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

**Corwen, July 2025**

Location	Activity	Date	Time
Corwen Community Garden	Light Gardening, Cuppa & Chat	Wednesday 2, 9, 16, 23,30	1pm - 3pm
Corwen Family Practice	Short Wellbeing Walk	Wednesdays	10am - 10.30am
Clawdd Poncen, Corwen	Short Wellbeing Walk	Wednesdays	11am - 11.30am
Corwen Community Garden	Willow Weaving	Wednesday 23	1pm - 3pm



Activities are suitable for all abilities and fitness levels. For information or to book, contact [Natureforhealth@denbighshire.gov.uk](mailto:Natureforhealth@denbighshire.gov.uk)



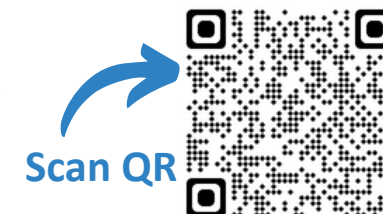
Gwasanaeth Cefn Gwlad Sir Ddinbych / Denbighshire Countryside Service  
Bryniau Clwyd a Dyffryn Dyfrdwy / Clwydian Range and Dee Valley  
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**Llangollen, July 2025**

Location	Activity	Date	Time
Plas Newydd, Llangollen	Light Gardening, Cuppa & Chat	Tuesday 1, 8, 15, 22, 29 Thursday 3, 10, 17, 24, 31	10am - 12pm
Plas Newydd, Llangollen	Eisteddfod Harddu - Pallet painting	Tuesday 15	10am - 12pm
Llangollen Surgery Car park	Short Wellbeing Walk	Tuesdays 1, 8, 15, 22, 29	1pm - 1.30pm
Pengwern Community Hub	Stand Tall Seated Exercise	Thursday 3, 10, 17	11.15am - 12.15pm
Pengwern Community Hub	Curlew Craft	Monday 21	2pm - 2.30pm



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Contact Charlotte: [charlotte.wheeler@denbighshire.gov.uk](mailto:charlotte.wheeler@denbighshire.gov.uk)  
or scan the QR code to book

## Loggerheads, July 2025

Location	Activity	Date	Time
Loggerheads Country Park, Visitor Centre	Short Wellbeing Walk	Thursday 3, 10, 17, 24	2pm - 2.30pm
Meeting Room, Loggerheads Country Park	Needle Felting	Monday 14	1pm - 3pm
Loggerheads Country Park, Visitor Centre	Woodland Flora Guided Walk	Thursday 24	10am - 1pm



Activities are suitable for all abilities and fitness levels. For information or to book, contact [Natureforhealth@denbighshire.gov.uk](mailto:Natureforhealth@denbighshire.gov.uk)



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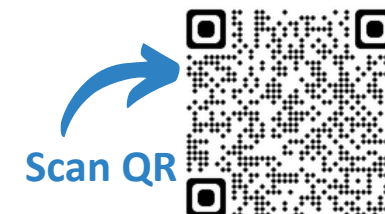


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Contact Charlotte: [charlotte.wheeler@denbighshire.gov.uk](mailto:charlotte.wheeler@denbighshire.gov.uk)  
or scan the QR code to book

**Ruthin, July 2025**

Location	Activity	Date	Time
Llanfwrog Community Centre, layby opposite Ruthin Rugby Club	Short Wellbeing Walk	Friday 4, 11, 18, 25, 1 (Aug)	1pm - 1.30pm
Nantclwyd y Dre, Ruthin	Peg Loom Weaving - Coasters	Wednesday 16	12.30pm - 3.30pm
Nantclwyd y Dre. Ruthin	Needle Felting	Thursday 17	10am - 12pm



Activities are suitable for all abilities and fitness levels. For information or to book, contact [Natureforhealth@denbighshire.gov.uk](mailto:Natureforhealth@denbighshire.gov.uk)



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**Rhyl, July 2025**

Location	Activity	Date	Time
Brickfield Pond, Rhyl LL18 2YR (Car park)	Wildlife Survey	Thursday 3rd	10:00 - 13:00
Rhuddlan Nature Reserve, Rhyl LL18 5UA (Car park)	Maintenance tasks	Thursday 10th	10:00 - 13:00
Meeting at Brickfield Pond, Rhyl LL18 2YR (Car park)	Walk at Wepre Park	Thursday 17th	10:00 - 13:00
Meeting at The Willow Collective. 82 Marsh Rd, Rhyl LL18 2AE	Reframing sign (woodwork)	Thursday 24th	10:00 - 15:00
Rhuddlan Nature Reserve, Rhyl LL18 5UA (Car park)	Conservation tasks	Thursday 31st	10:00 - 13:00



Activities are suitable for all abilities and fitness levels. For information or to book, contact [Natureforhealth@denbighshire.gov.uk](mailto:Natureforhealth@denbighshire.gov.uk)



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Contact Sasha 07795451570

or email: [natureforhealth@denbighshire.gov.uk](mailto:natureforhealth@denbighshire.gov.uk)

## Rhyl & Prestatyn, July 2025

Location	Activity	Date	Time
Coed y Morfa Car Park, Lon Goed, Prestatyn, LL19 8AJ	Gardening tasks - Wildflower management	Tuesday 1	10am - 1pm
Coed y Morfa Car Park, Lon Goed, Prestatyn, LL19 8AJ	Coat hook making	Tuesday 8	10am - 1pm
Coed y Morfa Car Park, Lon Goed, Prestatyn, LL19 8AJ	Morfa Gateway Wildflower Identification	Tuesday 15	10am - 1pm
Bruton Park, Maes Menlli, (off Ffordd Bruton), Rhyl, LL18 4SZ. Meet at the entrance adjacent to the bus turning circle.	Butterfly Survey	Tuesday 22	10am - 12pm
Coed y Morfa Car Park, Lon Goed, Prestatyn, LL19 8AJ	Butterfly & Moth Survey	Tuesday 29	10am - 1pm



Activities are suitable for all abilities and fitness levels. For information or to book, contact [Natureforhealth@denbighshire.gov.uk](mailto:Natureforhealth@denbighshire.gov.uk)



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## Wellbeing Walks, July 2025

**Katrina:** [katrina.day@denbighshire.gov.uk](mailto:katrina.day@denbighshire.gov.uk)

**Chloë:** [chloe.webster@denbighshire.gov.uk](mailto:chloe.webster@denbighshire.gov.uk)

**Charlotte:** [charlotte.wheeler@denbighshire.gov.uk](mailto: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 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>	1pm - 1.30pm	Llangollen Health Centre carpark	<b>Chloë</b>
Wednesdays 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup>	10am - 10.30am	Corwen Family Practice	<b>Chloë</b>
Wednesdays 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup>	11am - 11.30am	Llygadog carpark, Corwen	<b>Chloë</b>
Thursdays 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>	2pm - 2.30pm	Loggerheads Country Park, Visitor Centre	<b>Charlotte</b>
Fridays 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> , 1 <sup>st</sup> (Aug)	1pm - 1.30pm	Llanfwrog Community Centre, layby opposite Ruthin Rugby Club	<b>Charlotte</b>



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