

Healthy and active: Coed Lleol / Actif Woods

Delivered by Coed Lleol with funding from NRW and currently Active Inclusion (European Social Fund), the Actif Woods programme provides woodland activities for people with chronic health conditions (including heart disease, obesity, diabetes, osteoporosis, depression and mental health conditions).

Overseen by a steering group comprising, amongst others, Public Health Wales, National Exercise Referral Scheme, Welsh Wildlife Trust, Coed Cymru, Age Cymru & Llais y Goedwig, Actif Woods has worked since 2010 with local organisations to provide woodland activities developed co-productively around the needs of participants to improve mental and physical health and well-being.

Delivering in 9 areas across Wales, identified by high levels of deprivation and health inequalities, Actif Woods has already worked with over 662 participants across 567 sessions during 2017-18 with wide ranging positive impacts on individual health and well being.

Commenting on the programme, Amie Andrews, Coed Lleol Manager said:

'Woodlands offer tangible benefits to all, particularly people with work limiting health conditions. The Welsh Government Woodland Estate enables Coed Lleol to lead health and wellbeing activities that nurture community, confidence, skill development and exercise. Crucially these woodland opportunities change people's lives.'



Spoon carving in Goggerdan Woodland near Aberystwyth, supported by Coed Lleol's Actif Woods Wales programme and Mind Aberystwyth.

Credit: Jane Baker/Coed Lleol

Actif Woods has had a broader impact through sharing experiences and learning with a wide range of stakeholders, including research, policy and practitioner communities. Through this the programme makes a valuable contribution to the understanding of green and social prescribing and the social value of the natural environment.

www.coedlleol.org.uk <https://vimeo.com/157699484> <https://vimeo.com/102464719>

Pursuing SMNR:

