a greater number of referrals through this channel. Consider making one surgery an exemplar surgery – working more closely with them and creating a strong case study to make a compelling case for others to join in.
- Consider developing a network or outdoor health networks (co-run by Coed Lleol – Small Woods Wales) to share knowledge, best practices, and ideas and help to problem solve.

## Nature Chat

- A designated coordinator (1 days a week) was able to manage this service, extending the coordinator role over several days and recruiting dedicated callers (or training volunteers) could expand this service.
- Callers need to be provided with a list of services and sessions that are available in the participants' local area so that they can encourage participation in local groups more effectively (see above note re more hours for the coordinator role).

- A clear description of the number of calls and the nature of the calls should be consistently provided at the start of each Nature Chat (week 1)
- A review of how Coed Lleol advertises and recruits Nature Chat participants (perhaps offering this service only via a referral pathway) will reduce the number of people signing up for the service 'by accident' (therefore taking up the time of the coordinator)

## Online Services & Agored Accreditation

- Provide some downloadable worksheets or learning packs that go alongside the courses offered.
- Develop a pathway to support people to complete workbooks for the Agored accredited courses (perhaps offer monthly online catch-up sessions to motivate learners)
- Develop a clearer progression route from beginner to advanced that could up-skill and equip a participant to employment.

## Volunteers

- Develop a series of ways that participants could volunteer – this could be at sessions, online, administration and advertising or through training to become a nature chat caller.



## Appendix A – Agored Delivery Breakdown

2021 - 2022

Course	Code	Duration	Number of participants registered	Number passed (to date)
<b>GI PROJECT APRIL 2021-MARCH 2022</b>				
Coppice Products	"NPT 001 CP "	Start Date 13/01/2022	10	5
<b>OH AND HAF APRIL 2021-MARCH 2022</b>				
Fantastic Foods	"NAT 003 PHM "	Start Date 11/11/2021	3	2
Healthy Lifestyles	"ANG 001 HL "	Start Date 12/11/2021	8	7
Learning in the outdoors	"WSC 001 LiO ???"	*Course cancelled 11 2021		0
Fantastic Foods	"NAT 004 PHM "	Start Date 10/01/2022	6	4
Introduction to Coppicing	"ANG 001 IC "	Start Date 13/01/2022	10	7
<b>OTHER PROJECTS APRIL 2021-MARCH 2022</b>				
Sustainable use of natural resources	"LP 001 SUNR "	Start Date 12/01/2022	17	4
<b>WELLBEING IN NATURE PAID COURSE</b>				
Wellbeing in Nature	"WIN 001 WSC "	Start date 05/06/2021	11	5
Wellbeing in Nature	"WIN 002 WSC "	Start Date 09 2021	8	6
Wellbeing in Nature	"WIN 003 RIN "	Start Date 09 2021	12	4
<b>Subtotal GI Project</b>			<b>10</b>	<b>5</b>
<b>Subtotal OH and HAF project</b>			<b>27</b>	<b>20</b>
<b>Subtotal other projects</b>			<b>17</b>	<b>4</b>
<b>Grand total</b>			<b>54</b>	<b>29</b>

<b>WIN</b>			<b>31</b>	<b>15</b>
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Course	Code	Duration	Number of participants registered	Number passed (to date)
<b>GI PROJECT APRIL 2022-JUNE 2023</b>				
Coppice Products	GI SWA 001 CP	10th March 2022- 14th April	12	11
Coppice Products	GI NPT 002 CP	26th April - 31st May 23	7	7
Coppice Products	GI CARM 001 CP	26th Oct - 7th Dec 22	8	0

