



# **Nature Wellbeing Caerphilly**

## **GUIDE AND DIRECTORY**

[www.naturewellbeing.wales](http://www.naturewellbeing.wales)

**August 2021**

## **INTRODUCTION**

### **THANK YOU FOR TAKING PART IN THIS PILOT**

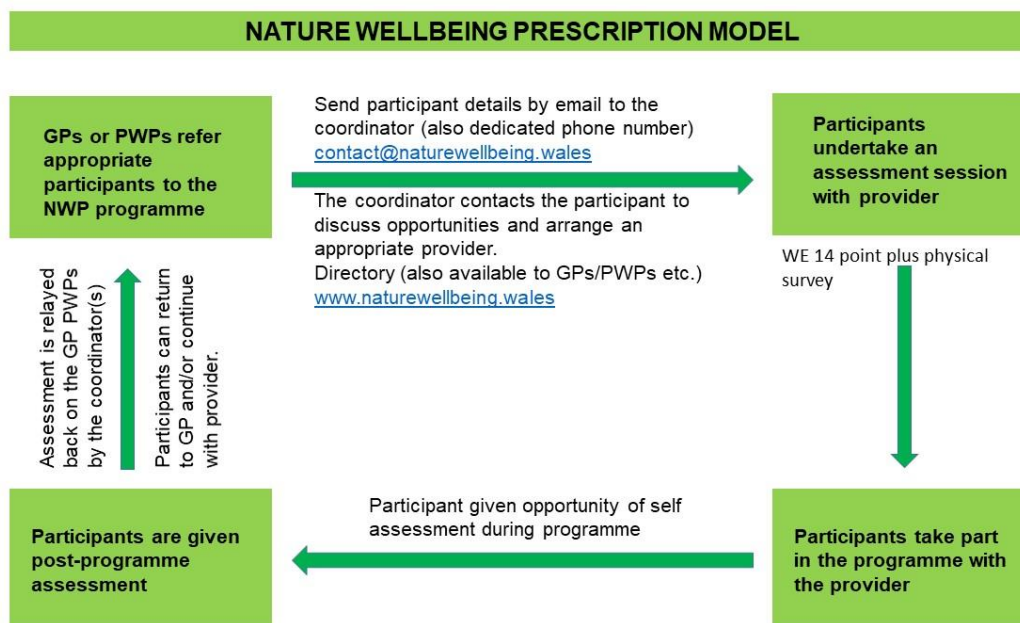
Connecting with nature and being active outdoors improves people's health and wellbeing.

The benefits and positive outcomes include weight management, preventing chronic diseases such as diabetes and hypertension, and improving mental health by reducing stress and anxiety.

Communal outdoor activities can also promote and create social connections with others again supporting and enhancing our wellbeing.

In addition to encouraging people to use their green spaces to benefit wellbeing, a nature wellbeing network of partners are collaborating with GPs and the health service to support health and wellbeing in our communities through a 'nature wellbeing prescribing' pilot programme.

## Overview of the process



## IMPORTANT

- GPs, PWPs and Community Connectors should refer participants **only** after assuring themselves of their suitability for nature prescribing, particularly their physical fitness.
- It is assumed the participants are providing their consent (with the details below) to be involved. We will not share any details other than with the providers involved with the pilots.
- At the end of the pilot, we will send back details of the participants involvement including assessments.

# REFERRAL PROCESS

## 3 SIMPLE STEPS

### 1) INFORMATION AND 'PRESCRIPTION'

After agreeing involvement, give the participant the nature wellbeing prescription for their information

#### Prescription - Appendix 1

[Download the prescription here \(.pdf\)](#)

### 2) REFERRAL

Send the completed referral form (or provide the details needed) in an email to the coordinator:

[contact@naturewellbeing.wales](mailto:contact@naturewellbeing.wales)

#### Referral Form - Appendix 2

[Download the referral form here \(.doc\)](#)

#### requirements

- Name
- Email Address (If available)
- Phone Number
- Home Address with Postcode

### 3) CONFIRMATION

The coordinator will confirm successful receipt of the email once read.

