



Stakeholder Consultation Report 2022



**Exploring personal, community and
environmental wellbeing**

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

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

Coed Lleol (Small Woods Wales) received funding from the Healthy and Active Fund (HAF) in 2019 and from Enabling Natural Resources and Well-being (EnRaW) in 2021. The funding has responded to previous evaluations and consultations with key stakeholders. This has enabled Coed Lleol to expand and develop its programmes with a greater focus on promoting and professionalizing social prescribing to outdoor health year-round. Increasing access to woodlands through a woodland improvement scheme and the development of woodland hubs. The funding has also enabled a greater focus on embedding woodland management and understanding into the woodland wellbeing programmes with the addition of four woodland management experts who will support project officers, leaders, and participants to learn and understand how to create a healthy and thriving woodland for the benefit of the community, the environment, and future generations.

Stakeholder consultations are key to Coed Lleol's development strategy. Coed Lleol (Small Woods Wales) undertake an annual consultation exercise that focuses on key issues and exploration points that help us to understand ourselves and our stakeholders better and helps to guide us in future research or development areas.

The initial consultation was deliberately broad so that respondents could highlight what is important to their own, their communities, and the environment's wellbeing.

The questions asked were as follows:

Personal Wellbeing

- What three things support positive wellbeing in yourself?
- What challenges or issues create a lack of well-being for yourself?

Community Wellbeing

- What do you think are your communities' challenges around health and wellbeing?
- What would you like to see in your community that might help improve people's health and wellbeing?

Environmental Wellbeing

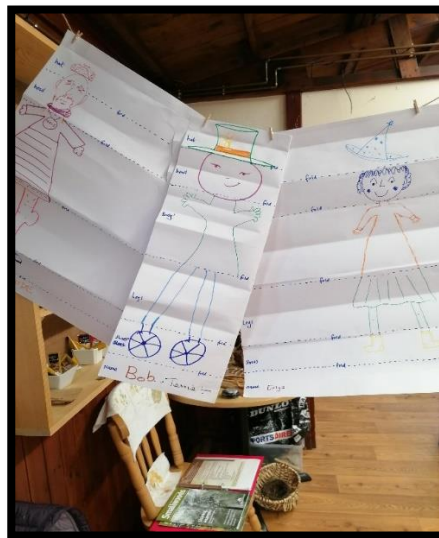
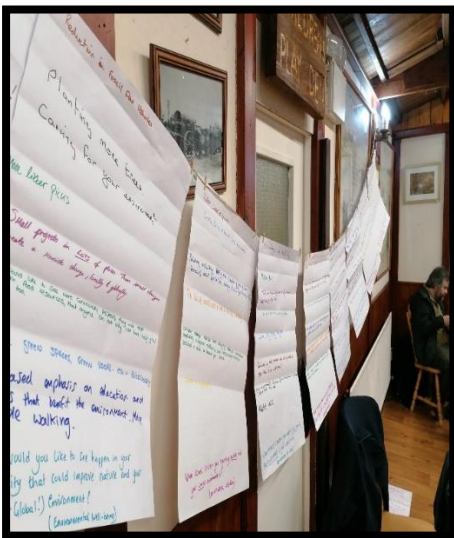
- What issues concern you about nature and your local environment?
- What would you like to see happen in your community that could improve nature and the local (and global) environment?

Once this stage was complete, stakeholders could view the responses to community and environmental wellbeing and write down suggestions on how Coed Lleol could help to address some of these issues.



Method

The consultation was undertaken using the method of brain writing – this method has been specifically designed to allow all stakeholders a ‘voice’ in the consultation, it also helps prevent ‘group think’ and overdominance by some group members. The method uses large pieces of paper with questions written along the bottom of the page. Stakeholders are split into groups and each person is given a paper with a different question. Brainwriting uses the same technique as the childhood game ‘consequences’ whereby the first person writes their response and folds the paper over this response and passes it on to the next person. Once the questions have made it around the table, the groups can open the papers up and discuss the results (fig. 1). To make this more fun, one of the papers was set up for the stakeholders to construct a person (hat, head, body, legs etc, fig. 2). Once the brain writing was complete, the personal well-being responses were removed (as it was felt that these did not need to be shared with the group) the community wellbeing and environmental wellbeing responses were unveiled and stakeholders were asked to discuss and consider these responses and think how Coed Lleol (Small Woods Wales) could tackle these in future activities. Ideas were written on cut-out leaves and stakeholders helped to create a ‘hanging garden of ideas’ (see fig 3). All responses were transcribed onto a spreadsheet and coded for emergent themes.



(L-R Figure 1 Brain-writing, Figure 2 Consequences, Figure 3 Garden of Ideas)

Sample Group

The stakeholder consultation was delivered at nine different stakeholder celebration events and also offered as an online survey for stakeholders who could not attend in person¹. 169 people took part (including staff, volunteers, participants, health professionals, mental health teams, social services and outdoor providers). A full list is available in Appendix A. 136 responses were collected through the stakeholder Celebration Events and 33 via the online survey. The table opposite shows the breakdown of stakeholders consulted in each area (note: numbers were lower than expected because of cancellations caused by Covid, weather and availability of health staff to attend, due to knock-on workloads due to Covid).

Area	Number of Stakeholders Consulted
Neath Port Talbot	13
Swansea	24
Merthyr and RCT	14
Conwy	14
SE Wales	14
Gwynedd	22
Ceredigion	8
Wrexham	20
Carmarthenshire	7
Online	33
Total	169



¹ The evaluator could not attend the SE Wales stakeholder event so the consultation was done on an ad-hoc basis

Results

The comments were coded into minor and then major themes. These themes have been presented in chart form in the following sections.

Personal Wellbeing

Two questions were asked that related to the stakeholders' personal wellbeing.

What three things support personal well-being in yourself?

Stakeholders were asked what three things support personal well-being in themselves. 338 individual suggestions were collected from the 169 stakeholders. The comments were themed into 22 minor and 6 major themes. Five of the six themes are coded to the NHS's 5 ways to well-being (Take notice, Connect, Be Active, Keep Learning and Give)². A sixth theme emerged around 'feeling good, positive attitudes and good health'.

