



Contact Becky 07748808372 or Chloe 07785601869 or scan the QR code to book

#### Corwen, August 2025

Location	Activity	Date	Time
Corwen Community Garden	Light Gardening, Cuppa & Chat	Wednesday 13, 20	1pm - 3pm
Canolfan Ni, Corwen	Planetarium (Booking essential!)	Monday 4	10 - 10:30 & 10:45 - 11
Corwen Family Practice	Short Wellbeing Walk	Wednesdays	10am - 10.30am
Clawdd Poncen, Corwen	Short Wellbeing Walk	Wednesdays	11am - 11.30am
Canolfan Ni, Corwen	River Dipping at Gro Isa	Monday 18	10.00am - 12.30pm
Meet at the Library, Corwen	Story and Relaxation	Tuesday 19	2pm - 3:30pm
Glyndyfrdwy Village Hall	Guided Walk (Meet in carpark)	Thursday 28	10am- 12















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# Llangollen, August 2025

Location	Activity	Date	Time
Plas Newydd, Llangollen	Bowling	Monday 4	2pm - 4pm
Plas Newydd, Llangollen	Light Gardening, Cuppa & Chat	Tuesday 5, 12, 19, 26 Thursday 7, 14, 21, 28	10am - 12pm
Riverside Park	Tree tidy session	Tuesday 5	1pm - 3pm
Pengwern, Llangollen	Nature Crafts	Monday 11	2.00-3.30pm
Llangollen Surgery Car park	Short Wellbeing Walk	Tuesdays 5, 12, 19, 26	1pm - 1.30pm
Llangollen Library	Story Garden Crafts	Wednesday 20	2:30pm















Contact Charlotte: charlotte.wheeler@denbighshire.gov.uk or scan the QR code to book

#### Loggerheads, August 2025

Location	Activity	Date	Time
Loggerheads Country Park, Visitor Centre	Short Wellbeing Walk	Thursday 7th, 14th, 28th	2pm - 2.30pm
Wardens Office, Loggerheads Country Park	Meet the Moths	Tuesday 5th	9am - 11am
Loggerheads Country Park, Visitor Centre	Moths & Butterflies Guided Walk	Thursday 7th	10am - 1pm
Tea Gardens, Loggerheads Country Park	Reasons to Love Wool	Wednesday 27th	11am - 4pm

















Contact Charlotte: charlotte.wheeler@denbighshire.gov.uk or scan the QR code to book

# Ruthin, August 2025

Location	Activity	Date	Time
Llanfwrog Community Centre, layby opposite Ruthin Rugby Club	Short Wellbeing Walk	Friday 8th, 15th, 22nd, 29th	1pm - 1.30pm
Nantclwyd y Dre, Ruthin	Bionet Nature Day	Sunday 10th	10.30am - 3.30pm
Nantclwyd y Dre, Ruthin	Peg Loom Weaving - Coasters	Monday 18th	12.30pm - 3.30pm















Contact Vitor 07789446257

or email: natureforhealth@denbighshire.gov.uk



### Rhyl, August 2025

Location	Activity	Date	Time
Meeting at The Willow Collective. 82 Marsh Rd, Rhyl LL18 2AE	Refurbishing Brickfields sign	Thursday 7th	10:00 - 15:00
Rhuddlan Nature Reserve, Rhyl LL18 5UA (Car park)	Maintenance tasks	Thursday 14th	10:00 - 13:00
Brickfield Pond, Rhyl LL18 2YR (Car park)	Maintenance tasks	Thursday 21st	10:00 - 13:00
Rhuddlan Nature Reserve, Rhyl LL18 5UA (Car park)	Foraging with Living Wild Booking Essential, email Vitor.Evora@denbighshire.gov.uk	Thursday 28th	10:00 - 13:00













Contact Sasha 07795451570

or email: natureforhealth@denbighshire.gov.uk

# Rhyl & Prestatyn, August 2025

Location	Activity	Date	Time
Bruton Park, Maes Menlli, (off Ffordd Bruton), Rhyl, LL18 4SZ. Meet at the entrance adjacent to the bus turning circle.	Butterfly count - Bruton Park Housing Summer event	Tuesday 5th	1pm - 2pm
Coed y Morfa Car Park, Lon Goed, Prestatyn, LL19 8AJ	Gardening Tasks	Tuesday 12th	10am - 1pm
Bodelwyddan Castle.  Meet at Bodelwyddan Castle timber shed or lower car park if new to the site(Entrance off roundabout near A55) LL18 5YB.	Bee keeping session BOOKING ESSENTIAL Limited spaces. Email Sasha.taylor@denbighshire.gov.uk to book on	Tuesday 19th	10am - 3pm
Brickfields Pond Office, Unit D7, Pinfold Industrial Estate, Ffordd Derwen, Rhyl, LL18 2YR.	Rustic Stool making (Two day course) BOOKING ESSENTIAL. Email Sasha.taylor@denbighshire.gov.uk to book on	Tuesday 26th	10am - 3pm











#### Wellbeing Walks, August 2025

**Katrina:** katrina.day@denbighshire.gov.uk **Chloë:** chloe.webster@denbighshire.gov.uk

Charlotte: charlotte.wheeler@denbighshire.gov.uk



Join the Nature for Health Team on a Wellbeing Walk in an area local to you. These weekly walks will be around 30 minutes, on level ground and will be taken at a leisurely pace suitable for people of all abilities. Come along to meet new people, build confidence or to take that next step in your health and wellbeing journey.

Date	Time	Location	Contact
Tuesdays 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>	1pm - 1.30pm	Llangollen Health Centre carpark	Chloë
Wednesdays 13 <sup>th</sup> , 20 <sup>th</sup>	10am - 10.30am	Corwen Family Practice	Chloë
Wednesdays 13 <sup>th</sup> , 20 <sup>th</sup>	11am - 11.30am	Llygadog carpark, Corwen	Chloë
Thursdays 7 <sup>th</sup> , 14 <sup>th</sup> , 28 <sup>th</sup>	2pm - 2.30pm	Loggerheads Country Park, Visitor Centre	Charlotte
Fridays 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>	1pm - 1.30pm	Llanfwrog Community Centre, layby opposite Ruthin Rugby Club	Charlotte









