



ELFENNAU GWYLLT
WILD ELEMENTS



NEWSLETTER

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LATEST NEWS

It is Mental Health Awareness Week and Wild Elements are getting involved by promoting their newest initiative – ROOTS.

Boost your well-being and reconnect with your roots in tranquil surroundings. ROOTS is designed to provide a solution for the busy modern-day life through a relaxation session in the outdoors. "Nature itself is the best physician" – Hippocrates.

Relax and reduce the stress in your lives. Join us at Treborth Botanical Garden on Tuesdays: 5:15-6:45. First session is free.

We now offer birthday parties for adults as well as children. Whether you want active adventure, calm and quiet, liveliness and laughter or a mixture of all.

UPCOMING EVENTS

May Week is just around the corner and Wild Elements have got a variety of fun-packed events and schemes to keep the whole family entertained.

Our children's holiday clubs – Wild in the Woods (age 8+), Woodland Imps (age 5+), and Nature's Play Group (age 0-5) will be running in Penrhyn Castle across various days. Enjoy a day outdoors and interact with activities such as den-building, tree-climbing, woodland games, and many more.

Woodland Wednesday is a great opportunity for the whole family to enjoy a day filled with activities such as campfire cooking, crafts, woodland music and more.

FEEDBACK

Feedback from children who took part in *A day in the life of an ecologist* project was great! The children had fantastic time.

Here are some of their favourite parts of the day:

"We got to taste a banana that was grown in one of the glasshouses"

"We went pond dipping!"

"We got to measure the trees"

It was a pleasure having pupils from Ysgol San Y Sior and St. Marys School attend.



Book now: www.wildelements.org.uk | phone: 07799 566533 | email: info@wildelements.org.uk