



Cyfoeth  
Naturiol  
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Natural  
Resources  
Wales

# Come Outside!

Programme Update 4



You may think that this is the time of year to stay indoors and wait for the long days to return, but our Come Outside! groups would beg to differ.

Between spooky geocache walks and zombie chases, star gazing and fishing, there are plenty of fun outdoor activities to enjoy this autumn.

In Cardiff over 80 participants took part in spooky digital treasure hunts as part of Communities First half term activities. By working with Come

Outside! these groups rediscovered green spaces in their community that they hadn't visited since they were children themselves. They added that because they now know the safe places to take their children, they would use them more often.



The zombie run that drew 90 eager children outdoors (as well as 15

eager-to-scare parents dressed as zombies) was just one of the many activities that has been keeping Cadoxton Primary Parents busy.

They've had all sorts of fun geocaching, raft building, fire lighting and den building, and learning about the birds who make Cosmeston Lakes their home for the winter.

***"I've never been so fit with all the walking and activities you've got me involved in." - Cadoxton Primary parent***

***"I really wasn't going to come today because it was raining but I have had the best day ever and I will always remember it." -Participant after Raft Building***

Come Outside! aims to support partners to inspire, motivate and enable people from Communities First cluster areas to enjoy the outdoors, to experience the benefits of the natural environment, and to value and care for their local countryside and green spaces.



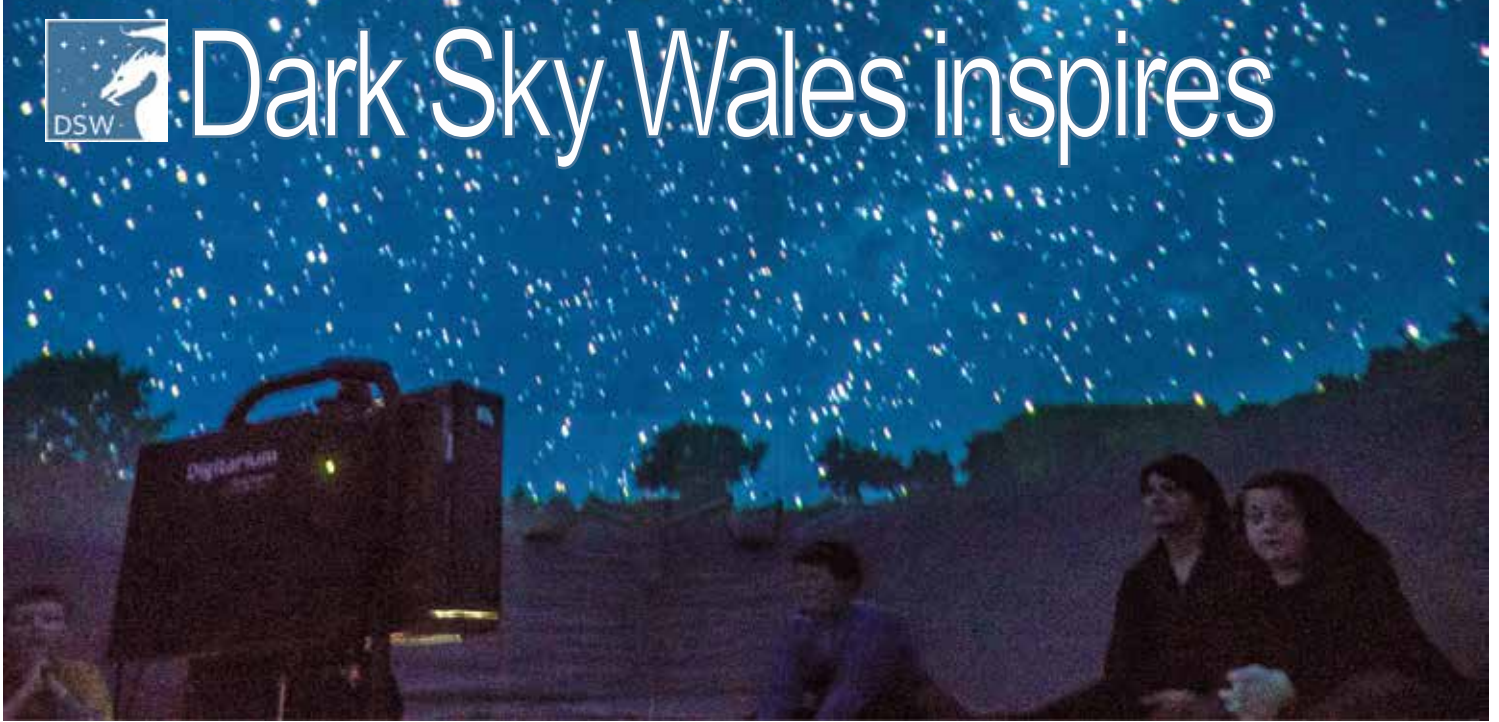
We are pleased to announce that we are now on Facebook!

Follow our page to find out more about us, and keep up to date with the latest activities, events, and news from Come Outside!

Find us at: <http://on.fb.me/1EV5DkK>



# Dark Sky Wales inspires

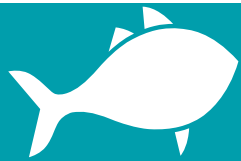


Following a lot of interest in the sky at night in Ely, Come Outside! and Communities First has set up a course for local residents to learn more with Dark Sky Wales. A group of local people are attending an eight week

course to learn about mapping out the sky at night and testing the local area for light pollution.