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Coppice Products L2	GI SWA 002 CP	10 Nov - 09 Feb 2023	7	0
Exploring Craft Resources and Techniques	GI NPT 001 EC	27th Feb 23	12	11
Coppice Products	<b>GWY 001 CP</b>	13th July - 17th Aug	12	12
Environmental Awareness - Online	<b>NAT 005 EA</b>	12 Oct - 14th Dec	6	0
Coppice Products	<b>RTC 002 CP</b>	18th Oct - 29th Nov 2022	8	8
Introduction to Coppicing	<b>ANG 002 IC</b>	11th Jan - 15 Feb 2023	9	7
Practical Outdoor Skills	<b>SE 001 PSO</b>	13th Feb 2023 - 20th March 23	5	0
Fantastic Food - online	<b>PHM 005 NAT</b>	6th March - 2nd May 23	5	0
Practical outdoor Skills	<b>OPS 002 SE</b>	17th April - 26th June	12	0
Coppice Products	<b>LP 002 CP</b>	7th June - 12 July	6	5
Coppice Products	<b>RIF NPT 001 CP</b>	3rd Feb 2023 - 17th Mar 2023	9	9
Wellbeing In Nature	<b>WIN 004 RIN</b>	23/04/2022 - 23/01/2023	11	0
<b>Totals</b>			<b>129</b>	<b>70</b>

<b>Sub total GI</b>			<b>46</b>	<b>29</b>
<b>Subtotal OH and HAF</b>			<b>57</b>	<b>27</b>
<b>subtotal Other</b>			<b>15</b>	<b>14</b>
<b>Subtotal WIN</b>			<b>11</b>	<b>0</b>

## Appendix B – Sessions per area

Project Area	Programme	Total no. Sessions	Sessions April 2022 - April 2023	Sessions April 23 – June 23	Dates
<b>Anglesey</b>	Family Group: Stay and Play at Carreglwyd	<b>6</b>	6		14/04/2022 – 19/05/2022
	Agored Course: Coppice Products (6 delivered across Anglesey & Gwynedd)	<b>3</b>	3		13/07/2022 – 17/08/2022
	Green Prescribing Wellbeing in Woodlands Course	<b>8</b>	8		06/10/2022 – 01/12/2022
	Carreglwyd Family Group	<b>6</b>	6		06/01/2023 – 10/02/2023
	Agored Course: Introduction to Coppicing	<b>6</b>	6		11/01/2023 – 15/02/2023
	Weekly Drop in Group	<b>52</b>	45	7	01/04/2022 – 26/05/2022
	Coed Llwynonn, STAKEHOLDER	<b>1</b>	1		30/09/2022
	Llyn Parc Mawr, STAKEHOLDER	<b>1</b>		1	05/05/2023
	<b>Total Sessions:</b>	<b>83</b>	75	8	
<b>Ceredigion</b>	Adoption Group	<b>6</b>	6		10/03/2022 – 10/04/2022
	Lampeter 6-week Programme (May & June)	<b>6</b>	6		17/05/2022 – 21/06/2022
	Flying Start Group	<b>4</b>	4		02/08/2022 – 23/09/2022
	Lampeter 6-week Programme (September)	<b>6</b>	6		13/09/2022 – 18/10/2022
	Home Schooling Group	<b>6</b>	6		08/11/2022 – 13/06/2022
	12-week Taliesin Woodland Wellbeing group	<b>10</b>	3	7	14/03/2023 - ongoing

