



TIR COED

Six Monthly Progress Report

April to September'06

1. Introduction

Over the past six months, the Tir Coed team have continued to deliver and support projects and activities that relate to our three key themes:

- Promoting Rural Regeneration;
- Promoting Health and Wellbeing;
- Alleviating Social Exclusion and Deprivation.

The 2 Project Officers have been very busy developing the WICKED project and working on funding applications to the “Reaching Out” Lottery fund, the Countryside Council for Wales and several Charitable Trusts. Applications have been tailored to meet with each funding bodies’ individual priorities.

The Woodlands For Wellbeing project, which was part funded by a grant received from the Millennium Stadium Charitable Trust, has been very successful and attracted much positive publicity. Although the Project has now concluded, participating Mental Health Centres are currently undertaking and developing projects with their Service Users, to transfer the skills learnt on the Woodlands for Wellbeing Project.

The Coed Call project, working with youth groups in Powys and Pembrokeshire has also been very successful. New links were made with 2 woodland groups and Service Providers attached to these groups.

Although the current budget for Rural Regeneration was low this year, over the last six months Tir Coed has facilitated 3 woodland and forestry related training courses in rural areas of Wales and subsidised 3 trainees on 2 courses run by other organisations. 27 people have been trained, with 19 gaining recognised qualifications as a result. Courses have ranged from Pesticide spraying to Green Woodworking.

Our thanks go to John Wildig in his role as Line Manager of the two Project Officers. His support and guidance during the last six months has been invaluable; not only has John attended monthly Team Meeting, but has also made several additional journeys to Lisburne House to assist the Project Officers with funding applications for the WICKED project.

Thanks also to all our Directors and, in particular, our Chairman and Anna Jenkins for their dedication and continued help with funding applications.

We are pleased to announce that as of 11th July, Tir Coed has been awarded charitable status and has been entered in the Central Register of Charities by the Charities Commission.

Below is a summary of our main activities during this 6-month period, categorised according to the three themes of our Business Plan. The Outputs of these activities are included, as well as our annual outputs measured against our targets for April – December 2006.

2. Key Activities

Promoting Rural Regeneration

2.1 Training

This year's budget for this work area was limited, due to several training courses having been brought forward into the previous financial year. We have been unable to meet the demands for training (for chainsaw training in particular) that we continue to receive on a regular basis. There were no demonstrations held, partly due to a lack of demand, and partly to the low budget. These are the training courses that have taken place over the past six months, along with the numbers that took part, the numbers receiving accreditation and the total cost to Tir Coed:

Facilitation of woodland related skills training as follows:

Basic Chainsaw (NPTC) - Powys & North Ceredigion, April 20th – 26th	Total Outputs June– Sept.'06	Total cost to Tir Coed
No. of training sessions/courses	1	£1,911.32
No. people receiving training	5	
No. self-employed given support	3	
No. unemployed given support	2	
FC Woodland sites used	1	
No. of trainees assessed	5	
No. of trainees obtaining qualification	5	
No. feedback questionnaires completed	4	
Outcomes: <i>One of the unemployed trainees was able to work with a local woodland contractor as a result of gaining this qualification.</i>		
Feedback: <i>"Thank you again. Your subsidy made it possible for me to attend."</i>		

Pesticide Spraying - Powys, April 24th – 26th	Total Outputs June– Sept.'06	Total cost to Tir Coed
No. people receiving training	2	£535.00
No. self-employed given support	1	
No. forestry contractors supported	1	
Private Woodland sites used	1	
No. of trainees assessed	2	
No. of trainees obtaining qualification	2	
No. feedback questionnaires completed	2	
<i>The 2 trainees were subsidised by Tir Coed and, as there were insufficient numbers to organise a separate course, joined a course that was already scheduled in Powys.</i>		
Outcomes: <i>The contractor is now able to take on contracts for local authorities and other organisations.</i>		

Emergency First Aid for Appointed Persons - Ceredigion, May 31st	Total Outputs June– Sept.'06	Total cost to Tir Coed
No. of training sessions/courses	1	£11.35 (Trainees from The Woodland Trust paid the full fee, also maximum no of trainees on course, therefore overall costs reduced)
No. people receiving training	12	
No. women assisted	8	
No. self-employed given support	6	
No. forestry contractors supported	2	
No. unemployed given support	0	
No. of trainees assessed	12	
No. of trainees obtaining qualification	12	

The course was adapted to take account of possible first aid needs in the woodland environment.

Outcomes: 12 woodland-related practitioners from Ceredigion, Carmarthenshire and Powys including Becky, received a Cambrian Ambulance Service Certificate of Attendance.

Introduction to Green Woodwork and Basic Lathe Turning' - Ceredigion, May 20th & 21st	Total Outputs June– Sept.'06	Total cost to Tir Coed
No. of training sessions/courses	1	£520.00
No. people receiving training	9	
No. women assisted	8	
No. self-employed given support	1	
No. unemployed given support	3	
No. feedback questionnaires completed	8	
Private Woodland sites used	1	

Outcomes: 9 woodland-related Service Providers gained skills in green woodworking techniques. Some of the participants are already transferring the skills learnt to others.

Feedback: "I feel better in myself ... learning new skills which I hope I will be able to share and develop in the near future, passing on the pleasure and satisfaction of creating natural objects. ... Thank you Tir Coed for making it possible, well organised and informative, will be a great benefit to many members of the community."

"Thank you! Mike and Sue gave 110%. ... Their patience, humour and caring approach were immeasurable."

"Brilliant course – I would recommend it to anyone."

Instructional Techniques - Powys, August 22nd - 24th	Total Outputs June– Sept.'06	Total cost to Tir Coed
No. people receiving training	1	£207.50
No. self-employed given support	1	
No. forestry contractors supported	1	
No. of trainees assessed	1	
No. of trainees obtaining qualification	1	

The trainee was subsidised by Tir Coed and, as there were insufficient numbers to organise a separate course, joined a course that was already scheduled in Powys.

