



CoedLleol  
SmallWoods

# Green Infrastructure Project Evaluation Report 2022-2023

Coed Lleol (Small Woods)

Swansea, Neath Port Talbot and Carmarthenshire



Report prepared by: Dr N C Simons



## 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 (Small Woods Wales) started programmes in 2010 to connect people with their local woodlands for their health and well-being, whilst also helping to maintain and promote healthy woodlands. Since then, Coed Lleol (Small Woods Wales) has expanded to deliver woodland well-being 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.

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## Connecting Green Infrastructure Project

Coed Lleol was part of the Welsh Government Funded Project 'Connecting Green Infrastructure' (GI Project). This was a partnership project with Neath Port Talbot Council, Swansea Council, Carmarthenshire County Council, and Cwmaman Town Council. This 19-month project aimed to take a strategic approach to the maintenance, enhancement, and creation of GI for the benefit of people, the economy and wildlife. Coed Lleol's role was to connect communities with their local green spaces to improve the health and well-being of the people and place. This project covers project areas in Swansea, Neath Port Talbot and Carmarthenshire. Additionally, the GI project funded Coed Lleol's engagement project in Neath Port Talbot, Working with Nature.

## Coed Lleol Programmes

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 runs one-off activity & engagement sessions, 6-week programmes and walking groups. A typical session consists of a combination of woodland skills and knowledge-building, healthy eating and woodland exercise. Follow-on open drop-in monthly sessions are also provided in each project area so that participants can continue to engage following a 6-week programme.

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 also take responsibility for clearing rubbish and light woodland management whilst engaged in a programme or an activity session.



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## 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.

### 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.



## Activities

A range of activities were offered to participants through the core programmes, a selection is shown below,

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# ACTIVITIES



## WOODLAND MAINTENANCE

- Removal of plastic tree guards
- Clearing litter & general maintenance of sites
- Log circle construction
- Clearing invasive species, brash and stumps

## FIRE LIGHTING AND BUSHCRAFT

- Fire safety & Fire lighting skills
- Charcoal and char-cloth making
- Shelter construction and survival techniques



## WOODWORK AND GREEN WOODWORK

- Whittling - spoons, spatulas, mushrooms, Christmas decorations, festive ornaments
- Making shrink pots & pot hangers
- Using and making on a shave horse with draw knife

## WOODLAND SKILLS

- Tool use and safety skills, knife sharpening
- Introduction to coppicing
- Wood ID, log splitting, wood storage
- Making nettle cordage



## FORAGING AND ID

- Tree, bird, birdsong, plant, & insect ID
- Foraging for soups, stews and jams
- Fungi ID walks
- Foraging for balms and tinctures (herbal)

## EXERCISE

- Heritage information walks
- Nature ID walks (fungi, plants, trees, insects)
- Night walks
- Dawn chorus walks



## COOKING & FORAGED FOOD

- Making Bannock and welshcakes over the fire
- Pizza, sauerkraut, elderflower cordial, rose petal and meadowsweet glycerite, wild garlic pesto, damper bread and home made butter
- Healthy soups and stews from foraged goods

## HERITAGE SKILLS AND CRAFTS

- Natural dyes and dying materials and wood
- Willow weaving and besom making (brooms)
- Peg making, leather work, felt making, whistle making, raffia, pewter casting, wool making & hapa zome



## RELAXATION & SENSES

- Mindfulness in the outdoors, forest bathing and meditation
- Nature journals and poetry
- Making natural bath salts, foragers soap,

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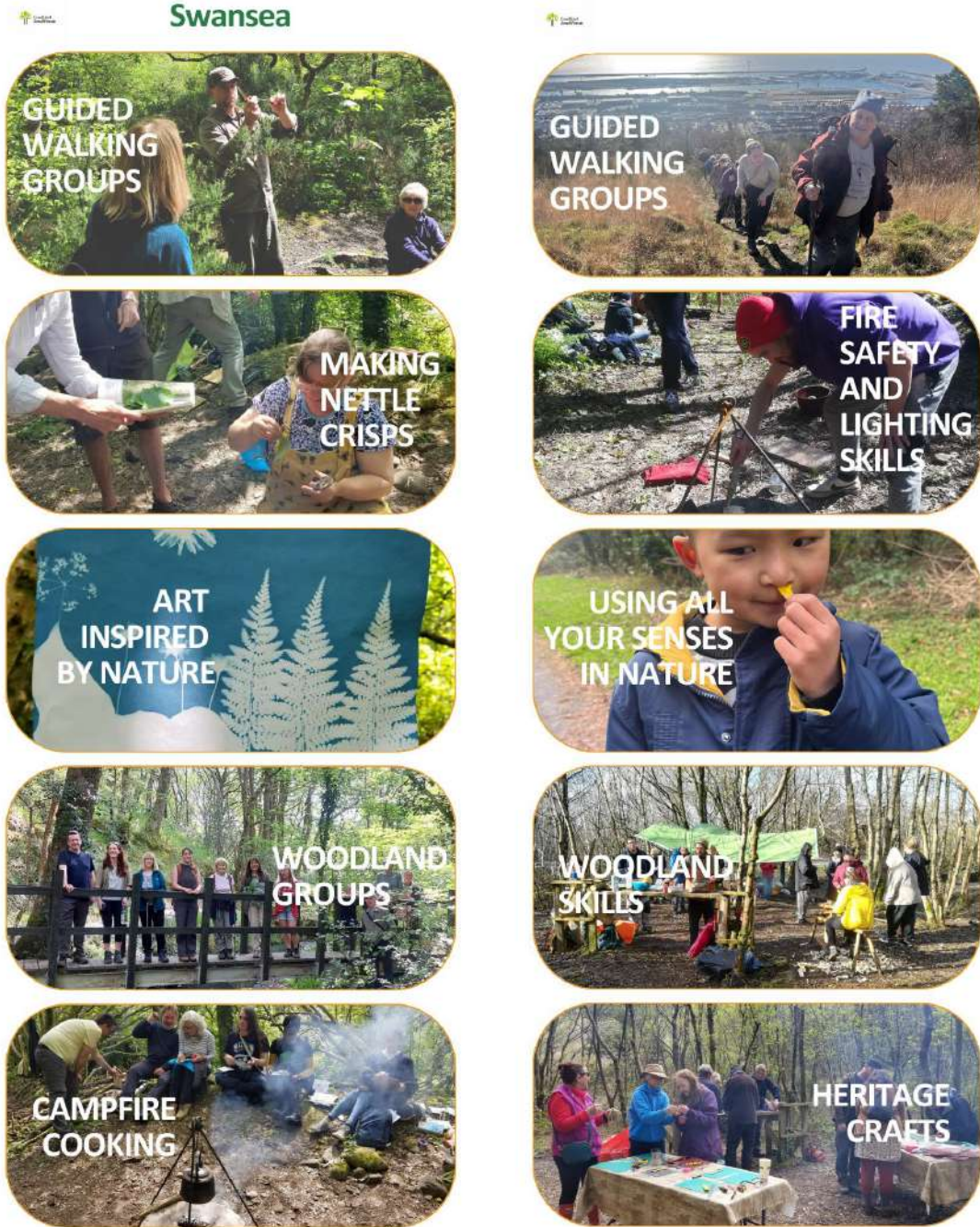
The engagement programme, Working with Nature focused on one-off and volunteering activities to engage people with their local natural environment, to link them to local groups and sustainable nature connections. Some activities are highlighted below,

| Working with Nature Engagement Activities |                               |                               |
|---|-------------------------------|-------------------------------|
| Winter Walk Activity Group                | Nature journaling             | Build a bird box.             |
| Pontardawe Library Walk                   | Litter-picking volunteer day. | Pewter casting                |
| Tree ID walk                              | Bat walk                      | Bushcraft                     |
| Family library group                      | Spatula making                | Stick Man story time          |
| Bird box group                            | Autumn woodland walk          | St David's Day Crafts         |
| Gnoll Park & Crynant                      | Romany peg making             | Forest bathing                |
| Birdwatching                              | Tree ID walk                  | Animal tracking               |
| Gnoll Park Family session                 | Brooms and Brews              | Story Stones                  |
| Neath Ironworks                           | Hallowe'en                    | Pewter casting                |
| birdwatching                              | Gruffalo story time           | Pond Dipping                  |
| Butterflies and Balms                     | Autumn wreath making          | Foraging and campfire cooking |
| Willow weaving                            | Willow crafts                 | Dawn Chorus guided walk       |
| RSPB Big Garden Birdwatch                 | Christmas gift-making         |                               |



# Photos

## Swansea



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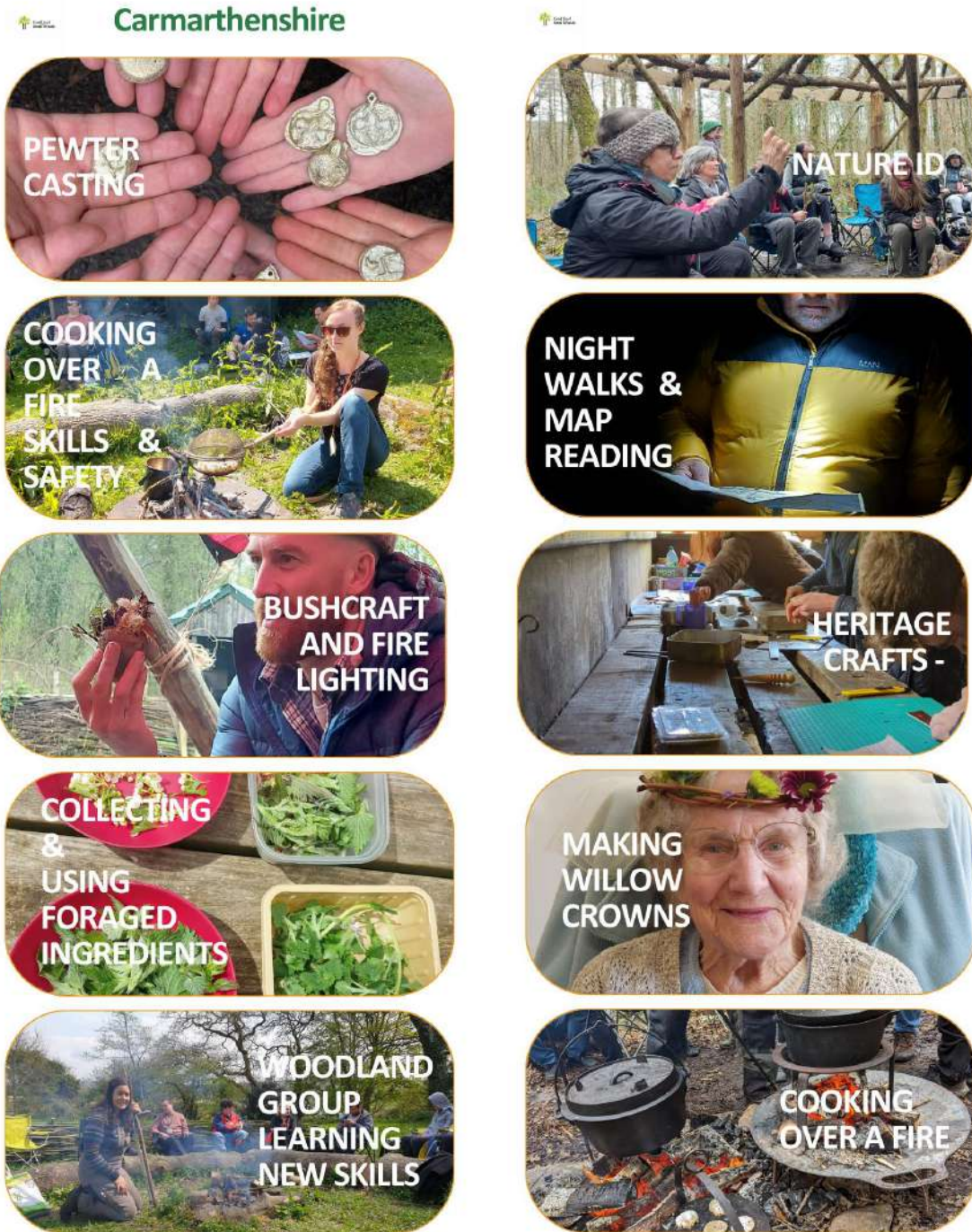
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## Neath Port Talbot