	Lampeter 6-week Programme (April)	4		4	19/04/2023 - ongoing
	Wednesday Walking Group	22	22		20/04/2022 – 21/12/2022
	Drop-in Group	28	25	3	08/04/2022 - ongoing
	Lampeter Taster Session	1	1		23/03/2023
	Stakeholder Event	1		1	05/05/2023
	<b>Total Sessions:</b>	<b>94</b>	79	15	
<b>Conwy</b>	Step into Nature 6-week Programme	6	6		19/05/2022 – 30/06/2022
	Family Fun in Nature	6	6		09/08/2022 – 23/08/2022
	Albare 6-week Programme	6	6		15/09/2022 – 09/02/2023
	CWT 6-week Programme	6	6		22/09/2022 – 01/12/2022
	Drop-in Group	18	15	3	20/04/2022 – ongoing
	Stakeholder Event	1	1		30/03/2023
	Pontio Exhibition Family Workshops	1	1		17/03/2023
	<b>Total Sessions:</b>	<b>44</b>	41	3	
<b>Denbighshire &amp; Flintshire</b>	Clwb Coedwig Family Drop-in Group	46	46		06/04/2022 – 29/03/2023
	Woodland Skills Volunteer Group	48	46	2	04/04/2022 – 17/04/2023
	Refugee and Asylum Seekers Day	1		1	06/04/2023
	MIND 8-week Group 2022	8	8		05/05/2022 – 30/06/2022
	MIND 8-week Group 2023	1		1	21/04/2023 - ongoing
	Park in the Past 6-week Programme	6		6	06/04/2023 – 11/05/2023
	Young Carers Group at the Woodland Skills Centre (REGISTER?)	5	5		16/08/2022 – 04/09/2022
	Health Professionals Day Woodland Skills Centre March 2023 (8 attended)	1	1		Mar-23
	<b>Total Sessions:</b>	<b>116</b>	106	10	

<b>Gwynedd</b>	Agored Course: Coppice Products (6 delivered across Anglesey & Gwynedd)	<b>3</b>	3		13/07/2022 – 17/08/2022
	Bala Family Group	<b>3</b>	3		04/03/2023 – 18/03/2023
	Farchynys Family Group	<b>3</b>		3	06/05/2023 – 20/05/2023
	Monthly Volunteer Group	<b>6</b>	4	2	21/11/2022 - ongoing
	Monthly Nature Walking Group	<b>13</b>	11	2	26/04/2022 – ongoing
	Monthly Drop-in Group: Tywyn	<b>13</b>	11	2	27/04/2022 - ongoing
	Monthly Drop-in Group: Tremadog	<b>13</b>	11	2	20/05/2022 - ongoing
	Monthly Drop-in Group: Dolgellau	<b>11</b>	10	1	12/05/2022 - ongoing
	Stakeholder Event	<b>1</b>	1		16/03/2023
	<b>Total Sessions:</b>	<b>66</b>	54	12	
<b>Merthyr</b>	Cancer Aid 6-week Programme	<b>6</b>	6		05/07/2022 – 19/08/2022
	Gellideg Family Group	<b>4</b>	4		01/08/2022 – 02/09/2022
	Treharris Park 6-week Programme	<b>6</b>	6		20/10/2022 – 08/01/2022
	Bushcraft and Survival 6-week Programme	<b>6</b>	6		14/11/2022 – 09/01/2023
	Drop-in Group	<b>18</b>	12	6	04/04/2022 – ongoing
	Taster Sessions	<b>3</b>	3		11/05/2022 – 25/07/2022
	Merthyr & RCT Stakeholder Event	<b>1</b>	1		15/03/2023
	<b>Total Sessions:</b>	<b>44</b>	38	6	
<b>RCT</b>	Ferndale 6-week Group (5 sessions 21-22 & 1 session 22-23)	<b>1</b>	1		01/03/2022 – 05/04/2022
	Early Interventions (EIPT) 6-week Programme	<b>6</b>	6		17/05/2022 – 28/06/2022
	Cambrian Trust 6-week Group	<b>6</b>	6		13/07/2022 – 17/08/2022
	Family Group: Pontyclun and Ted's Fields	<b>4</b>	4		11/08/2022 – 31/08/2022

