

## Roots to Recovery Activities – April 2024

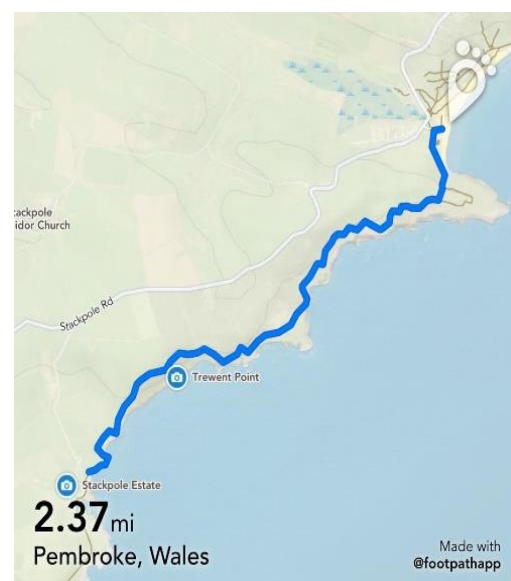
**Fridays 10-00am until 1-00pm - Gardening Group, With Mentor Neil Jordan.** Based at the Mind Resource Centre Garden, Haverfordwest – Get in touch to find out more, to speak with Neil or to arrange to come along and meet us on site! Please call before popping along for the first time as some sessions are off site and we don't want to miss you! **Call Sara 07943 186630**

**Wednesday 3<sup>rd</sup> April – Haverfordwest Hub – South Scolton Woods – a day at The Roundhouse!** We return to a firm favourite to spend the day relaxing at The Roundhouse, take in the tranquillity of the surroundings, enjoy a short woodland walk, learn wood carving skills with Mitch or just sit and chill if you prefer, gathering around the fire at lunchtime for soup and roll (provided free). Tea and biscuits throughout the day, Compost toilet onsite. Please advise when booking of any special dietary requirements. Meet outside Mind front doors, leaving 10am and back around 3-00pm. Limited spaces available, please book asap to avoid disappointment.

**Book this activity with Sara 07943 186630**

**Thursday 4<sup>th</sup> April - Pembroke Hub – Stackpole Quay to Freshwater East Coastal Walk.** This is one of our more challenging walks at 5 miles in total along coast path terrain, some steep inclines and rough under foot in places – spectacular views along the way and two beautiful beaches to enjoy! Sturdy footwear advised along with any hot and cold drinks you will need for the day and a packed lunch. Meet the minibus at the bus stop opposite Pembroke Town Hall at 10-00am returning by 3-00pm(ish). Public toilets available at Stackpole & Fresh East carparks.

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**Wednesday 10<sup>th</sup> April - Haverfordwest Hub – Rosebush Quarry!** A 2.5 mile circular walk with easy terrain (plus a short steep path for those opting to visit the quarry pool). This session is an opportunity to give feedback (although it's always welcome!) and we hope to chat along the way about your experiences with R2R. Meet minibus outside the front of Mind at 10am, arriving back around 3pm. Bring a packed lunch and a flask. No public toilets but the pub has a loo.

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**Thursday 11<sup>th</sup> April - Pembroke Hub – A Walk and a Talk!** A short walk along Castle Pond and up to our ‘secret spot’ where we will enjoy lunch and a cuppa around the fire. This session is an opportunity to give us feedback (although it’s always welcome) we need to know what works and what we can improve on, come and have your say! Meet at Pembroke Town Hall (Dillwyn Davies Room) at 10-00am for a cuppa, setting out at 10-30 and returning by 2-30pm. No toilet facilities at location. Bring a packed lunch. **Book this activity with Sara 07943 186630**

### **NEW HUB ALERT!!!**

**Wednesday 17<sup>th</sup> April – Hubberston Hub – Community Litter Pick!** We are joining forces with the lovely folk at Hubberston and Hakin Community Centre! This will be a great chance to come and meet us to find out more about Roots to Recovery! You can help us shape the future of the project with any ideas you may have and learn about other opportunities to get involved with fab stuff in the outdoors!

**Meet at Hubberston Community Centre at 11-30** for a brew and a chat, then head off together for a litter pick of the local area, all equipment provided, and we’ll recycle what we collect. Bring a packed lunch, toilets available. Wrapping up around 2-30ish but feel free to drop along/leave as you please.

**Book this activity with Sara 07943 186630 or just turn up on the day.**

**Wednesday 24<sup>th</sup> April - Haverfordwest Hub – Practical Session, Bro Cerwyn Adult Mental Health Ward.** We return to continue our general ‘Green Fingers’ maintenance work – but this time we are tying it in with **THE GREAT GLOBAL CLEANUP 2024** and plan to litter pick the grounds as the main part of today’s session! Meet minibus outside the front of Mind at 10am, arriving back around 2-30pm. Bring a packed lunch and a flask. Toilets available. Maximum of 8 volunteers.

**Book this activity with Sara 07943 186630**

**Thursday 25<sup>th</sup> April - Pembroke Hub – Beach Clean, Rhoscrowther.** Join volunteers all over the World as we make our second contribution this week towards **THE GREAT GLOBAL CLEANUP 2024!** Bring a packed lunch and a flask. No toilet facilities at location. Meet at Pembroke Town Hall (Dillwyn Davies Room) at 10-00am for a cuppa, setting out at 10-30 and returning by 2-30pm.

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