# Carmarthenshire



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## Working with Nature

### Working with Nature



## Outputs

### Headlines

The target for the Green Infrastructure Project was 687 participants throughout the 19-month project. Coed Lleol exceeded this target by 334 participants. 17% of the participants engaged over two years of the project.



| Area                | Year 1<br>(April 2021-<br>March 2022) | Year 2 NEW<br>participants<br>only | Total        | Year 2<br>(April 2022-<br>June 2023)<br>ALL<br>engagements | Total ALL<br>Engagements |
|---------------------|---------------------------------------|------------------------------------|--------------|--|--------------------------|
| Swansea             | 105                                   | 126                                | 231          | 213  | 318                      |
| Carmarthenshire     | 34                                    | 250                                | 284          | 269  | 303                      |
| Neath Port Talbot   | 106                                   | 148                                | 254          | 214  | 320                      |
| Working with Nature | 22                                    | 230                                | 252          | 230  | 243                      |
| <b>Total</b>        | <b>267</b>                            | <b>754</b>                         | <b>1,021</b> | <b>926</b>   | <b>1,184</b>             |

| Adults & Children | Year 1 | Year 2 |
|-------------------|--------|--------|
| Adults            | 267    | 810    |
| Children          | 0      | 116    |

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## Social Media

Coed Lleol's Social Media presence has grown. The GI project areas gained 2,699 more followers than they had the previous year.



Social media has been an effective way to advertise and communicate with participants. Coed Lleol's central Social Media sites have an additional 6,278 followers<sup>1</sup>.

<sup>1</sup> Figures collected June 2023. NPT [\(1\) Facebook](#) Carmarthenshire [\(1\) Facebook](#) Swansea [\(1\) Facebook](#) and [\(1\) Facebook](#)

## Training

Coed Lleol delivered core training for staff and Agored training for participants, volunteers and others. The target for participants taking Agored accredited courses was 90. Coed Lleol offered the following training opportunities, 70 people took part in these opportunities (to date 23 have passed the accreditation). The table below shows the Agored courses run by the GI project areas,

| April 2021-March 2022                    |                |                                    |                                       |                           |
|--|----------------|------------------------------------|---------------------------------------|---------------------------|
| Course                                   | Code           | Duration                           | The number of participants registered | The number passed to date |
| Coppice Products                         | NPT 001 CP     | Jan 22 - Feb 22                    | 12                                    | 5                         |
| Environmental Awareness                  | GI 001 EA      | 23rd Feb 22 - 30th March 22 online | 12                                    | 0                         |
| April 2022-June 2023                     |                |                                    |                                       |                           |
| 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                         |
| 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                                    | 0                         |
| <b>Totals</b>                            |                |                                    | <b>70</b>                             | <b>23</b>                 |

Feedback was overwhelmingly positive. There was evidence of participants gaining skills to be able to train/show others. For example, “Good quality training delivered well. Excellent group of participants. Overall, very enjoyable and informative. This course will help me to deliver carving activities to young people” (Participant, Coppice Products in Swansea). Another comment said,

*“This course has allowed me to understand and think about my own impact on the environment and what can be done. I loved gaining further knowledge on the subject and being able to talk (and interact with other students and the tutor) and debate about the subject. The accreditation allows further learning, research and action. It has got me more interested in actions I can take. As an adult - course has been great at using my brain” (Environmental Awareness, Online)*

## Sessions

The project areas delivered the following sessions,

| Area                   | Number of Sessions<br>Year 1 (April 2021-<br>March 2022) | Number of sessions<br>Year 2 (April 2022-<br>June 2023) | Number of Sessions<br>Total |
|------------------------|--|---|-----------------------------|
| Swansea                | 45   | 92  | 137                         |
| Carmarthenshire        | 11   | 99  | 110                         |
| Neath Port Talbot      | 48   | 83  | 131                         |
| Working with<br>Nature | 6*   | 66  | 72                          |
| <b>TOTAL</b>           | <b>110</b>   | <b>340</b>  | <b>450</b>                  |

\*Estimated

This breaks down as,

| Area   | Number of Sessions<br>Year 1 (April 2021-<br>March 2022) | Number of sessions<br>Year 2 (April 2022-<br>June 2023) | Number of Sessions<br>Total |
|--|--|---|-----------------------------|
| <b>6-week sessions<br/>(including Agored)</b>                  | 46   | 144   | 190                         |
| <b>Drop-in sessions</b>  | 25   | 114   | 139                         |
| <b>Waking Groups</b>   | 22   | 44  | 66                          |
| <b>One-off Taster<br/>sessions (including<br/>stakeholder)</b> | 17   | 29  | 46                          |
| <b>Health Professional<br/>days</b>                            | n/a  | 2   | 2                           |
| <b>Stakeholder event</b>                                       | 2  | 2   | 4                           |
| <b>Volunteer sessions</b>                                      | -  | 5   | 5                           |
| <b>TOTAL</b>   | <b>110</b>   | <b>340</b>  | <b>450</b>                  |

A complete list of sessions is available in Appendix A.

## Volunteers

The GI project areas were able to recruit 10 volunteers to support the groups. The volunteers supported a total of 274 sessions throughout the project. From 2023 the volunteers can collect Tempo Credits to incentivise volunteering. Eight of the volunteers for the GI project areas progressed from participants to volunteers.

Working with Nature Project has enthused and informed people about volunteering in the local area. 28 people have expressed an interest in volunteering since attending the sessions.

## Evaluation



A pre-and post-survey method was utilised to measure changes in adult participants' 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.

## Sample Group

746 registration forms and 170 participants' evaluation forms were collected from April 2022-June 2023 (one-off activities were not evaluated). This sample group represents a confidence level of 95% and a margin of error of 6%. This provides a sound basis for a representative sample group.

## Attendance Data

In year 2, 51% of participants attended two or more sessions with Coed Lleol. The number of one-off and engagement/taster sessions increased in year 2 of the project due to the launch of Working with Nature and Carmarthenshire Project Area.

| Attendance data       | Year 1 (April 2021-March 2022) | Year 2 (April 2022-June 2023) |
|-----------------------|--------------------------------|-------------------------------|
| 1 session (or taster) | 29%                            | 49%                           |
| 2-5 sessions          | 44%                            | 35%                           |
| 6-10 sessions         | 20%                            | 11%                           |
| 11-15 sessions        | 3%                             | 3%                            |
| 16-20 sessions        | 2%                             | 1%                            |
| 21+ sessions          | 1%                             | 2%                            |

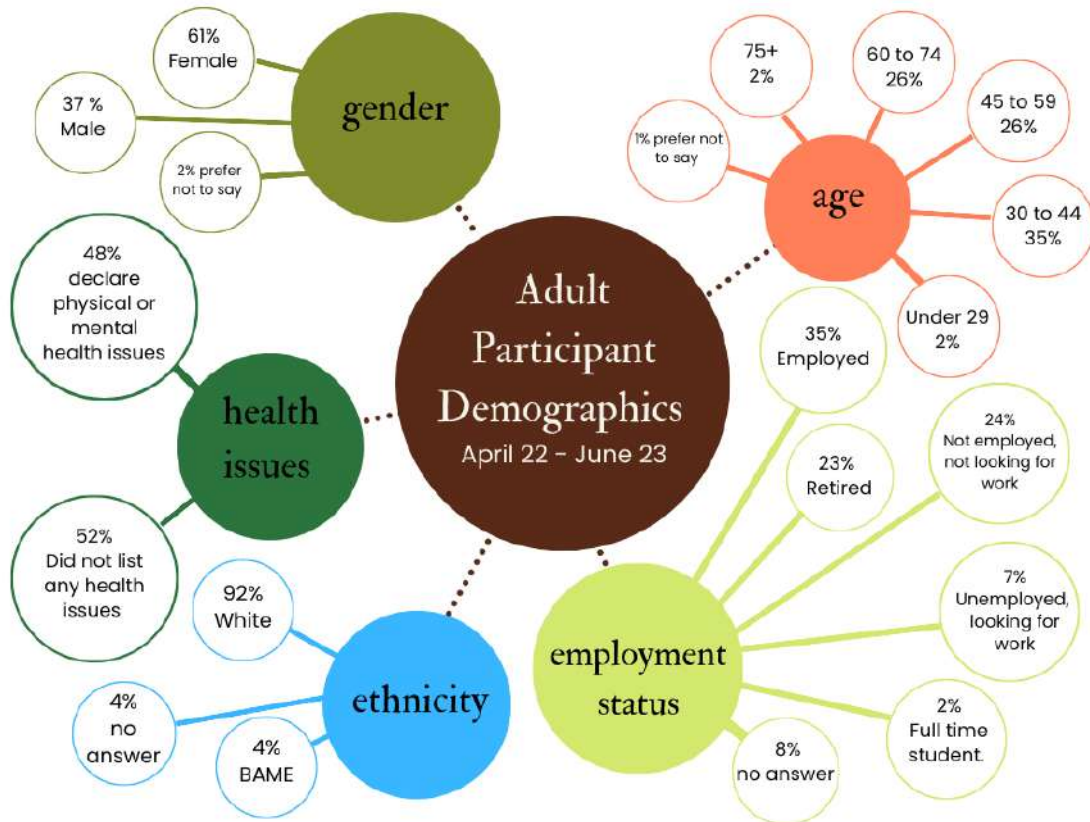
In both years, the project attracted 84% new participants and retained 16% of participants who attended over several years.

| Attendance data                           | Year 1 (April 2021-March 2022) | Year 2 (April 2022-June 2023) |
|---|--------------------------------|-------------------------------|
| New participant                           | 84%                            | 84%                           |
| Existing (or attended over several years) | 16%                            | 16%                           |



## Adult participants

The 746 adults had the following demographic representation,



The GI 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. 48% of participants listed health conditions (physical or mental) and 31% were limited a little or a lot by those health conditions daily.

Over half of the participants lived in areas designated the most deprived in Wales (1-5 on the Welsh Index of Multiple Deprivation, WIMD). 48% lived in areas designated 6-10 (least deprived). 78% of the adult participants lived in urban city and town areas (74%) or Urban city and town in a sparse setting (4%). 22% lived in more rural areas. These reflect the urban context of the project areas delivering in or near Swansea, Neath, Port Talbot, Llanelli and Carmarthen.

## Welsh Index of Multiple Deprivation

52% of participants live in areas 1-5 WIMD (most deprived)



48% of participants live in areas 6-10 WIMD (least deprived)

## Urban or Rural?

22% of participants live in rural areas



78% of participants live in urban areas



## Referrals

The project areas were able to connect with 80 referral partners who referred 203 participants to Coed Lleol core sessions. Approximately 36% of the adults were referred, and others self-referred to the sessions.