	Agored Course: Coppice Products	4	4		18/10/2022 – 15/11/2022
	Drop-in Group	16	13	3	07/04/2022 – ongoing
	<b>Total Sessions:</b>	<b>37</b>	<b>34</b>	<b>3</b>	
<b>SE Wales</b>	Bettws 6-week Programme (5 sessions 21-22 & 1 session 22-23)	1	1		02/03/2022 – 06/04/2022
	Granny's Wood 6-week Programme - in partnership Blaenau Gwent CC & Llanhilleth Tenants and Residents Association (4 sessions 21-22 & 2 session 22-23)	2	2		07/03/2022 – 25/04/2022
	Garn Lakes 6-week Programme – in partnership with Healthy Blaenavon & DWP	6	6		17/05/2022 – 21/06/2022
	CoStar Woods 6-week Programme	6	6		25/07/2022 – 29/08/2022
	Fourteen Locks 6-week Programme	6	6		27/07/2022 – 31/08/2022
	Friends of Nant-y-Waun Group	3	3		05/10/2022 – 26/10/2022
	Mardy Park 6-week Programme	6	6		16/11/2022 – 21/12/2022
	Pontymoile Basin 6-week Programme	6	6		25/01/2022 – 01/03/2022
	Agored Course Caerphilly:	6	6		20/02/2023 – 27/03/2023
	Agored Course Maindiff:	6		6	03/04/2023 – 15/05/2023
	Monthly Drop-in Groups	23	18	5	26/04/2022 – ongoing
	Taster Sessions	23	15	8	09/05/2022 – 24/05/2023
	Abergavenny Health Professional event May 2022 (42 attended)	1	1		26/05/2022
	Royal Glamorgan Hospital GP training SP Oct 4th 2022 (with NRW) (18 attended)	1	1		04/10/2022
	Stakeholder Event	1		1	11/05/2023
	<b>Total Sessions:</b>	<b>97</b>	<b>77</b>	<b>20</b>	

<b>Wrexham</b>	Wrexham Woodland Craft and Wellbeing Group	6	6		04/03/2022 – 08/04/2022
	Woodland Wellbeing Group Plas Madoc	2	2		15/07/2022 – 12/08/2022
	Children and Family Woodland Wellbeing Summer Group	4	4		25/07/2022 – 15/08/2022
	Erlas 6-week Group	6	6		13/01/2023 – 17/02/2023
	Wrexham Walking Group	48	48		06/04/2022 – 15/03/2023
	Asylum Seekers Family Taster Session	1		1	04/04/2023
	Drop-in Group	5	3	2	30/06/2022 – 12/05/2023
	Stakeholder Event	1	1		31/03/2023
	<b>Total Sessions:</b>	<b>73</b>	70	3	
<b>Gwynedd Outdoor Health</b>	Dyfi Donkeys Group 2022	6	6		01/07/2022 – 05/08/2022
	Food Growing Group	6	6		08/08/2022 – 26/09/2022
	Nature Connection Group	4	4		17/08/2022 – 28/09/2022
	Roots 2022 Group	6	6		07/09/2022 – 12/10/2022
	Music and Movement Group	4	4		06/10/2022 – 17/11/2022
	Dolgarrog Walking Group	6	6		19/01/2023 – 23/02/2023
	Wild Bangor Group	6	5	1	24/02/2023 – 07/04/2023
	Dyfi Donkeys Group 2023	6		6	14/04/2023 – 19/05/2023
	Roots 2023 Group	4		4	20/04/2023 – 11/05/2023
	<b>Total Sessions:</b>	<b>48</b>	37	11	
<b>RCT Outdoor Health</b>	Meadow Street Taster Sessions	2	2		14/04/2022 & 21/04/2022
	6-week Treherbert GP Project	6		6	18/04/2023 – 23/05/2023
	Gardening Group at Meadow Street	5	5		30/06/2022 – 04/08/2022