- **Take Notice:** 37% of the comments were connected to slowing down and taking time to take notice or do things that are valued such as nature, animals, creativity, music, or meditation.
- **Connect:** 23% of the comment were connected to time with friends, family, or the community
- **Be Active:** 17% of the comments were connected to physical activity
- **Good Health and Feeling Good:** 13% of the comments were connected to 'good health and feeling good' this is not one of the NHS's 5 ways to well-being. Examples given were, thinking positively, appreciating nice food and weather, being or feeling loved, a sense of freedom, financial security, and good health.
- **Keep Learning:** 8% of the comments were connected to learning new things or making time for new and existing hobbies.
- **Give:** 4% of the comments were connected to giving something back by volunteering or supporting others.

The principle three key themes that support personal wellbeing (minor themes) for the stakeholders were:

- **Being in nature**
- **Socialising with family and friends**
- **Exercising and walking**

These themes link well with Coed Lleol's existing projects.

² Some comments coded to one or more theme – for example gardening coded to 'be active', 'connect', 'keep learning' and 'give'.

Personal Wellbeing Chart

The below sunburst chart presents the major and minor themes about what things support the personal wellbeing of the stakeholders consulted (the responses are shown as a percentage of the comments received),



What challenges or issues create a lack of well-being?

The stakeholders were also asked what challenges or issues create a lack of well-being in themselves. 194 comments were gathered from the 169 stakeholders. The comments received were coded into 5 major themes that are as follows,

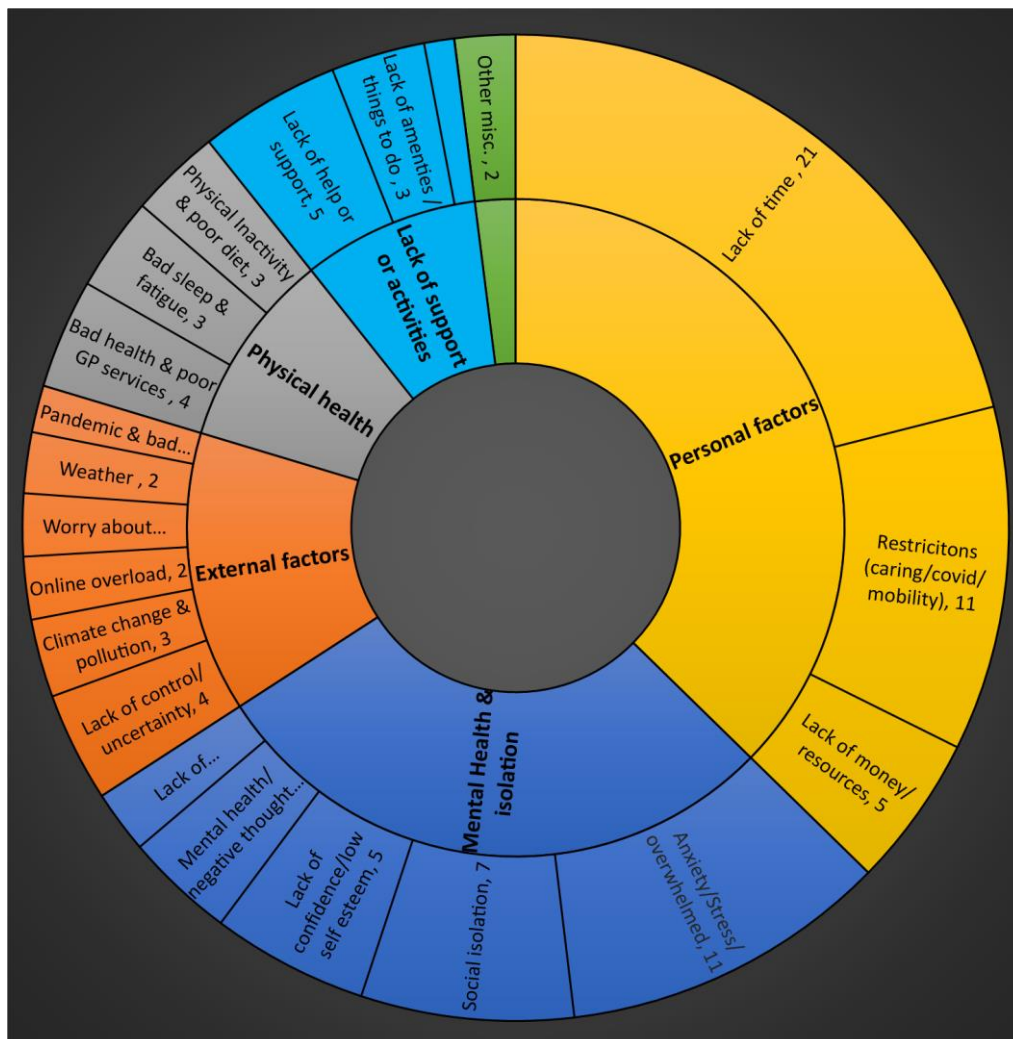
- **Personal Factors:** 37% of the comments coded to personal factors such as lack of resources or money, restrictions caused by covid, caring responsibilities (including childcare) and lack of time
- **Mental Health and Isolation:** 29% of the comments coded to factors connected to poor mental health, isolation, lack of confidence, motivation, or low self-esteem
- **External Factors:** 14% of the comments coded to external factors that are out of the control of the individual, but that cause a lack of wellbeing (such as bad news stories, the pandemic, climate change and online overload)
- **Physical Health:** 10% of the comments coded to physical health issues that cause a lack of well-being such as lack of sleep, poor overall health, poor diet or inactivity
- **Lack of support or activities available:** 9% of the comments coded to a lack of support or a lack of local activities that would engage and boost wellbeing.

The three key themes that challenge personal wellbeing (minor themes) for the stakeholders were found to be:

- **A lack of time**
- **Restrictions (due to caring for others, covid, mobility)**
- **Anxiety/stress and a feeling of being overwhelmed**



The below sunburst chart presents the major and minor themes about what challenges or issues impact personal well-being of the stakeholders consulted (the responses are shown as a percentage of the comments received),



Community Wellbeing

The stakeholders were asked to respond to two questions about community wellbeing.

