

DECEMBER 2020 -
COED LLEOL/SMALLWOODS WALES

COED LLEOL'S/SMALL WOODS WALES' RESPONSE TO COVID-19 LOCKDOWN

BY NATASHA SIMONS

In March 2020 lockdown challenged us to rethink how we could deliver our woodland wellbeing programme differently. As a team, the staff worked together to understand the core needs of our participants during this difficult time and work out a strategy to help and support as many participants as we could. This led to our #Naturefix programme that included daily National Nature and Wellbeing Sessions on Zoom. These covered themes such as Foraging and Nutrition, Nature Watch, Family nature activities, physical activity and Mindfulness. We also started weekly local Zoom sessions in all of the project areas that enabled our participants to continue engagement with us and each other. For participants who were not online, a telephone befriending service was set up with a focus on nature and wellbeing. In order to support people online, at any time of the day or night, we also made 21 'wellbeing and nature' Youtube videos. Towards the end of the year, we have been able to resume some of our in-person woodland wellbeing groups, walking groups and woodland drop-in sessions which are proving more popular than ever!

SINCE MARCH 2020 COED
LLEOL/SMALL WOODS
WALES HAS...

DELIVERED 142 NATIONAL
ZOOM SESSIONS

DELIVERED 114 LOCAL
ZOOM SESSIONS

BEFRIENDED 77 PEOPLE BY
TELEPHONE

MADE 21 YOUTUBE VIDEOS THAT
HAVE RECEIVED 6,582 VIEWS

STARTED DELIVERING IN-PERSON
WOODLAND SESSIONS AND WALKING
GROUPS

KEY FIGURES

*Since March we
have engaged*

339

**PARTICIPANTS
IN OUR ONLINE
AND OFF LINE
ACTIVITIES**

*we also
engaged*

143

**PEOPLE IN
ONE-OFF
NATURE AND
WELLBEING
ZOOM
EVENTS**

We have held

12

**STAKEHOLDER
EVENTS
ENGAGING 129
STAKEHOLDERS**

and...

6,529

**PEOPLE HAVE
VIEWED OUR
YOUTUBE
VIDEOS**

well done everyone, here is a picture of a baby hedgehog...