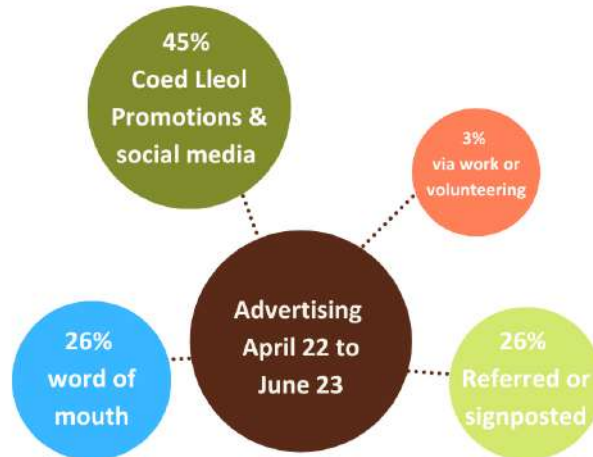
A selection of the referral partners is presented below, with a full list available in Appendix B.

- 🌿 Swansea – Hafan Cymru, Morrision GP surgery, Pobl, Barod & The Wallich
- 🌿 Neath Port Talbot – MIND, Crisis, NPT Stroke Group & Building Blocks Family Centre
- 🌿 Carmarthenshire – People Plus, Johnstown Day Centre, Hywel Dda UHB Mental Health team & Age Cymru.



## 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. Some participants also registered following a television appearance on ITV's Coast and Country. The most effective of these was social media (27%). The advertising seen is shown below,



Participants also heard about Coed Lleol's activities and groups through referral pathways and signposting (26%) and word-of-mouth recommendations (26%). This illustrates how Coed Lleol's hyper-local approach, having project officers in each area, is effective in building reputation and trust locally.

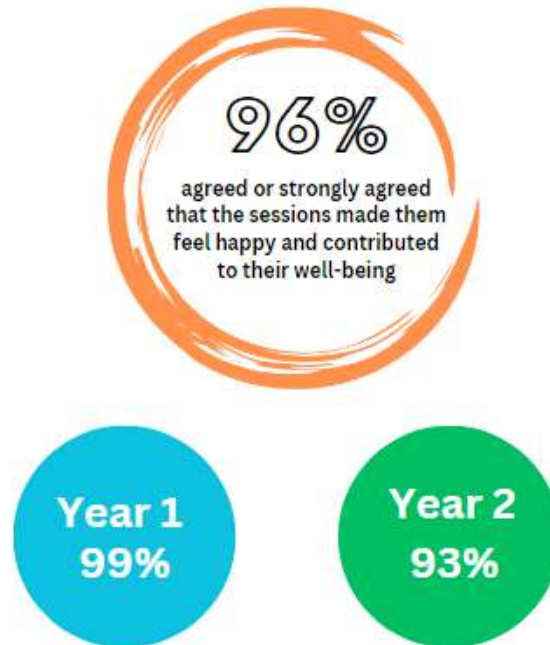


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## Well-Being

Overall, **96%** 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. In 2021-22 99% agreed or strongly agreed and this year the figure was 93%.



## Measuring Well-being using validated measures

The Warwick Edinburgh Mental Well-being Scale (WEMWBS)<sup>1</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>2</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, 153 participants provided complete pre-and post- WEMWBS scores. Overall, the mean score for well-being increased from 46 (out of 70) for participants who completed the WEMWBS before the sessions to 51 (out of 70) for the same participants who completed the post-evaluation form. This represents an overall increase of 5 well-being points,

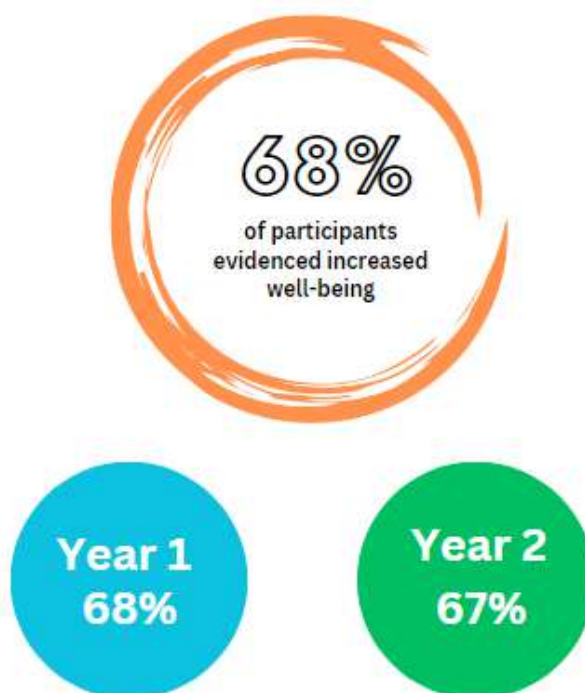
<sup>2</sup> The 14 WEMWBS indicators are:

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.

demonstrating that the activities that the Coed Lleol (Small Woods Wales) sessions were able to contribute to increased well-being across the cohort.

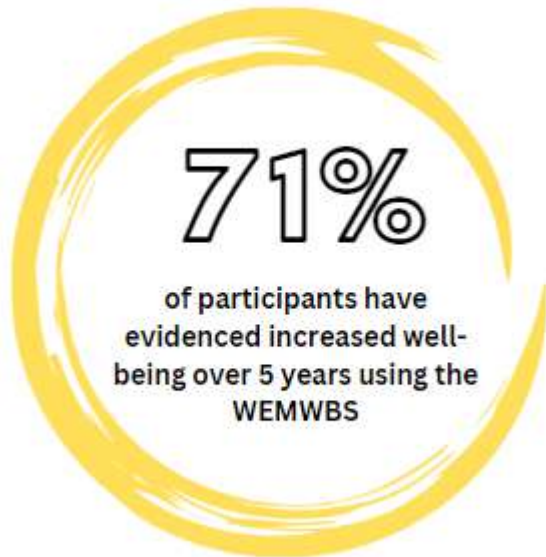
This year, taken on an individual level, 67% of the participants who completed both pre-and post-WEMWBS had increased well-being (59% of these showed well-being increases of 3 or more – significant change). This was consistent with the previous year's findings ( $n=96$ )

Well-being increases are shown below,

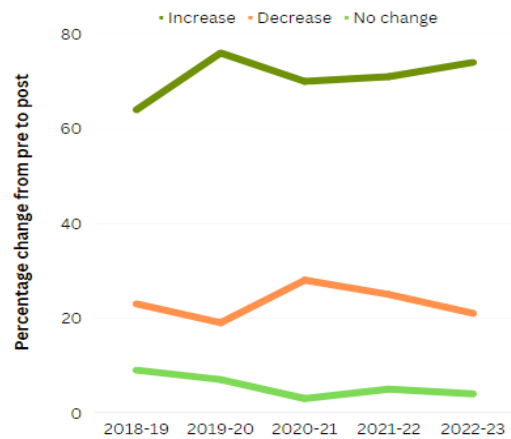


| WEMWBS              | Year 1 (April 2021-March 2022) | Year 2 (April 2022-June 2023) |
|---------------------|--------------------------------|-------------------------------|
| Well-being increase | 68                             | 67                            |
| Well-being the same | 4                              | 5                             |
| Well-being decrease | 28                             | 28                            |
| Average START       | 46                             | 46                            |
| Average END         | 52                             | 51                            |
| Average Increase    | +6                             | +5                            |

Coed Lleol (Small Woods Wales) has been collecting well-being data for the last 5 years 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),



Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) % of participants who evidenced changes from pre- to post-participation following Coed Lleol sessions

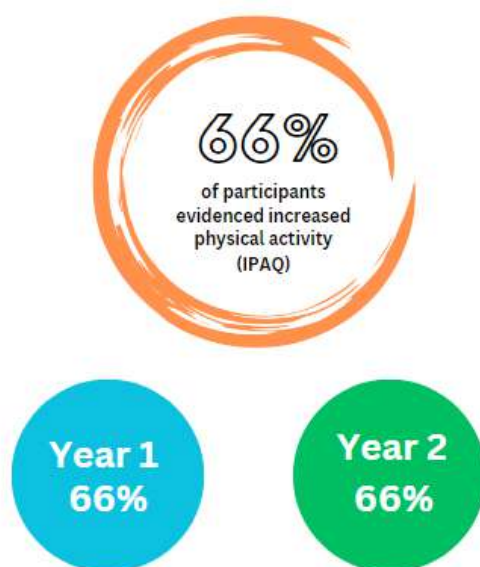


“Taking part in the sessions has dramatically improved my mental health. These sessions have done more to improve my mental health than just the therapy and medication alone. I feel a lot less isolated and less lonely even after just 6 weeks”  
(Neath Port Talbot participant, GI Project)

## Physical Activity

Physical health changes were also measured using the short version of the International Physical Activity Questionnaire (IPAQ)<sup>ii</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.

93 participants completed both pre-and post- IPAQ measures this year. The mean score increased from 2877 MET points pre-activity to 3398 MET points post-activity – an increase of 521 MET points. Taken on an individual level, 66% of the participants showed increased physical activity from pre- to post-activity. This figure has been consistent for two years ( $n=186$ ).



| IPAQ                          | Year 1 (April 2021-<br>March 2022) | Year 2 (April 2022-<br>June 2023) |
|-------------------------------|------------------------------------|-----------------------------------|
| <b>Increase</b>               | 66%                                | 66%                               |
| <b>Decrease</b>               | 32%                                | 31%                               |
| <b>No Change</b>              | 1%                                 | 3%                                |
| <b>Average MET score Pre</b>  | <b>2865</b>                        | <b>2877</b>                       |
| <b>Average MET score post</b> | <b>4232</b>                        | <b>3398</b>                       |
| <b>Average Inc/Dec</b>        | <b>+1367 MET points</b>            | <b>+521 MET Points</b>            |



The results indicate that Coed Lleol sessions can increase the physical activity of over half of the participants by an average of 944 MET points (the equivalent of 4 times thirty minutes of vigorous activities per week).

"I now get more physical exercise looking at and for plants. Learning how to use local plants in my life has made me more interested in life and happier" (Swansea participant, GI Project)



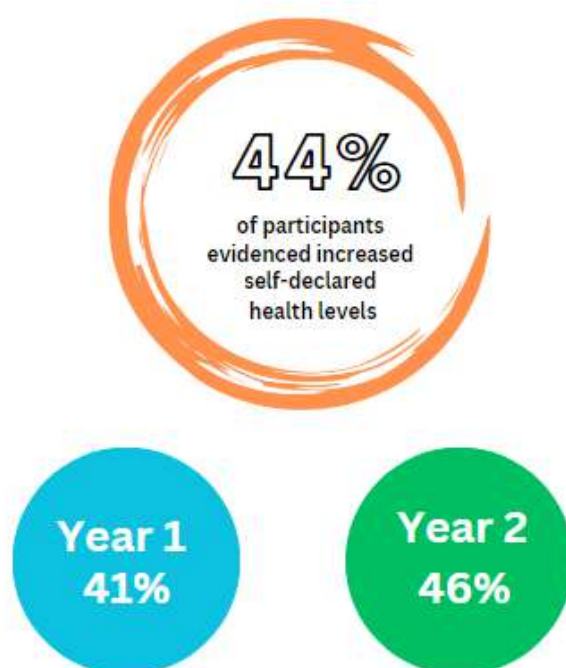
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## Overall Health

Overall health was measured using the 'health thermometer' from the EQ-5D-5L<sup>3</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, 93 participants completed both pre- and post-EQ-5D-5L health thermometers. The results showed that the mean score for overall health rose from 65 (out of 100) to 69 (out of 100), an increase of 4 points. Taken on an individual level, 46% 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 ( $n=186$ ) are shown below,