Outcomes: *The trainee is an NPTC qualified tree surgeon. This LANTRA qualification is one step towards his ambition of becoming a LANTRA NPTC instructor in chainsaw and treeclimbing techniques, he now has to complete specific 'skills instruction' courses. In the long term the trainee and a colleague intend to set up their own forestry skills training centre.*

Promoting Health and Wellbeing

2.3 Projects relating to health

Woodlands for Wellbeing:

The Woodlands for Wellbeing project began in early March and concluded in September. The project involved Mental Health Centres that wanted to establish green woodwork sessions at their Centres and focused on greenwood skills training of “keyworker” staff, therapists and volunteers. Training sessions covered the safe use of hand tools, greenwood techniques and willow work. There were 5 regional groups, north Ceredigion, south Ceredigion, north Powys, south Powys and Carmarthenshire. Each group undertook a series of 6 workshops sessions, over a 12-week period.

Rod Waterfield and Natasha Twigg of Warren Woods, Bodfari delivered the 2 Powys-based workshops. The Carmarthenshire workshop and the 2 South Ceredigion workshops were delivered by Mike & Sue Appleton, of Graybeard’s Wood, Newquay.

All of the participating Mental Health Centres have received a basic tool and equipment kit to enable them to transfer the skills learnt to their Service Users. At least 11 Centres are already running woodwork/craft sessions for their Service Users, 10 of these with Small Grant Scheme funding. Some of the remaining Centres are planning to transfer skills in the near future.

A reporter and photographer from the County Times visited the final session in Newtown and prepared a report for the Montgomery & Radnorshire editions. A reporter and a photographer also visited the final session for the north Ceredigion group at Pen yr Allt woodlands, Nanternis; a half-page article regarding the Woodlands for Wellbeing project and the implications for Mental Health delivery within the county was published in the September 13th edition of the Cambrian News. Hafal Aberystwyth dedicated their August newsletter to the Woodland for Wellbeing Project and the outcomes for their Service Users. These reports gave the Project much deserved media coverage.

An End of Project Report on the Woodlands for Wellbeing Project has been sent to the Millennium Stadium Charitable Trust, which provided £10,000 of funding towards the Project.

Woodlands for Wellbeing Carmarthenshire, March – May '06	Total Outputs March – May '06	Total cost to Tir Coed
No. training courses/sessions	6	£942.96 (plus £2,000 from Millennium Stadium Trust) Total cost = £2,942.96
No. people receiving training	9	
No. benefiting from woodland/craft as part of health/rehab programme	9	
No. of women benefiting	6	
No. organisations consulted	1	
No. vol/community organisations supported	6	
No. of self-employed assisted	5	
No. feedback questionnaires completed	9	
<p>Outcomes: <i>9 individual Support Workers and volunteers from 6 different Mental Health Centres trained. 2 of these Centres have already begun transferring the skills learnt to their Service Users.</i></p> <p>Feedback:</p> <p><i>“The project has been a real eye-opener, this is just what the Mental Health Sector in Wales needs. We will be able to take our members through similar courses of work from willow weaving to pole-lathe work. This will facilitate social activity and promote hand/eye skills and enable (the Centre) to work with green and sustainable materials- from small acorns come big trees!”</i></p> <p><i>“Very well structured and enjoyable workshop for all involved. I feel I have learnt and achieved things I would never have dreamt I could do – from making a CD rack, to hurdles, to a shave horse. Very enjoyable, thank you. I will benefit as a Support Worker by being able to pass on skills learnt from the workshops (to Service Users) to help raise confidence and self-esteem. Engaging in an enjoyable and purposeful project, will be a great achievement.”</i></p> <p><i>“The process of learning new skills, working with a new material and sharing skills has reinforced the purpose of my work within mental health, and made me realise how challenging it can be to try something new, and ultimately how <u>rewarding</u> this can be. I’m amazed at how much I’ve learned. Having never handled a saw before, I am now contemplating all kinds of projects with wood! Through skill sharing ... members will acquire new skills, enhance their learning opportunities, develop confidence, improve self-esteem, and have some FUN!”</i></p>		

Woodlands for Wellbeing South Ceredigion Group, March – May '06	Total Outputs March – May '06	Total cost to Tir Coed
No. training courses/sessions	6	£713.46 (plus £2,000 from Millennium Stadium Trust) Total cost = £2,713.46
No. people receiving training	8	
No. benefiting from woodland/craft as part of health/rehab programme	8	
No. of women benefiting	6	
No. vol/community organisations supported	5	
No. of self-employed assisted	3	
No. feedback questionnaires completed	8	

Outcomes: 8 individual Support Workers and volunteers from 4 different Mental Health Centres trained. 2 of these Centres have already begun transferring the skills learnt to their Service Users.

Feedback: “We will be able to provide greenwood workshops in order to encourage confidence and relaxation and a greater understanding of nature for our Service Users. This will also give opportunities for Service Users to meet each other and work together and offer each other mutual support.”

“It was a really great project – the setting was glorious and the trainers were ace. As well as being a really useful for my work it was also a pleasure for me!”

Woodlands for Wellbeing Newtown Powys, March – May '06	Total Outputs March – May '06	Total cost to Tir Coed
No. training courses/sessions	6	£778.13
No of people receiving training	7	(plus £2,000 from Millennium Stadium Trust)
No. benefiting from woodland/craft as part of health/rehab programme	7	
No. of women benefiting	4	Total cost = £2,778.13
No organisations consulted	1	
No. com/voluntary organisations supported	4	
No. of self-employed assisted	2	
No of feedback questionnaires completed	7	

Outcomes: 7 Support Workers and Volunteers from 3 different Mental Health Centres trained. All are currently running workshops for their Service Users

Feedback:

“A very well thought out course suitable for all level of ability. Supportive and fun atmosphere. Thank you very much.”