	Nature Connection for Beginners at Meadow Street	5	5		01/09/2022 – 06/10/2022
	Dog Walking Winter Programme	6	6		03/11/2022 – 08/12/2022
	Dare Valley Wellbeing Group	2	2		23/02/2023 – 02/03/2023
	Interlink Taster Session (19 attended)	1	1		06/07/2022
	RCT Cluster January Event (29 attended)	1	1		Jan-23
	<b>Total Sessions:</b>	<b>28</b>	22	6	
<b>Pembrokeshire Outdoor Health</b>	Kingsmill Woodland Wellbeing Groups	25	20	5	19/05/2022 – 04/05/2023
	ReConnect in Nature Sessions	3	3		Date?
	Wild Swimming and Wellbeing Groups	24	21	3	17/08/2022 – 21/04/2023
	TYF Coastal Connections Group	6	6		01/11/2022 – 06/12/2022
	Windswept CIC Group	6	6		23/09/2022 – 28/10/2022
	<b>Total Sessions:</b>	<b>64</b>	56	8	
<b>Trywydd Iach Outdoor Health</b>	Walking Group – Machynlleth (Every Friday – Friendly Walkers from the surgery)	28	28		01/04/2022 – 20/01/2023
	Walking Group – Aberystwyth	35	32	3	04/04/2022 – 22/05/2023
	Woodland Wellbeing Activity Sessions - Ynyshir	27	26	1	April 2022 – 04/04/2023
	Woodland Wellbeing Activity Sessions - Ynysmaengwyn	6		6	25/04/2023 – 30/05/2023
	Animal Assisted Therapy – Dyfi Donkeys	21	15	6	May 2022 – 24/05/2023
	Young People’s Sessions at Ynysmaengwyn Woods	7	7		26/08/2022 – 20/12/2022
	Bump to Buggy walks	4	4		14/02/2022 – 14/03/2022
	<b>Total Sessions:</b>	<b>128</b>	112	16	



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## Appendix C – Advertising

	Percentage	HAF	GI	GI and HAF
<b>Coed Lleol Advertising</b>	Coed Lleol Website	3	6	<b>4</b>
	Facebook or social media	19	28	<b>22</b>
	Local Paper	0	0	<b>0</b>
	Poster or advertising	10	9	<b>10</b>
	Direct Email	0	2	<b>1</b>
	Attended Taster session/Actif woods staff	3	0	<b>2</b>
<b>Word of mouth</b>	Word of mouth	7	9	<b>8</b>
	From a friend / family member	27	21	<b>25</b>
<b>Referrals</b>	GP surgery referral	2	1	<b>1</b>
	Mental health service referral	10	5	<b>8</b>
	Flying start or children's services	2	1	<b>2</b>
	Housing Association	1	0	<b>1</b>
	Occupational therapy referral	1	1	<b>1</b>
	Rehabilitation services	1	3	<b>2</b>
	School, college or work	0	0	<b>0</b>
	Other referrals (list in other)	10	8	<b>9</b>
<b>Other</b>	Other organisation signposted/website	3	7	<b>4</b>
	Other	0	0	<b>0</b>
		100	100	100

<sup>i</sup> Brag, Wood & Barton, 2013 Health and the natural environment: A review of evidence, policy, practice and opportunities for the future, Exeter University, 2018 and Cervinka, Renate, Holtge et al, 2014. Green public Health – Benefits of Woodlands on Human Health and Well-being. Austrian Research Centre for Forests, Pretty J, Peacock J, Sellens, M and Griffin, M. 2005. The Mental and Physical Health Outcomes of Green Exercise' International Journal of Environmental Health , 2005 15 (5) 319-337. Park, B et al. 2010. The Physiological effects of Shinrin-yoku: evidence from field experiments in 24 forests across Japan. In Environmental Health Prev Med 2010 15 (1) 18-26) to name a few

<sup>ii</sup> Natural Resources Wales survey 2014, 2018.

<sup>iii</sup> Health in Wales, NHS. <http://www.wales.nhs.uk/healthtopics/conditions/mentalhealth>

<sup>iv</sup> [Torjesen, I \(2016\) Social prescribing could help alleviate pressure on GP's, BMJ 352; 143](#)

<sup>v</sup> [The Warwick-Edinburgh Mental Well-being Scale \(WEMWBS\)](#)

<sup>vi</sup> [Validity of the international physical activity questionnaire short form \(IPAQ-SF\): A systematic review \(nih.gov\)](#)

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