## CONTACTS

- David Llewellyn  
IWN Lead  
[david.llewellyn@wales.nhs.uk](mailto:david.llewellyn@wales.nhs.uk)
- Lloyd Hambridge  
NCN Lead, Caerphilly East  
[lloyd.hambridge@wales.nhs.uk](mailto:lloyd.hambridge@wales.nhs.uk)

Individual contacts are provided in the directory for providers, but you are urged to contact the IWN lead for general enquiries

- Kathryn Evans – coordinator  
[contact@natureprescribing.wales](mailto:contact@natureprescribing.wales)  
07510 943 975

## DIRECTORY

You can also visit [www.dewis.wales](http://www.dewis.wales) and click on the Nature Wellbeing (Caerphilly Pilot) tab on the Dewis website for details.

The providers for the pilot are

- **ACTIF WOODS (Coed Lleol)**
- **CAERPHILLY GREEN SPACES**
- **FRESH AIR FRIDAYS**
- **GWENT WILDLIFE TRUST**
- **GROUNDWORK WALES**
- **GROWING SPACE**
- **HENGOED HAPPINESS AND WELLBEING GROUP**
- **RISCA CV19 VOLUNTEERS**

We are pleased to be working in conjunction with The Valleys Regional Park who are supporting the pilot as part of the Recreation and Wellbeing theme through the convener Julie Davies.

# ACTIF WOODS (Coed Lleol)

<http://www.smallwoods.org.uk/en/coedlleol/what-we-do/projects/actif-woods-wales/>

<b>Location of activity/Meeting Point</b>
Redbrook Woods - Entrance on Addison Way, Trethomas <a href="https://w3w.co/musically.shield.tinsel">https://w3w.co/musically.shield.tinsel</a>
Parking • On Upper or Lower Glyn Gwyn Street
<b>Capacity</b> <i>can you reconfirm what numbers you can take?</i>
10
<b>Days and times of activities</b>
Thursday 29th July 10-12 Thursday 5th August 10-12 Thursday 12th August 10-12 Thursday 19th August 10-12 Thursday 26th August 10-12 Thursday 2nd September 10-12
<b>Contact details</b>
<a href="mailto:chrispartridge@smallwoods.org.uk">chrispartridge@smallwoods.org.uk</a> <a href="mailto:laurageorge@smallwoods.org.uk">laurageorge@smallwoods.org.uk</a>
<b>Other requirements or information for participants</b>
<p>You will be <b>required to bring a face mask</b> to our sessions, unless you are medically exempt. If you cannot wear a mask or feel this will be detrimental to your participation, please do get in touch so I can discuss this with you. <b>These will only need to be worn when we cannot safely maintain a 2m distance. Please let me know if you need any further information or help:</b></p> <p>Our sessions are based outdoors, so you will need to wear\ bring warm and waterproof clothing. We will have a fire to keep warm and have a tarp to shelter under. But still be prepared for the great Welsh weather!</p> <p>We can provide you with a hot drink during our sessions, but you will need to bring your own mug (due to Covid), you can also bring your own teabags/coffee if you prefer. Please let me know if you require anything other than dairy or soya milk.</p> <p>We require all participants to regularly sterilise their hands with surgical gel. However, if you have sensitive skin or feel that the use of an alcohol-based gel might be triggering for you, I'm happy to discuss alternative arrangements with you.</p> <p><b>My number is: 07759954088.</b> Please save this on your phone in case you encounter any difficulties finding us, or if we have to cancel a session-last minute (I would call and text if this were to happen). If you can't attend on the day, it's really helpful if you can text me to let us know, so that we don't start sessions late waiting for people.</p>