“Members have already expressed interest in what has already been made, and are looking forward to having a go. As it is very cost effective this should not present a problem. They have seen how enthusiastic I have been and NINE members have signed up already.”

“Superb course – It felt like having a day off and going out to play. Missed a conference because I would not miss the course.”

Woodlands for Wellbeing Llandrindod Powys, March – May '06	Total Outputs March – May '06	Total cost to Tir Coed
No. training courses/sessions	6	£789.12 (plus £2,000 from Millennium Stadium Trust) Total cost = £2,789.12
No of people receiving training	7	
No. benefiting from woodland/craft as part of health/rehab programme	7	
No. of women benefiting	4	
No. com/voluntary organisations supported	5	
No. of self-employed assisted	3	
No of feedback questionnaires completed	5	
<p>Outcomes: 7 Support Workers and Volunteers from 4 different Mental Health Centres trained. 4 of the trainees were from Mid Powys Mind, they are planning to transfer skills to Service Users in the new year.</p> <p>Feedback: <i>“Top course, would do it again – weekly/daily”</i> <i>“All participants from Mid Powys Mind loved the course. If we can pass on these skills we can help build people’s confidence. It will also provide people with a great deal of enjoyment and self satisfaction....Thank you for the opportunity.”</i> <i>“I will leave the course with even more enthusiasm and determination than when I started.”</i> <i>“Excellent tuition, with plenty of support if needed.”</i></p>		

Woodlands for Wellbeing North Ceredigion Group, June– Sept.'06	Total Outputs June– Sept.'06	Total cost to Tir Coed
No. training courses/sessions	6	£411.12 (plus £2,000 from Millennium Stadium Trust) Total cost = £2,411.12
No. people receiving training	7	
No. benefiting from woodland/craft as part of health/rehab programme	7	
No. of women benefiting	3	
No. vol/community organisations supported	5	
No. of self-employed assisted	2	
No. feedback questionnaires completed	6	
<p>Outcomes: 7 individual Support Workers and volunteers from 4 different Centres trained. All 4 Centres have already begun transferring the skills learnt to their Service Users.</p> <p>Feedback: <i>“...Brilliant training, overcoming difficulties, moving forwards, a sense of achievement and a finished product. This is what I would like to transpose to the Club (members).”</i> <i>“An excellent experience. Everyone should have a go on the pole lathe”</i> <i>“The course was very well-run, with help always at hand. I look forward to being able to pass on the skills learnt to clients.”</i> <i>“The training has been excellent. Mike and Sue (the trainers) have been an inspiration to me and to clients. Their enthusiasm and sense of fun are highly infectious!”</i></p>		

Alleviating Social Exclusion and Deprivation

2.4 Projects involving young people

1. Coed Call/Tree Wise

4 youth groups, 2 in Powys and 2 in Pembrokeshire, have undertaken the Coed Call Project. This project was part-funded by the Lottery programme – “Awards For All” and additional funding towards the rapping element of the project was provided by “Academi” (for literature promotion).

The project consisted of two elements:

- A 2-day workshop making musical instruments from local wood;
 - A 1-day workshop where young people explored the woodland environment and then composed rap songs and poetry to express their views about the natural environment. CDs of the Groups’ compositions were distributed to all participants.
- a. In Powys, 9 young people from the Radnorshire Young Carers group undertook Coed Call at Cefn Wood, near Penybont. In addition, 7 young people from Ystradgynlais Youth Club, which is within a Communities First area, undertook the Project at Cwmgiedd Forestry, Ystradgynlais, with kind permission of the Forestry Commission Wales. Simon Anderson and Annie Thompson, who are members of Mid-Wales Forest School, delivered the instrument-making element of Coed Call within Powys. Martin Daws, a poet and rap artist based in North Wales delivered the rapping element of Coed Call.

Coed Call, Cefn Wood, Radnorshire August 9th – 11th 2006	Total Outputs June– Sept.’06	Total cost to Tir Coed
No. young people benefiting	9	£0.00 Funded by Lottery ‘Awards for All Wales’ and Academi Total cost = £1,251.95
No. women benefiting	1	
No. benefiting from woodland/craft as part of health/rehab programme	9	
No. vol/community organisations supported	2	
No. organisations consulted	1	
No. self employed assisted	3	
Private Woodland sites used	1	
No. woodland site visits	1	
No of feedback questionnaires completed	9	
<p>Outcomes: As a result of the Coed Call project, Powys Young Carers are planning to carry out further woodland-based activities with both their under 11 years group as well as the older age group.</p> <p>Feedback from leader: The Radnorshire Young Carers Outreach Worker felt that the rapping element of the workshops had been particularly valuable in that it had offered a rare opportunity for the Young Carers to share their feelings with others within the group. As well as composing rap songs about the woodland environment, the young people also expressed how they felt about being Young Carers and how their role as a carer affected their life style.</p> <p>Feedback from young people: <i>“This has been really fun and would like to do it again”</i></p>		

I enjoyed: “making drums and rapping”
“meeting other people, rapping and writing songs”
 “doing the woodcutting”

Coed Call, Ystradgynlais, August 14th – 15th 2006	Total Outputs June– Sept.’06	Total cost to Tir Coed
No. young people benefiting	7	£0.00 Funded by Lottery ‘Awards for All Wales’ and Academi
No. women benefiting	1	
No. vol/community organisations supported	2	
No. organisations consulted	1	
No. self employed assisted	3	
FC Woodland sites used	1	
No. woodland site visits	1	
No of feedback questionnaires completed	5	Total cost = £1,081.96
<i>Feedback from young people:</i> <i>“I liked everything”</i> <i>I enjoyed: “Making my own rap and a CD”</i> <i>“Drumming”</i>		

- b. In Pembrokeshire, both youth groups undertook the Coed call Project at Nant-y-Cwm Community Woodland, Llanycefn, Pembrokeshire. 11 young people from Milford Haven School Youth Group participated in the Project, and were accompanied by 2 members of Pembrokeshire Youth Service. The second Youth Group is based in the neighbouring village, 9 members of Aelwyd Maenclochog also undertook the Project. Dave Hoyle and Stefan Proszynski of Nant-y-Cwm Community Woodland Group delivered the instrument-making element of Coed Call. As in Powys, Martin Daws delivered the rapping element of Coed Call.