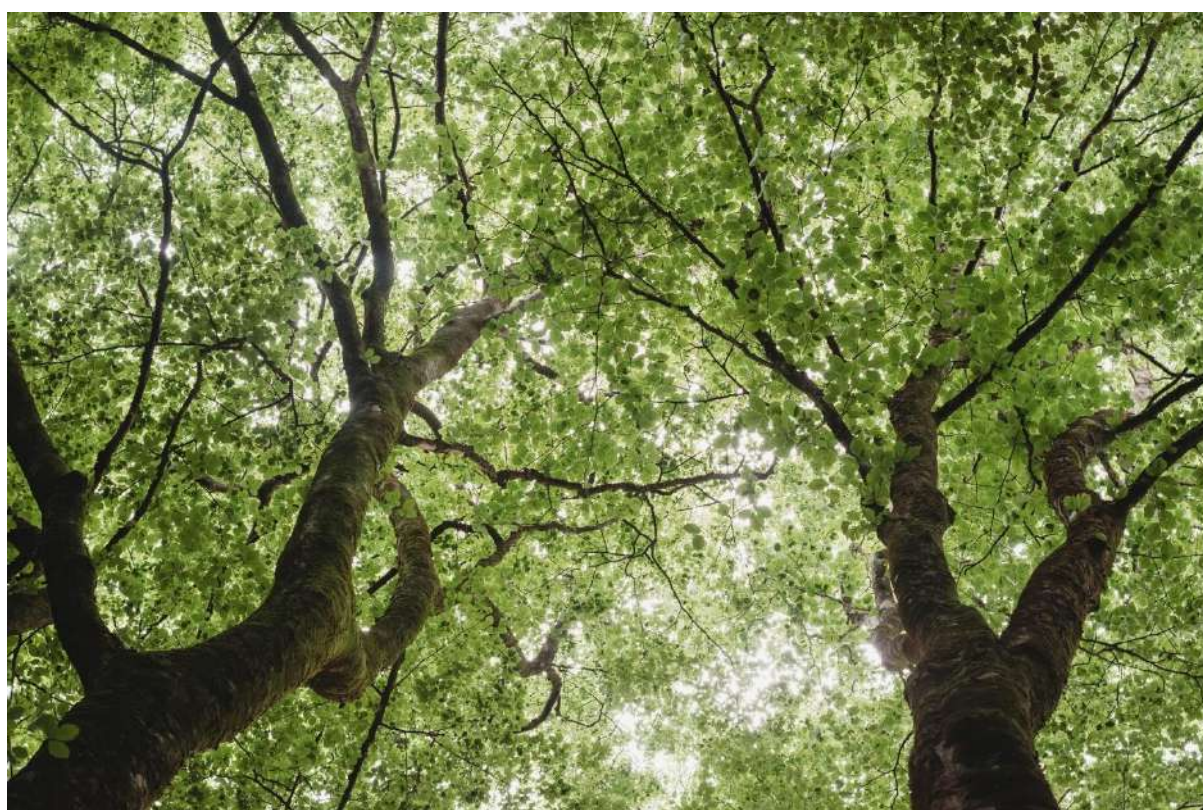
| EQ-5D-5L Health Thermometer | Year 1 (April 2021-<br>March 2022) | Year 2 (April 2022-<br>June 2023) |
|-----------------------------|------------------------------------|-----------------------------------|
| <b>Increase</b>             | 41%                                | 46%                               |
| <b>Decrease</b>             | 32%                                | 37%                               |
| <b>No Change</b>            | 27%                                | 17%                               |
| <b>Average Pre</b>          | <b>69</b>                          | <b>65</b>                         |
| <b>Average post</b>         | <b>69</b>                          | <b>69</b>                         |
| <b>Average Inc/Dec</b>      | <b>0</b>                           | <b>+4</b>                         |

These results indicate, that just under half of the participants self-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.

<sup>3</sup> [Health questionnaire \(EQ-5D-5L\) \(nsw.gov.au\)](https://www.nsw.gov.au/health-questionnaire-eq-5d-5l)

## Nature Connection

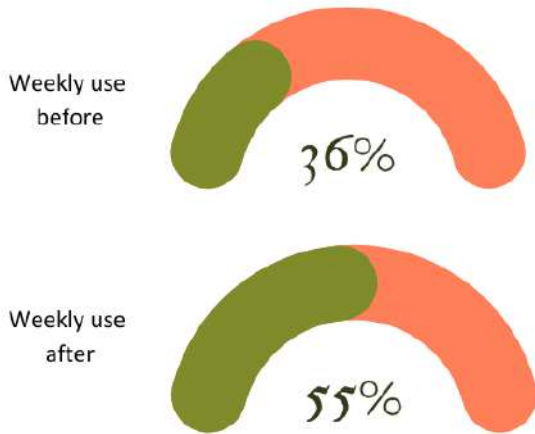
Coed Lleol (Small Woods Wales) activities aim to encourage the greater use of woodlands and green spaces to promote the use of outdoor green spaces for longer-term health and well-being. Outdoor contact was measured using a pre-and post-evaluation questions. This question sought to explore how much annual 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.



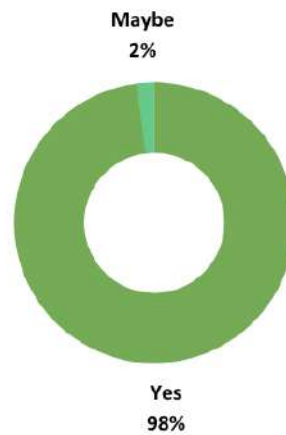
This year, 117 participants completed both the pre-and post-nature-connection question. The results show that before the sessions 36% of the participants were frequent woodland/natural green spaces users. Frequent use was designated as weekly or more. After the sessions, 55% of the participants were frequent users of woodlands. This represents an increase of 19% of people using woodlands more frequently following the Coed Lleol (Small Woods Wales) sessions. Additionally, 98% said that they would continue to use local green spaces for health and well-being in the future.

# Nature Connections

Before joining Coed Lleol 36% of participants were frequent visitors to woodlands or greenspace (visit weekly or more). This rose to 55%, an increase of 19%, after contact with Coed Lleol



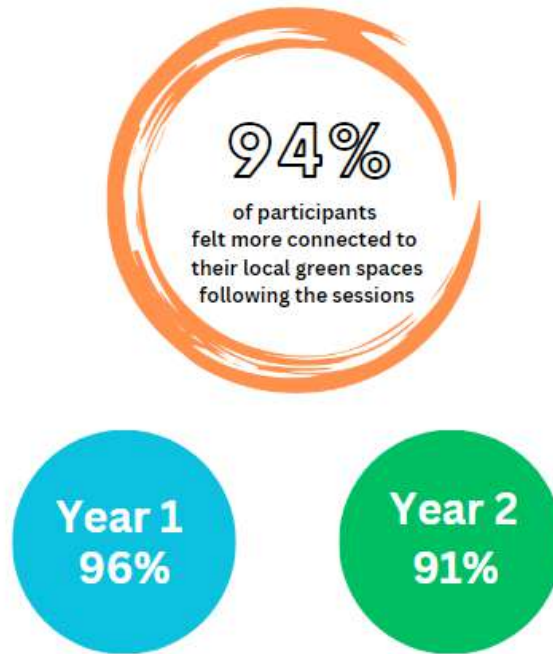
**98%**  
of participants will continue to use woodlands/greenspace for health and wellbeing longer-term



| Nature connection                                | Year 1 (April 2021- March 2022) | Year 2 (April 2022- June 2023) |
|--|---------------------------------|--------------------------------|
| <b>Increase in Frequent use (weekly or more)</b> | +19%                            | +27%                           |

91% of the participants agreed or strongly agreed that they felt more connected to their local greenspaces following the sessions.

“Made me realise how important for me to get outdoors and out of Carmarthen, to utilise the outdoor space. Impacted my physical and mental health. I can concentrate on the trees and nature instead of my physical pain”  
(Carmarthenshire participant, GI Project)

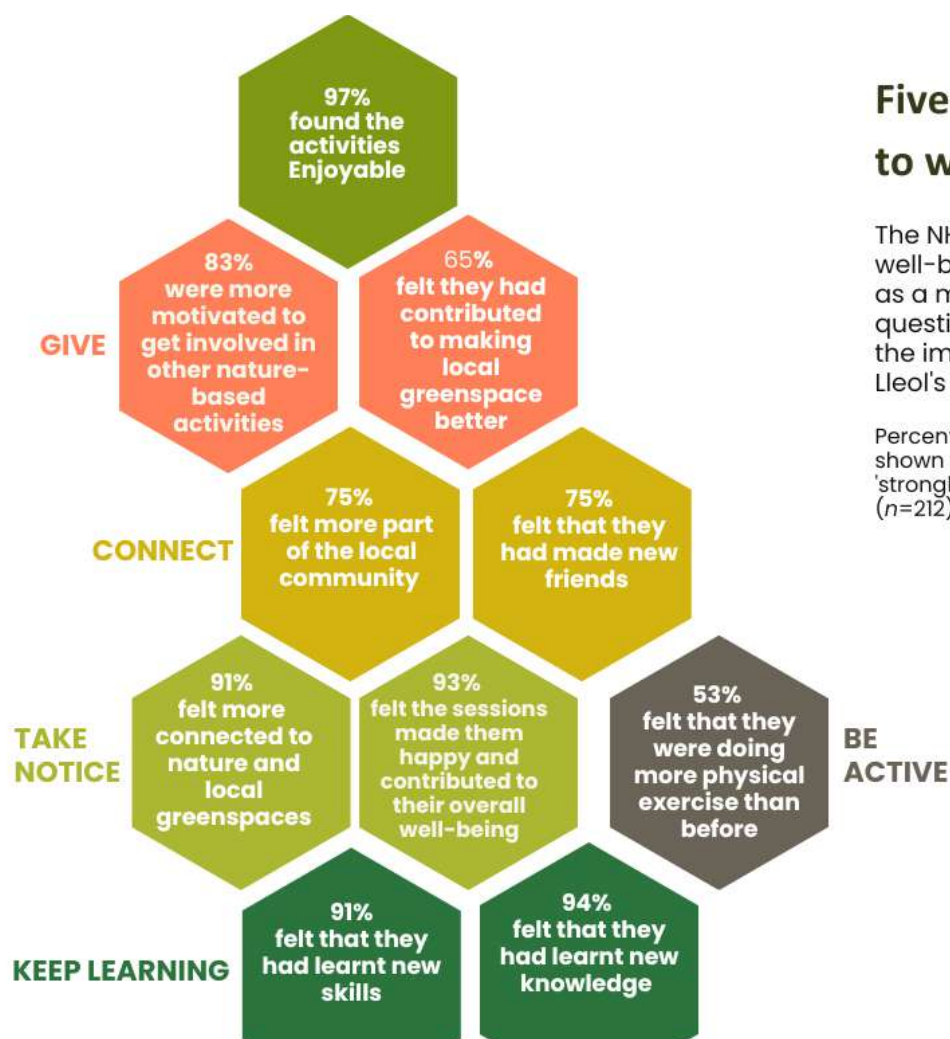


## 5-Ways to Well-being Measures

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



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 Coed Lleol's programmes.

Percentage results are shown for all 'agree' and 'strongly agree' ratings (n=212).

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 |
|---|---------------------------------|--------------------------------|---------|
| Connect: Helped make new friends  | 81%                             | 75%                            | 78%     |
| Connect: helped feel more part of the community                         | 81%                             | 75%                            | 78%     |
| Give: contributed to making local greenspace better                     | 79%                             | 65%                            | 72%     |
| Take notice: More connected to local green space                        | 85%                             | 91%                            | 88%     |
| Take notice: more motivated to get involved in environmental activities | 79%                             | 83%                            | 81%     |
| Keep Learning - teaching new skills                                     | 86%                             | 91%                            | 89%     |
| Keep Learning - taught new knowledge                                    | 99%                             | 94%                            | 97%     |
| Be Active: more physical activity                                       | 66%                             | 53%                            | 60%     |

## 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, 195 people provided positive-change responses to this question.

