

# Roots to Recovery Activities - May 2024

**Fridays 10-00am until 1-00pm - Gardening Group, With Mentor Neil Jordan.** Based at the Mind Resource Centre Garden, Havefordwest – Get in touch to find out more, to speak with Neil or to arrange to come along and meet us on site! Please call before popping along for the first time as some sessions are off site and we don't want to miss you!

**Call Sara 07943 186630**

**Wednesday 1st May - HAVERFORDWEST HUB - Abermawr Woodland Walk!** A 2 mile walk through Bluebell carpeted Woodland (fingers crossed) with uneven terrain and some steps, can be boggy in sections. We'll finish up with lunch on the beach and then try our hands at stone stacking! This session is an opportunity to give feedback (although it's always welcome!) and we hope to chat along the way about your experiences with R2R and learn any ideas you may have for future sessions. Meet minibus outside the front of Mind at 10am, arriving back around 3pm. Bring a packed lunch and a flask. No public toilets available. **Book this activity with Sara 07943 186630**

**Thursday 2nd May - PEMBROKE HUB - Green Fingers Day!** We return to St. Clements Church in Neyland, for practical maintenance and to help prepare some space for a community garden project. Meet at Pembroke Town Hall (Dillwyn Davies Room) at 10-00am for a cuppa, setting out at 10-30 and returning by 3-00pm. Bring a packed lunch. Toilets available. **Book this activity with Sara 07943 186630**

## **NEW HUB ALERT!**

**Tuesday 14th May - NARBERTH HUB – Introductory Session!** From today and each fortnight following, we'll be running R2R sessions based from our new Narberth Hub! For this introductory session, we invite you to pop along to meet us and find out more about Roots to Recovery over a cuppa! You can help us shape the future of the project with any ideas you may have and learn about other opportunities to get involved with fab stuff in the outdoors! Meet at the Span Arts Studio, situated in the Town Moor Carpark. We'll be there from 10-15am until 1pm, pop along and say hello! Let us know if you're going to stop by or just turn up on the day. **Contact Sara 07943 186630**

**Wednesday 15th May - HUBBERSTON HUB - Green Fingers Day at Neyland School!** We are joining forces with the lovely folk at Hubberston and Hakin Community Centre, and for our second session we are heading a little further afield to tackle some light gardening and maintenance at the Neyland School Garden. Meet outside Hubberston Centre at 10-15, we'll head off in our minibus to the school, and will return by around 2-30pm. Bring a packed lunch and a flask. Toilets available. **Book this activity with Sara 07943 186630**



**Thursday 16th May - PEMBROKE HUB - Town Walk and Garden Visit.** A short accessible walk of around 1 mile and a visit to The Tabernacle Gardens, which is supported by Pembrokeshire Coast Charitable Trust's 'Force of Nature' fund. Meet at Pembroke Town Hall (Dillwyn Davies Room) at 10-00am for a cuppa, setting out at 10-30 and returning by 2 -00pm. Bring a packed lunch and a flask. Toilets available.

**Book this activity with Mitch 07866771169**

**Wednesday 22nd May - HAVERFORDWEST HUB - World Bee Day 2024, with Ranger Chris Taylor!** World Bee Day is celebrated around this date every year and aims to raise awareness of the importance of bees and their role in food production and environmental protection! We're heading to Freshwater East Nature Reserve where we will use guides and charts (and Chris's Ranger Superpowers) to spot and identify our buzzy friends! Meet minibus outside the front of Mind at 10am, arriving back around 3pm. Bring a packed lunch and a flask. We hope to pop to the café for a cuppa too, time allowing. Public toilets available. **Book this activity with Sara 07943 186630**

**Thursday 23rd May - PEMBROKE HUB - Nature Spotting Brunel Trail Walk, Neyland.** Join us for a leisurely stroll along the Marina, Westfield Pill Nature Reserve and on along the flat path, for approx. 1 mile total. We'll be bringing the binoculars and using Apps, books and charts as we head off armed with some bird food to see what we can spot! Bring a packed lunch and a flask, we'll find a nice spot to sit together for lunch. Meet at Neyland Marina, 10-30am outside the cafe/bar, finishing up around 2pm.

**Book this activity with Sara 07943 186630**

**Tuesday 28th May - NARBERTH HUB - A Walk and a Talk!** Join us for our second fortnightly session based from our new Narberth Hub! We're meeting at 10-15am at The Span Arts Studio for a cuppa and a chat, before heading off for a short walk of approx. 1 mile around the village, heading back for brew and a biscuit, before finishing up around 1pm. We'll be venturing further afield as the Narberth Group develops, pop along to let us know you're interested and what you would like from this group!

**Book this activity with Sara 07943 186630**

**Wednesday 29th May - HAVERFORDWEST HUB - Rosebush Quarry!** A 2.5-mile circular walk with easy terrain (plus a short steep path for those opting to visit the quarry pool). Meet minibus outside the front of Mind at 10am, arriving back around 3pm. Bring a packed lunch and a flask. No public toilets but the pub has a loo.

**Book this activity with Sara 07943 186630**

**Thursday 30th May - PEMBROKE HUB - Hundleton Field Games Day!** A day outdoors just for fun and relaxation. Rounders, football, frisbee, bowls, archery, basketball and more! No pressure to join in, just sit, chill and chat if that's what you prefer! We'll have several camping chairs for those that find it difficult to sit on the grass. Bring a packed lunch and a flask. Meet minibus at the bus stop opposite Pembroke Town Hall at 10-00am returning by 2-30pm. **Book this activity with Sara 07943 186630**