Coed Call, Nant-y Cwm, Pembrokeshire Milford Haven Group, August 2006	Total Outputs June– Sept.’06	Total cost to Tir Coed
No. young people benefiting	11	£0.00 Funded by Lottery ‘Awards for All Wales’ and Academi
No. vol/community organisations supported	1	
No. organisations consulted	1	
No. self employed assisted	3	
Private Woodland sites used	1	
No. woodland site visits	1	
No of feedback questionnaires completed	11	
<i>Outcomes:</i> <i>As a result of the Coed Call Project, 2 older members of the Milford Haven School Youth Group are planning to participate in boardwalk construction at Nant-y-Cwm Community Woodland.</i>		
<i>Feedback from leader:</i> <i>A 12-year-old girl, who receives extra help at school with reading and writing, created, performed and recorded her own woodland story.</i>		

The Youth Leaders were very impressed with this display of her talents and the increase in her self-confidence.

Feedback from young people:

“I enjoyed everything, it was wicked!”

I enjoyed: “making the drums and the marimbas.”

“All of it!”

Coed Call, Nant-y Cwm, Pembrokeshire Aelwyd Maenclochog, August 2006	Total Outputs June– Sept.'06	Total cost to Tir Coed
No. young people benefiting	9	£0.00 Funded by Lottery 'Awards for All Wales' and Academi
No. vol/community organisations supported	2	
No. self employed assisted	3	
Private Woodland sites used	1	
No. woodland site visits	1	
No of feedback questionnaires completed	8	
		Total cost = £1,224.88

Outcomes: Strong links forged between Nant-y-Cwm Community Group and the local community. Nant-y-Cwm Group are now planning to involve the local Young Farmers Club in boardwalk construction and woodland management tasks.

Feedback from leader: The Aelwyd Maenclochog Group is planning to undertake further activities at Nant-y-Cwm Community Woodland, camping over and maybe even meeting regularly at the woodland shelter.

Feedback from young people:

“Special - lovely place and quiet.”

“The days were great!”

“The trainers were kind and always smiling.”

I enjoyed: “ Watching the process of putting music onto the computer. The leaders were kind and very helpful.”

Reports on the Coed Call Project have been sent to Awards for All and Academi.

2.5 Small Grants Scheme

Frendzabout Woodland Residential Weekend:

(This project ran in late March, 2006, but output figures were not collated in time for the last 6-month report.)

This project was run by Dim Prob, the Aberystwyth University Guild of student volunteers. They took a group of 12 young people with domestic/social problems, as well as young people with learning difficulties, for a woodland residential

weekend at the Centre of Alternative Technology (CAT). The young people were referred to them through the Ceredigion Family Support Unit.

The weekend included nature walks, tree identification, land art, photography as well as an environmental workshop provided by CAT.

They applied to us for match funding with a Children in Need grant.

Tir Coed contributed £470.00 towards the project.

Frendzabout Woodland Residential Weekend - March, 2006	Total outputs April – Sept 06	Total cost to Tir Coed
No self-employed assisted	2	£470.00
No young people benefiting	20	
No women benefiting	10	
No benefiting from woodland/craft as part of health/rehab programme	6	
No attendees	25	
No agencies involved	3	
No partnerships formed with other orgs.	1	
No FC woodland sites used	1	
No private woodland sites used	1	
No woodlands visited (as part of project)	2	
Outcomes:		
Building confidence and self-esteem through practical tasks. Skills and environmental awareness enhanced.		
Feedback from leader:		
<i>“Overall the weekend was very successful, with the young people gaining new knowledge and skills through the tour and volunteering. All the activities were good for team building, and the confidence of especially some of the younger members showed a marked improvement over the whole weekend. Indeed, for 2 of the young people, it was the first time they had been away from home.”</i>		
<i>“The (student) volunteers got as much out of it as the young people.”</i>		

Bothy Educational Visit:

This project offered an opportunity for young people, who are in the “children in need” or “at risk” bracket, to develop their personal and team working skills. The young people were referred to the project via social workers.

The weekend was run during the Easter school break, and included workshops and activities from a woodland bothy base within Forestry Commission Wales woodland.

This project was run as a partnership between the Youth Offending Team and Dim Prob (Aberystwyth Uni. Student Volunteers). It was co-funded through a Children in Need grant.

Tir Coed contributed £415.00 towards the project.

Bothy Educational Visit, Easter, 2006	Total outputs April – Sept 06	Total cost to Tir Coed
No self-employed assisted	1	£415.00
No young people benefiting	13	
No women benefiting	3	

No attendees	20	
No agencies involved	3	
No partnerships formed with other orgs.	1	
No FC woodland sites used	3	
No private woodland sites used	1	
No of woodlands visited (as part of project)	4	

Outcomes:

Building confidence and self-esteem through survival experience within a woodland setting.

Social development and interactive skills improved.

Feedback from leader:

“Overall, the project was a great success, with the young people gaining confidence, especially on the night walk, which was pretty scary for some of them. There was plenty of positive input from the staff and volunteers who chatted with the young people, which is sometimes difficult to do in the normal running of activities.”

West Wales Wood Fair:

Tir Coed provided £500.00 partnership funding for this popular annual event, held on April 11th at Dinefwr Parc, Llandeilo. The Wood Fair provides a networking opportunity to strengthen links between primary producers, processors and end users. Becky attended the Fair and jointly manned a stand along with John Taylor of Coed Lleol. The event involved seminars, demonstrations and an exhibition. The aims were to encourage better and greater use of Welsh timber. Unfortunately, due to very poor weather, the event was poorly attended, attracting less than half of the expected visitors.

