

Come Outside!

Programme Update 9



Part time Zombie-Runners Climb Pen y Fan on the best day of the year

The Cadoxton Parents Group from Barry have changed from being an indoor group to an outdoor group since they started working with us in March 2014.

They have become walk leaders, been

involved with or delivered over 40 sessions, run a weekly Geocaching club at the school, and turned a piece of wasteland into a community garden with resident chickens and rabbits.



They've really got stuck in and had a go at lots of different activities from bushcraft to den building to raft building and this summer a group of 29 adults and children got to the top of Pen Y Fan on one of the

nicest days this summer – they could even make out Flatholm from the peak.

Their second Halloween Zombie run was another great success and all the mothers got involved and dressed up to scare nearly 100 young runners as they made their way around Victoria Park – this looks like it is on track to become an annual event for the group and they are now equipped with all the skills they need to go solo next year.

The Cadoxton parents are a real shining example of how introducing groups to outdoor activities, providing support, training and equipment can make a positive impact on people's lives.

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.

Camping, Cycling and Creating Confidence



A group of mothers and their teenage daughters from Mill Park in Cardiff have worked with Come Outside! over the summer in an initiative to build and strengthen family relationships.

They attended cycling sessions in their community, learnt how to set up camp and completed team challenges on the water at the Cardiff International White Water Centre.

The group also spent two nights camping in heavy rain and mud at Pontcanna Park in Cardiff, but this did not dampen their spirits.

After a few pointers they were on bikes from Pedal Power and heading up to Castell Coch.

There were a few aches and pains the next day but they all got back on their bikes and got down to Cardiff Bay following the cycle routes.

Since then they have been using bikes borrowed from a



local cycling group and some have learned how to follow cycle routes to college.

We have seen the group's confidence grow, 11 out of the 15 girls have now bought their own bikes and are using them for journeys into the city.

The Mum's are now taking their younger kids out cycling.

These are fantastic changes that this group have made for themselves and their families, with Come Outside! support.

Discovering new outdoor places by bus in Swansea and the Gower

Many of the families we work with are encouraged to find new places to go, and

activities that they can do as a family at little or no cost.

has to offer by using the local buses.



A group of families from Swansea spent their summer learning how to get to some of the real outdoor gems Swansea

Come Outside! worked with the local bus company so families could be given a day bus passes to get to activities supported by the Gower Landscape Partnership across Swansea and the Gower this summer, helping families without access to transport to get outside and enjoy the natural environment.

Many enthused about how they now know which bus to get, where to get off and what to do when they get there, and so they are now motivated to return with their families again and again making the most of what their outdoors has to offer.

Bad Weather keeping you indoors? Not at Caia Crafts! - Wrexham

With a little bit of help from our colleagues in NRW forestry management, Mike Whitley and Irwin Ellis, we are helping our friends at Caia Crafts to stay outside a little longer this winter.

Rather than packing up and moving inside the group decided to create a place where they could continue with their greenwood-working activities outside through the winter months.

The uprights for a new shelter are larch poles provided by our forestry colleagues and Come Outside! bought the tarpaulin to keep the rain off while the wood chips continue to fly this winter.

Wilf from the group said 'The shelter works in lots of ways for us not just in greenwood working but for getting people outside in general'

Plans for a fire pit to keep warm are also being discussed.

**Don't be put off by the weather!
Just find a way to be comfortable
and carry on.**



Penderry Geocaching Club – A Summer to Remember

After receiving training from Come Outside!, Communities First staff in the Swansea North West Cluster have been working with the local library to get groups out Geocaching in their local area.

The group took on a Summer geocaching challenge and went out discovering their local parks including a Gruffalo trail in Penlleger Valley woods where families were able to read together outdoors and

discover the magic of the woodland. After completing local challenges the group learned about the fun family activities they could do at the beach with the staff at the 360 Café on Swansea Bay.



They then went on to discover hidden areas of Singleton Park.

Many of the group have now downloaded the geocaching app themselves and have been out on their own discovering new places across Swansea.

The enthusiasm continues as the group meet at the library every week to develop their own Geocaches in their local area.

If you're in Swansea why not try to find the caches hidden by the newly formed Penderry Geocaching Club!

Geocaching Trail @ Cyfarthfa Park – Merthyr Tydfil



A partnership between the 3Gs Mens Project (North Merthyr Communities First) Come Outside! and the Merthyr Tydfil Leisure Trust has resulted in a trail of permanent Geocaches being placed in the grounds of Cyfarthfa Park and at other sites around the town.

With the aim to increase levels of physical activity whilst raising awareness of sites of important historical significance, the activity enables people to input co-ordinates into a GPS unit or a smart phone and navigate to their cache.

When they find the cache (ranging from a plastic box to micro magnetic caches) they can sign the log book as proof they were there, swap trinkets where appropriate and upload a comment on difficulty, interest, location etc. to geocaching.com.

Currently the trail has attracted over 60 visitors from all over Wales, the West Country and mainland Europe with several geocoins and travel bugs having made an appearance in

the park that have been on their travels for over 3 years and originated in Germany, Utah and Finland.

The Geocache trail is encouraging new visitors to access the park, intergenerational walking, off road exploration and a greater understanding of the rich heritage of the area.

Cyfarthfa Park Ranger Ian Woolston said "I think it's a fantastic project. It's attracted so many groups and individuals to the park, and groups from outside the area too, who I would never have been able to engage with otherwise"



Hafal place a Geocoin with the 3Gs trail

After developing a relationship with Jeff Calligan of Mountain and River Activities through a series of successful sessions arranged by Come Outside!, Hafal Merthyr Tydfil were grateful recipients of a Brecon Beacons National Park Geocoin, kindly donated by Jeff.

The words 'Please take me around the world to promote recovery from serious mental illness' are inscribed in a box holding the coin. It is ready to begin its journey around the planet and Geocachers will carry the coin from cache to cache.

Having experienced the 3Gs Mens Project historical geocache series around the grounds of Cyfarthfa Park group members deemed it fitting to place the coin in one of these caches.

This demonstrates an innovative relationship between Come Outside! (NRW), Merthyr Tydfil Leisure Trust, North Merthyr Communities First, Mountain and River Activities, Hafal and the 3Gs Mens Project.



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