What are your communities' challenges around health and wellbeing?

The stakeholders were asked what they thought were their communities' challenges around health and wellbeing. 177 comments were received from the 169 stakeholders. These have been coded into 21 minor and five major themes. The major themes are as follows,

- **External restrictions:** 35% of the comments were coded to external restrictions such as poor transport, poor GP services, lack of housing or employment and financial pressures. A lack of funding for health and wellbeing activities was also coded to this theme
- **Lack of Knowledge:** 17% of the comments were coded to a lack of knowledge around what is available to access to help wellbeing in the community (i.e., effective advertising campaigns and joined-up thinking) and a lack of education around health, well-being and the environment that could improve wellbeing.
- **Lifestyle choices:** 15% of the comments were coded to the choices that people make that could limit health and well-being such as work-life balance, poor diet and lack of exercise, a disconnection to nature, digital overload, and a reliance on cars.
- **Access to and support to access greenspace:** 13% of the comments were coded to a lack of support available to help people engage and a lack of access to green spaces alongside the reduction of green spaces (caused by poor planning).
- **Mental Health Issues:** 11% of the comments were coded to communities suffering from anxiety or depression or social isolation
- **Other issues:** 8% were coded to other issues such as addiction issues, anti-social behaviour and disaffected communities.

The three key themes that challenge personal wellbeing (minor themes) for the stakeholders were found to be:

- **Awareness and advertising** (for what is available – and a lack of joined-up advertising with wellbeing teams)
- **Financial Pressures and poverty**
- **A lack of health and wellbeing activities available for people to take part in / transport issues (i.e. poor services)**

The below sunburst chart presents the major and minor themes about what challenges or issues impact community wellbeing (the responses are shown as a percentage of the comments received),



What would you like to see in your community that might help to improve people's health and wellbeing?

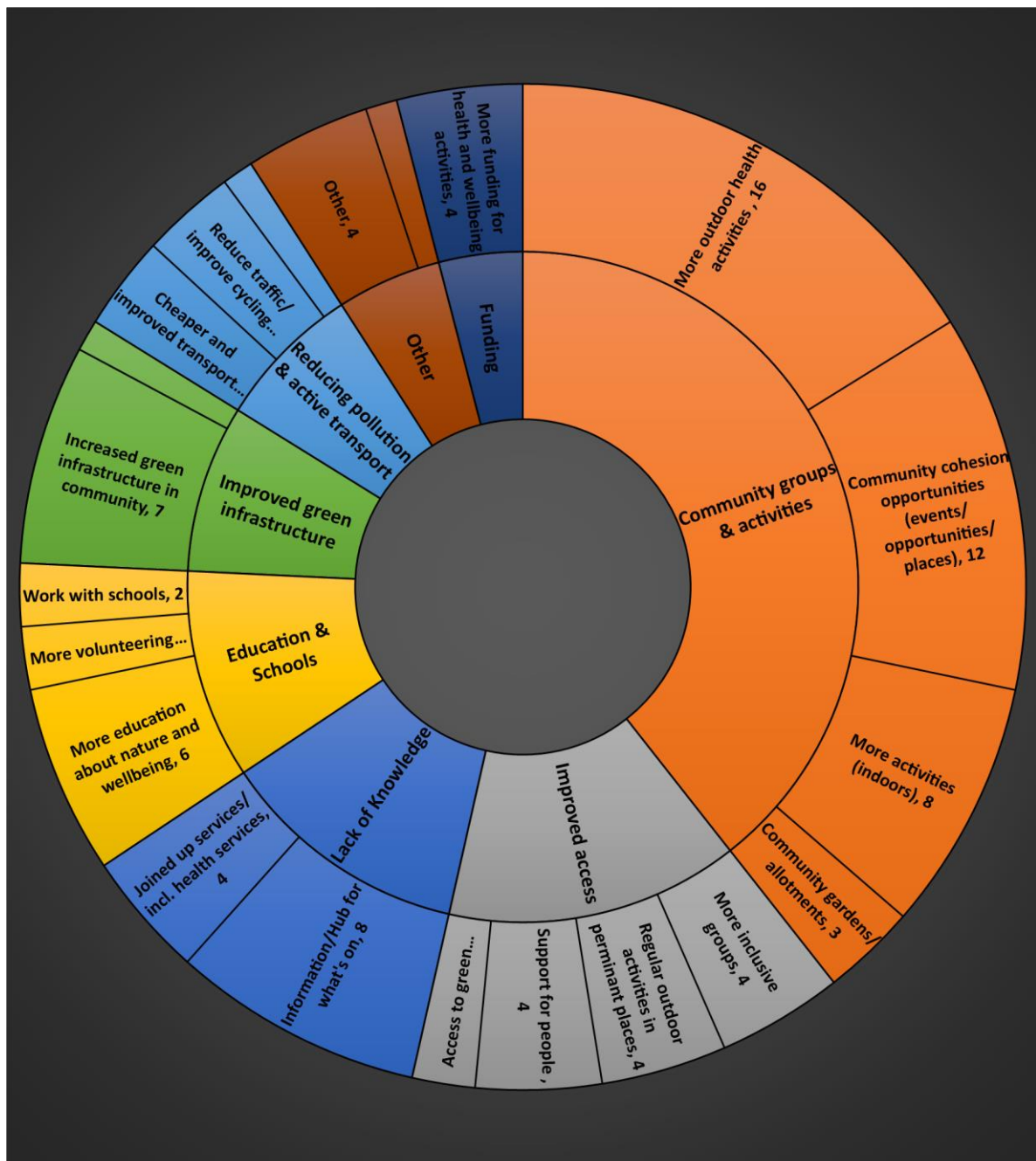
The stakeholders were asked what they would like to see in their community that might help to improve health and wellbeing. 181 comments were received from the 169 stakeholders. These have been coded into 21 minor and seven major themes. The major themes are as follows,