# CAERPHELLY GREEN SPACES

<https://greenspacescaerphilly.co.uk>

<b>Location of activity/Meeting Point</b>
Craig y Rhacca, Penallta and Lansbury Park, Caerphilly
<b>Capacity</b>
15
<b>Days and times of activities</b>
Lansbury Park Strollers Lansbury Park Community Office Every Tuesday 1 for 1.05 pm  Penallta Strollers Forest Car Park, Nelson Road Every Monday 10.50 for 11 00 am start  Craig y Rhacca Strollers Craig y Rhacca Community Office Every Tuesday 9 am for 9.15 am start
<b>Contact details</b>
Brian Begg <a href="mailto:beggbj@caerphilly.gov.uk">beggbj@caerphilly.gov.uk</a>
<b>Other requirements or information for participants</b>



# FRESH AIR FRIDAYS

<https://freshairfridays.co.uk>

Location of activity/Meeting Point
Car Park, The Scout Hut, Bridge St, Abercarn, NP11 5EY
Capacity
Up to 12 – need a minimum of 6, preferably 8
Days and times of activities
Tuesdays 1.45pm – 3.00pm Start date 20 July 2021
Contact details
Rose Dixey - <a href="mailto:rose@freshairfridays.co.uk">rose@freshairfridays.co.uk</a> <b>5 July to 9 July:</b> Leah Davies - <a href="mailto:leah@leahsiandavies.co.uk">leah@leahsiandavies.co.uk</a>
Other requirements or information for participants
<p>It's a 12-week programme. The tools we teach and the themes we explore build on each other and so participants will get the best results when they commit to the whole programme. We understand that people may need to miss a couple for existing commitments like holidays and that's ok but, other than that, the commitment they make to themselves to be there will reap huge rewards in them achieving what they want from the programme.</p> <p>The coordinator or facilitator will speak to anyone who's interested and go over everything with them.</p> <p>There is also a 2-page document: Pathways to Happiness Group – what it is all about! that gives an overview for the participant / coordinator.</p>

# GWENT WILDLIFE TRUST

[www.gwentwildlife.org](http://www.gwentwildlife.org)

Location of activity/Meeting Point
Parc Bryn Bach NP22 3AY (between Rhymney and Tredegar) Meet outside café in car park.
Capacity <i>can you reconfirm what numbers you can take?</i>
Max 12 participants
Days and times of activities
Activities – plant and tree ID, geocaching (digital treasure hunting), natural navigation, sensory bingo, historical / heritage walk, conservation  Fri 30 <sup>th</sup> July (permanent geocaching) Fri 6 <sup>th</sup> August (sensory bingo) Fri 13 <sup>th</sup> August (tree and plant ID) Fri 20 <sup>h</sup> August (5 ways to wellbeing themed) Fri 27 <sup>th</sup> August (natural navigation - using the sun, trees, plants etc) Fri 3 <sup>rd</sup> September (practical conservation or bird spotting)
Contact details
Ian Thomas - <a href="mailto:ithomas@gwentwildlife.org">ithomas@gwentwildlife.org</a>
Other requirements or information for participants
Sensible footwear, appropriate clothing

# GROUNDWORK WALES

[www.groundwork.org.uk/hubs/southwales/](http://www.groundwork.org.uk/hubs/southwales/)

Location of activity/Meeting Point
Further details on meeting points will be given during the registration process.  Cwmcarn Wellbeing Walk- Cwmcarn Forest Drive, NP11 7FA. Meet at the Visitor Centre. Rhymney Wellbeing Walk – Rhymney War Memorial Park. NP22 5LN. Meet at the Park. Pontllanfraith Conservation for Wellbeing– Groundwork Horticultural site. Bryn Rd, Pontllanfraith, NP12 2QE. Cefn Fforest Eco Park, Conservation for Wellbeing – Cefn Fforest, Pengam, Blackwood, NP12 3NQ.
Capacity
Maximum 10. Minimum group would be 4.
Days and times of activities
Cwmcarn Wellbeing Walk – Tuesday, 10am – 11.30am Rhymney Wellbeing Walk – Wednesday – 10.30am – 12pm Pontllanfraith Conservation for Wellbeing – Thursday – 10am – 11.30am Cefn Fforest Eco Park, Conservation for Wellbeing – Thursday – 2pm – 3.30pm
Contact details
Jane Connolly <a href="mailto:jconnolly@groundwork.org.uk">jconnolly@groundwork.org.uk</a>
Other requirements or information for participants
The Wellbeing walking sessions will involve a low intensity group walk led by a health coach. There will also be an opportunity within the session for 1:1 support and guidance from the Health Coach.  The Conservation wellbeing sessions will involve a range of practical conservation skills and tasks e.g., seed planting, weeding, led by Groundwork staff. All activities are COVID safe

