



GOING WILD FOR WELLBEING PROJECT NEWSLETTER



Issue 6. | January/February 2022



A Happy New Year!



A very frosty morning in January

What a start to 2022 for Wild Skills Wild Spaces (WSWS)! We've had some of our highest participant numbers, enrolled two new groups of young people and we've been very lucky with the weather!

There have been beautiful frosty mornings, winter snowdrops popping up everywhere and even some early spring flowers poking their heads up through the ground. Many of the Montgomeryshire Wildlife Trust (MWT) team have been busy at our reserves too, carrying out important conservation jobs ready for spring.



Sunset at Severn Farm Pond Nature Reserve, Welshpool



Snowdrops at Severn Farm Pond



Severn Farm Pond frozen after some chilly temperatures

What We've Been Up to In the Community...



Severn Farm Pond, Welshpool



It's been a group effort to build a new log store to house all the wood that we need for ecotherapy sessions



Cultivate Community Gardens in Newtown



Staff and participants have taken on the huge task of clearing a very overgrown and unsafe pond.

Meanwhile some of our other participants have enjoyed tending to the WSWs allotment beds and adding in root veg to enjoy later on in the year.

An old, unrecognisable seating area has been rejuvenated.



Llanfyllin
High School

Young participants have been picking up litter from their school grounds





Taking Action for Wildlife

Throughout January, participants have been busy making bird boxes, with the help of Paul Roughley (MWT volunteer and warden) and wood construction kits from Llanfyllin Men's Shed. The aim is to install all of the boxes at MWT reserves with the help of our participants to encourage birds to use them throughout nesting season (from February into late summer in the UK). Throughout spring, we'll also be taking groups of participants to monitor the boxes and record their findings. If the boxes prove successful, this could boost bird populations at our reserves!

Some participants have also been encouraged to take a bird box home with them in the hopes of enticing birds to nest in their own gardens as well.



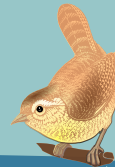
An adult participant putting up a nesting box at Dolforwyn Woods Nature Reserve in Abermule



Participants working together to make an owl box

Top Tip:

If you have an existing nestbox at home with no visitors, give it a good clean and either restore it or replace it if needed. Then keep on topping up your bird feeders and enjoy watching wildlife from your own home.



A dormouse nest found by WSWs Project Manager Fran and some adult participants at Dolforwyn Woods



Volunteer Paul Roughley helping some young people with the construction of a Tawny Owl box



Hammering a nest box in place with a special screw ensures the tree is not damaged



A record seven boxes made in one hour by a young person



Two young participants proudly displaying their owl box



Spotlight on Bettws Lifehouse



Removing old, rotten boardwalk from Severn Farm Pond Nature Reserve



Processing wood to be split into kindling using a cross cut saw

Eurig and Jo have been working with young people from Bettws Lifehouse since September 2021. In that time, they've made a huge contribution to the restoration of Severn Farm Pond Nature Reserve, removing rotten, unsafe boardwalk in preparation for the instalment of new boardwalk later on in the spring. They've also designed and made a new bench for the community using those boards they were able to reclaim.

It's been a personal highlight to get to know these young individuals, watching their confidence and friendships grow. The team have been especially impressed with their approach to trying new things in recent weeks. Staff and participants have enjoyed preparing and cooking foods on the campfire that they might not ordinarily eat.



A dish of naan and lentil dahl made by young participants



A young participant showing off a bench that he had planned and developed



Making naan breads on the campfire

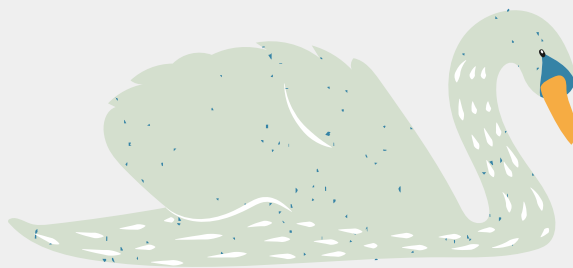
We're opening up to self-referrals!

In spring 2022 the Wild Skills Wild Spaces project will be available for people aged 18 or over to refer themselves onto the programme. Self-referral is suitable for anyone suffering from low level mental health concerns, or for those who feel their mental health and wellbeing could be improved with time spent connecting with nature, wildlife and other people.

Once the self-referral process is live, all the relevant information will be available on our website.

Wild Skills Wild Spaces (WSWS) |
Montgomeryshire Wildlife Trust
(montwt.co.uk)





How do I get someone involved?

If you think this could benefit someone you know, email us at ecotherapy@montwt.co.uk for a referral form. Once we've received your completed form, one of our team will be in touch with you and the participant by phone or email with further information before sign-up. We will also keep your referral pathway updated throughout the process.



This hugely successful project is all about **boosting mental health through its '5 ways to wellbeing', which are connecting with nature, being active, taking notice, learning and giving back.**

We take referrals from primary and secondary healthcare, such as:

GPs and nurses
Powys Teaching Health Board
Child and Adolescent Mental health Service
Adult Mental Health Services
Integrated Autism Services, (IAS) etc.
Statutory Services - Powys County Council (PCC)
Youth Intervention services
Family Intervention services

Email us: ecotherapy@montwt.co.uk

Stay up to date with the project by visiting us on:



Website: [home | Montgomeryshire Wildlife Trust \(montwt.co.uk\)](http://home | Montgomeryshire Wildlife Trust (montwt.co.uk))



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