

Please reply to:

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**Small Woods
Association**

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A Visit to Graybeards

Sustaining Woodland Projects through Community Involvement

By Kind invitation of Sue and Mike Appleton

Thursday 10th August 2006

Meet at 10.30 am for 11.00 am start. Concludes by 4pm

The wood consists of 25 acres of broadleaved woodland managed in partnership with Friends of Pen yr Allt Community Group. Sue and Mike Appleton have developed successful collaborations with the Local Education Authority, Social Services and Health Care Bodies by providing an inspiring woodland venue and programme of green woodworking, woodland management and arts based activities where socially excluded sectors of the community can gain confidence, self worth and emotional development.

The morning will be taken up by

- 10 30 am - Gathering for Tea and Coffee
- 11 .00 am - **The Inception and Aims of Graybeards** - Sue Appleton
- 11.30 am - **Friends of Pen yr Allt Community Group** - Vision and Aspirations - Dee Westbury, Mike Hotson
- 12.00 am- **An Introduction to Social Inclusion and Woodlands** - Ben Maxted, Cyd Coed Officer
- 12 .30 am **Tir Coed "Woodlands for Wellbeing" and the WICKED Project** - Becky Hulme
- Open floor for questions and discussions

Lunch and Mooting Session 1 pm

Refreshment making facilities will be available for visitors bringing their own food.

Afternoon Group Activities and Discussions - 2pm

Visitors will be given a choice of activities and discussion groups to attend 2pm

Grp. 1 - Green woodworking, woodland arts and music activities to encourage confidence building;

Practical demonstration - Mike Appleton

With brief details on Health and Safety, size of group, duration, the session plan, curriculum goals, child and adult initiated activities, learning styles, flexibility, use of tools including very sharp ones.

Grp 2. - Administration of Social Inclusion initiatives in woodlands for financial sustainability;

Making Woods Inspirational - Sue Appleton.

The vision, Inception, funding, contacting client bodies, getting started, woodland site selection and development, recording, feedback, good and bad experiences, transport, the future.

Grp.3 - Ecological Management of Multi - Purpose Woodlands - Bob Shaw - Nanteos Woodland Group;
Woodland Walk and Talk

3:30 pm - **Final Gathering for Event Evaluation and Discussion**

Additional Activities

Participants are welcome to walk through the woodland to the **beach**. There will be a **Round House building event** held on the following day where volunteers would be greatly welcomed and appreciated. Please contact Sue Appleton for details Tel.: 01239851036 Email: mike@suephoenix.fsnet.co.uk Visit: www.graybeardswood.co.uk

Health & Safety Please note that there is no mobile phone signal on the site. Emergency phone calls will be made from the public phone box by the stone bridge. Children under the age of 16 must be accompanied.

For more information and Booking Please contact John Taylor (details top left) by phone, email or post the slip below. This is a free event but donations are welcome to help support the "Friends of Pen-yr-allt" community group with their activities which encourage social inclusion. Children and dogs are welcome and can come free of charge. Please keep dogs on a lead.

What to bring with you. Bring suitable outdoor clothing. Food to share.

Directions See below. Watch out for Coed Lleol sign at A487 junction and at the stone bridge.

Directions: OS Grid Ref. SN370570

GRAYBEARDS, also known as Pen-yr-Allt Woods, is situated 3 miles south of Newquay. From the Cardigan direction, take the A487 (Cardigan to Aberaeron Rd). About 2 miles past Plwmp, but before Synod Inn, take the left turning towards Caerwedros, go through the village, continue straight on, when you get to a crossroads (at green tin shop), take the right turn towards Nanternis (signposted for Newquay), go down the hill into the village, over the stone bridge and immediately after take the left fork. Follow this road down and turn to the left, go over the small hump-backed bridge, up the hill for 30 yards and then you will see the woodland track to your right. The gate for the woods will be open. Please park your vehicles in the lay-bys along the track. As parking space is limited, please lift-share with others wherever possible. There is no mobile phone reception in the woods, so if you want to contact the John Taylor please do so in advance of the training days.



Coed Lleol visit to Graybeards

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I will be attending this event

Please reserve places for _____ adults and _____ children.

I will be Car Sharing _____

Name with your contact details: