



Coed Lleol (Small Woods Wales) Stakeholder Consultation 2020



Actif Woods Wrexham Site at The Woodland skills centre, Bodfari.

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Introduction

Coed Lleol (Small Woods Wales) undertake an annual consultation exercise that focused on key issues and exploration points that help us to understand ourselves and our stakeholders better and helps to guide us on future research or development areas. In 2020, we undertook two consultation events (some before and some after the first lockdown in March 2020). These focused on the key areas of:

- What are the key areas of need in each project area?
- How can we better support people to be happier and healthier
- How can we improve woodland access and facilities to support more people to use woodlands for health and wellbeing
- What would make an ideal community woodland hub?



Actif Woods Anglesey Walking Group 2020

Consultation 1: Exploring health and wellbeing issues across areas of Wales and presenting potential solutions. Discussing a barrier-free approach to using Woodland for health and wellbeing.

Sample Group

66 people were involved in the first consultation. The responses were collected from four Coed Lloel stakeholder events ($n=54$) and responses from an online questionnaire that was distributed to referral partners ($n=12$). The four stakeholder events were held between January and February 2020. Five stakeholder events were cancelled due to the outbreak of COVID-19 in March 2020.

Stakeholder Event/Online Survey	Number of respondents
Neath Port Talbot	14
Merthyr Tydfil	11
Flintshire/Wrexham/Denbighshire	12
Pembrokeshire/Carmarthenshire/Ceredigion (GHAWW)	17
Online Survey (responses from, Gwynedd (x2), Anglesey (x3), Ceredigion (x2), RCT (x1), Merthyr (x2), Swansea (x1), Flintshire (x1))	12
Total	66

Table to show the number of attendees per area

Method

All participants at the stakeholder event and the respondent to the online survey were asked to provide three answers to the same three open questions. The questions were,

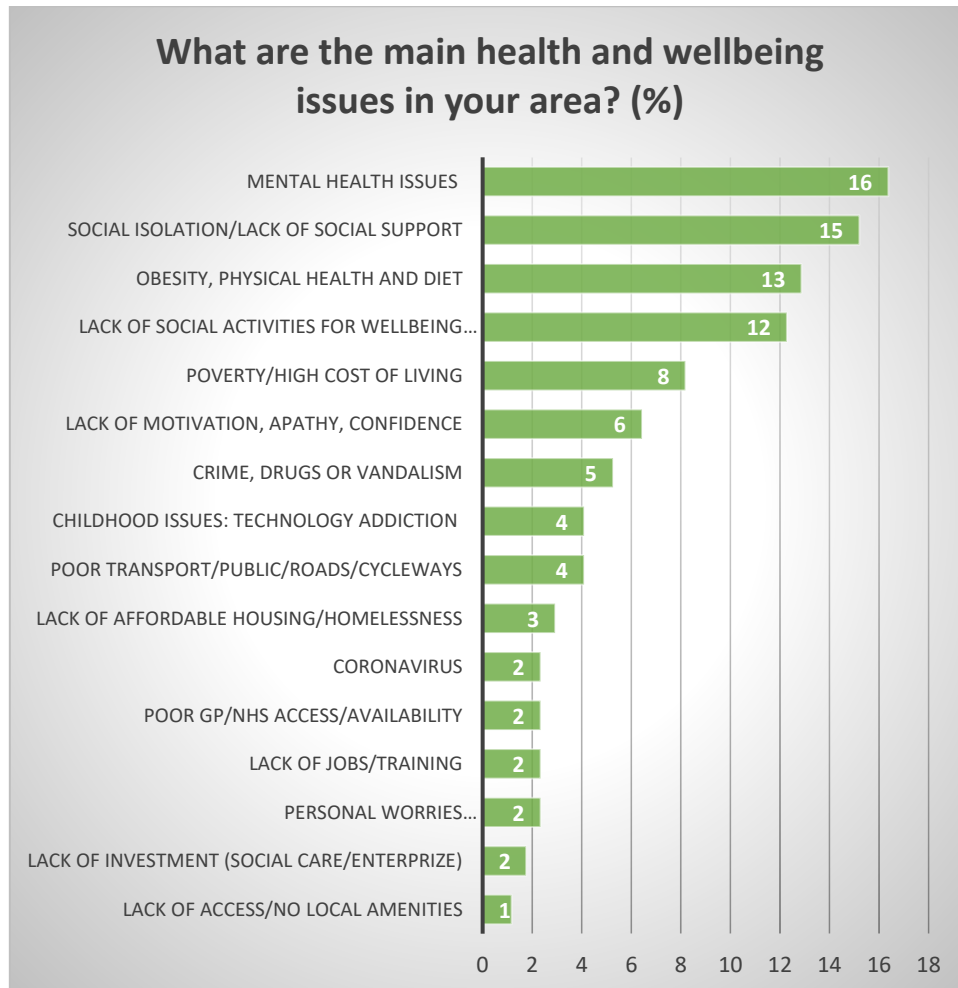
- 1. What are the main health and wellbeing issues in your area?**
- 2. What things could help or support people to live happier and healthier lives in your community?**
- 3. What types of things would help and support all types of people to spend more time in the woodlands for their Health and Wellbeing? (please think about practical and physical problems that might come with accessing woodlands)**

At the stakeholder events, the participants provided three individual responses to these questions first. They were then placed into small groups and asked to discuss what they felt that the three main answers to each question. This allowed participants to discuss further and hone down their suggestions. The results below show the collation of the individual responses. The small group's collective suggestions found can be found in appendix A-C.

Collation of Individual Results

Main Health and Wellbeing Issues in the Area

The respondents were asked to list up to three issues that they felt were the main health and wellbeing issues in their area. The collective results, for all areas, is presented in the chart below ($n=66$, number of responses given=146).



