

Woodland Activity 2021

Join Our Taster session
on 15th September
from 12.30pm



Come and join us to find out more
about your local woodlands and
the wildlife that lives there.



Forestry and
Land Scotland
Coilltearachd agus
Fearann Alba

Callendar Wood,
Falkirk



What is Woodland Activity?

The activities are for people living with early stage dementia who want to take part in an innovative, exciting and fun host of woodland activities.

What does it involve?

Three hours of woodland based activities once a week for 10 weeks. You will be part of a group of like-minded people with the opportunity to try many different activities including;

Physical Activity, Woodland Walks and Scavenger Hunts.

Conservation Activities, Bulb and tree Planting.

Bushcraft, Fire Lighting and Woodland Cooking.

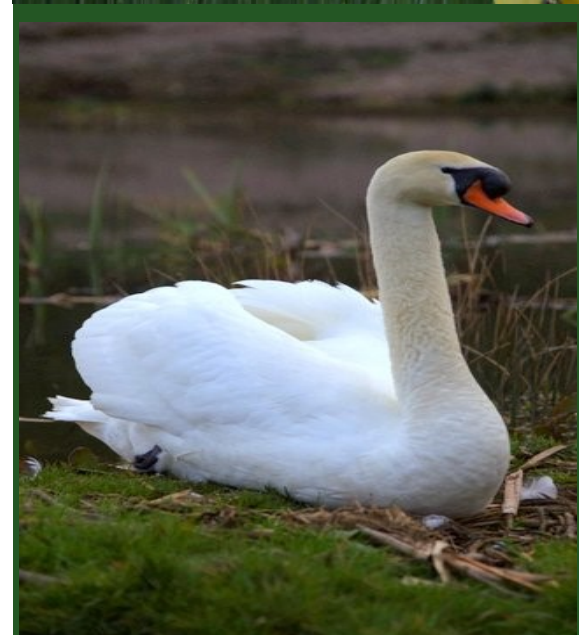
Environmental Art, Using natural materials

Learning, Tree and Bird Identification.



When and Where is it?

The activities will run in Callendar Wood every **Wednesday** for ten weeks starting on **22nd September from 12.30pm - 3.30pm** Don't worry if you cannot attend all 10 sessions, you are welcome to dip in and out to suit your needs.



The group will meet in the carpark at Callendar House and take a short walk into the woodland from there.



How much does it cost?

Nothing. Just wear old clothing that you do not mind getting mucky, bring a packed lunch and we'll provide the Tea, Coffee and biscuits.

Can I bring a Friend?

You are welcome to bring a family member, friend or carer with you to take part in the activities.

How do I join in?

Contact the Community Rangers, listed overleaf, or email the Central Region Office, They'll be glad to hear from you.



Working in a group helps develop social skills and creates a sense of unity.

Sessions led by Fully qualified staff



Activities can include;

- Tai chi
- Woodcrafts Artworks
- Species ID
- Bench building
- Tool use
- Outdoor games
- Mindfulness
- Outdoor cooking

- Exploring Outdoors
- Conservation Activities
- Knot tying

Please think about any other activities you want to cover during the 12 weeks and we will be glad to include them on the list.

To book a place, please contact ;

Forestry and Land Scotland, Central Region on;

E-mail; enquiries.central@forestryandland.gov.scot

Or;

Gordon Harper, Community Ranger—Tel 07798 668125

Jim Smalls, Community Ranger—Tel 07796 938403