# GROWING SPACE

[www.growingspace.org.uk](http://www.growingspace.org.uk)

Location of Activity/Meeting Point
Rhymney - Hafod Deg Community Garden, garden project  Caerphilly - Ty Siriol Community Garden, Garden project  Deri - Engaging with Nature walks at Parc Cwm Darran
Capacity
Days and times of activities
Rhymney - Monday and Wednesday Hafod Deg Community Garden, garden project (alternate Monday we have a 2-hour Art session onsite 12 till 2)  Caerphilly - Tuesday and Thursday Ty Siriol Community Garden, Garden project (Alternate Thursday we have Art session 10.30 till 12.30)  Deri - Engaging with Nature walks at Parc Cwm Darran are Monday and Weds alternate weeks and run alongside Hafod Deg Community Garden groups (weather dependant)
Contact details
<a href="mailto:gavin@growingspace.org.uk">gavin@growingspace.org.uk</a> <a href="mailto:terry@growingspace.org.uk">terry@growingspace.org.uk</a>
Other requirements or information for participants
What's app groups are still active with daily conversations.  We are still delivering within smaller groups (social bubbles) at present but do have availability and will always try to offer at least one activity to anyone seeking to join us, we also now need to ensure that we have 2 forms of Client ID and a completed Referral form presented on first visit to any of the projects as this is a requirement of our insurance cover.

# HENGOED HAPPINESS & WELLBEING

<https://www.facebook.com/groups/358053515049930>

Venue/location of activity (including postcode)
Wellbeing Walks at <ul style="list-style-type: none"><li>• Bedwas</li><li>• Bargoed</li><li>• Parc Penallta</li><li>• Wyllie, near Pontllanffraith</li></ul>
Capacity
No capacity limits as yet.
Days and times of activities
Bedwas - 6 pm Monday Meet Lay-by by UNIVAR, 9 Pantglas Industrial Estate, CF83 8DR (Contact Claire on 07968 663564)
Bargoed - 6 pm Tuesday Darran Valley Cycle Route – Meet Bristol Terrace, Bargoed CF81 8RF (Contact Mel on 07590 592026)
Parc Penallta - 5.30 pm Wednesday Meet at Park Entrance on corner, Tredomen Business Park CF82 7FN (Contact Mel on 07590 592026)
Wyllie, near Pontllanffraith - 6 pm Thursday Meet Islwyn Inn, Glanhowy Road, Wyllie, NP12 2HN (Contact Marina on 07743 304090)
Contact details
Claire on 07968 663564/Mel on 07590 592026/ Marina on 07743 304090
Other requirements or information for participants

# RISCA CV19 VOLUNTEERS

<https://www.riscacv19volunteers.com/>

<b>Location of Activity/Meeting Point</b>
Low mobility walks @Risca Park, NP11 6BW. High mobility wellbeing walks, Risca Canal, meet at Prince of Wales Pub NP11 6PY. Wellbeing Allotment, Waunfawr Park Community Garden, NP15 Waunfawr Park Rd, NP11 7PH. Mountain Biking, Wattsville, meeting point and start date TBC.
<b>Capacity</b>
No capacity limits as yet.
<b>Days and times of activities</b>
Outdoor Coffee Morning, Wednesdays, weekly 10am -12 Low mobility walks, Wednesday, weekly 11am-12 High mobility canal walks/rambling, Tuesday, weekly, 1pm Community Gardening, Monday, 11-2pm. Fridays 11-2pm Mountain Biking, fortnightly, TBC
<b>Contact details</b>
Tara Holloway or Dawn Derraven <a href="mailto:info@rcvuk.org">info@rcvuk.org</a>
<b>Other requirements or information for participants</b>
Please contact the team to discuss requirements and book an activity.