- **Community groups and activities:** 39% of the comments coded to an increase in the number, range and types of community health and wellbeing activities available locally for people to engage with. Many of the stakeholders wanted more indoor and outdoor activities, events and gardening opportunities.
- **Improved access to groups:** 14% of the comments focused on an increased need to support people to engage (who are suffering social anxiety, isolation or have health needs that prevent lone attendance). Some stakeholders requested regular activities in permanent places, so that trust could build and others felt that groups such as special needs groups, pregnant women, early intervention and youth groups could all benefit from attending
- **Lack of Knowledge:** 12% of stakeholder comments suggested a central hub or information point, joined-up services working together to advertise and promote the benefits (health services were specifically mentioned)
- **Education and Schools:** 10% of comments suggested a greater connection with young people and schools to promote education about nature and wellbeing to educate the younger generation. Supporting volunteering and champions was also coded to this theme.
- **Improved green infrastructure:** 8% of the comments wanted improved green infrastructure projects in their area (from planting wildflower meadows to building permanent shelters in green spaces to encourage use and management)
- **Reducing pollution and active transport:** 7% of the comments were connected to reducing traffic, litter and pollution and increasing active transport routes or improving transport routes to green spaces or providing cheaper or more sustainable public transport.
- **Funding:** 4% of the comments suggested the need for increased funding to support health and wellbeing activities locally and nationally.

The three key minor themes stakeholders would like to see in their community that would improve health and wellbeing were:

- **More health and wellbeing activities offered locally** (outdoors 16%, indoors 8%)
- **More community cohesion opportunities** (events, workshops, places to meet)
- **More information or a central hub for advertising or meeting** (including joining up with other well-being-focused organisations and health services)

The below sunburst chart presents the major and minor themes about what stakeholders would like to see in their communities that would help support people's health and wellbeing (the responses are shown as a percentage of the comments received),



Environmental Wellbeing

Two questions were posed to the stakeholders that were connected to environmental wellbeing.

What issues concern you about nature and your local environment?

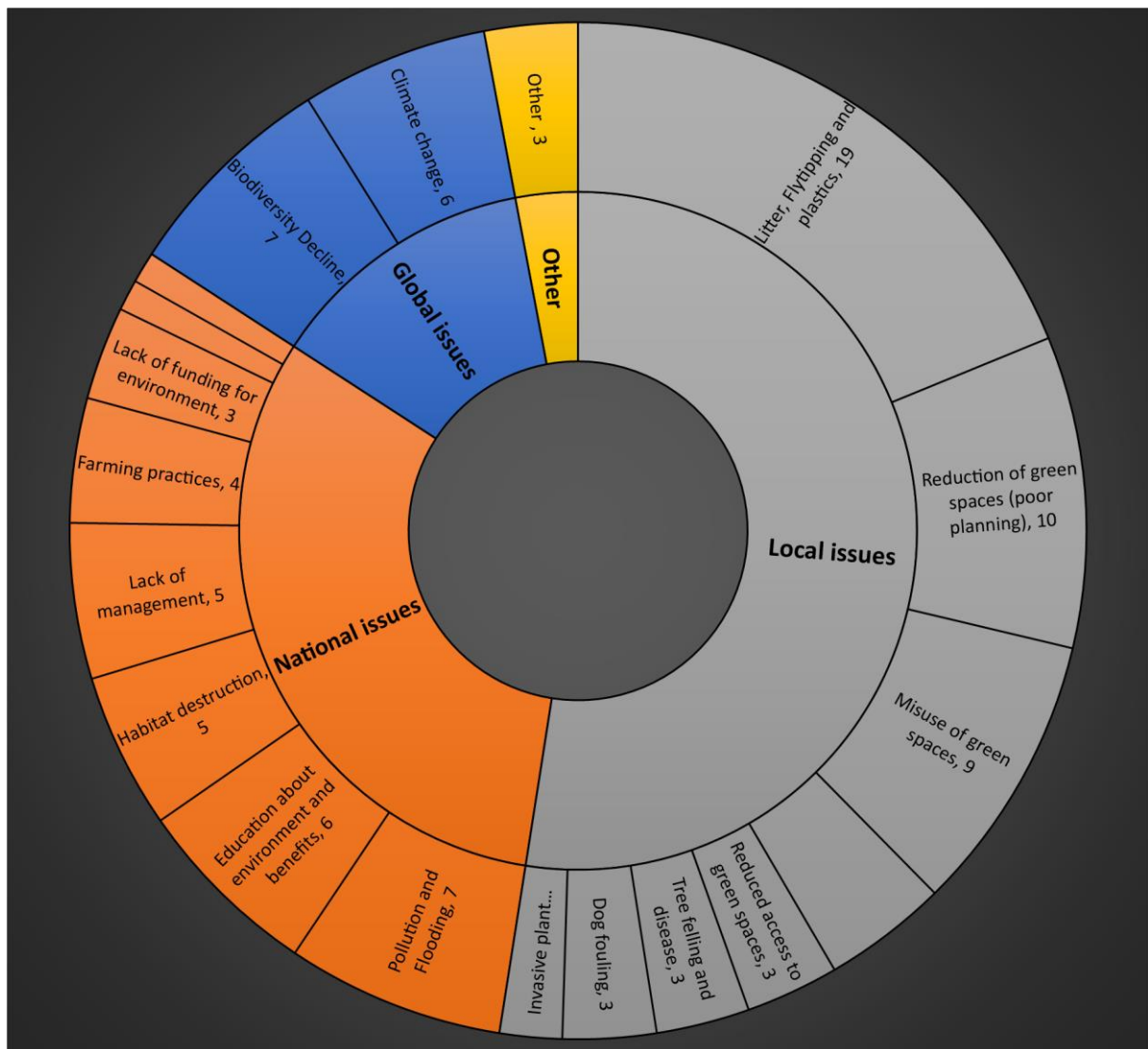
The stakeholders were asked what issues concern them about nature and their local environment. 196 comments were received from the 169 stakeholders. These have been coded into 18 minor and three major themes. The major themes are as follows,

- **Local Issues:** 53% of the comments were concerning local environmental issues that impact stakeholders' local communities such as poor planning leading to reduced green spaces, litter, fly-tipping, dog fouling, invasive species control, tree loss and a lack of knowledge around conservation activities.
- **National issues:** 32% of the comments were concerned with national issues such as farming practices, education around the environment and land management, habitat destruction, pollution and flooding recycling management practices and the lack of active transport routes.
- **Global issues:** 13% of the comments surrounded more concern over global issues such as biodiversity decline (although this is also a local and national issue) and climate change

The three key minor themes that concern stakeholders about nature and the local environment are:

- **Litter, fly-tipping and plastics in the environment** (19%)
- **The reduction of green spaces due to poor planning decisions** (10%)
- **The misuse, overuse or vandalism of green spaces** (9%)

The below sunburst chart presents the major and minor themes about what concern stakeholders about nature and the local environment (the responses are shown as a percentage of the comments received),



What would you like to see happen in your local community that could improve nature and the local (or global) environment?