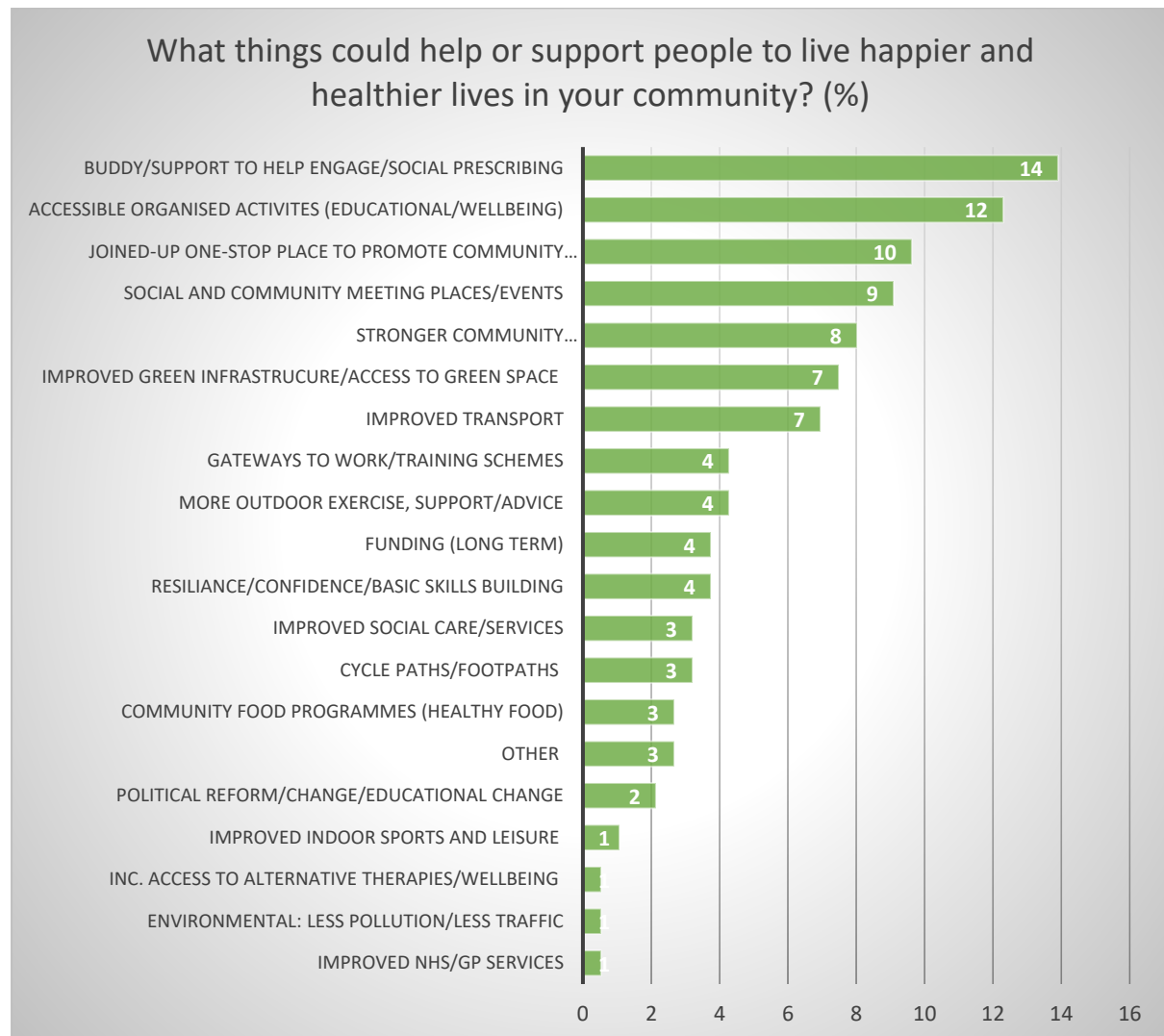
The three central issues that impact health and wellbeing were thought to be:

- 🌿 Mental Health Issues
- 🌿 Social Isolation and lack of social support
- 🌿 Obesity, physical health issues and poor diet

Individual area results are available in Appendix A.

Things that could help or support people to live happier and healthier lives in your community

The respondents were asked to list up to three issues that they could help and support people to live happier and healthier lives in their area. The collective results, for all areas, is presented in the chart below ($n=66$, number of responses given=187).



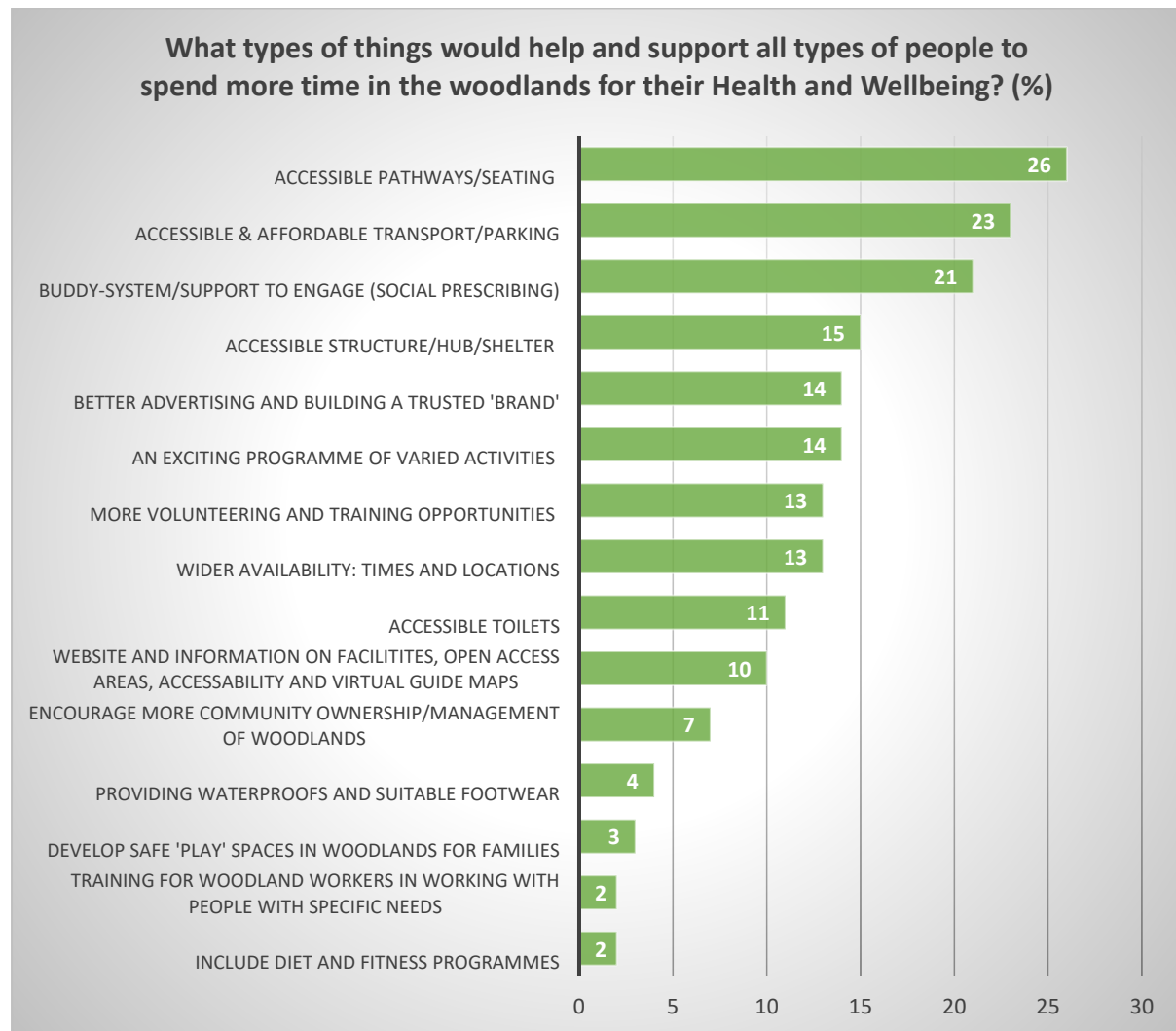
The three central solutions to helping people to live happier and healthier lives were found to be:

- 🌿 A buddy or support system to help people to engage (this included social prescribing to 'legitimise and incentivise' engagement)
- 🌿 A range of accessible community education and wellbeing activities for all ages
- 🌿 A joined-up one-stop place to promote community activities

Individual area results are available in Appendix B.

Types of things that would help and support all types of people to spend more time in the woodlands for their Health and Wellbeing

The respondents were asked to list up to three issues that they could help and support all types of people to spend more time in woodlands for their health and wellbeing, they were encouraged to think of practical as well as emotional responses. The collective results, for all areas, are presented in the chart below ($n=66$, number of responses given=178).



The three central issues that they could help and support all types of people to spend more time in woodlands for their health and wellbeing were felt to be:

- 🌿 Accessible pathways (and seating) for wheelchair and low mobility users
- 🌿 Accessible and affordable transport/parking
- 🌿 A buddy-system to support engagement (incl. social prescribing to legitimise and incentivise engagement)

Individual area results are available in Appendix C.

Consultation 2: Discussion around strengthening Provision for year-round Social Prescribing to Outdoor Health and Woodland facilities and access needed to support community engagement



A woodland pathway – photo Pixbay

Coed Lleol held nine online stakeholder days during November 2020. These presented an opportunity to present to stakeholder on the year's activities for each area, an overview of the national picture and to present ideas for future development. The consultation was focused on gathering information on Coed Lleol's proposed project, 'Outdoor Health and Green Infrastructure' funded by EnRaW. The event also provided time for the participants to take part in an activity (Extreme Fungi Video, Mindfulness Exercise or Nature Art). In attendance were referral partners and council services, GPs, former and current participants, and outdoor providers. The number attended each session is presented in the below chart,

Area	Number Consulted	Staff
Anglesey	11	5
Denbighshire and Flintshire	4	4
Wrexham	6	5
Gwynedd	10	4
Swansea	10	4
Neath Port Talbot	3	4
Rhondda Cynon Taff	2	4
Merthyr Tydfil	11	4
Ceredigion		
Total	57	

There were three key areas explored during the consultation exercise. These followed the three key themes of:

1. Woodland Hubs:

- 🌿 What would you like the woodland hub to deliver for its community?
- 🌿 Do you know of any woodlands that would be suitable to locate a woodland hub?
- 🌿 What do we need to consider when planning a hub?

2. Social Prescribing to outdoor health (appendix E):

- 🌿 What can you imagine the future of social prescribing to outdoor health to be like?
- 🌿 What do we need to know about your local area – where are the areas of need?
- 🌿 Which local organisations need to be included in this network?

3. Outdoor health network and training (appendix F)

- 🌿 Which outdoor health activities or online activities would be beneficial in your area?
- 🌿 What training would outdoor health providers need to ensure confidence from the health sector and participants? (what is essential?)



Woodland Structure. Photo by Pixbay

Method

Using an online video conference format for the consultation meant that the method for collecting information had to be adapted. After the project had been explained the stakeholders were invited to spend five minutes to brainstorm ideas for what they would like a woodland hub to deliver for its community and what it should look like. A woodland picture and woodland sounds were used to create a 'mood' for creativity and space for reflection during this time. After the reflection time, the stakeholders were put into break-out rooms with one staff member in each and the key themes of the project were discussed. Staff members typed out ideas and suggestions into a 'live' shared PowerPoint that recorded all the thoughts and suggestions.

Results

What should a woodland hub encompass?

The stakeholders gave a variety of different ideas that related to what a good woodland hub should encompass. These have been collated and are presented in the following bullet points.

- 🌿 **A community designed/engaged space:** involve the community in the design and possibly the build process of the hub. This will create a sense of ownership and community belonging. It could also help mitigate vandalism. Try to get all on board so that it becomes an intergenerational project.
- 🌿 **A multi-use space:** A multi-use space that could be multi-function and used by other community groups and outdoor health groups/providers. Perhaps a flat multifunctional covered platform or a series of smaller huts for different activities? These could be offered for 'hire' to the community. Create spaces for older people to gather as well as family groups and teenagers.
- 🌿 **An accessible space:** Accessible pathways and structures for all (suitable for wheelchair users, parents with buggies and people with low mobility). The terrain should not be too steep or inaccessible – undulating with some flat areas would be good to encourage some gentle exercise. Amenities and facilities should be within a short walk from the car park area (if wanting to provide for the elderly and less mobile). Making sure the whole experience is accessible: from toilets to pathways, to car parks, Braille on signs, Limited mobility catered for (no curbs near car parks).
- 🌿 **A place that people can get to easily:** Transport or walking access is key. Access: Make sure you can walk from your house to the nature spot – have smaller areas that are accessible from home. Have a large area that you can walk for an hour, but that it is marked so you can't get lost. Give people confidence. Ensure the site is accessible by good reliable public transport links and/or easy walking/cycle routes or place the hub right at the heart of the community. (or provide free transport)
- 🌿 **A multi-sensory space:** A barefoot walking trail for a sensory experience, using the senses to guide experiences for others (sound, touch, sight, taste, smell). A skylight to look up at the stars/sky. Create areas for different things - Quiet spaces – supporting people with sensory overload. Communal spaces to socialise (inside or outside –

several fire pits). Picnic tables (with some/all wheelchair accessible picnic tables), seating areas for contemplation or socialising. Call the different areas of the woodland different names to encourage play and creativity i.e. fairy woodland, quiet corner. All paths lead to somewhere – archaeological/industrial heritage, going into a secret fairy glade. Make it special to them. Sculpture trail – bring art and figures into a woodland that are very sympathetic with that environment.

