



OUTDOOR FUN AND GAMES! PLANT A TREE FOR EVERY CHILD IN WALES

These free sessions are for parents/carers of children with disabilities or additional needs aged 0–19.

Join us for a great outdoor adventure, suitable for the whole family

- Opportunity to plant a tree
- Camp craft and woodland games
- Nature watch
- Meet and talk to other families

Coed Y Foel, near Llandysul, South Ceredigion, West Wales

(Map of exact location to be sent out at point of booking)

Thursday 22 February 2018, 11am–1pm

Please bring your wellies and a packed lunch!

To book a place please contact our Wales office:

☎ **029 2039 6624** ✉ **cymru@contact.org.uk**

Parking, wheelchair access to some areas, disabled toilet (portaloo)