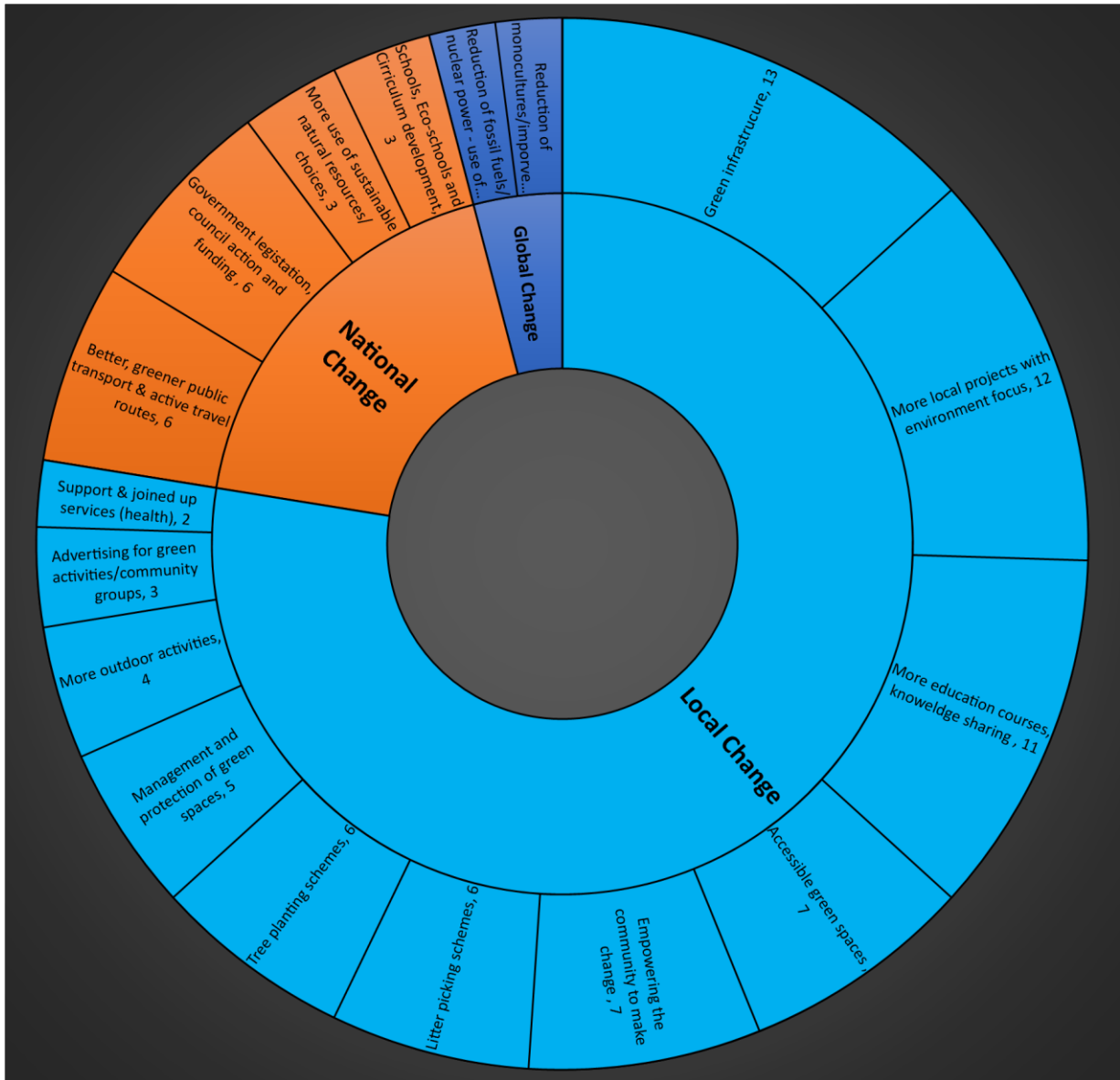
The stakeholders were asked what they would like to see in their community that could help improve nature and the local (or global) environment. 189 comments were received from the 169 stakeholders. These have been coded into 17 minor and three major themes. The major themes are as follows,

- **Local Change:** 76% of the comments related to actions that could be taken locally to improve nature and the environment. These included improving green infrastructure with new and developed wildlife areas and tree planting, developing and supporting local projects that have sustainability, conservation or environmental focus, providing more education for locals on the management of green spaces and environmental issues, and creating more accessible green spaces for people and wildlife and empowering the community to make change through joined-up services and activities.
- **National Change:** 18% of the comments were connected to national change ideas such as developing an environmentally focused school curriculum or eco-schools, more use and choice of sustainable materials, better and greener public transport and government legislation to reduce activities/actions that harm the environment.
- **Global Change:** 4% of the comments were connected to the global issues of improving biodiversity and reducing monocultures and the reduction of fossil fuels and nuclear (more use of sustainable energy). These issues are of course relevant to national and local change.

