

BETTER DAYS

NATURE & NURTURE

ARE YOU AGED 11-19, LIVING WITH POOR
MENTAL HEALTH OR ANXIETY AND
LOOKING FOR A SAFE PLACE TO FEEL
BETTER, TRY NEW THINGS & JUST BE YOU?

INTRODUCING THE BETTER DAYS PROJECT
A SOCIAL PRESCRIBING MODEL BASED AT
TONDU HOUSE FARM, BRIDGEND CF32 9HF

- Make friends and socialise
- Build confidence and have fun
- Feel healthier and happier
- Outdoor adventures
- Mindfulness and wellbeing
- Animals and equine therapy
- Nature and wildlife management
- Bushcraft and forest school
- Games and teambuilding
- Woodwork and crafts
- Trails, woodlands and wild space
- Residential, trips and cultural experiences



GET IN TOUCH



Text or ring 07908494812
Email info@steerwales.co.uk



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BETTER DAYS

NATURE & NURTURE

YDYCH CHI RHWNG 11 A 19 OED AC YN
CHWILIO AM LE DIOGEL I DEIMLO'N WELL,
RHOI CYNNIG AR BETHAU NEWYDD A BOD YN
CHI?

CYFLWYNO'R PROSIECT DYDDIAU GWELL
MODEL PRESGRIPSIYNU CYMDEITHASOL
WEDI'I SEILIO AR FFERM TONDU HOUSE,
PEN-Y-BONT AR OGWR CF32 9HF

Gwneud ffrindiau a chymdeithasu
Adeiladu hyder a chael hwyl
Teimlo'n iachach ac yn hapusach
Anturiaethau awyr agored
Ymwybyddiaeth ofalgar a lles
Therapi anifeiliaid a cheffylau
Rheoli natur a bywyd gwyllt
Ysgol Coedwig ac Ysgol Goedwig
Gemau ac adeiladu tîm
Gwaith coed a chrefftau
Llwybrau, coetiroedd a mannau gwyllt
Preswylfeydd, teithiau a phrofiadau
diwylliannol



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