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,

*“These sessions have been greatly beneficial to me. My health conditions are isolating, so getting out and being part of a group in nature has been highly beneficial to my physical and mental health. I have looked forward to the sessions, they have helped my confidence as well”* (Working with Nature participant, GI Project)

*“Being outside in nature had definitely helped my mental health. It’s encouraged me to visit woodlands more often and get out when more with my son”* (Neath Port Talbot participant, GI Project)

*“I walk more and go out to nature more, I am physically fitter, less anxious. I appreciate and notice, flowers, trees, puddles etc and I’m happier”* (Neath Port Talbot participant, GI Project)

*“It’s inspiring, looking at nature in a curious childlike way rather than a jaded exhausted middle-aged individual like myself. To keep the spirit of wonder, and curiosity, learning new insights from the natural world is almost like magical enlightenment, and beneficial for emotional well-being. It’s empowering being surrounded by like-minded people”* (Carmarthenshire participant, GI 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,

*“I see a vast change in my mental health every time I attend a session with Coed Lleol. I make more of an effort to visit the woodland areas in my spare time. It feels like a weight being lifted off my shoulders”*

*each time I go. Wish it could be bottled!"* (Swansea Participant, GI Project)

*"Huge improvement in mental health, well-being, fitness, social, skills, crafting, learning, concentration, motivation and green woodworking, coppicing & knife skills. All my close friends have noticed my spark return after it disappeared on a 4-year hiatus"* (Neath Port Talbot participant, GI Project)

*"The whole programme has been absolutely phenomenal to my husband and me personally on every level. The support, advice and kindness the team show is first class. We both benefited so much"* (Swansea participant, GI Project)

*"It has helped me realise the importance of being in nature to my work/life balance. It's helped me realise being in nature is more important to my well-being than work"* (Working with Nature participant, GI Project).

*"I can't explain how much these sessions have helped me. I have had long-term anxiety and depression but being part of these group sessions has helped me immensely. The staff and volunteers have been fantastic"* (Carmarthenshire participant, GI Project).

## Learning

Some comments related to learning new skills or knowledge.

*"A very enjoyable session- learnt about the many butterflies in my area (I didn't know there were so many different brown ones!) and the different things that are edible"* (Working with Nature Participant, GI Project).

*"Although I had an interest in survival skills and land woodcraft I have only seen this in books or YouTube so it was excellent to have the chance to use equipment and be shown skills face to face with knowledgeable staff"* (Swansea, GI Project)

*"Being involved with the Coed Lleol programmes has done me the world of good - giving me a reason to get out in the fresh air and do something whatever the weather. I have thoroughly enjoyed learning new skills in such a supportive and friendly environment"* (Neath Port Talbot participant, GI Project)

*"Engaging in outdoor activities has taught me new skills and really improved my confidence and self-esteem. Taking part in a wide range of activities has improved my physical and mental health"* (Working with Nature Participant, GI 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,

*“I feel more connected to my local community”* (Neath Port Talbot participant, GI Project)

*“It was wonderful to talk to people other than the family I care for, to learn new skills and get some fresh air”* (Swansea, GI Project)

*“Meeting people outside my comfort zone has really helped me open up, understand others and also learn new skills in cases of emergencies. Enabled me to appreciate nature in all states”* (Carmarthenshire Participant, GI Project)

*“The programme helped me feel connected to other people and feel less lonely. I will continue to use the skills I have learnt over the 6 weeks”* (Neath Port Talbot participant, GI Project)

*“I was a full-time, unpaid carer at the time and that can be quite isolating. Coed Lleol was great for getting me out into the fresh air and meeting other people. It was very relaxing to spend a few hours outside, doing something for yourself, and I always went home feeling better and more able to face the day”* (Swansea participant, GI Project)

*“Reduced my isolation and enjoyed meeting others. Increased my knowledge about the local green spaces. I learnt we have similar plants to the ones we have in Ukraine”* (Swansea participant, GI Project).

*“I have realised that maybe being with others is an advantage for mental well-being after all. Hiding away / not having contact when depressed and anxious is not good”* (Carmarthenshire Participant, GI 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,

*“Being a part of Coed Lleol has completely changed my life. I now have so much more confidence and motivation and I am achieving things I never thought I would be capable of. I have seen both my*

*physical and mental health grow and grow every single day”*  
(Swansea participant, GI Project).

*“I have/am really enjoying my time with Coed Lleol. It has really helped me with my confidence and mental health. Before joining the activities, I hardly ever left the house so it has helped me with my fitness and also in meeting new people”* (Swansea, GI Project)

*“These sessions have given me more confidence to attend group activities. I even attended a session on my own”* (Neath Port Talbot participant, GI Project)

*“Taking part in activities outdoors has given me more confidence working with tools and also has had a positive effect on my mental health, reducing my anxiety and stress levels”* (Neath Port Talbot participant, GI Project).

*“Improved my confidence, self-esteem. Taught me to look after myself better”* (Participant Carmarthenshire, GI Project)

*“After being the house for nearly a year, it has encouraged me to venture out. I felt good after each session”* (Participant Carmarthenshire, GI 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,

*“Being part of Coed Lleol has helped me out of my 'bubble'. I have really enjoyed learning lots of new and helpful things I can use in my everyday life towards being chemical and plastic-free”* (Participant Carmarthenshire, GI Project)

*“I am using the information from the sessions to research the area and nature. Share with friends to help them too. I have tried some of the foraging recipes myself”* (Working with Nature Participant, GI Project).

*“I have learnt to appreciate what I have on my doorstep and make the most of the outdoor green space. I have taught my daughter about woodlice and how to make a nettle bracelet. Concerning the wonderful site, its varied, accessible, an easy walking distance from town”* (Participant Carmarthenshire, GI Project)

*“It has given me a greater interest in the local area. I am now very interested in fungi, wood carving and general outdoor gatherings .making fire and food etc” (Swansea, GI Project)*

*“It's actively encouraged me to be out in nature more. It reminded me how good it is for my mental health. I've felt happier and more confident as well as more knowledgeable - would highly recommend!” (Participant Carmarthenshire, GI 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” (Neath Port Talbot Participant, GI 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,

*“Coming from a farming family I had forgotten how wonderful it is to be outside, to learn new skills and help others in a group session. Since attending sessions and the walking group with Active Woods I have enrolled on a foraging course to further my knowledge and one of my aims is to work in this type of job role” (Swansea Participant, GI Project)*

*“Having a course motivates me to go out even It gives a sense of purpose. I have learned so much about the environment I now notice things that previously I would have walked past and missed. It has been a great pleasure in taking part in activities with such a lovely group of people” (Working with Nature Participant, GI Project).*

*“Coed Lleol helps you commit to a programme and no matter what the weather you turn up to a warm welcome and a friendly group. For a few hours, you are immersed in the woodland and somehow all your worries are left behind. You leave feeling energised and positive. It has been great fun learning new skills and gaining knowledge about the natural world - I am definitely more observant when out walking. The woodland is very healing” (Swansea Participant, GI Project)*

*“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” (Neath Port Talbot Participant, GI Project)*

*“It has opened up more possibilities of what the green spaces around me can be used for. Now when I go for a walk, I see all the foraging opportunities that are around me” (Swansea Participant, GI Project).*

*“Coed lleol has helped me and my son cope with bereavement by getting us out of the house once a month, diverting our thoughts for 3 hours by meeting new people and learning new skills. The people in charge are not staff they are friends and go far and beyond their role. They take active and personal care with every individual and actually contact them personally to see how they are doing” (Carmarthenshire Participant, GI 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,

*“It’s helpful and gets be moved around a lot better. I am fitter. Helped me learn new skills and being more confident in myself. It helped me meet new people. Beforehand I was stuck waiting all day. It’s really helped me a lot” (Neath Port Talbot Participant, GI Project)*

*“I am physically fitter from getting more exercise in the woods, I am happier by being more in contact with nature with nice people” (Neath Port Talbot Participant, GI Project)*

*“Old age has greatly restricted previous outdoor activities (hill walking, mountaineering), so reasonably gentle walks with like-minded people have given me the incentive to get out more. It is much easier (for me anyway!) to engage in a group activity than to get enough self-motivation to go out walking on my own” (Swansea participant, GI Project)*

*“I do more exercise, I appreciate and notice nature more than before when doing the activities, I do not think of my problems, it is a great mental break from stresses of life with nice people” (Swansea participant, GI Project)*

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

## Case studies

Participants who attended 6-week sessions provided testimony on their experience of Coed Lleol sessions and the impact that engagement has had on them through case studies.

### MATT

#### WOODLAND WELL-BEING GROUP – SOUTH WALES



I was a boy scout when I was younger, and I loved being outside in the woods. I had an interest in nature, foraging and bushcraft. As an adult, I'd lost touch with that side of myself, and life became complicated. About two years ago, I was admitted to the hospital with multiple organ failure caused by alcoholism. I am still in recovery from this, but I knew that I had to make some positive changes in my life, and I wanted to do something that I was interested in and that would teach me some new skills and further my knowledge of foraging. I took a look online and found that Coed Lleol had sessions local to me and they sounded interesting.

I started going to the monthly drop-in groups and then went to the 6-week guided walking sessions that helped me to learn more about plant ID and foraging. I began attending more regularly and was building up my interest in all the different activities that the Coed Lleol sessions offer. After a while, the project officer asked whether I'd like to become a volunteer for the group. I thought that this would be a good focus for me, and I enjoy it. The connections that I have made with Coed Lleol have led me to other bushcraft activities in the area including camping out overnight in a hammock!

The groups are great because you meet new people. This is important to me as when I was drinking, I isolated myself and wouldn't see people for weeks on end. These people were outside of the circle of people that I knew and that has allowed me to make new friends and have interesting conversations with them. I love that the activities are so varied, we have done outdoor cooking, foraging, outdoor yoga, bushcraft, woodworking and making paints out of natural dyes – it is so varied.

I struggled at times with some of the physical activities that are part of the group, as I was still in recovery from being in hospital and this has had a long-term impact on my mobility. However, the project officers and leaders were great at supporting me at my level and it has pushed me in a way to do more physical exercise as this is difficult for me to do on my own.

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It is significant to me that these groups are outside in nature. I like being outside, it makes me feel more relaxed, provides fresh air and releases chemicals in the brain that make me feel happier. I like learning new skills and knowledge and exploring new areas that I didn't know about. An indoor group would just not have had the same impact on me.

Being part of Coed Lleol has really built my confidence in a positive way. When I was drinking initially this gave me loads of confidence, but after a while, it made me depressed and isolated, and I distanced myself from everything because the drinking took over. But now, I am in recovery. Doing this type of thing takes me out of my house and outdoors, and I have seen an improvement in my mental health. My confidence has grown so that I am able to volunteer and seek out other opportunities too. Coed Lleol lit a spark in me and made me want to find out more about the natural world and ecology – when I was volunteering people would ask me questions and I didn't always know the answers, so this spurred me on to find out more. So, this year, I have signed up for a university course in Environmental Sustainability and Climate Change. I don't know where it will take me longer-term, but I am really interested in learning more about forestry and habitats, so hopefully, it will open some new doors for me. I would never have dreamt of going off to university if it wasn't for being part of these groups. I'm looking forward to seeing where this takes me.



## KAREN

### WOODLAND WELL-BEING GROUP AND AGORED COPPICE PRODUCTS, SWANSEA



I was born and brought up in South Wales, I am 36 years old. I worked most of my life as a carer, a job that I really enjoyed. I was always out and about in the community and doing voluntary work too. When I was a child, I used to love going out into nature and collecting newts and frogs – I was always out when I was a kid. I was always up the field behind the house building tree houses and being active with my friends.

Everything came to a head for me about a year and a half ago when a traumatic experience led to me having a breakdown. I spent almost a year in bed and was barely able to leave the house – especially during the daytime. My confidence and my trust in others were very low. My anxiety levels were sky-high, and I found that the thought of going out and meeting people was terrifying. Eventually, I started to get treatment for extreme anxiety, and I also got help to recover from addiction, which was something I had kept hidden.

