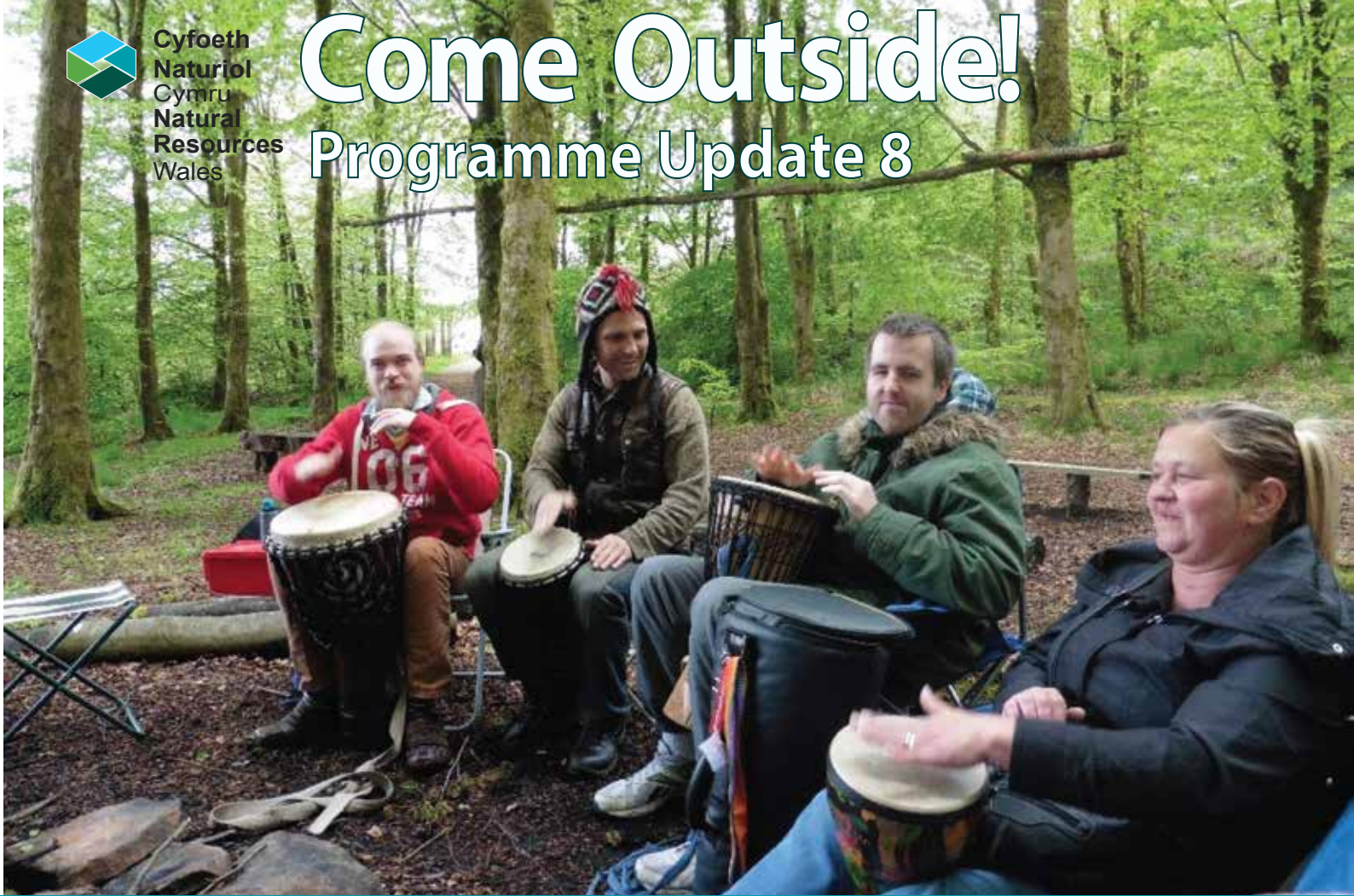




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Wales

# Come Outside!

## Programme Update 8



### Wednesday Warriors Drum to the Beat – an account from a support worker

“Today our Wednesday Warrior group visited Penmoelallt woodland near Merthyr.