Lessons from the Wood:

Lessons from the Wood was run by Ysgol Llangeitho and part-funded through the Small Grants Scheme. The project involved the development of a woodland activity area in the school grounds. 52 school children, along with other members of the local community, including older children, helped to plan and build a hazel bandstand, incorporating musical instruments and a ‘seasonal gallery’, as well as a wooden table and benches. The aims of the project were to enhance the schools pupils’ education about woodland, timber and sustainability and to develop new skills.

Lessons from the Wood November 2005 – June 2006	Total Outputs June– Sept.’06	Total cost to Tir Coed
No. young people benefiting	52	£523.00 (Also part-funded by the Woolworth Partnership Project)
No. women benefiting	6	
No. benefiting from woodland/craft as part of health/rehab programme	6	
No. partnerships formed with other organisation	1	
No. private woodland sites used	1	
Outcomes: The school pupils:		

- developed their self-esteem and confidence;
- gained an increased awareness of sustainability issues;
- are now able to spend an increased amount of time in the outdoor environment

The wider community have also benefited from an increased involvement with the school.

Feedback from leader: “The children with special needs (6 pupils) benefited hugely from this project; often the schools finds it difficult for them to be fully involved in things like this – but with this project they were 100% involved and benefited enormously.”

Links Woodcraft Project:

Links Mental Health Resource Centre Service Users have undertaken a series of 10 woodcraft skills sessions, lead by Mental Health Support Workers who have participated in the Woodlands for Wellbeing Project and funded via Tir Coed’s Small Grants Scheme. The sessions took place at Graig Fach, near Llanelli, a smallholding surrounded by 80 acres of woodland. The sessions have been so successful that Links are already making plans to run further workshops in the Spring, using their own funds.

One participant has signed up for an 18-week course, which includes woodcraft skills, being run at Graig Fach in the Autumn by Communities First. Another participant has bought willow and has been developing ideas in her own garden and produced crafts for her friends and family. Hurdles and plant climbers that were produced as part of the Workshops were displayed at Felinfoel carnival. The general public expressed their interest and appreciation and there were some enquires about the possibility of ordering items.

Links Woodcraft Project Knighton, December 2nd, 2005	Total Outputs June– Sept.’06	Total cost to Tir Coed
No. training courses/sessions	10	£715.20
No. people receiving training	8	
No. benefiting from woodland/craft as part of health/rehab programme	8	
No. unemployed given support	8	
No. of women benefiting	4	
No. young people benefiting	1	
No. partnerships formed with other organisations	1	
No. of self-employed assisted	1	
No. private woodland sites used	1	
<p>Outcomes: <i>through practical tasks and discussion, participants were enabled to:</i></p> <ul style="list-style-type: none"> • <i>acquire new practical skills;</i> • <i>improve concentration and communication skills;</i> • <i>gain a sense of achievement and self-confidence;</i> • <i>have the opportunity to be creative in a beautiful, inspiring setting away from day-to-day stresses;</i> • <i>undertake exercise through walking through the landscape and woodlands,</i> 		

collecting materials;

- *gain an appreciation of nature/wood materials and time-out;*
- *recognise the physical and emotional benefits of working outdoors and being close to nature.*

Hafan Hedd Woodlands Group

Following on from the Woodlands for Wellbeing Project, in which 2 Hafan Hedd Support Workers participated, a group of 6 Service Users from Hafan Hedd Mental Health Resource Centre, Newcastle Emlyn have been making fortnightly visits to Pen yr Allt Community Woodland, Nanternis, Newquay to undertake woodland management tasks. With the help of £1,380 Tir Coed Small Grants Scheme funding, tools have been purchased a tool store constructed and a trainer has been brought in to teach the group and the Support Workers basic woodland management techniques and safe use of tools. The Group have undertaken footpath improvement and creation, helped to construct a roundhouse and adopted an acre of the woodland where they plan to create a willow plantation, which can be harvested for greenwood craft projects. So far the feedback from the Support Workers and Service Users has been very positive, highlighting improvements in teamwork, self-esteem, motivation and skill development. The Group is keen to continue the Project indefinitely and Hafan Hedd is planning to introduce a further group of Service Users to the Project who will visit the woodland on alternate weeks. Further feedback is expected in due course and outputs for this project will be included in a future report as the project is ongoing.

Woodland Rocks

As a result of the Woodlands for Wellbeing project, Hafal Aberystwyth Social Club and Gorwelion Resource Centre have joined forces and developed an application to the Small Grants Scheme to further the skills developed on the Woodlands for Wellbeing Project and to learn how to facilitate music workshops with their Service Users. 'Woodland Rocks' is a six-week project involving up to 10 Service Users from both Centres where participants undertake 6 afternoon sessions making musical instruments from natural and recycled materials. Feedback from this Project will be available later in the year.

The Project has been awarded £1,330.00 from the Tir Coed Small Grant Scheme.

Introduction to Woodland Management

2 Aberaeron Drop-in Centre youth workers who participated in the Woodlands for Wellbeing course have developed this project to expand and pass on the skills learnt to the youth who frequent the Centre. Many of the participants have been identified as being at risk, disabled and having housing problems. The project is to be conducted in two parts; firstly a 2-day introduction to woodland management, at Pen yr Allt woodlands, Nanternis. This will include coppicing, cleaving, stripping bark on the shave horse to provide the materials for fencing the Drop-in Centre garden. The second part will be at the Drop-in Centre, making and installing the fence. Sessions will continue under the supervision of the project coordinator and centre staff.

The aims of this project are to:

- teach safe handling of the tools used.

- teach the youth new greenwood skills.
- make and erect a garden fence that the youth can be proud of.
- supply further evidence so that some of the young people can gain their Youth Achievement Awards.
- To enable the young people to gain:
 - An appreciation and understanding of woodland management.
 - an interest in greenwood skills, which can be transferred to other youth
 - Good cooperative skills, working together for a common objective.
 - Pride in their achievements.