I started with Coed Lleol because it was suggested by my support worker. What attracted me was the emphasis on survival skills and bushcraft. My husband and I love watching Bear Grylls on the TV – so I thought, I'll try a bit of that. At that point in my life, I needed support to attend as I wouldn't have been able to leave the house on my own and get there without the support from my support worker. I really enjoyed it from the first session – and I kept going to each session. Having a small group of people that you build friendships with over the weeks is a good thing – also seeing the different seasons throughout the year is quite special. The group provides a lovely welcome, being outside is a real game-changer as it is so relaxed. They select nice calm areas that are away from traffic and houses. A peaceful location means that you can concentrate on what you are doing – and you don't have to worry about all the other things that are going on in life. I have made so many things that I didn't know I could do – I have made a spatula out of wood and been able to perfect this by doing a follow-on course in woodworking with Coed Lleol (Coppice Products Level 1). I feel really proud of the things that I have produced.

For me, Coed Lleol provided me with the confidence to get back out of the house and to socialise with people again. Gradually, after several weeks, I started to feel like I was getting back to my normal self again. When I first started, my anxiety levels were really high, and I'd have to take a tablet to help with my anxiety before coming to the group. Over time, as I got

to know the group more, I found that I didn't need to take the tablets before leaving the house. This helped build my self-confidence. I started thinking, "I *can* go out and I *can* do these things myself". I have even built the confidence to catch a bus to the sessions now, and that was something I was struggling with before.

As I had been in the house for a year, my physical health had suffered a bit, so being able to get outside once a week with the support of the group was helpful to get me out and moving again. Now I have regained some of my confidence, I can go out more regularly and this has helped build up my fitness levels. I can walk further than I could before.

The Coed Lleol group represented the beginning of a journey for me, I saw my life as a large ball with a crack in it. At that point, I was closed off and didn't want to speak to anyone, but the Coed Lleol programme represented a light within that ball. After the first session, I could just about see the light shining through the crack. Little by little that light got brighter and was able to shine through and light everything up. I feel great now – I can speak to everyone; it has got me back to nearly where I was before I got ill. I still have ups and downs, but I am nearly there. The staff are brilliant and always encourage me to start new courses and challenge myself. I have now completed Coppice Products Agored Level 1 Accreditation, and I absolutely loved that! I'm starting the level 2 course this month. Most of the training that I already had was connected to work or community work, so it is nice that these courses are pure pleasure. I would like to improve my skills to make stuff for my friends for Christmas.

Because I have regained my confidence, I have started volunteering again. I volunteer for a peer-to-peer led drug-prevention programme in Swansea and Neath Port Talbot. This provides life-saving drugs for people who have overdosed. I am so glad that I can help others again.

I think that if I hadn't made that first step to join the Coed Lleol group, I wouldn't be where I am today. It has helped me to regain what I lost during those dark times. It is nice to be myself again.



## JEMMA

### WOODLAND WELL-BEING GROUP, NEATH PORT TALBOT



I am a 47-year-old single mum. I moved to this area two years ago after a relationship breakdown that left me having a mental breakdown myself. I was diagnosed with PTSD and severe anxiety and depression. I am not working at the moment, but I am a busy mum. I have always enjoyed being in nature, even when I was a young child, I remember enjoying visiting farms. I love the sea and being in the woodlands.

About a year ago I was at my worst mentally, I was finding it hard to cope with everyday life, I couldn't leave the house and I wasn't sure that I wanted to carry on with life. The GPs haven't got the time to accommodate mental health issues that need longer-term interventions and seem to rely on quick fixes like medication, and this wasn't all that I needed at this stage. My support worker helped me to link with Coed Lleol. When I went to the first session, I was so anxious, I was quiet and withdrawn and I was in tears because it was the first step for me in dealing with my issues. The staff and the other participants in the group were so understanding and kind, they gave me the space I needed and didn't judge me. From that moment on it was like a light had gone on in me, I enjoyed being outside and in nature and being around a kind and supportive group.

I then decided to sign up for a 6-week course and I have gone on from there. I have taken part in courses with Coed Lleol and with the Lost Peatlands Project. I enjoy the woodworking that we have done as this has introduced me to new techniques and skills – I have learnt to make roman pegs; I have learnt to use the shave horse and I have learnt new knowledge about nature and the natural environment. I have learnt how to light a fire and now the leader asks me to take charge of that at the sessions and to show the new participants how to do it. This has done wonders for my confidence, beforehand I would have been shying away from people and hiding and now, I am straight in and showing them how to do it. I love the fact that in the groups we use sustainable resources – using the stuff that mother nature provides to benefit us. For me, I needed a continual group to really help support my recovery – a six-week programme would have been good, but it would not have

been enough for me at this point in my life. I'd now like to build my skills and then volunteer to lead and support sessions. When you go through traumatic times as I did, to know that complete strangers are there for you is so reaffirming. The staff have been wonderful, I class them as my friends, and they are. Their support has been fantastic and continual.

The fact that the sessions are all outside is significant for me, they are not done in a workshop or classroom environment. We are always outside learning new things. Just to be away from urban life, away from the stresses of life for a few hours a week and in nature is so 100% beneficial to mental and physical well-being. Through attending the sessions, I have learnt self-worth, self-confidence, new skills and hobbies and gained a whole set of new friends. Before I joined this group, I hardly left the house, so my physical activity was very limited, but it is much better now. I even learnt a lot about myself by joining this group – the groups are stimulating and make me feel alive. Before I joined, I felt like I was dead – I felt like I didn't have any feelings, I was numb. Coed Lleol relit my fire!

I have even started growing vegetables in my garden. I found some old wood in a skip, and I build my own raised beds. I feel really proud of that, as I have done that myself, with no help from anyone else. It made me realise that I am capable of giving something a go and trying something out. I have now taken my daughter along to some of the family sessions where she got to try out willow weaving and she made bread on the fire. She now loves it too!

I am not the same person now as I was a year ago, and that is solely down to Coed Lleol. Coed Lleol has kept me alive during a really tough part of my life. I was withdrawn and suffering badly from confidence issues, with my mental health and I was on medication. Now I am confident, interested in new things, off medication and looking forward to the future. I'm telling everyone how wonderful Coed Lleol is at transforming my health, I have told the GP that it should be available on the NHS and that it could benefit so many more people. I still have my good and bad days mentally, but I now find that going out in nature and learning about nature is my therapy. I can use the techniques that I learnt with Coed Lleol going forward to help manage my mental health. I can't thank Coed Lleol and the staff enough.

## LESLEY

### SUPPORT WORKER, ATTENDED WOODLAND WELL-BEING SESSIONS (CLOSED GROUP) WITH DYFFODOL GROUP, NEATH PORT TALBOT



Dyffodol is a substance misuse agency supported and funded by G4S. We work with people coming out of custody with substance misuse issues. We believe that providing alternative opportunities that take people outside of their patterns of behaviour and provide positive learning and support experiences which are vital to helping people out of addiction and help guide them into new ways of experiencing life. My role as a well-being officer is to look for new and interesting, structured activities that service users can take part in. I saw Coed Lleol's programme on Facebook and it appealed to me because it is accessible, local and appropriate for our groups. I thought that outdoor activities would be great for this group as they enjoy doing practical things with their hands. Coed Lleol were able to run a 6-week closed programme for our group of eight. We supplied some waterproof clothing and socks and Coed Lleol also helped us to supply walking boots to some of the group. This can be a barrier to some – if they haven't got the right clothing. The project officer was great at adapting to our group and making sure there was time for food before the session started as many of the group had not eaten before they attended.

The group did a range of activities including fire lighting, charcoal making, bushcraft, foraging, using the shave horse, campfire cooking, and drawing and we made spatulas from green wood. They all loved the campfire and learnt how to light a fire safely. One of our group has a disability with their hand and thought that he wouldn't be able to do some of the activities – however, he was able to challenge himself and use the shave horse and he ended up making a spatula. In fact, lots of the group benefited from pushing themselves a bit out of their comfort zone. I think being outside and in nature was important – the fresh air and open spaces. All the sessions took place in local nature spots/parks, so being part of the sessions showed them new places where they could go independently if they want to be in nature, get some peace or do exercise. Being outside doesn't confine you and I sensed that many of the group were able to relax and open up about how they were feeling in their recovery journey. A couple of the group went on to do some of the accredited courses that Coed Lleol offered.

Overall, all the participants got something out of it. The most significant thing was to get them out of their usual routine and do something that they enjoy, with people that they knew, that offered a positive experience for them. Dyffodol provided additional support for

them coming out of addiction but the experience with Coed Lleol helped to bring the group together and provided them with new opportunities and experiences. Crucially, I noticed that the campfire had a major impact on the group as it evoked positive childhood memories that took them all back to when times were simpler and happier for them before the addictions took hold. It is these small things that can often lead to bigger changes. The fire was a great focus. The sessions allowed me the time and space to get to know the service users on a deeper level and to understand their needs and backgrounds, in addition to finding out what other provisions they might need and enjoy. Personally, for me, the sessions also had a great impact and introduced me to new areas in the county. It was also good for my well-being – being in the woods and sitting around a fire – I loved it. It is a great part of my job that I get to experience these things. One of the activities was drawing using the charcoal that we had made on the fire – it was twenty minutes where I was totally engrossed in what I was doing and even though I am not normally good at art, I produced a really beautiful picture - I didn't know that I could do that! I've kept it as a bookmark, and it is a permanent memory of my time with Coed Lleol.

The group have all progressed in different ways since the session. Some have gone on to employment or volunteering. One of our group had worked as a carpenter and being part of Coed Lleol and working with wood had reminded him of that time. He realised that he had more potential than he thought, and he has now gone into employment. Some of the others had smaller gains. One of the men in the group hadn't talked much throughout the sessions, however, on the last session we were sitting high up in the Country Park, we had this enormous vista right in front of us – stunning – we had a cup of tea – and he just started telling me his journey. This small thing is really significant as this person was able to open up and talk about where he was emotionally. He made a beautiful spatula that he was going to take home for his mum. I think being outdoors in a supportive environment really helped him to start to move on. At Dyfodol we work closely with our service users, but we need organisations like Coed Lleol to add value and provide interesting new things for people to take on and run with, the accredited courses are a bonus. Coed Lleol needs to be an ongoing thing – somewhere that provides ongoing support and outdoor activities especially as the activities reflect the 5-ways to well-being so well!

## ADRIANA

### WOODLAND WELL-BEING CLOSED GROUP FOR WOMEN WHO HAVE EXPERIENCED DOMESTIC ABUSE, CARMARTHENSHIRE



I am a busy mum of a young baby. I am Italian and I have been living in the UK for just under ten years. I grew up in a very small town in the countryside of Southern Italy. We didn't have any close neighbours, so I spent all my time as a child playing in the fields and playing around in the mud. That is where I learnt to explore nature and appreciate it. I have always had a connection with nature, but life gets busy as you get older, and that connection is harder to realise – but even so – when things get complicated in my life, I always take myself outside for a walk. I have even walked up Snowdon and that was one of the best things that I have done in Wales.

Due to personal circumstances, I am currently living in a women's refuge with my young son. It was the refuge that told me about the Coed Lleol group and asked if I wanted to attend. Because of my interest in nature, I said yes straight away, and I could also take my baby along to the group. It was a closed group of women who had all experienced domestic abuse.

During the six weeks, we learnt new things about crafts and nature. We did foraging and cooking in the outdoors, we made plantain balm, we weaved willow Christmas decorations and we had music and mindfulness sessions and yoga. I did it all, and as my baby is so easygoing and loves being out and about, he did it all too. It is really important to me that my baby also gets this experience of being in nature and it really gave me such happiness that he was able to share the experience with me. He is very happy when he is outside.