**APPENDIX 1**

**REFERRAL FORM**

# Nature Wellbeing Prescription

## REFERRAL FORM

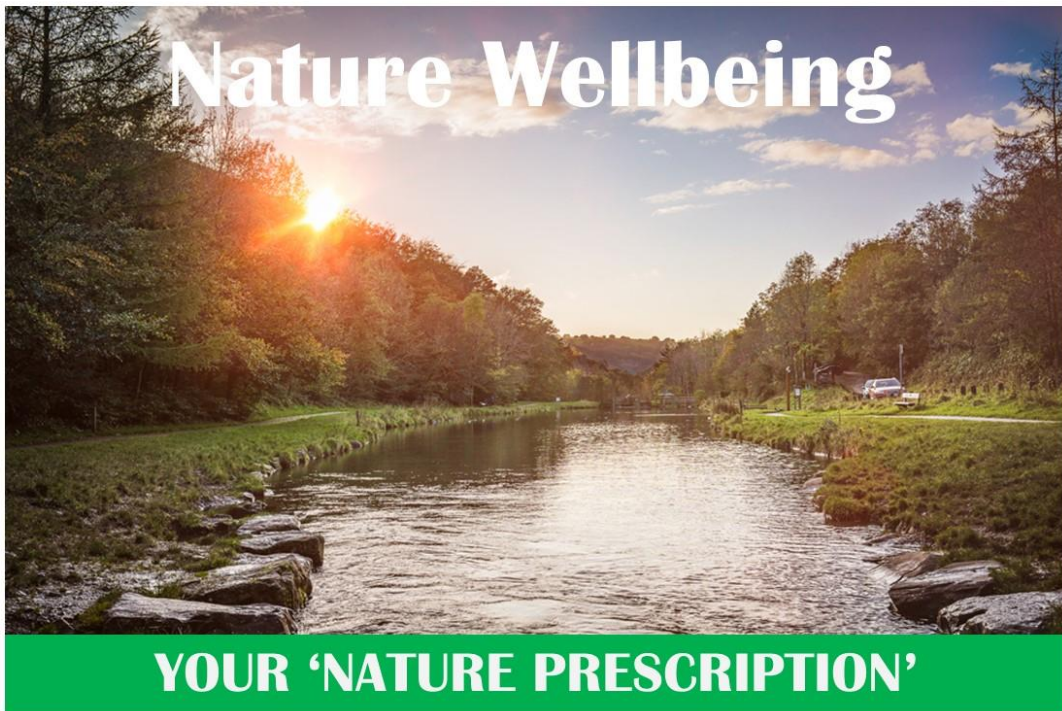
- Email the coordinator at [contact@naturewellbeing.wales](mailto:contact@naturewellbeing.wales) with the details below
- The coordinator will acknowledge receipt of your email  
You can phone but only where absolutely necessary -  
07510 943 975

<b>DETAILS REQUIRED (all fields required other than*)</b>	
<b>Name of participant</b>	
<b>*Email address</b>	
<b>Phone Number</b>	
<b>Address</b>	
<b>Postcode</b>	
<b>Name and practice of referrer</b>	



## **APPENDIX 2**

# **NATURE WELLBEING PRESCRIPTION**



## What happens next?

- You'll be contacted by a nature wellbeing coordinator
- They'll discuss the opportunities available with you and put you in touch with your nature wellbeing provider
- Your provider will welcome you and you'll get going each week enjoying the health and wellbeing benefits of nature and being outdoors
- Your provider will work with you to monitor your progress
- We'll support you together with your GP, PWP or connector to see how you've done and what to do next!

