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**Corwen, October 2025**

Location	Activity	Date	Time
Corwen Family Practice	Short Wellbeing Walk	Every Wednesday	10 - 10.30
Clawdd Poncen, Corwen	Short Wellbeing Walk	Every Wednesday	11 - 11.30
Corwen Community Garden	Install A Bench	Wednesday 15	1-3
Corwen Community Garden	Light Gardening, Cuppa & Chat	Every Wednesday	1-3
Corwen Community Garden	Wood Whittling Session with Jamie	Wednesday 22	1-3
Pen Y Pigyn	Guided Walk	Thursday 30	1-3



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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Bryniau Clwyd a Dyffryn Dyfrdwy / Clwydian Range and Dee Valley  
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## Llangollen, October 2025

Location	Activity	Date	Time
Plas Newydd, Llangollen	Light Gardening, Cuppa & Chat	Every Tuesday & Thursday	10-12
Llangollen Surgery carpark	Short Wellbeing Walk	Tuesday 14, 21, 28	1 - 1.30
Pengwern Hub	Seated Exercise Class	Thursday 9, 16, 23	11.15- 12.15
Plas Newydd, Llangollen	Peg Loom Weaving	Thursday 9	1-3
Plas Newydd, Llangollen	Mindfulness by the river	Thursday 30	9.30-10.30



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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, October 2025

Location	Activity	Date	Time
Visitor Centre, Loggerheads Country Park	Short Wellbeing Walk	Thursdays 2nd, 9th, 16th, 30th	2pm - 2.30pm
Visitor Centre, Loggerheads Country Park	Fungi Guided Walk	Saturday 4th	10am - 1pm
The Oriel, Loggerheads Country Park	Peg Loom Weaving - Coasters	Tuesday 14th	1pm - 4pm
Tea Gardens, Loggerheads Country Park	Making Rosehip Syrup	Wednesday 29th	1pm - 3pm



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Contact Charlotte or Jonny: [charlotte.wheeler@denbighshire.gov.uk](mailto:charlotte.wheeler@denbighshire.gov.uk),  
[jonathon.lee@denbighshire.gov.uk](mailto:jonathon.lee@denbighshire.gov.uk)  
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# Ruthin, October 2025

Location	Activity	Date	Time
Llanfwrog Community Centre, layby opposite Ruthin Rugby Club	Short Wellbeing Walk	Fridays 3rd, 10th, 17th, 24th, 31st	1pm - 1.30pm
Clocaenog Forest, Bod Petryal carpark	Red Squirrel Guided Walk	Wednesday 15th	10am - 1pm
Nantclwyd y Dre, Ruthin	Needle felting - Make a bat	Tuesday 21st	1pm - 3pm
Glasdir Outdoor Classroom and Orchard, Ruthin North Link Rd, nr Glasdir Estate (LL15 1QL)	Pruning the orchards and collecting fruit (bring bags to take them home)	Friday 24th	10am - 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)



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Contact Jonny or Matt: [jonathon.lee@denbighshire.gov.uk](mailto:jonathon.lee@denbighshire.gov.uk)  
[matt.winstanley@denbighshire.gov.uk](mailto:matt.winstanley@denbighshire.gov.uk)  
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## Denbigh & St Asaph, October 2025

Location	Activity	Date	Time
Mount Wood (Bryn Stanley garage entrance - LL16 3NT), Denbigh	Orchard Pruning	Friday 3rd	10am - 3pm
Mount Wood (Bryn Stanley garage entrance - LL16 3NT), Denbigh	Woodland Tasks	Friday 17th	10am - 3pm
Mount Wood (Bryn Stanley garage entrance - LL16 3NT), Denbigh	Woodland tasks	Friday 31st	10am - 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)