- 🍃 **An inspiring multi-functional 'open' space:** Structure could be a simple open-sided structure (with a roof/without a roof) but usable all year round. Inspiring and Unique (if possible). Roundhouse with wooden top and no sides – benches and tree trunks to use as seating around the edge. Put canvas sides up easily to protect from the weather, have fire in the centre. Outdoor classroom but also an outdoor seating place. promote community cohesion, make it the community centre, a virtual place, not a brick building. Old Military parachutes are good for quickly putting up and taking down – providing instant shelter. Flat structure area (large deck) that can be used in dry weather and then easily put the shelter up when it is wet. The planned provision that will encourage people to come back and use. A platform and fire circle that won't be destroyed and easily put a tarp up that will be easy and simple of the weather is bad. Also discussed was a covered space/woodland classroom where resources can be stored and you could make cosy and warm for participants in inclement weather (Ceredigion). Could the structure have let-down or removable sides that can be put up and down as needed? (canvas sides or willow hurdles?).
- 🍃 **A practical space:** To fireproof you could have a metal structure and grow willow around then blends into surroundings (note: need to manage willow). The roof needs to be fireproof to stop arson. A heat source for winter (wood-burning stove?). Shelter and structures need to be accessible by car (4x4) for supplies at least – for resources and equipment. Security lights, not a good idea as could attract people at night/could be good for safety in winter
- 🍃 **A socially focused space:** Stone and cement fire pits, communal seating areas, picnic spaces, tables to gather around for work, learning and social gathering.
- 🍃 **A space that blends into the natural environment:** The environment around the hub needs careful management and should encourage biodiversity and improvements to the woodland itself. Consider having two sites in the same woods where you can 'rest' one each year for growth to reappear. Same with fire pit sites. Reuse natural resources of the woodlands: Use trees that are there to make playgrounds and equipment and benches and seats. Design something that compliments the surroundings – using local materials.
- 🍃 **Information boards aimed at children** – information about what is in the forest 'Can you find me?' simple facts, more feed stations, lookouts and huts – peek out holes – learn to be quiet observing nature. Site important for wildlife as well. Interpretation needed, show people what is special about the sites (what makes it unique)

What should a woodland hub provide for the community?

The stakeholders shared similar ideas about what a woodland hub should provide for its community. These have been collated and are presented in the following points,

- 🌿 **A place to meet:** It should offer a safe comfortable space for people to meet and socialise to reduce isolation. Additionally, support may be needed to engage vulnerable people into nature ('buddy system').
- 🌿 **A safe place:** it needs to be comfortable – open, secure and welcoming. Open up the woodlands to more light – whilst still feeling wild and natural. Creating a safe space for people that feels alive and well. Risk assessments completed regularly.
- 🌿 **A place for arts and crafts:** artwork, collages with leaves, photography classes and craft activities, woodcraft and willow work, music sessions in the woods – drumming and acoustic guitars, live music – poetry, writing, drawing, painting.
- 🌿 **A place for community engagement & learning** – outdoor learning, wildlife and nature, wildlife and plant ID, nature qualifications, first aid, fire lighting, cooking, campfire activities. Den building, bug and insect ID, field surveys and nature monitoring, botany classes that relate to the S Wales area. Learning about nature in the area and regions, Forest school (formal and informal), skills development workshops – woodwork, survival skills and natural history education, walks, talks, conservation, making bee/bug hotels, making benches. A place for seasonal events – spring, summer, autumn, winter.
- 🌿 **A place to make memories and let children be creative:** a place to take children where free/nature/natural 'play' is encouraged (if a 'playground' is installed it should be in keeping with the natural environment, hold on to wildness and not overtake too much with infrastructure). Let children use their imaginations in nature. Activities could include outdoor interactive story-telling, treasure hunt walking routes, splashing in puddles, reading from Harry Potter and then finding/making a wand, treasure trails and hide and seek, see-saw, rope swings, willow tunnels, sensory experience pits (getting hands and feet in mud), den building areas & fire pits to sit around on a Bonfire, birthday parties Mud kitchens, Using stumps as Ninja training and jumping from log to log, tunnels, a raised walkway through the canopies (even 8ft, 10ft off the ground would give a different perspective), having natural ups and downs in the landscape is fun for small children, bridges and jumping areas, zip wire, climbing frames, tree climbing, Geocaching, scavenger hunts, animal trails self-led activities that families/adults can do at the time of their choosing. Families in the community could have access and use the site independently.
- 🌿 **A place for different needs:** Autism Groups: Looking at sensory issues to help with Autism needs – take note that the noise of rain on a roof can be loud and unsettling for autistic people. Encourage and try different experiences – listen more and hear more, touch more – develop skills with their senses in mind. Dementia sessions. Wheelchair-friendly walks around the woods. Veterans Group and PTSD recovery. Schools and excluded pupils.
- 🌿 **A place to encourage healthy eating:** Outdoor cooking/woodland kitchen. Parents may need to be nurtured too - nurtured by given a drink/soup. Nutrition and

foraging getting people involved in a communal blog. Links to food growing- food miles, people without gardens. Local community growing and seed/tool/book/plant swap areas.