The group provided us all with way more than just nature activities – it was able to connect us– we were able to have conversations that helped us to understand each other and ourselves. The best part of this experience was that these conversations happen naturally, people shared their feelings about their lives or their experiences or how they see themselves. It was a touching experience, and the fire was a fantastic focal point for the group. The group made me feel closer to people, and that wasn't something that I expected from a group about nature. Being part of the group gave me a different perspective on people as we are all part of nature too.

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The nice thing about the group is that we are active and move around doing gentle exercises throughout the session. The group is very flexible and there is no pressure for people to do everything and there is always an alternative thing that they could do if they chose to. The staff are so kind and thoughtful and make everyone feel welcome. Everybody's needs were catered for during the sessions by the project officer. I have some food allergies, and this was considered during the sessions too. Being part of the group has really made a difference to my well-being and how I can make nature more part of my life going forward.

The refuge has supported me in training in community work and mental health support and this is something I want to pursue in the future as a career, but I am now interested in how this intersects with nature too – so I'd love to do more training through Coed Lleol as I have seen the positive impact that this has had on myself. For all the women who attended these sessions, it gave us a little break from our complicated lives and the personal tragedies that we had experienced. It was such a lovely thing for us to have all done together.



## SUE

### WOODLAND WELL-BEING DROP-IN GROUP, CARMARTHENSHIRE



I am a retired insurance broker. I worked from when I was 18 years old to when I retired at 61. When I was little, I loved being outside and especially helping my dad in the garden - sweeping the leaves, digging and weeding the flower beds. I was also a keen Brownie and Girl Guide and I absolutely loved camping. In fact, I would have my bag packed and ready a month before the camp because I was so excited, I loved it that much. I had 43 years of mainly working behind a desk and had a busy work and home life, so I had lost a bit of contact with what I had loved so much as a young girl. Unfortunately, as soon as I retired, I was struck by ill health and then COVID hit, and we were all locked in. My husband also has poor health and mobility issues, so I now spend a lot of my time looking after him.

I was looking for something that would get me active, take me outside and be in a group environment. I found out about the Coed Lleol programme from a poster on a gate that was advertising sessions in the woods where you could meet other people, and learn woodland skills and new knowledge, so I thought 'hang on a second! I fancy that!' It fitted right in with that side of me that I loved as a young girl.

The first session that I went to was willow weaving. I was totally overwhelmed after the first session. I came back and said to my husband, 'I have just had the most amazing three hours' – it just flew by, and I was totally engrossed in the activity. It was such a sensory experience as well, we had the smell of the fire, the heat of the sunshine, the bird song and the activity of weaving. I had three hours of a clear head – without thinking about any worries. In the nicest way, I wasn't thinking about my caring duties with my husband for any of that time. It was a time just for me, doing what I love to do.

I was so impressed with the organisation of the group and how much had been thought about to make the group feel welcomed and looked after. The project officer had thought of everything! She had chairs, a kettle, mugs, she had the fire going and she had organised brilliant activities for us to take part in – and she had managed to do all this by hand using a wheelbarrow to transport all the equipment! It was so wonderful that tea and coffee were

offered, and we could all sit around the fire surrounded by nature. The group is so relaxed, and the staff are accommodating of everyone's needs – so if people don't want to take part in the activity that day or people arrive late, there is a warm fire and a cup of tea where you can sit around and chat instead. This is because of the sense of freedom and space that being outdoors can provide.

The second session I attended was foraging, we learnt loads about the plants and had a really good laugh about not picking plants that are at floor level! What is so special about the group for me is that I am outside, I am learning, I am listening to others, *and* I get to cook bread on the end of a stick – I love all that kind of stuff!

Joining the sessions has had knock-on impacts by extending my social circle locally. It has introduced me to new people, and we have all shared knowledge of the local area and what is going on. It is lovely that it is a mixed group of people in the woodland, both women and men because my other social outlet is dancing and that tends to be just women.

I think that continuing with these sessions will really benefit my well-being long-term – the group is so welcoming and supportive, and it gives me something once a month that is just for myself.

Because of my husband's mobility issues, he and I would never just go for a walk, so even though I have got the reservoir on my doorstep, I wouldn't walk there on my own even with the dog as I would be nervous to walk alone. So, to have a safe group that meets and explores the local area together is brilliant for me.

The Coed Lleol sessions are just fabulous. For me, it is my once-a-month special time in the woods.



## DEBORAH

### WOODLAND WELL-BEING 6-WEEK COURSE & AGORED COPPICE PRODUCTS, CARMARTHENSHIRE



I was brought up in the countryside on a farm and have always had an interest in nature. I am often out and about in local woodlands walking my dog. I worked for years in childcare, and I am a mum of a teenage daughter. When I first received an email from Coed Lleol offering woodland well-being sessions I was in a pretty terrible place mentally and physically. Years of being a single parent, work stress and dealing with the covid lockdowns had taken its toll on just about every aspect of my personal, physical, and financial life. An email offering open-access well-being sessions and woodland crafts for adults seemed to me like it could potentially be the remedy I might need.

It was difficult to attend at the beginning because mentally I was not in a place where I could easily join in new things, and I couldn't find the motivation to leave the house. At the time, I had been having difficulties at work and had not spoken to many adults outside the work environment in a long time. Prioritizing my own well-being seemed like too much of an unnecessary distraction from the many other challenges requiring immediate attention. However, the Project Officer at Coed Lleol was very patient, and she was always pleased to see everyone when they did make it. She was able to gently encourage my attendance.

Through these sessions, I have been able to participate in experiences usually very much out of the reach of many people, such as willow weaving, pewter casting, and orienteering. These are activities that I have wanted to do for years but were out of my financial reach.

The sessions have increased my interest in nature and how we can use natural resources to make new things. They have introduced me to experts in different areas that I can learn from. What was important for me was that I could be myself at the sessions – I didn't have to be a mum or put on a professional working persona – and that was liberating for me. It has been a massive learning and social experience for me.

The experience of Coed Lleol is very collaborative, the project officer made sure to ask what people wanted to do at the beginning of the six weeks and she delivered on every request! She is an awesome human! What I like about the Coed Lleol sessions is that they are voluntary, there is no pressure, and no stress and you can get on and learn new things, socialise and be surrounded by nature. You can do this in a way that suits you, and that is due to the skill of the project officers and leaders. I had been advised to join a stress reduction course through the NHS, but that just isn't my thing – it gives me anxiety just thinking about going to something like that. I don't enjoy talking about my feelings, I prefer doing things that take me away and immerse me in new experiences.

Since attending the woodland well-being sessions, I have now completed an Agored Coppice Products course and that has given me something new to work towards and a new focus. I have drawn on this to start to reassess what I want out of life and the direction that I want to go in.

Through the well-being sessions and subsequent coppice products course, I have been able to redevelop some of the cognitive and social skills that I felt I'd lost during covid. It has increased my confidence, sense of peace and love of being outside in nature. More than this, it has allowed me the permission and space to prioritize my own well-being. I am eternally grateful to the Coed Lleol staff and team and I am looking forward to building on the new skills that I learnt long into the future.



## CATRIN

### WOODLAND WELL-BEING 6-WEEK COURSE, CARMARTHENSHIRE



I took early retirement from university administration a few years ago. I was born and brought up on the coast and it has always been important for me to be near the sea, I spent all my summers either on the beach or in the sea. I never really explored the countryside or woodland areas during childhood, as I had chronic hay fever which meant that the great outdoors was always restricted for me. I have three dogs and I spend a lot of my time outside, walking the dogs and being in the fresh air. I enjoy being creative and I am training to be a swim teacher.

We moved to Wales in the middle of the pandemic. First inland, and now we live on the coast. It was challenging moving during the pandemic and settling into a new area was made even harder by not being able to easily socialise with our new neighbours. I also am caring for my 91-year-old elderly mother who lives with us, so I spend a lot of my time looking after her and the three dogs; one of which is very anxious and needs a lot of attention from me. This can be quite isolating. In 2019 I suffered from a really bad bout of serious depression, and that impacted me quite badly, and I am still recovering from this. I found out about Coed Lleol via a Facebook post, and I thought that it might be a good way for me to meet people and do creative things. I also felt like I needed something that would give me a bit of time for myself, where I wasn't thinking about feeding or looking after anybody else. What piqued my interest was the range of activities being offered as part of the 6-week course. I thought that it sounded like the perfect antidote for my daily life, which can be stressful. So, I attended the 6-week woodland well-being sessions and have also been to a monthly drop-in group.

I get quite anxious going to new places but was welcomed by the project officer - there was no pressure, and the sessions are very relaxed. During the sessions, we were shown nature journaling and it was a lovely way to connect with others in the group. The leader's knowledge was phenomenal and to be able to wander around freely in the woodland was just lovely. We also made natural dyes with wild plants and flowers. We learnt about plant ID and foraging and made plantain balm. We did one exercise where we had to make friends with a tree – this was completely out of my comfort zone and I wasn't sure about it, however, I challenged myself to take part and as a result, I ended up writing a lovely poem about my tree. So, although I felt awkward, it ended up with me producing poetry that I haven't done before. I needed to remind myself sometimes to 'go with it' as this was my time for myself. I really pushed myself out of my comfort zone for some activities as they

were just not what I would have done in the past at all, like playing instruments and meditation but I felt comfortable, and I felt confident to do them and I'm glad I did because it was just lovely and relaxing! The group really bonded, and we had a common interest in being outside and trying new things.

The activities we undertook have really inspired me, making natural dyes was a revelation! I love it and have now done this at home, using a camping stove and old pots to create my own natural dyes. I can make people unique gifts for Christmas now. I have also noticed that my knowledge of wildflowers, trees and plants has improved, and I am pointing out plants to my husband when we go on walks. I am finding that I am slowing down, taking things in and much more conscious of the flora and fauna around me. I remember a time when I was in the woods and my husband and I just stopped and listened – and you couldn't hear anything but the sound of the rustling of the trees and the birds, it was just so peaceful. Being in Wales I am discovering so much more about the countryside and woodlands. This wasn't part of what I did before, so I have had to seek out being in nature. Now I have done this, I feel that it has opened up a whole new world for me to explore. I am amazed by woodlands and how varied they are, and I have even noticed areas where the leaves are breaking down that are warmer than the rest of the woods, and that is amazing for me!

The group has been fantastic for my well-being and helps me to stop sinking into depression again. It provided me with time for myself and introduced me to new people. It has also fired up my creative and learning skills. I have a sewing room at home that I hadn't been in for a few months and being part of the group gave me the creative drive to get back in my sewing room. I love the camaraderie, friendliness and supportive nature of the staff and the group. I have been blown away by the knowledge of the staff and leaders. I have never known anything like this before in England – Coed Lleol is the most amazing thing!

## Improvements and Suggestions

84 participants left suggestions for improving the sessions, and 111 respondents left this question blank or said that no improvements were needed. Most of the suggestions were for longer and/or more frequent sessions (51% of those that provided improvement suggestions).

The improvement suggestions that were made were,

- 🌿 Longer or more frequent sessions (51%)
- 🌿 Informational handouts, completion certificates and better directions to locations (11%)
- 🌿 Improved shelters/weatherproofing for extreme rain or sunshine (8%)
- 🌿 Better accessibility by transport/ride-share or public transport options to sites (7%)
- 🌿 Better advertising for Coed Lleol's activities (7%)
- 🌿 Different activities and learning opportunities (7%)
  - More mindfulness
  - More focused learning opportunities
- 🌿 Sessions in the evenings or weekends for working people (5%)
- 🌿 Sessions in different or more local areas (for accessibility) (4%)
- 🌿 Improved and more seating (2%)
- 🌿 Signposting to other activities in the area (1%)
- 🌿 Other suggestions (6%)
  - Back-marker for walking groups – supporting less able.
  - Separate sessions for men and women
  - Have an area designated for vaping/smoking away from the main group.
  - A permanent location to develop infrastructure and activities.