We were met there by Aaron Meli who runs Slapping Skins African drumming workshop.

The woodland was really beautiful. Our workshop took place in a stunning natural clearing with log seats and wood and stone sculptures. Aaron was a brilliant facilitator his enthusiasm engaged our group immediately. Our group of autistic young people loved the workshop each person had their own drum and took turns playing a rhythm for others to copy.

We also played hide and seek using the drum rhythm to let the seeker know if they were moving closer or further away from the

hidden object. This was brilliant for giving those with non-verbal communication a full roll in the activity.



After our picnic lunch we moved around the woodland exploring the space and drumming on small sheet drums. It was brilliant to see that we have such enthusiastic and talented drummers, and it was lovely to spend time having fun in such a lovely natural setting.”

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.



Llywodraeth Cymru  
Welsh Government



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[www.facebook.com/NRW.ComeOutside](http://www.facebook.com/NRW.ComeOutside)

# CYCLING RECOVERY

A group from Recovery Cymru in the Vale of Glamorgan have done lots of different activities with us over the last two years and now they're spreading the word and encouraging people from the Cardiff branch to join them and get outside.

The two groups have come together each week for the last month to go cycling from Pedal Power in Pontcanna Park in Cardiff.

One member commented that 'I struggle to get up every morning except a Wednesday when I know we're going cycling'.

The group have got more and more confident each week and support each other to further and further.

They will continue cycling through the Changing Gear project and Pedal Power and Come Outside! will continue to work with them to encourage members



to complete their cycle leaders training so they can continue to go out as a group following input from both Come Outside and Changing Gear.

## WORKING WITH OTHERS IN SWANSEA

Come Outside! has recently featured in the BayTrans newsletter, describing the successful collaboration with them to encourage people to use the public transport on offer to access beautiful natural spaces.

"BayTrans is again pleased to be associated with a local community project. 'Come Outside' is Natural Resources Wales' led supported by the Gower Landscape Partnership and is promoting health and wellbeing in several Communities First areas of Swansea.

Families and individuals are being encouraged to see our beautiful landscapes and BayTrans has assisted the project in facilitating First and NAT scheduled bus services to get them there, also giving them confidence in using these, rather than pre-planned minibuses.

So far, family groups have visited Clyne Gardens and Gower Heritage Centre. More family outings are planned in August and the programme will run on through the autumn for other groups."

## National Exercise Referral Scheme Gets Outside

Following work with Communities First in Cardiff West and the National Exercise Referral scheme (NERS), a pilot is being put together to provide outdoor activity options in the community for those on the NERS scheme.

At present those on NERS can opt to be referred by their GP and are provided with a list of suitable classes that they can attend.

Some classes have been taken outside in good weather but outdoor activities have not been presented alongside the leisure centre based activities before.

The pilot will provide a timetable of community based outdoor activities that people can access for free.

Come Outside! is also working with the NERS team in Swansea to introduce Geocaching as an option and will be delivering training to the instructors to enable them to offer more outdoor activities as part of the programme.

# FORAGE AND FEAST



During Half term Come Outside! worked with the Growing Club in Ely to head into the woods to collect wild garlic to use for their lunch.

The session was an opportunity to try out a virtual Geocache which is planned to go live on Geocaching.com to show people from all over the world where the garlic grows in Ely and how they could use it in their cooking.

Everyone had a go at leaf bingo on the way to the woods, identifying

some of the species growing right in their community.

Highlights were the discovery of a bright orange fungus known as 'Chicken of the woods', skimming stones on the river and looking at the mini beasts.

The group then used their collection of wild garlic with parsley from their community garden to make their own wild garlic pesto which they teamed with pasta and paninis. Delicious!



## Our outdoor activity survey

We are conducting a survey to help us with our reporting on the impact we are having on those who have been out and about with us.

So if you have been on any sessions with us then please access the survey below and complete by the end of October.

<https://www.surveymonkey.com/r/NL7J9S6>

Welsh version available by emailing [anna.waldron@cyfoethnaturaolcymru.gov.uk](mailto:anna.waldron@cyfoethnaturaolcymru.gov.uk)