- 🌿 **A place to encourage a variety of outdoor physical activities:** trails nature, bushcraft, foraging and shelter building and outdoor cooking, yoga meditation, a meeting point for walking groups, tai chi, keep fit etc...
- 🌿 **A place to work:** Shared working space - Inspiration stations – where can people work – pilots coming up that are Wifi enabled for workers ('bring your work to the park/woods' – always dreamed of working in a cabin in the woods? – you can!')
- 🌿 **A place to encourage (train in) good woodland management and environmental activity:** Fir trees – local group get them cut down and replace with deciduous trees, ideas on how to care for nature from home – inspire people to act at home. Woodland managed by the community. Encourage volunteering and give a 'purpose' to people lives.
- 🌿 **A thriving working woodland:** A working woodland as an example to others on how to manage and get the maximum benefit from the woods. Coppice and standards – so that it is changing all the time. Management of wood to make it safe for the public to use (overhanging branches, felled trees, pathway management, hazards removed etc)
- 🌿 **A place that encourages biodiversity:** Bird boxes and hedgehog houses, bug hotels – good and effective management of the site long-term
- 🌿 **A place to relax and connect to nature:** Listen to nature, be in nature, appreciate nature, Yoga and meditation, forest bathing, taking in the views, Bird hide for nature watching.
- 🌿 **A springboard/gateway for other activities:** Stand up paddleboarding (Llangollen canal) and other Water activities (blue health) - Kayaking and canoeing (peddle powered kayaking is more accessible). Encourage Bike use to the woodland - reducing the carbon footprint (is there a bike trail already in place to the site?), equine-assisted learning, book clubs, Cross-promotion of existing nature trails and activities (eg. NPT CBC wildlife)

Practical Considerations for woodland hubs

The stakeholders presented several practical solutions that also needed consideration when planning and designing a woodland hub, these are presented below,

- 🌿 **Transport** – ESSENTIAL: needs to be well thought through and top priority when considering a woodland location. Accessibility for those without private transport. Located centrally within walking distance or out of town with excellent and reliable public transport links.
- 🌿 **Parking** – needs to be sufficient and on well-drained land/hard-stand. Enough for several cars or mini-buses (easy access - no 4x4 needed)

- 🍃 **Pathways** - Hard surface paths that are well-drained make good pathways – otherwise, you get muddy puddles. Chipped or gravel pathways look nice but are often not wheelchair friendly.
- 🍃 **Dog Poo bins and Litter bins** – Essential and should be in keeping with colours of the woodland – both dog poo and litter bins will need a system in place to empty each day/week (for Dog poo – encourage Stick and Flick policies to encourage people to flick into the undergrowth)
- 🍃 **Ownership** – who owns and has responsibility for the upkeep, maintenance, and insurance long term? You could encourage more privately owned woodlands to open up to the community (beneficial for all)
- 🍃 **Long-term maintenance and upkeep** – who is going to be able to do this when funding runs out? Could you have a woodland warden to make sure people not dropping litter, someone to take care of the people and the environment
- 🍃 **Location** - Could a woodland hub be in an urban environment? Interesting to bring the outdoors to places that are not necessarily outdoors – more accessible to be in the centre of town and provide information or transport on how to get to local beauty spots. Can a city centre hub work with a shuttle bus to a variety of sites on different days? Activities can happen in the central hub that brings enjoyment and build confidence. Lots of people isolated. Cabin in town – bird sound and interactive activities.
- 🍃 **A place to store resources** – lockable shed for equipment (vandal-proof if possible)
- 🍃 **Vandalism** – a real issue – especially arson. Include the community and provide a place for fires to happen, so that wildfires are not set. Include youth and provide safe spaces for fires and give tuition on safe fire practice.
- 🍃 **Planning, Preparation & Advertising:** When working with referral groups or individuals good planning is essential then you can iron out any issues beforehand - ie wellies/ clothing issues before sessions, just getting bag together quite a task. Leaflets and website – ‘what to expect at a session’ can but anxious people at ease. Taster sessions. Advertising local and social media-focused – people often do not know what is on their doorstep.
- 🍃 **Be realistic** about what the hub can provide short-term and long-term for the community

Other information collected regarding locations of usable woodlands, developing social prescribing links and training is available in Appendix D-F.

Appendices



Children in woodland, photo pixbay

Appendix A – Area and collective results: main health and wellbeing issues.

Merthyr

Each group was then asked to narrow down their ideas to three key issues. These were:

Group 1	Group 2	Group 3	Group 4
Isolation	Isolation	Isolation	Social Isolation
Mental Health (substance misuse, isolation, nutrition, environment and service level capacity)	Mental Health	Depression and Anxiety	Fear of the unknown (difficulty in trying new things due to anxiety and other issues)
Poor Nutrition	Substance misuse	Financial Pressures	Access to healthy food

Neath Port Talbot

Each group was then asked to narrow down their ideas to three key issues. These were:

Group 1	Group 2	Group 3
Social Isolation (no social opportunities and no transport)	Mental Health (and Social Isolation)	Mental Health
Stigma (living in a small community means that often people don't want to open up about issues)	Addiction (Drugs, Alcohol and Gambling)	Drug and alcohol addiction
Poverty – Leads to addiction, stress, trauma, low income creates a further lack of opportunity, councils don't favour the 'Valleys@	Poverty	Poverty and Isolation

Flintshire/Wrexham and Denbighshire

Each group was then asked to narrow down their ideas to three key issues. These were:

Group 1	Group 2
Transport (rural community)	Mental Health
Physical illness and mental health	Loneliness and isolation lead to deteriorating mental health
Isolation	Diet and exercise

Pembrokeshire/Ceredigion/Carmarthenshire -GHAWW

Breakout Group 1	Breakout Group 2	Breakout Group 3
Covid-19 crisis	Poor Transport links	Unemployment, underemployment, underachievement, financial pressures, and stress:
– leading to further isolation and mental health issues	Mental health and social isolation	Poverty and deprivation of all sorts. Linked to that: obesity and inactivity. Perceived lack of opportunities in Pembrokeshire can cause a loss of motivation. Anxiety and depression can follow.
Leads to opportunities in the future	Access to services and a lack of connectivity between GPs / the activities that could help some people	Poor access to services. Perceived lack of opportunities in Pembrokeshire can cause a loss of motivation. Lack of public transport.

Key themes per area: main health and wellbeing issues

Merthyr	Neath Port Talbot	Flintshire/Wrexham & Denbighshire	Pembrokeshire/Ceredigion & Carmarthen
Social Isolation	Mental Health (and social isolation)	Mental Health	Poverty and unemployment
Mental Health Issues (inc. anxiety and depression)	Poverty (and associated reactions to...)	Social isolation and loneliness	Mental health and health inequalities
Poor nutrition	Addictions: Drug and Alcohol	Lack of transport in rural communities	Poor connectivity (public transport and connectivity between health and wellbeing activities)

Appendix B - What things could help or support people to live happier and healthier lives in your community? Area results

Merthyr

Group 1	Group 2	Group 3	Group 4
Funding	Skills training (for employment)	Funding for provisions and awareness of current services	Community support "hand-holding" into activities
Education (mindfulness/gratitude/perspective)	Education	More accessible community activities	More weekend sessions for working people
Environmental issues (individually quite powerless)	Resilience building/coping skills	Cooking and budgeting skills (community 'fridge'/fresh food bank)	Community 'hub' led by local people

Neath Port Talbot

Group 1	Group 2	Group 3
More Opportunities: more local, low cost and more transport for the Valleys	Funding for projects	More Free Local Outdoor Activities
Having Projects that don't care about postcode area – so that all can attend (more inclusive, not only for NPT or Swansea etc.	One-stop hubs – so that all services and organisations are accessible from one central place	Community connectors who can link people to services to potential users (embedded in the community)
Transport: People who can't drive or get public transport. Support with transport.	Access to mentors for all	Life Skills (to include emotional and mental wellbeing, cooking and budgeting) in school and the community

Flintshire/Wrexham and Denbighshire

Group 1	Group 2
Better transport (bus times not reflective of people's needs)	Better access to woodlands and outdoor space
Help to overcome peoples' barriers i.e. physical difficulty	Better transport to get to woodland areas – either increase drivers for the minibus or better public buses
Access to the site weekly by using voluntary service minibus or accessing the site independently	More people to support or bring people to the courses/woodlands regularly (buddy system/volunteers)

Pembrokeshire/Ceredigion/Carmarthenshire -GHAWW

Group	Breakout Group 1	Breakout Group 2	Breakout Group 3
Theme 1	Kindness to others	Better/improved transport (accessible vehicles)	Mentoring and support: If people feel they have an ambition, that is mentally motivating. Can then set an action plan to work to vision; feeling that there are opportunities around. Raising aspirations. Peer mentoring;
Theme 2	A better understanding of where we live and what we could do	Better knowledge in the community about local opportunities, events and activities already available in West Wales (over 70 groups active)	Knowledge of what is available. Younger people know what is available, then fewer things are available as they get older. Pathways to health and wellbeing: Have groups starting at GPs; online activities for those feeling unfit/unwell/unattractive; too much of a leap from inactive to fit and active. We need something to mediate the two places - and this relates to green woodland prescribing. Could be self-guided if were signs along the way
Theme 3	Connecting with our past and nature/woodlands and rediscovery (especially in Covid times)	Greater use of social prescribing (support for this across health organisations)	Access: people don't know how to access and often can't access the countryside from villages - farmers don't want people accessing, or path is overgrown.

Key themes per area: What things could help or support people to live happier and healthier lives in your community

Merthyr	Neath Port Talbot	Flintshire/Wrexham & Denbighshire	Pembrokeshire/Ceredigion & Carmarthen
Education and Skills Training (including employability skills, resilience, cooking and budgeting)	Continued funding for projects (including outdoor activities) that are open to all regardless of postcode. Projects could focus on emotional and practical resilience.	Improved transport to the sites	Knowledge of what is available for health and wellbeing (community hubs/centralised information centre/website)

Community Hubs and more accessible community activities across the week	One-stop hubs or community connectors to provide a central link between the community and the services/projects in the area	A support system to encourage and maintain contact with courses (buddy/volunteer system)	Facilitating and improving access to nature (accessible pathways, transport links and parking, social support/buddy-system)
Community support/buddy system to help people engage and be aware of activities	Better transport links (to get people to the right places)	Improved access to woodland sites	GP tie-in (social prescribing, hub for activities including walking groups and outdoor groups)

Appendix C – Area and collective results: what would help and support all types of people to spend more time in the woodlands for their Health and Wellbeing?

Merthyr

Group 1	Group 2	Group 3	Group 4
Facilities (shelter/toilets/hub)	Equipment for wet weather (waterproofs and boots)	Relevant/appropriate clothing	Encourage all age groups at different timed sessions
Community food growing	Awareness in schools	More information on what is accessible or where is safe to access (woodlands)	Disabled and safe access
Adventure tourism (esp. for youths)	Accessible 'handholding' & travel information	Using woodlands for food growing	Empower the community to decide what to do

Neath Port Talbot

Group 1	Group 2	Group 3
Making it accessible to families: Advertise in this way to remove the barrier of not having childcare	Advocates/Buddy System/Role models in the community to support and facilitate engagement	Taster sessions with constant access after for low or no-cost
Providing a range of walking paths: to make accessible and inclusive for any disability or level of fitness	Work in partnership with others – for transport, indoor facilities and toilets. (make connections in the local community and share costs)	Training for workers. Knowledge of specific needs (awareness of good practice)
Provide outdoor weather clothes/footwear to remove the stigma of not being able to afford these – removes judgement	Look into providing mobile or temporary facilities in more remote woodlands with no facilities.	Provide transport to get people there. (Improve) accessibility of sites

Flintshire/Wrexham and Denbighshire

Group 1	Group 2
Only updated inline local voluntary bus service, but not enough volunteer drivers (it's complex)	Communication – what is available rather than social media as not good for mental health
Accessed whole site under no pressure and be able to participate in the tasks or not. Freedom to do what is comfortable for their ability	Venues with an indoor warm space for when weather is bad – as WSC good – can get dry and choose to go out in all weathers

Benefits current group have experienced in woodlands has made a positive difference to many. Improved mood/confidence	Having someone to go with – friends or support worker.
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Pembrokeshire/Ceredigion/Carmarthenshire -GHAWW

Group 1	Group 2	Group 3
Better/improved transport	Better transport/accessible transport/good access in woodlands/toilets/parking etc.	Public transport.
Better knowledge in the community about local opportunities, events and activities	GP's being better connected to green health activities in the area so that they can prescribe to groups/activities	Peer mentoring. Motivational videos.
Intergenerational opportunities – getting to work together (being kind and understanding each other)	Buddy system (to support contact with woodlands)	Fitness group from GP surgeries. Events and familiar activities - hooks to get people there.