This accredited course will enable the group to be able to share their knowledge with other people in their commu-

nity by leading dark skies walks as well as producing a report to get a dark skies area designated in Ely. As part of this course they will also be attending a health walk leaders course with Let Walk Cymru this month.



## Getting Hooked on Fishing



Just like nature itself, fishing offers both excitement and tranquility, and it has proved hugely popular in North Wales.

During half-term over 40 people came along to try out fishing at the Rhyl Cut Lake. A former dumping ground, the lake has recently been transformed into a community fishery and recreation area.

By bringing together partner organisations, Come Outside! was able to run this event with the aim of helping to developing the Cut's own Angling Club. The enthusiasm on the day was much greater than expected.

Apart from fishing, the day's activities also included hurdle making, a nature trail, and woodland crafts.

Following the success of the event, there will be a series of such events run in partnership with Denbighshire County Council Countryside Services, Natural Resources Wales, Rhyl Adventure Playground, Angling Cymru and North Denbighshire Community First, and NRW have offered to restock the lake prior to each event.

# Pushing the boat out...



The cooler autumn temperatures have not deterred a few of our groups from enjoying some water based activities.

Aimed at strengthening group spirit and attracting new members, the

Treharris Walking group from Merthyr swapped their walking boots for paddles.

Out of 10 participants, who are all at or around retirement age, eight had never set foot in a canoe

before. One novice, the eldest in the group, was adamant that she would stay on solid ground. But before anyone knew it, she'd changed her mind and suited up in a life vest.

She was far from the only one who came along to the activity with some trepidation, but in the

end everyone was fully engaged and the feedback from the day was entirely positive.

Two groups in Swansea came together to learn more about their local river from a kayak, with the NRW Clear Streams programme.

Participants were looking forward to the opportunity to see the river up close (very close for some who spent a lot of their time trying to get back in their kayak or jumping out of it!)

***'Before this summer my life was just routine and I'd forgotten about all the good stuff we used to do when I was a kid. Now I take my kids to the beach...we had a camp out in the garden the other night with a fire and a sing song, I'd forgotten you could have fun without having to spend money.'***

Under the expert local guidance of Dolygaer Outdoor Education Centre staff, residents of Garth Villas and Chaplains, who are people facing homelessness, walked to the summit of Pen Y Fan in the Brecon Beacons National Park. All involved had a fantastic day and many participants had not been to the top before. The views were impressive with the island of Flatholm and the Bristol Channel visible. A member of staff quoted:



*"My service users were so impressed with the Pen-y-Fan walk and the knowledge you passed onto them, also the beauty and the wildlife we saw."*



Top row L-R: Kate McCabe, Juliet Michael, Phil Jayne, Doug Don, Ian Thomas, Lesley Stone  
 Bottom row L-R: Adell Bridges, Rachael Jones, Nia Williams, Anna Waldron

# Meet the Team

As of October, the Come Outside! team is a bit bigger, and we would like to introduce the members of the team. There are certainly some new faces as we have had three new starters recently. Doug and Rachel are based in Bangor and Anna joins the team in Cardiff. We are all very friendly and approachable with a varied background of experience.

### Programme Managers:

**Phil Jayne** and **Juliet Michael** who job-share and are both based in Abergavenny. The two offer their vast amount of knowledge in the environmental sector and community based projects to the management of the programme.

### Regional Coordinators:

**Ian Thomas** – South East Wales, covering Rhondda Fach, Merthyr Tydfil, Newport, Caerphilly, and Torfaen. Born and bred in Merthyr, Ian has a background of working with young people and in environmental landscaping.

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**Nia Williams** – North Wales, covering Gwynedd and Rhyl & Upper Denbigh. Nia's background is in community strategies and has a very interesting past riding and looking after horses and so the outdoors has always been an integral part of her daily life.

[Nia.Williams@cyfoethnaturiolcymru.gov.uk](mailto:Nia.Williams@cyfoethnaturiolcymru.gov.uk)

**Kate McCabe** – South West Wales, covering Swansea, Vale of Glamorgan, Cardiff West, and Bridgend. Kate has a deep knowledge of community development and a lifelong love of the outdoors.

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**Doug Don** – North Wales, covering Wrexham Urban Villages and Rhyl & Upper Denbigh. Doug's vast experience of working in the outdoor sector is a great benefit to the work of Come Outside!

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**Adell Bridges** – South, delivering multi activity events in Blaenau Gwent, Rhondda Valley, and Tawe Valley, and

supporting groups to continue activities. Previously Project Support Officer for Come Outside!, Adell has been enthusiastic about the Welsh landscape since she first moved to Wales from Mississippi as a teenager.

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### Programme Support Manager:

**Lesley Stone**, based in Cardiff. Lesley looks after our budgets and finance and manages the support team. She's often been said to be the rock (or the Stone) of the team.

### Project Support Officers:

**Anna Waldron** – based in Cardiff and supports operations in the South. Anna has several years of public sector experience and is now returning to work following a career break to raise her children

**Rachel Jones** – based in Bangor and supports operations in the North. Rachel brings experience of encouraging parents and children to play outdoors.



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