The three key minor changes that stakeholders would like to see in their community are:

- **Improved green infrastructure** (including wildflower planting, meadows, garden developments to attract insects and wildlife, orchards, wildlife spaces in towns and cities, green roofs, and better management of green spaces for biodiversity)
- **More local projects with an environmental focus** (including community farms, horticulture projects, clean water projects, community allotments, food growing and gardening schemes, and education for the youth on how to help the environment)
- **More education and knowledge sharing for adults and children:** including education and skills on environmental responsibility and how to benefit the environment (including harm done through litter, pollution, and human actions), using sustainable methods, learning how to support endangered species, practical conservation techniques and helping develop school curriculum)

The below sunburst chart presents the major and minor themes about what stakeholders would like to see happen in their local communities that might improve nature and the local environment. The responses are shown as a percentage of the comments received),



Coed Lleol's Role and Development

The stakeholders were asked to consider the answers that they had given to the above questions and think about how these could be applied to the work that Coed Lleol do and how Coed Lleol could develop to plug any of the gaps that had been highlighted through the first part of the consultation. The stakeholders gave 185 responses that were coded into 8 major and 22 minor themes. The major themes were as follows:

- **Different activities:** 26% of the stakeholders provided comments that related to providing different activities at the session (note; many of these are already done by Coed Lleol). These included mindfulness & meditation, food growing and cooking for adults and children, wild swimming and cycling, gentle walking, invasive species removal and camping
- **Work with more groups/people:** 14% of the stakeholders commented that Coed Lleol could work with different groups of people such as the elderly/dementia, adults with disabilities, pregnant women, early intervention teams, schools, families and youth groups. (Note: many of these groups Coed Lleol already work with in the different areas)
- **Joined-up thinking – partnerships:** 12% of the comments related to working with more partners and developing a joined-up approach to delivery and advertising. Especially mentioned were the wellbeing teams.
- **Progression routes and training:** 11% of the comments received were connected to developing more accessible and environmentally focused training and progression routes (including in woodland management)
- **Advertising:** 11% of the comments felt that advertising should be improved and centralised in a local wellbeing hub and/or through social media.
- **Funding:** 10% of the comments were connected to lobbying or receiving more funding from local councils or via private sponsorship to support more groups in more areas and to build more outdoor shelters.
- **Suggestions to improve the experience:** 9% of the comments provided suggestions to improve the Coed Lleol experience These included, selecting sites near or accessible to communities, offering groups at different times of the day including evenings and weekends, helping to support some people to engage and offering a starter pack with key information for new participants (this could be done online)
- **Transport:** 4% wanted Coed LLeol to promote sustainable transport routes or provide transport to get to groups

The three key minor ideas that stakeholders would like to see Coed Lleol do are:

- **Offer more/different activities**
- **Work with more partners with a joined-up approach**
- **Advertising** (using a central hub and/or social media/online)

The major and minor themes are presented over the page in a tree map.

Suggestions for Coed Lleol's development

Different activities			Work with more people/groups			Advertising			Progression routes and training		
Offer more/different outdoor activities (mindfulness & meditation, food growing and cooking, wild swimming and cycling, gentle walking and camping)			Work with schools, children & families			Advertise more (social media, central hub)			Offer training in woodland management and environmental education		
			More inclusive groups for people with disabilities, homeless, pregnant women, etc)						Develop volunteer champions (environment &...)		Offer progression routes and mentoring
Offer more community events and workshops		Do more environmentally focused activity (GI)	Joined up thinking - partnerships			Funding			Suggestions to improve experience		Transport
			Work with more partners (joined up approach with overall wellbeing strategy)			Fund more project officers in other areas / same areas			Offer groups at different times of the day/week		Select woodla... sites near/ accessi... to commu...
Litter picking groups		More indoor activ...				More online cour...	Lobby gover... and counci...	Support more outdoor shelters	Pursue private spons... funding	Offer support people to engage	
									Other ideas		

Other suggestions

Some of the stakeholders also made suggestions about who Coed Lleol could work with and what local greenspaces could host a group. The responses are presented, by area, in the below table.

AREA	WHO SHOULD COED LLEOL WORK WITH	WHERE SHOULD COED LLEOL WORK?
Bridgend	Tanio! It would be great to work with you - we're a community arts charity based in Bridgend County, and we have an entire branch dedicated to Arts and the Environment. We lead Forest Arts sessions for the community, led by Forest School Level 3 Certified facilitators, who engage participants in Forest School activities that have a creative or artistic twist. It would be wonderful to collaborate on something, or even just to be in the know about each other's activities so we can call on one another for support and ideas.	
Caerphilly	Autism organisations. Mother and toddler groups. any other conservation volunteer organisations	Garwnant Visitor's Centre off the A470 north of Merthyr Tydfil. Country Parks such as Parc Cwm Darren and Cwmcarn Forest Drive. These have car parks, toilets and a visitor's centre.
Carmarthenshire	Shadows mental health support group, homeschooling parents in the community, family centres, the nurture centre Carmarthen.	Ynys dawela nature reserve, upper Lliw reservoir, Betws park, Silian woods Lampeter, riverside walk Ammanford, Craig y nos castle gardens. Hafan y coed- Abercraf. Lyn llech owain. Margam park.
Carmarthenshire	Probation, housing associations, social services, youth projects, and supported accommodation for all ages.	
Flintshire	Schools, Churches, Charities eg: NEWCIS,	Maybe Loggerheads? The Park at Gwersyllt? Nercwys Woods?
Glamorgan	Same as you are currently but more trying to change policy	
Gwynedd	Maybe to encourage local participation, it may be worth trying to recruit a team of volunteers who would promote Coed Lleol activities to their local community	
Merthyr Tydfil	NHS Health Boards so these opportunities can be offered as a form of social prescribing.	Cyfarthfa Park, Thomastown park
Neath Port Talbot	NHS, GP, LOCAL COMMUNITY COUNCILS ETC	Pontardawe plantation, the cross-community centre which we have a room free for one whole year y would love to have well-being sessions available there
Neath Port Talbot	Organisations, so that staff can access outdoor activities as part of their working week. GPs attending outdoor activities as part of social prescribing	