Key themes per area

Merthyr	Neath Port Talbot	Flintshire/Wrexham & Denbighshire	Pembrokeshire/Ceredigion & Carmarthen
Accessible woodlands for all (safe, disability-friendly and with facilities)	Transport (work in partnership with others or work out strategies for improved access by public/private transport to sites)	Better Transport links	Improved transport to key sites/local sites
Providing waterproof clothing and wellies (to borrow)	Mobile facilities sought or Partnerships developed to that sites have use of indoor areas and toilets	Freedom and flexibility (of the site i.e. outdoors or indoors and the teaching i.e. tailoring to abilities and needs)	GP tie-in (social prescribing and surgery as a hub for health and wellbeing activities)
Encourage more participants (with the buddy system and timed sessions for different ages)	Improving accessibility: Providing a buddy system, providing 'family-friendly' activities, providing	Buddy system / better communication	Peer mentoring or social support to encourage inclusion (buddy system)

	outdoor clothing/footwear and a range of accessible pathways for all)		
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Appendix D – Woodland Locations for Health and Wellbeing: Locations

The stakeholders, not all being familiar with woodland sites, found it more difficult to suggest potential sites that might be a good location to use. However, some suggestions were made that are recorded in the table below for each area,

Anglesey 6 out of the 10 woodland sites already have structures Newborough Forest has toilet facilities– wheelchair friendly (Bryn Y Naiaf used to come and now have stopped. Is this worth investigating? - Vivienne?)	Denbighshire & Flintshire Llyn Parc Mawr shelter good resource. Eirias Park – car parks/bus routes Use a local woodland on the doorstep	Wrexham Woodland skills centre is a good model Council parks – Mais y pant – community-based woodland on an old sand and gravel mine. Mais Y pant is well maintained by the local community and they have put trails in and they have put in clay animals for children to spot along the way. Erddig – seeing the birds etc.
Gwynedd Parc Padarn. Nursery Woods. Tremadog central for Gwynedd. Penrhos nature reserve – a natural see-saw was created – kids used it and then it was removed. ‘Land and Lakes’ - Penrhos – wanted to develop this like Centre Parks Llangefni, Bodffordd, Dingle – all link together (Dingle accessible)	Swansea Park Woods – Dryad is putting in a Roundhouse Rosehill Quarry could be a potential site – Access is possible in a wheelchair but it is difficult. The Quarry has an interesting pond. Rosehill also has problems with anti-social behaviour. You can park a couple of cars up the lane. Clyne Woods, Derwen Wawr –is near the Recycling Centre – this would be easily accessible and near to Clyne Woods, closest to	Neath Difficult to find accessible woodlands near towns in NPT (some woodlands are separate from the town) Transporting people/or local woodlands near urban areas? To have something in the heart of the community would be great – but hard to find these spaces in NPT. Valleys are steep. Afon Valley is lovely. Woodland owned by St Mobens – ex gas works site

<p>Bodffordd -not good for being on-foot – only parking for 6 cars</p>	<p>Swansea – locals could keep an eye on this too</p> <p>Woods North of the shopping centre – part of Kilvey Hill – crisscrossed with paths and fairly flat. There</p> <p>White Rock Industrial Heritage Park – we have scrubby trees, Smiths canal – large area accessible from the cycle path</p> <p>Penllergaer</p> <p>Kilvey Hill: not very accessible at present – Kilvey hill voluntary group want to build a roundhouse – and were developing this idea, but they are quite a small group so hard to do. Gareth Thomas at Swansea is working with Kilvey to develop shelter on the hill. Main concern vandalism. Keen to get people of all ages and local people to make it and help design it as then the community are invested in the process.</p>	<p>(scrubland could be made beautiful)</p> <p>Historical site (graveyards near Margam) – stones removed and replacements are poor. Site important for wildlife as well. Interpretation needed, show people what is special about the sites (what makes it unique)</p>
<p>Rhondda Cynon Taff</p> <p>Abercynon Valley Organics Barry Sidings (Pontypridd), Pontypridd Common (Pontypridd)</p> <p>(See notes for Merthyr about steep inaccessible woodlands in the valleys with some conifer plantations – NRW?)</p>	<p>Merthyr Tydfil</p> <p>Ynysowen part of the Skyline project is also looking to develop a woodland hub (same funders as us).</p> <p>Being in the Valley's you are often on a slope and access can be an issue. Rocky and rough. A big open flat woodland is rare.</p> <p>We have vast amounts of conifer woodlands on our valleys side, good for wildlife, but have a feeling of being empty. Utilise conifer and revert to native woodland and make them a valuable space for wildlife and people. Make them less creepy.</p>	<p>Ceredigion</p>

	Old tramway – accessible for walking groups	
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Appendix E: Social Prescribing and collaboration Development Ideas in each area:

The stakeholders gave some ideas and contacts of potential partners or reflections on developing social prescribing to outdoor health. These are listed by area below,

Anglesey	Denbighshire and Flintshire	Wrexham
<p>All working together is nice. Nice to have joined up working sessions. Not just in the woods – used community gardens/ football, sports activities.</p> <p>More GP referrals needed to be onboard – Beaumaris surgery only surgery referring at the moment. Wish it could work elsewhere. Good to have a single point of contact – there are too many people GPs have to contact. (Cathy works with psychology department in ??)</p> <p>Collaboration/partners Encourage more collaborative working</p> <p>James on Homefarm – has provided lots of networking opportunities</p> <p>Doing taster sessions with SEN (special educational needs) schools to build new partnerships</p> <p>Private woodlands potential for new partners with public and private woodland</p>	<p>ALL AGES: Reaching out to any age group – work with lots of organisations (include children and adults). Children that find school difficult and elderly people with dementia. Autistic people of all ages benefit too.</p> <p>RECOGNISING THE Barriers that exist = awareness is a big factor and communications. Social services are stretched and many referrals do come from here – but systems are changing that brings new barriers. The community support group of men has been successful – social element is important – but doing tasks is also important and gives them something to do.</p> <p>ADVERTISING/MOVEMENT: Useful to make people more aware – lots of people interested but not sure where to find the information. It is not readily available. Need to have the confidence to know what is on their doorstep</p> <p>MORE GPs NEEDED: GP referrals need to be more encouraged and we need to work closely with GP practices and the health board</p> <p>SROI: Put a value on it – added value leads to more uptake by the health sector</p> <p>Collaboration/partners</p> <p>Biggest flying start area Rhyl had 8 seater minibus to use</p> <p>Veterans – WSC could be a great resource to use</p>	<p>Collaboration/partners</p> <p>Tony – made contact with a MIND group – they have been out a couple of time but lost contact. Used to have contact with Alzheimer's society with carers – that seems to have died away due to financing.</p> <p>Word of mouth works well.</p>