The application was for £900; however, it was decided that Tir Coed would not be able to offer the funding requested for refreshments, as it was considered that refreshments were a cost associated with every Drop-in activity and not exclusive to the above Project. It was therefore decided to award this group £800 towards the costs of the project.

Biodiversity Workshops

This pilot project is a collaboration between Friends of Pen yr Allt Community Group and Ceredigion Young Carers. The project aims to introduce young carers (who provide care for an ill or incapacitated family member), to the world of invertebrates, small animals and plants; placing emphasis upon the direct links to each other and the flora and fauna of their habitats. Digital equipment will be used to record the natural habitat and participants will receive a CD containing pictures of their course.

The aims of the project are to give young carers:

- information and education about entomology, biodiversity and environmental issues;
- the ability to find pleasure in the natural world;
- the ability to make informed and practical interaction with their surroundings;
- more self confidence, and the ability to work together as a team.

It is hoped that one of the outcomes of this project will be that the young carers will build up a relationship with the Community Group and make repeat visits to the woodland with their Project Workers.

A total of £1,989.52 was applied for; however, it was decided that Tir Coed would not be able to offer funding towards consumables and equipment, as these are normally owned by the trainer for use in multiple projects. It was therefore decided to offer £1,500 towards the project.

Wonders in Willow

This project has been awarded £1,644.00 from the Small Grants Scheme to work with two charities that support people who experience social exclusion and economic deprivation:

1. Camfa Mental Health Drop-in Centre, based in Lampeter.
2. Cardigan Women's Aid, based in Cardigan.

Clients of both groups, by the limitations of their health and economic circumstances, do not normally have the opportunity to experience participating in accessible woodland activities.

Group 1.

This group will spend three days learning the skills to make living willow structures at their new offshoot garden in Tregaron. The structures will contribute to the garden infrastructure design and will give the beneficiaries skills to continue to use willow in their horticultural activities. The proposal is to introduce a living fence (fedge), an arbour, a seat, and a mini plantation for future coppicing. The group will spend one day at Pen Yr Allt woodland where they will learn to identify willow growing in a woodland, coppice a willow tree, and collect sufficient material to make a number of hurdles they can take away for use in the garden.

Group 2.

This group will spend three days creating a living willow arbour for adult resident use, and a tunnel with arbour suitable for their children's' use. This will be incorporated into the existing structure of the Centre's garden, providing additional play space for children and a place of relaxing privacy for adult residents. The group will spend one day at Pen Yr Allt woodland where they will learn to identify willow growing in a woodland, coppice a willow tree, and collect sufficient material to make a number of hurdles that will form into a 'green bench'.

The aims of this project are to:

- provide access to a safe woodland environment.
- enhance the outdoor environment of the participating Centres
- build self-esteem through creative, purposeful activity and environmental awareness;
- give the opportunity for participants to experience well being by working with living trees in a safe outdoor environment.
- establish a culture of creative activity in the outdoor environment
- give participants an understanding of safe tool use and health and safety in the woods.
- give participants an understanding of basic tree care practice

Powys Young Carers – Woodland Educational Visit

Powys Carers Service provides support and activities for young people who have caring responsibilities for someone at home who is ill, disabled, has a mental health problem or a problem with alcohol or substance misuse.

The Outreach Worker writes:

"In my role as the Outreach Worker for Radnorshire, I recently accompanied a group of our Young Carers who took part in the Coed Call project, which was run by Tir Coed, when we visited the Forest School Mid Wales woodland site at Cefn Wood, near Llandrindod Wells. I was particularly impressed by the way that the young people responded to the woodland environment and by the new skills that they learnt as a result of the project. During our visit the young people were eager to explore and learn more about the woodland and its wildlife; however, due to time

limitations, it was impossible to fit in a woodland walk as well as making musical instruments and rapping.”

The Outreach Worker is taking 10 Young Carers to Cefn Wood, under the leadership of Forest School Mid Wales, for a day visit during the half-term school holiday week. The visit will include educational walks, identifying trees and wildlife, as well as offering an opportunity for the young people to have fun within the natural environment.

The group has been awarded £390 from the Tir Coed Small Grant Scheme.

Ponthafren Association – Ponthafren Wood and Willow Project

Ponthafren Association runs a drop-in centre for people experiencing mental health difficulties. The Centre is user-led; members look for ways to improve their recovery and gain skills to enable them to move forward in their lives. The Centre proposes to run a course, of at least 10 sessions, in working with willow and greenwood. Although a member of staff and a Support Worker who recently took part in Tir Coed's Woodlands For Wellbeing Project will run the course, 2 trainers will supervise the initial sessions.

The key objectives of the project are:

- To give additional skills to people experiencing mental health difficulties;
- To enhance the skills of staff at Ponthafren to enable them to pass down their skills to members at other drop-in centres;
- To pass on traditional skills which are part of the country's heritage;
- To give the opportunity for a social enterprise to develop.

The Centre plans to sell some of the products made to the general public. As well as producing a small income for the Centre's work, it will provide the money to pay for materials, replacement tools, etc. to sustain the project.

The project has been awarded £1,395.80 from the Tir Coed Small Grant Scheme.

The Triangle Group – Skills Transfer Support Project

This project is a joint collaboration between 2 Mental Health Centres in the Welshpool area, The Triangle Group (a drop-in centre for people experiencing mental health problems, isolation and distress) and Bryntirion Resource Centre (the north Powys mental health NHS group).

Five Support Workers and Volunteers from the centres recently took part in Tir Coed's Woodlands For Wellbeing project where they gained a basic knowledge of working with greenwood.

In order to start transferring this knowledge to their Service Users, the Support Workers and Volunteers feel that they would benefit from one additional session in each of green woodwork and willow work, as well as the Trainer's supervision during the initial transfer of skills to our Service Users.