Neath Port Talbot	My Green Valley, Woodland Trust, Green Party, Friends of the Earth, Permaculture Wales.	Yes we have a small one in Ynysmeudwy where I live.. https://m.facebook.com/riversideoec
Newport		Ringland, Newport etc etc
Newport city	Local hubs and clubs	No
Rhondda Cynon Taff	Local neighbourhood watch schemes, the council, GP surgeries.	The common, Pontypridd.
Rhondda Cynon Taff	Young people Older people Individuals with specific learning needs	Hawthorn school fields Forest Fawr woodland by Castell Coch
Swansea	Maybe students from the university with transferable skills could gain volunteering experience in doing this. Training schemes for youngsters to get skills/. Qualifications. Wellbeing centres teach meditation and spiritual awareness courses/ shamanism to connect us back to nature	Gelli hir in three crosses Swansea / Ilston woods and Caswell woods/mill woods all Gower Swansea
Swansea	Woodland community projects. Eg Clyne Valley in Swansea Other groups are local to the area. Eg Swansea: Tread Gower Gower Unearthed Dryad Bushcraft Carers groups. Councils Local area coordinators	Clyne valley woods Crwys community woodland at Three Crosses Penllergare woods Bishopston valley Shaw woods Gowerton Swansea University botanical garden. A hugely under-used large space few know about.
Swansea	Retired people Older people Families with young children (pre-school) Disaffected teenagers	Gelli Hir Priors Wood
Swansea		Rosehill Quarry is ideal.
Torfaen	Youth clubs or schools to get kids to respect these areas	
Torfaen	people with limited incomes, care, leavers,	woods in wainfelin, tirpentys nature reserve, Pontypool park woods
Wrexham	National Trust, is large national organisation managing lots of land that could be used more for wellbeing.	Erddig estate.

Conclusions

The 2022 consultation has provided a good insight into stakeholders' thoughts and suggestions to improve personal, community and environmental wellbeing. The report has always highlighted several areas of development for Coed Lleol going forward and also provided support for many of the developments that Coed Lleol have already put in place through the Outdoor Health and Green Infrastructure Project (i.e. Clusters, Woodland Management Team and Woodland Hubs), indicating that some areas need expansion rather than re-development, addition or design.

The comments connected to personal wellbeing reflected Coed Lleol's current focus around the 5-Ways to Wellbeing (Connect, Give, Be Active, Learn and Take Notice) with the additional strand of feeling good and good health. The results for what improves personal wellbeing also connected well to Coed Lleol's core work such as improving mental health/wellbeing and isolation (including anxiety/stress) and improving physical health. The need for additional support for people to engage in activities has arisen in previous consultations (especially with health professionals) and seems to be the missing link in the social prescribing chain. Supporting participants and providing more engagement activities are both areas that Coed Lleol can focus on in the future (perhaps in partnership with other voluntary organisations).

The comments received around the communities' challenges around health and wellbeing show some areas that could be a focus for Coed Lleol going forward. Specifically, the lack of knowledge (and effective single points of contact/advertising) for communicating about well-being and environmental groups in local areas. Additionally, suggestions around encouraging healthy lifestyles within the community and helping improve access to more green spaces could be intensified (this is something that the Coed Lleol woodland management team are already working on).

The comments around what could improve health and wellbeing in the communities showed a strong desire for more groups and community-focused activities/meeting places that are focused on health and wellbeing activities, both indoors and outdoors. There was also a desire for encouraging and supporting different types of people and groups to engage. Again, a central place or physical hub to advertise and connect people to these activities (or to local green spaces) was also suggested. Interestingly, many stakeholders felt that connecting to schools would help their local community to improve their overall health and well-being and connection to nature (and the environment) – connecting with young people may be an effective preventative model to help communities use and look after their greenspaces long-term.

The focus on environmental wellbeing has opened-up wider discussion and suggestions about how Coed Lleol could develop in these areas. The stakeholder responses around issues connected to nature and their local environment indicate a mixture of both local, national and global issues of concern. However, the results show some areas that Coed Lleol could contribute to tackling such as increased litter-picking (perhaps through a partnership with Keep Wales Tidy), educating and developing skills in environmental responsibility and how to

improve natural spaces for biodiversity (including planting wildflowers, tree planting, management and more and contributing to managing areas where groups are held). The stakeholders also highlighted a need for more and varied environmentally-focused groups such as gardening, allotment groups, community farms and clean water projects with a joined-up focus. Again, these support some of the developments Coed Lleol are already making through the Outdoor Health and Green Infrastructure Project.

The final part of the consultation was able to draw together some of the thinking around personal, community and environmental wellbeing by focusing on how specifically Coed Lleol could help to tackle some of the issues raised. The findings show a desire for a larger range of outdoor (and indoor) health and wellbeing activities being offered (again, some suggestions reflect the work being done within the new outdoor health clusters that Coed Lleol and partners are working on). A need to work with more groups/people and in more areas, more joined-up thinking and approaches so that it is easier for the community to understand what is going on (through advertising) in their local area and what they can access. Additionally, suggestions around training and progression routes available through Coed Lleol were also suggested that link with the ideas around increased education about health and wellbeing and the environment (with adults and children).

The consultation has been effective in highlighting some areas of development that Coed Lleol is already focusing on that 'fit' well with the stakeholders' ideas around improving the health and wellbeing of their communities and environment. The consultation has also provided valuable insight into potential development in the future that can improve the health and well-being of individuals, communities and the environment.

Appendix A

List of attendees

	Area	Position/place of work
1	Neath Port Talbot	Volunteer and small holder owner
2	Neath Port Talbot	Participant Coed Lleol Online and In person
3	Neath Port Talbot	Participant /Potential Volunteer
4	Neath Port Talbot	Local Resident / new participant
5	Neath Port Talbot	NPT MH Development Officer, Community Volunteer Scheme (CVS)
6	Neath Port Talbot	Workways +
7	Neath Port Talbot	Coed Lleol Staff
8	Neath Port Talbot	Coed Lleol Staff
9	Neath Port Talbot	Coed Lleol Staff
10	Neath Port Talbot	Coed Lleol Staff
11	Neath Port Talbot	Coed Lleol Staff
12	Neath Port Talbot	Coed Lleol Staff
13	Neath Port Talbot	Coed Lleol Staff
14	Swansea	Coed Lleol Staff
15	Swansea	Coed Lleol Staff
16	Swansea	Coed Lleol Staff
17	Swansea	Coed Lleol Staff
18	Swansea	Coed Lleol Staff
19	Swansea	RAPS Project Coordinator Rapid Access to Prescribing Services
20	Swansea	Potential participant
21	Swansea	Participant
22	Swansea	Y-Future Project Coordinator, YMCA Swansea
23	Swansea	Y-Future Project Coordinator
24	Swansea	kilvey woodland volunteers
25	Swansea	kilvey woodland volunteers
26	Swansea	Participant
27	Swansea	Participant/Volunteer
28	Swansea	Retired/participants
29	Swansea	Retired/participants
30	Swansea	Project Officer, The Environment Centre
31	Swansea	Project Assitant - The Environment Centre
32	Swansea	Project Assistant, Environment Centre
33	Swansea	Project Assistant (Environment Centre)
34	Swansea	Potential participant
35	Swansea	Participant
36	Swansea	Dryadd Bushcraft Activity Leader
37	Swansea	N/A
38	Merthyr and RCT	Communities for Work - Merthyr Tydfil
39	Merthyr and RCT	HAFAL
40	Merthyr and RCT	Pontypridd Town Council
41	Merthyr and RCT	Voluntary Action Merthyr Tydfil
42	Merthyr and RCT	Meadow Street Gardens, Pontypridd Town Council
43	Merthyr and RCT	Meadow Street Gardens volunteer
44	Merthyr and RCT	Participants Merthyr Monthly Group

