

Connecting with Others Dealing with Loss, Being Active, Contributing to a Community Development Project, and Enjoying the Natural World



Come and Join Us for a Taster Session at The Health Meadow Bio Diversity project, on the Site of The University Hospital Llandough

Monday the 1st August (10.30am to 2.30pm)

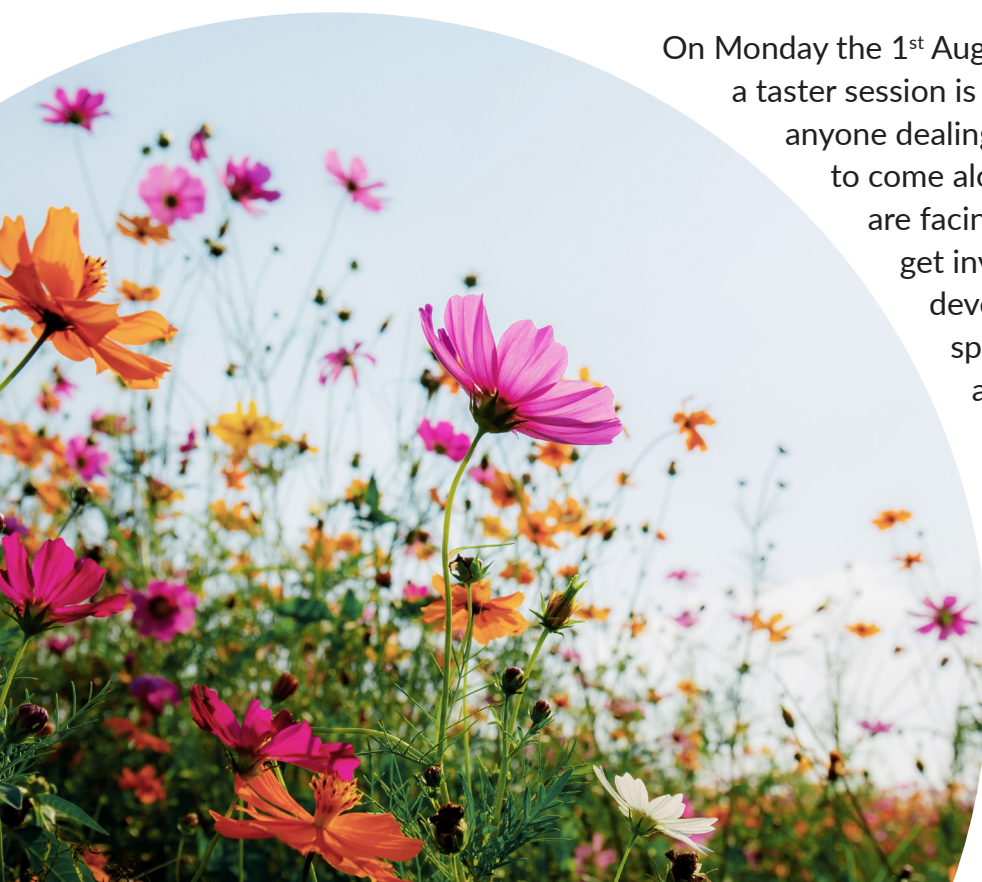
We know that dealing with the loss of someone close confronts us with an emotional challenge like no other, and there's no shortage of advice and guidance upon how we can best look after ourselves.

For many people it's a combination of support which really helps - being with others who truly understand the emotions being experienced, engaging in meaningful activity, and enjoying being outside connecting with the natural world.

We want to bring all those ingredients together and invite you to a taster session at the Health Meadow.

The Health Meadow is a wonderful bio diversity project located at the top end of the University Hospital Llandough site (see the site map). The project is engaging with the hospital and local community to enhance and nurture this great outdoor space as a setting in which people can come for activity, reflection and serenity for generations to come.

On Monday the 1st August (10.30am to 2.30pm) a taster session is being held to encourage anyone dealing with loss and bereavement to come along and join with others who are facing the same challenges, and get involved in the Health Meadow development. You don't need any special skills, just your enthusiasm and company. Wear appropriate clothes for the weather. Boots, gloves and waterproofs will all be provided if needed.



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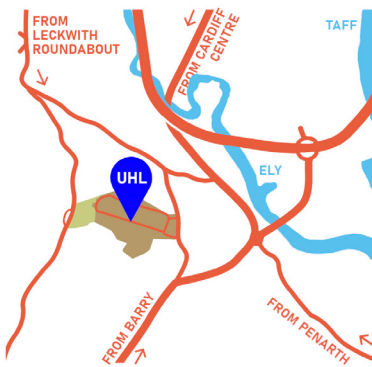
To find out more about the project you can go online at www.fitforthefuture.uk

We know that being active with others outdoors reduces stress levels, can help to recharge energies, and give space and time for important reflection and healing.

Please come and join in and together we can support each other.

Never mind the weather (the session will run come rain or shine), a warm welcome awaits.

How to find Our Health Meadow:



UNIVERSITY HOSPITAL LLANDOUGH EIN DÔL IECHYD - OUR HEALTH MEADOW

ADDRESS:
PENLAN ROAD
LLANDOUGH
PENARTH
CF64 2XX

'WHAT 3 WORDS' LOCATION:
CROWDS.FIRST.OILED

GOOGLE MAPS DROP-PIN:
bit.ly/3dquNCH

PROJECT CONTACT:
DOWN TO EARTH PROJECT
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01792 232 439



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University Health Board