To this end Support Workers/Volunteers would like to work with a Trainer for 2 refresher sessions, learning to make basic products from greenwood, such as bird tables/boxes, and Willow work. Followed by a further 4 sessions with Service Users where the Trainer will take on a supervisory role to support the transfer of skills. This will enable the Support Workers to gain the added skills and confidence necessary to continue activities with our Service Users.

The Project has been awarded £1,517.40 from the Tir Coed Small Grant Scheme.

The Coedlan Project – Support Worker Training

Coedlan is a woodland project linked to the Cyfle Newydd day base at Machynlleth (funded by Powys Social Services).

The project works with adults with learning disabilities and has 2 current work areas:

- a Forestry Commission Wales woodland site at Forge (through kind permission of the Local Area Manager, Dave Farmery);
- the workshop at Ceinws, on peppercorn rent (formerly occupied by the Forestry Commission).

Due to a lack of resources, the Coedlan project is currently unable to employ a project leader. However, they are fortunate to have Support Workers that are committed to the long-term continuation of the project.

During the summer of 2005, these Support Workers spent 5 days with Bob Shaw, learning woodland management and green woodwork skills.

The Support Workers now feel that they would benefit from spending more time with Bob Shaw to consolidate the skills learnt, particularly so in the use of the Pole Lathe, which Bob helped them to build as part of the 2005 sessions.

Coedlan have applied for funding for the Support Workers to spend 2 x 1-day sessions with Bob Shaw, followed on by a further 2 sessions where Bob Shaw will supervise the Support Workers as they carry out the transfer of green woodwork skills to our Service Users. These 2 additional sessions will serve to consolidate the Support Workers' tuition skills, which in the long term will help them to educate and train their Service Users more effectively.

The project has been awarded £764.00 from the Tir Coed Small Grant Scheme.

Dandelion Trust Forest Garden Project

The Dandelion Trust is a charity that aims to provide a nurturing environment for groups of people with behavioural, emotional or educational difficulties. The Forest Garden Project will introduce members of Seren, a charity providing for adults who have been sexually abused as children, to one of the Trust's sites in north Pembrokeshire, which is also a Community Woodland. Seren Service Users will design and create a woodland garden to provide a place where Service Users and counselors can work together in a therapeutic setting.

The objectives of this Project are:

- To give support to Seren members, through meeting and working together..
- To build the self esteem of Seren members, by supporting them to undertake achievable tasks.
- To design a forest garden as a therapeutic space for Seren members, as well as other groups to access.
- To increase the confidence of Seren members through learning new skills
- To give Seren members a sense of well being, both physical and mental, from working outdoors in the natural environment.

The Forest Garden workshops will be part of a wider, ongoing project. Once the basic garden infrastructure is in place, there will be further workshops for Seren members. The Forest Garden is intended to become a place where Seren members can come back and visit to see the planning work they've done develop into their own woodland garden.

The project has been awarded £1,250.00 from the Tir Coed Small Grant Scheme.

Rejected Funding Applications:

1. An application from Penparcau Youth Club, Aberystwyth (from a Communities First area) to take 15 young people to visit forestry and woodland in the Devils Bridge area for a series of six 3-hour sessions.
Amount applied for - £705.00
Unfortunately, the Youth Club were unable to continue with the funding application due to a lack of staff/volunteer resource to deliver the project.

Outputs for April– Sept.'06:

Output	Actual Output April – Sept 06	Small Grants Scheme outputs Apr – Sept 06	Annual Target Apr – Dec 2006
No. self employed assisted	37	4	10
No. contractors supported	4	0	5
No. unemployed given support	5	8	5
No. training courses/sessions	27	10	5
No. people receiving training	67	8	20
No. trainees obtaining qualification	30	0	10
No. young people benefiting	36	86	20
No. women assisted/benefiting	38	23	30
No. benefiting from woodland/craft as part of health/rehab programme	47	6	15
No. vol/community organisations supported	32	6	5
No. organisations consulted	28	4	10
No. demonstrations held	0	0	1
No. feedback questionnaires completed	82	13	15
FC Woodland sites used	2	5	5
Private Woodland sites used	5	3	2
No. woodlands visited (as part of projects)	4	8	5

Output Definitions:

Output	Definition
No. self employed assisted	<i>Assistance through subsidised training & information, sub-contracting for events etc, free publicity/opportunity to sell products.</i>
No. contractors supported	<i>As above, but specifically contractors already working in forestry.</i>
No. unemployed given support	<i>Support through heavily subsidised or free training</i>
No. training courses/sessions	<i>Courses vary in length, level, subject and attendance</i>
No. people receiving training	<i>Total no. of attendees on all courses (may be same on more than one course)</i>
No. trainees obtaining qualification	<i>Some courses have qualification attached e.g. NTPC certificate</i>
No. young people benefiting	<i>No. young people directly involved in one of our initiatives</i>

No. women assisted/benefiting	<i>No. women directly involved in one of our initiatives</i>
No. benefiting from woodland/craft as part of health/rehab programme	<i>No. people suffering from health-related conditions that are involved in woodland-related projects as part of treatment</i>
No. vol/community organisations supported	<i>Supported through facilitating activities for their members, working in partnership</i>
No. organisations consulted	<i>No. consulted as part of a study/project</i>
No. demonstrations	<i>No. demonstrations facilitated e.g. timber conversion</i>
No. feedback questionnaires completed	<i>Feedback on training or and event facilitated by Tir Coed</i>
FC Woodland sites used	<i>No. Assembly woodland sites used for activities</i>
Private Woodland sites used	<i>No. private woodland sites used for activities</i>
No. woodlands visited	<i>No. site visits made as part of events/project</i>

3. Future Activities

a. The WICKED Project

Tir Coed has developed a new project, to run for a period of 3 years, from March 2007 to February 2010. Woodland Initiatives as a Catalyst for Kids' Education & Development, or WICKED, will develop woodland initiatives for socially disadvantaged young people, helping them to learn new skills and gain confidence through hands-on, practical workshops and activities.