45	Merthyr and RCT	The Outdoor Partnership, South Wales Officer
46	Merthyr and RCT	Merthyr Tydfil Heritage Trust
47	Merthyr and RCT	Participant
48	Merthyr and RCT	Coed Lleol Staff
49	Merthyr and RCT	Coed Lleol Staff
50	Merthyr and RCT	Coed Lleol Staff
51	Merthyr and RCT	Leader
52	Conwy	Retired
53	Conwy	
54	Conwy	Conwy Council - Councillor
55	Conwy	Assistant Psychologist Conwy CMHT
56	Conwy	Older Persons Engagement Coordinator
57	Conwy	Community Wellbeing Team Leader
58	Conwy	Independent Living Co-ordinator , Cartrefi Conwy
59	Conwy	Boot on the Ground Programme Manager N.Wales. Alabare
60	Conwy	Local Nature Partnership Coordinator
61	Conwy	Active Monitoring Team Lead, Conwy Mind
62	Conwy	Conwy Project Officer CL
63	Conwy	North Wales coordinator
64	Conwy	Golygwy Gwydyr
65	Conwy	Golygwy Gwydyr
66	SE Wales	Occupational Therapy Support Worker
67	SE Wales	community intervention worker
68	SE Wales	youth worker
69	SE Wales	N/A
70	SE Wales	N/A
71	SE Wales	N/A
72	SE Wales	N/A
73	SE Wales	NERS Torfaen Manager
74	SE Wales	N/A
75	SE Wales	N/A
76	SE Wales	N/A
77	SE Wales	Not applicable
78	SE Wales	Participant?
79	SE Wales	Participant?
80	Gwynedd	NHS Substance Misuse Services
81	Gwynedd	Leader
82	Gwynedd	Coordinator Mental Health Recovery service
83	Gwynedd	Volunteer secretary Y Felini
84	Gwynedd	Retired nurse
85	Gwynedd	Rheolwr Dyffryn Gwynedd
86	Gwynedd	Coleg Menai Student
87	Gwynedd	Clleisiant and Amgylchedd Partiersiaeth Ogwen
88	Gwynedd	Participant
89	Gwynedd	participant
90	Gwynedd	Age Concern
91	Gwynedd	Leader
92	Gwynedd	Llys y Goedwig
93	Gwynedd	participant
94	Gwynedd	Woodland owner

95	Gwynedd	N/A
96	Gwynedd	resources wales
97	Gwynedd	N/A
98	Gwynedd	Coed Lleol Staff
99	Gwynedd	leader
100	Gwynedd	Leader
101	Gwynedd	Coed Lleol Staff
102	Ceredigion	Stew
103	Ceredigion	N/A
104	Ceredigion	HCSW NHS
105	Ceredigion	N/A
106	Ceredigion	Multi disciplinary artist
107	Ceredigion	Coed Lleol
108	Ceredigion	Coed Lleol
109	Ceredigion	Coed Lleol
110	Wrexham	Participant
111	Wrexham	Participant
112	Wrexham	Participant
113	Wrexham	Volunteer
114	Wrexham	Participant
115	Wrexham	Participant
116	Wrexham	Participant
117	Wrexham	Participant
118	Wrexham	Participant
119	Wrexham	Participant
120	Wrexham	Local councillor
121	Wrexham	Participant
122	Wrexham	Participant
123	Wrexham	Participant
124	Wrexham	Participant
125	Wrexham	Participant
126	Wrexham	Coed Lleol
127	Wrexham	Coed Lleol
128	Wrexham	Leader
129	Wrexham	Woodland Skills Centre and leader
130	Carmarthenshire	Coed Lleol
131	Carmarthenshire	Coed Lleol
132	Carmarthenshire	Men2Men project
133	Carmarthenshire	NRW, Senior Officer, People and Places South West Wales
134	Carmarthenshire	Social Prescriber and Wellbeing Advisor, TTT Community Resource Team
135	Carmarthenshire	Countywide Health, Fitness and Dryside Manager, Carms Council Leisure Services
136	Carmarthenshire	Coed Lleol Leader
137	Newport	Participant
138	Bridgend	Tanio
139	Gwynedd	Not linked to an organisation - just interested from a personal angle
140	Wrexham	National Trust
141	Caerphilly	Activity leader
142	Torfaen	Participant
143	Blaenau Gwent	Participant

144	Torfaen	Participant
145	Newport	Participant
146	Newport city	Participant
147	Glamorgan	Participant
148	Swansea	Participant
149	Flintshire	Participant
150	Swansea	Participant
151	Swansea	Participant
152	Swansea	Participant
153	Neath Port Talbot	Participant
154	Rhondda Cynon Taf	N/A
155	Carmarthenshire	Participant
156	Rhondda Cynon Taf	Participant
157	N/A	N/A
158	N/A	N/A
159	N/A	N/A
160	N/A	N/A
161	Neath Port Talbot	Dyfodol
162	Merthyr Tydfil	Cwm Taf Morgannwg University Health Board
163	N/A	N/A
164	Neath Port Talbot	Friends of the Earth NPT / NPT Green Party
165	N/A	N/A
166	Carmarthenshire	The Wallich
167	N/A	N/A
168	N/A	N/A
169	N/A	N/A