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Contact Vitor 07789446257

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# Rhyl, October 2025

Location	Activity	Date	Time
Meeting at Brickfield Pond, Rhyl LL18 2YR (Car park)	Working on sign	Thursday 2nd	10:00 - 13:00
Meeting at Rhuddlan Nature Reserve, Rhyl LL18 5UA (Car park)	Conservation tasks, clearing woodland	Thursday 9th	10:00 - 13:00
No Session	No Session	Thursday 16th	No Session
Meeting at Rhuddlan Nature Reserve, Rhyl LL18 5UA (Car park)	Hedge laying prep	Thursday 23rd	10:00 - 15:00
Glan Morfa, Marsh Road, Rhyl, LL18 2AD	Installing benches with The Willow Collective	Wednesday 1st, 15th, 29th	10:00 - 15:00
Meeting at Brickfield Pond, Rhyl LL18 2YR (Car park)	Maintenance tasks, installing bench	Thursday 30th	10:00 - 13:00



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Contact Sasha 07795451570

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## Rhyl & Prestatyn, October 2025

Location	Activity	Date	Time
<b>Bruton Park, Maes Menlli, (off Ffordd Bruton), Rhyl, LL18 4SZ.</b> <b>Meet at the entrance adjacent to the bus turning circle.</b>	<b>Woodland Tasks</b>	<b>Tuesday 7th</b>	<b>10 - 1</b>
<b>Coed y Morfa Car Park, Lon Goed, Prestatyn, LL19 8AJ</b>	<b>Woodland tasks</b>	<b>Tuesday 14th</b>	<b>10 - 1</b>
<b>Bruton Park, Maes Menlli, (off Ffordd Bruton), Rhyl, LL18 4SZ.</b> <b>Meet at the entrance adjacent to the bus turning circle.</b>	<b>Woodland Tasks</b>	<b>Tuesday 21st</b>	<b>10 - 1</b>
<b>Meeting at Brickfield Pond, Rhyl LL18 2YR (Car park)</b>	<b>Halloween Pyrography</b>	<b>Tuesday 28th</b>	<b>10 - 1</b>



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## Nordic Walking North , October 2025

Location	Activity	Date	Time
Rhyl Harbour Hub Car-park	Nordic Walking (Poles provided)	Friday 3rd	10:15 - 11:30am
Prestatyn Coed Y Morfa	Nordic Walking (Poles provided)	Friday 10th	10:15 - 11:30am
Rhuddlan Nature Reserve	Nordic Walking (Poles provided)	Friday 17th	10:15 - 11.30am
Dyserth Anglia Car-park	Nordic Walking (Poles provided)	Friday 24th	10:15 - 11:30am
Rhyl Harbour Hub Car-park	Nordic Walking (Poles provided)	Friday 31st	10:15 - 11:30am



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## Seated Exercise Prestatyn, October 2025

Location	Activity	Date	Time
Jubilee Centre, Seabank Drive, Prestatyn	Seated exercise for beginners	Tuesdays 7th October 14th October 21st October 28th October	10.30am - 11.30am



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 Rhyl, October 2025

Location	Activity	Date	Time
Brickfield Pond carpark	A 30 minute gentle walk on flat ground, suitable for all abilities.	Tuesdays 7th October 14th October 21st October 28th October	1pm - 1.30pm



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## Wellbeing Walks, October 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 7th, 14th, 21st, 28th	1pm - 1.30pm	Brickfield Pond carpark, Rhyl	<b>Katrina</b>
Tuesdays 14th, 21st, 28th	1pm - 1.30pm	Llangollen Health Centre carpark	<b>Chloë</b>
Wednesdays 8th, 15th, 22nd, 29th	10am - 10.30am	Corwen Family Practice	<b>Chloë</b>
Wednesdays 8th, 15th, 22nd, 29th	11am - 11.30am	Llygadog carpark, Corwen	<b>Chloë</b>
Thursdays 2nd, 9th, 16th, 30th	2pm - 2.30pm	Loggerheads Country Park, Visitor Centre	<b>Charlotte</b>
Fridays 10th, 17th, 24th, 31st	1pm - 1.30pm	Llanfwrog Community Centre, layby opposite Ruthin Rugby Club	<b>Charlotte</b>



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