## Overall Rating

Overall, 301 participants rated the Coed Lleol programmes and activities 4.85 stars out of 5 across the two years.



## Conclusions

Coed Lleol (Small Woods Wales)' role in the GI project has successfully engaged over 1021 people who live in the Swansea, Neath Port Talbot and Carmarthenshire areas in woodland wellbeing activities courses, volunteering and accredited training. Just under 50% of the participant listed mental or physical health conditions with 36% being referred from 80 referral agencies. Illustrating that Coed Lleol (Small Woods Wales) have contributed to the sphere of social prescribing to outdoor health in the three counties. Additionally, just over half of the participants hail from areas 1-5 (most deprived) on the Welsh Index of Multiple Deprivation (WIMD) illustrating that a connection with those most in need is being achieved.

Participant evaluation was overwhelmingly positive with 96% stating that the sessions made them feel happy and contributed to their overall well-being and 68% showing validated increases in their pre- and post-well-being scores using the WEMWBS as a measure. Moreover, 66% of participants were able to evidence increased physical activity (IPAQ) and 44% reporting improved self-perceived health following the sessions (EQ-5D-5L). The programme was also able to connect people to their local green spaces, with 91% stating that they feel more connected to these spaces following the sessions and 19% becoming more frequent users (weekly or more) of these spaces. 98% of the participants felt that they would continue to use natural green spaces for their health and well-being in the future. The Participant comments and case studies provide nuanced and individual journeys of change and development. The combination of the Coed Lleol 6-week and drop-in programmes and the Working with Nature activities provides participants with continual longer-term access to nature-based activities and learning.

## Recommendations

- 1) The project attracted more women than men to all activities. Consider partnering with local organisations that connect with men or reviewing the activities that would attract men to the programmes.
- 2) Coed Lleol (Small Woods Wales) have developed sound progression routes to volunteering including training and Agored accredited courses. Promote these routes more to encourage a greater number of volunteers. Undertake small-scale consultation with WWN participants who have expressed an interest in volunteering to better understand the barriers and plug the gaps.
- 3) Consider the range of one-off courses offered and six-week courses on offer and how these best fit with the organisations overall aims and objectives. Ensure that signposting to longer programmes and other opportunities are available at each one-off event.
- 4) Ensure that signposting/advertising to monthly drop-in sessions, Working With Nature sessions and upcoming training is provided for participants who complete the 6-week courses. Share contacts lists to ensure that the information is available across the 3 counties. This will ensure that participants can engage in a continuation of sessions/skills-building where desired.
- 5) Consider providing branded information sheets (or downloadable PDFs) that run alongside the sessions to reinforce the learning during online and in person sessions.
- 6) Ensure selected sites are easily accessible by public transport or help support transport needs where required.
- 7) Consider better and more permanent shelters in frequently used sites (along the woodland hub model – ENRaW project)

## Appendix A – Project delivery year 2

| Project Area  | Programme   | Total no. Sessions  | Dates                   |
|---|---|---|-------------------------|
| Carmarthenshire   | Easy Access 6-week Group                                    | 6   | 17/05/2022 - 28/06/2022 |
|   | Conservation & Wellbeing Group at Cynefin                   | 5   | 16/06/2022 - 14/07/2022 |
|   | Connecting with Nature 6-week Group                         | 6   | 26/09/2022 - 31/10/2022 |
|   | CarmDAS Woodland Wellbeing Group                            | 6   | 13/10/2022 - 24/11/2022 |
|   | Agored Course: Coppice Crafts                               | 8   | 26/10/2022 - 11/01/2023 |
|   | MIND CYP Woodland Experience Project                        | 3   | 20/01/2023 - 27/03/2023 |
|   | Parent & Baby Woodland Fun Programme                        | 6   | 16/03/2023 - 04/05/2023 |
|   | Step into Spring 6-week Group                               | 6   | 19/04/2023 - 24/05/2023 |
|   | Woodland Connections Group                                  | 6   | 20/04/2023 - 24/05/2023 |
|   | Taster Sessions and One-off Groups                          | 19  | 06/04/2022 - 12/05/2023 |
|   | Drop in Group: Mynydd Mawr Woodland Park                    | 13  | 24/05/2022 - ongoing    |
|   | Swiss Valley Reservoir                                      | 14  | 20/04/2022 - ongoing    |
|   | Health Professional Immersion Event (7 attended)            | 1   | 28/07/2022              |
|   | <b>Total Sessions:</b>                                      | <b>99</b>   |                         |
| Neath Port Talbot   | Bspoked Agored Course                                       | 5   | 26/04/2022 - 31/05/2022 |
|   | Craig Gwladus 6-week Group                                  | 6   | 01/06/2022 - 06/07/2022 |
|   | Bulldogs CBA 6-week Group                                   | 6   | 28/06/2022 - 02/02/2022 |
|   | Glanrhyd Family Sessions                                    | 6   | 03/08/2022 - 23/08/2022 |
|   | Agored Course: Coppice Products                             | 6   | 28/10/2022 - 02/12/2022 |
|   | Banwen Festive Autumn/Winter Programme                      | 6   | 01/11/2022 - 06/12/2022 |
|   | Pontardawe Agored Course                                    | 6   | 27/02/2023 - 03/04/2023 |
|   | Cymmer Envi 6-week Group                                    | 6   | 15/03/2023 - 07/05/2023 |
|   | Craig Gwladys Monthly Drop-in Group                         | 12  | 05/04/2022 - 04/04/2023 |
|   | Banwen Monthly Drop-in Group                                | 13  | 26/05/2022 - 11/05/2023 |
|   | Taster Sessions and One-off Groups                          | 10  | 20/05/2022 - 03/05/2023 |
|   | Stakeholder Event   | 1   | 18/05/2023              |
|   | <b>Total Sessions:</b>                                      | <b>83</b>   |                         |
|   | Swansea   | Agored Course: Coppice Products Level 1 (6 sessions in total 2 in 21-22 & 4 in 22-23) | 4                       |
| Quay House 6-week Group 2022  |   | 5   | 16/05/2022 - 20/05/2022 |
| Woodland Recovery 6-week Group  |   | 6   | 07/07/2022 - 18/08/2022 |
| Pendri 6-week Summer Family Group   |   | 6   | 25/07/2022 - 19/08/2022 |
| Wellbeing in the Woods 6-week Group   |   | 6   | 29/09/2022 - 02/12/2022 |
| Agored Course: Coppice Products Level 2   |   | 6   | 10/11/2022 - 26/01/2023 |
| Agored Course: Foraging for Health and Wellbeing (6 sessions - 3 in person & 3 online)  |   | 3   | 20/03/2023 - 15/05/2023 |
| Townhill Woods 6-week Group   |   | 5   | 20/04/2023 - ongoing    |
| Quay House 6-week Group 2023  |   | 4   | 21/04/2023 - ongoing    |
| Walking Groups (5 x 6-week groups across 2022 - 23)   |   | 22  | 04/04/2022 - 22/05/2023 |
| Taster Sessions and One-off Groups  |   | 23  | 13/04/2022 - 26/04/2023 |
| Health Professional Event with Swansea University: Welsh Language Education Provision and Rural and Remote Health in Medical Education (RRHiME) (10 attended) |   | 1   | 25/05/2022              |
| Stakeholder Event   |   | 1   | 22/03/2023              |
| <b>Total Sessions:</b>  | <b>92</b>   |   |                         |
| Working with Nature   | Walking Group Sessions                                      | 22  | 09/09/2022 - ongoing    |
|   | Woodland Activity Days (including 4 x 6-week family groups) | 39  | 22/07/2022 - ongoing    |
|   | Volunteer Days  | 5   | 30/08/2022 - ongoing    |
|   | <b>Total Sessions:</b>                                      | <b>66</b>   |                         |

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## Appendix B – List of referral partners 2022-23

| Green Infrastructure Project (GI) (ENRaW) 2022 - 23 |  |
|---|--|
| Project area:                                       | Referral partners worked with:   |
| Carmarthenshire                                     | <ul style="list-style-type: none"> <li>• People Plus</li> <li>• The Wallich</li> <li>• Hywel Dda UHB Mental Health Team</li> <li>• Hywel Dda UHB OT Technicians</li> <li>• CarmDAS</li> <li>• Fieldbay, part of Envivo group</li> <li>• NACRO</li> <li>• Social prescribing team</li> <li>• Cwm Gwendraeth Early Years team</li> <li>• MIND Llanelli Evolve CYP project</li> <li>• Coleg Elidyr</li> <li>• Johnstown Day Centre</li> <li>• Inspiration Lifestyle Services Ltd.</li> <li>• Manor Road Day Centre</li> <li>• Tir Coed</li> <li>• Llanelli Multicultural Network (LMCN)</li> <li>• Cymru Vs Arthritis</li> <li>• Cartrefi Coop</li> <li>• EYST</li> <li>• Coleg Sir Gar Restart</li> <li>• Age Cymru</li> <li>• MIND Llanelli</li> <li>• MIND Carmarthen</li> <li>• Glasbren Market Garden</li> </ul> |
| NPT   | <ul style="list-style-type: none"> <li>• Pobl</li> <li>• Workways +</li> <li>• NPT CVS</li> <li>• NPT Mind</li> <li>• Veterans Club</li> <li>• Hafal NPT</li> <li>• Both Parents Matter Cymru</li> <li>• Job Centre +</li> <li>• Swansea Bay UHB - Early Intervention in Psychosis Service</li> <li>• Cynon Community Mental Health Team</li> <li>• Bridgend CBC</li> <li>• NPT CBC</li> <li>• Communities for Work+</li> <li>• Friends of Craig Gwladys</li> <li>• Gwynfi Miners Hall</li> <li>• Coastal Housing</li> <li>• Brecon Beacons NPA</li> <li>• Awel y Mor Primary School</li> <li>• National Autistic Society</li> <li>• SBU- Primary Mental Health Services</li> <li>• Wallich</li> <li>• Crisis</li> <li>• Dove</li> </ul>   |

|         |   |
|---------|---|
|         | <ul style="list-style-type: none"> <li>• Primary Care Team, NHS Upper Valleys Cluster</li> <li>• Caredig</li> <li>• Dyfodol\ 4Offender Interventions Team (G4S)</li> <li>• Bespoked (NPT CBC)</li> <li>• NPT Stroke Group</li> <li>• Building Blocks Family Centre</li> <li>• Sightlife Wales</li> <li>• Children's Rights Unit NPT</li> <li>• Centre for African Entrepreneurship</li> <li>• Thrive Women's Aid</li> <li>• Think Families Partnership</li> <li>• NPT Disability services</li> <li>• Neath YMCA</li> <li>• Platform</li> <li>• Social Prescribers (Swansea Bay health board)</li> <li>• Castle Surgery GPs (NHS)</li> <li>• Tir Coed</li> </ul> |
| Swansea | <ul style="list-style-type: none"> <li>• Kilvey Hill Volunteers</li> <li>• WCADA</li> <li>• Hafan Cymru</li> <li>• Local Area Coordinator / Link</li> <li>• Cefn Coed Mental Health Hospital</li> <li>• Dyfodol</li> <li>• The Wallich</li> <li>• Walshingham support</li> <li>• Swansea Council - tenancy support</li> <li>• Quay House - Bail Hostel</li> <li>• Morryston Surgery</li> <li>• Crisis Team</li> <li>• CVCP</li> <li>• Morryston Job Centre</li> <li>• Pobl</li> <li>• Barod</li> </ul>  |

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

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

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