	<p>Mind in Flintshire receptive but Denbighshire not as much – so making contacts is essential.</p> <p>Other organisations – charity DYNAMIC in Wrexham work with young people and families with autism. They are starting an outdoor project.</p> <p>Woodland at the woodland skills centre is privately owned but the public can use. Encourage other privately owned woodlands to open up their woods to others.</p>	
<p>Gwynedd</p> <p>Sharing resources and making sure need is catered for in best ways, pulling together and being aware of there being a 'network' would be positive</p> <p>Good to widen network – get through various networks but need to have better coordination and need best practice – lots of different cluster groups all working on the same thing – need to streamline</p> <p>Arfon area social prescribing network – people need choice. GP's thought better through community networkers. Starting is hard; it's hard to know where to start – having a central point would be useful</p> <p>Having more events – able to bring different organisations together – networking useful. More like community event and link with others.</p> <p>Partnerships/collaborations Good health event in Dolgellau – 13 years going now.</p> <p>Important Working in collaboration (Gobaith)</p> <p>Shared management/maintenance of the selected site?</p> <ul style="list-style-type: none"> Flying Start 	<p>Swansea</p> <p>Depends where you are – needs to be a shift in the health service. We need a central streamlined service, Area health boards coordinate referrals.</p> <p>Make all doctors surgery aware of what is happening out in the community. Make better links with surgeries.</p> <p>Great idea – but would it happen. Where are the helpers going to come from to help support people into activities that you provide (buddy system)</p> <p>Collaborations/Partnership opportunities/networks</p> <p>Tara is involved in Equine therapy?</p> <p>Gower – outdoor pursuits – activity providers</p> <p>Surf Ability Caswell- differently-abled learning for surfing</p> <p>Bikeability – Swansea</p> <p>Scouts have a hut – maybe this could be used</p> <p>Mountain Boarding Centre in Gower</p> <p>Heritage Archery – archery and birds of prey</p>	<p>Neath Port Talbot</p> <p>Virtual ward – GP practises admit people to a virtual ward and let patients know what is available to them. There is a lack of activities – could woodlands provide a space for more opportunities.</p> <p>Need to consider the link between social prescribers that pass on to other organisations (eg Mind) that then provide the activities. May need to offer sessions to these organisations, rather than directly to the social prescriber</p> <p>Collaborations/Partnership opportunities/networks</p> <p>Veterans groups – run closed groups where they select activities – allowing for space if needed. Social opportunity to meet other veterans too.</p> <p>Involve schools where teenagers have been excluded as they have proven benefits</p> <p>Digital communities Wales – free training on how to support people to get online.</p> <p>Dynamic Dunescape, David Kilner. For people who can't access the coast, he films local walks and encourages people to narrate the walk.</p>
Rhondda Cynon Taff	Merthyr Tydfil	Ceredigion

Collaborations/Partnership opportunities/networks	The benefits to families, tackling loneliness, etc.	Sam Henley Link worker team
Healthy Hillside Project Abercynon valley organics	NRW money PSB – interlink	Collaborations/Partnership opportunities/networks
Skyline Project	Work together to link this up. WG is funding everyone to do similar work and we need to join up. Can we more this regional to link in locally.	Mid Wales orienteering group is a partner that we could include as part of the activities – gets people searching for features on the maps etc. Gabriella is a part of this.
Friends of Graigwen Woods (Community woodlands group)		
Hafel	Collaborations/Partnership opportunities/networks	
	Sustrans and other informal routes – making sure these link in together to create sustainability.	
	Skyline project	
	Parent Network Merthyr & Caerphilly – keen to keep in touch and offered families for a focus group.	

Appendix F: Training Needs by area

Not every stakeholder was able to contribute to this, the main contributions came from leaders who attended the event. The training needs that were mentioned are listed below by area,

Anglesey	Gwynedd	Swansea
Training to become leader/ volunteer, WIN qualification – Agored qualifications. AONB -	CL DON'T currently has connections to other outdoor activities – animal-assisted therapy would be great.	Tree Climbing – John Ashley
Learning in the Outdoors – GCSE equivalent	Wellbeing in Nature – be good to offer this to Flying Start team	Nature studies – study a small area and see what life there is – it would be good for people to be helped and guided to do a local area
John Muir Award – John P was running this with James @ Homefarm	Would like training in person, - we are open to training, but we'd need to see if we are allowed.	At the Quarry - Pond dipping activities
	Good to all leaders to have basic mental health training/ autism training.	Viv Makin - Training in
	Kelly kettle training principle for practitioners -	Coppicing and Hedge laying Andrew & Tara – basic chainsaw maintenance
	Sometimes great to give a certificate to boost confidence	John Ashley – Health Walk Leader – he can deliver this online
	Optional qualifications offered	First Aid

	Teachers could benefit from training	
Neath Port Talbot Forest School (training?)	Rhondda Cynon Taff Walk leader training for Hafel Observing Flora & Fauna Agored online - has been great, I've recommended it but people are scared to join in (Fear of the unknown)	Ceredigion Jane – would love to have training in woodland management. Coppice management. Links back to historic features of woodlands. Wood at Taliesin – has charcoal making history. Forest garden space – plant things that we are then going to use to eat. Uses of plants, dying with plants. Permaculture links to this. Forest gardening courses. Sue Lee - Working with wood Jenny – open to training. Any structures that are built, can you involve the community to train and help build the structure. Harri – social services might be interested in more training, would need to sort the logistics out for timings Cath – basic package of training offered so that other providers can have the skills to take participants out into the woods if we can't do it ourselves.