The Three WICKED Project Initiatives

The Project Initiatives will involve youth groups and focus on "hard to reach" disaffected and socially disadvantaged young people aged 11 to 19 years who live in the rural counties of mid and west Wales. There will be three separate Project Initiatives, focusing on the three different target groups:

i. The Tree Wise Initiative

This will lead to the creation of woodland-based Disaffection Support Projects, providing accredited Open College Network (OCN) alternative curricular training programmes for groups of up to six 14-16 year olds, who are, or are at risk of, being excluded from school and for whom work placements are difficult to find. Tir Coed will identify individuals with the relevant experience and a desire to initiate and lead a woodland-based alternative curricular project and provide Support Worker training in relevant practical skills, such as, green woodworking, construction, drama, arts and music and in how to transfer these skills to disengaged young people. Tir Coed will identify woodland sites in suitable locations, assist with set-up costs, including site infrastructure and with materials and trainer costs for construction projects that would benefit the local community. The local Education Authorities have agreed to provide Support Worker training in Behavioural Management, funding to cover the running costs (Leader and Support Worker wages) of new projects, OCN accreditation and transportation for the trainees.

ii. The Acorn Initiative

A respite and confidence-building initiative for young carers, aged 11-19 years who provide care for an ill or incapacitated family member(s). The young people will be introduced to Forest Schools by attending a series of 6 sessions. They will also be given the opportunity to undertake survival skills, woodworking, community construction projects and arts in the woods activities. Support Workers will be given the opportunity to attend Forest School Leader Training, so that they can transfer Forest School skills to the young people over the long-term.

iii. Working your Woods Initiative

This will lead to work-based training for young people aged 16-19 years who are not currently in education, employment or training. Young people who are interested in taking forward the basic skills that they have learnt through the other WICKED Initiatives, or those referred to the Initiative by Youth Gateway, will be able to follow a programme of woodland skills taster sessions, to include woodland management, green

woodworking skills and construction projects which would benefit the local community. Following this, the young people will also have the opportunity to access further accredited training, including chainsaw skills, and work experience. OCN Accreditation will be awarded, from entry level upwards, as the young people progress.

Up to 1,100 young people will benefit from the project as a whole; and hundreds of young people will benefit over the long term from the training that their Support Workers receive.

Main Outcomes of the WICKED Project

- The improvement of self-confidence and self-esteem within the target groups
- The raising of environmental awareness amongst the target groups
- Reduction in anti-social and offending behaviour within the target groups
- Improvement in the health & well-being of the target groups
- Improved employability for young people

The Need for the WICKED Project

Tir Coed has consulted widely about the WICKED Project with Youth Organisations and their Service Users within the Project area to get a picture of their needs.

The consultation processes carried out by the Young People's Partnerships in the four counties have identified the need for this type of project for 11 – 19 year olds, as confirmed in each county's "Delivery Plan".

Project Funding

The WICKED project will cost a minimum of £400,000 over 3 years; however, from consultation to date, there is capacity to invest as much as £600,000 in this project. An application to the Big Lottery Young People's Fund, Wales, under the Reaching Out programme, for £300,000 is currently being assessed. The remaining funds are being sought from the Countryside Council for Wales as well as Charitable Trusts.

b. Woodlands for Wellbeing, Phase 2

This project is the second phase of a successful Pilot project, run by Tir Coed during 2006; the second phase of Woodlands for Well-being, will run from October 2007 until September 2010. . The project seeks to encourage those groups that support people with mental illness to use the woodland resource as a tool in helping their clients to regain their well-being. The project will involve the training of Mental Health Support Workers in the safe use of hand tools, greenwood techniques, willow weaving, making musical instruments etc., or other related activities. In addition to this, the project will provide up to 60 participating Mental Health Centres with work manuals and a tool and

equipment 'starter kit' to enable Support Workers to pass on acquired skills to client groups and so secure sustainable transfer of skills.

Tir Coed will support Mental Health Centres in the transfer of skills by providing trainers to oversee Centre Projects, building the confidence of Support Workers until they are able to transfer skills to Service Users independently. Tir Coed will also endeavour to match Centre Projects with real needs in the community, encouraging participants to help improve their local environment by activities such as building nest boxes, public benches and other community facilities. This positive involvement in community enterprise helps to give people a sense of purpose and achievement, and demonstrates their ability to contribute to community activity. All participating centres will be linked up with local Forestry Commission or privately owned woodlands, which can provide a setting for woodland activities with Service Users in the future.

Main Outcomes of Woodlands for Wellbeing, Phase 2

- The training of Mental Health Support Workers in green woodworking skills
- The establishment of woodland-related activities in participating Mental Health Centres
- An improvement in the health & well-being of Mental Health Service Users
- The improvement of self-confidence and self-esteem of Mental Health Service Users
- To enable Mental Health Service Users to move towards their true potential and become an active member of their community.

The Need for Woodlands for Wellbeing, Phase 2

During the pilot phase of the Woodlands for Wellbeing Project, feedback from participating Centres was evaluated, from which a need for this project has been identified. Some of the feedback received is detailed on pages 7 and 8 of this report.

Project Funding

Woodlands for Wellbeing, phase 2 will cost £215,000 over 3 years. The funding will be sought from the Big Lottery Fund Promoting Mental Health and Well-being Programme, the Wales Council for Voluntary Action Mental Health Grants Scheme, as well as public bodies and Charitable Trusts.

Budget Update:

Rural Regeneration:

The budget for this work area, to December 2006, is committed. Enquiries (for chainsaw training in particular) continue to arrive on a regular basis.

Health and Wellbeing:

Again, the budget to December 2006 has all been accounted for.

Social Inclusion:

The budget to December 2006 for this work area has been fully committed.