



Penwythnos Gardd Lles / Well-being Garden Weekend
Science of Well-being Day
 Saturday 25th of May



Time	(1) Theatr Botanica	(2) Great Glasshouse Stage	(3) Canolfan Tyfu 1	(4) Performance Stage	(5) Walks (starting at Great Glasshouse western entrance)	(6) British Bird of Prey Centre	(7) Apothecary Hall	(8) Millennium Lawn	Time
10:00									10:00
10:30									10:30
11:00				11:00-11:30 Rebecca Kelly - A new pump for the heart		10:30-11:00 Eagle Reintroduction Talk			11:00
11:30				11:30					
12:00	All Day - Jugglestruck	11:30 - 13:30 Dare to Sing Choir		11:30-12:00 Lucy Witter - The Well-being of native pollinators	11:30-12:30 Science walk for Wellbeing (Wildflowers, fungi and orchids) - Bruce Langridge	11:30-12:15 Flying Display			11:30
12:30				12:00					
13:00			All Day Chloe McCole - What is stress? Make your own stress friend / Stress balls	12:00 - 12:30 Anna Richards - A New Way of Targeting Pancreatic Cancer					12:00
13:30				12:30					
14:00				12:30-13:00 Megan Williams - Oral microbiome in oral health		13:00-13:30 Owl Flying Display			12:30
14:30				13:00					
15:00		14:30-15:30 Chantal from Naissance - Natural Remedies and Cosmetics Workshop		13:00-13:30 Cerys Bladen - A new model of Lemli-opitz disease		13:30-14:00 Short Eared Owl Conservation Talk			13:00
15:30				13:30					
16:00				13:30-14:30 Dr Rhys Jones - Becoming Dr Jones		14:30-15:15 Flying Display			13:30
16:30				14:00					
				11:30-12:00 Holly Kings - Why we study sleep		15:30-16:00 General British Conservation Talk			14:00
				15:00-15:30 Numair Masud - Fish Wellbeing					14:30
									15:00
									15:30
									16:00
									16:30





Penwythnos Gardd Lles / Well-being Garden Weekend

Healthy Mind – Mental Well-being Day

Sunday 26th of May



Time	(1) Theatr Botanica	(2) Great Glasshouse Stage	(3) Canolfan Tyfu 1	(4) Canolfan Tyfu 2	(5) Performance Stage	(6) Walks (starting at Great Glasshouse western entrance)	(7) British Bird of Prey Centre	(8) Millennium Lawn	Time		
10:00									10:00		
10:30							10:30-11:00 Reading to Owls for Children		10:30		
11:00		10:30-11:30 Terrarium making with Kasia Majewski	10:30-12:30 Writing for Well-being for Adults	11:00 - 12:00 Art Therapy Workshop for Adults	11:00-11:30 Ukulele for All	11:00-12:15 Mindfulness Walk for Well-being (Lorraine Harris - Samye Foundation)	11:00-11:30 Photography for Well-being Workshop		11:00		
11:30	All Day Jugglestruck				11:45-12:15 Ukulele for All				11:30-12:00 Reading to Owls for Children		11:30
12:00							11:30-12:15 Flying Display	12:00-12:30 Reading to Owls for Children	12:00-12:30 Quack Pack	12:00	
12:30			11:45-13:30 Mindfulness Talk & Practice (Anthony Harris - Samye Foundation)		12:00-13:30 The Power of Positivity - Positive Affirmation Bracelets with Chloe McCole	12:30-13:00 Vocal Toning / Singing for All				12:30	
13:00						13:00-13:30 Photography for well-being talk - Getting the most from your photos in Wales		13:00-13:30 Owl Flying Display	13:00-13:30 Quack Pack	13:00	
13:30			13:30-14:00 Mental Health in Professional sport - The Ospreys						13:30-14:00 Reading to Owls for Children		13:30
14:00			14:00-15:00 Terrarium making with Kasia Majewski		13:30-14:30 Art Therapy for Children			14:00-14:30 Photography for Well-being Workshop	14:00-14:30 Reading to Owls for Children	14:00-14:30 Quack Pack	14:00
14:30				14:00-16:00 Writing for Well-being for Children		14:00-15:00 Samba Drumming for All		14:30-15:00 Reading to Owls for Children		14:30	
15:00			15:00-16:00 Mental Health in Professional Sport - The Ospreys				14:00 - 15:15 Mindfulness Walk for Well-being (Lorraine Harris - Samye Foundation)	14:30-15:15 Flying Display	15:00-15:30 Reading to Owls for Children	15:00-15:30 Quack Pack	15:00
15:30							15:30-16:00 Conservation Talk	15:30-16:00 Reading to Owls for Children		15:30	
16:00									16:00		
16:30									16:30		



University of South Wales
Prifysgol De Cymru



Penwythnos Gardd Lles / Well-being Garden Weekend

Healthy Body – Physical Well-being Day

“Give It A Go” Sessions – Monday 27th of May



Time	(1) Marquee	(2) Great Glasshouse Stage	(3) Canolfan Tyfu 1	(4) Canolfan Tyfu 2	(5) Performance Stage	(6) Walks (starting at Great Glasshouse western entrance)	(7) Growing the Future Garden	(8) Events Field	(9) British Bird of Prey Centre	(10) Millennium Lawn	(11) Walled Garden	Time
10:00												10:00
10:30	10:30-11:00 Mobility Workshop								10:30-11:00 Give Owl Flying a Go			10:30
11:00	11:00-11:30 Deadlifting Workshop	11:00-12:00 Terrarium building with Kasia Majewski	11:00-13:00 (Quiet Space) Communication Workshop - Learn to write your name in Braille with Chloe McCole	11:00-13:00 (Loud Space) Communication Workshop - Learn to write your name in Braille with Chloe McCole	11:00-13:00 Give Circus Skills a Go with Circus Eruption		10:30-12:00 Growing and Choosing Herbs for Herbal Tea	11:00-11:30 Give Rugby a Go with The Scarlets (ages 6-11)		11:30-12:15 Flying Display	11:00-12:15 Give Yoga a Go with Heidi (For all abilities)	11:00
11:30	11:30-12:00 Squatting Workshop											
12:00	12:15-13:15 Metabolic Conditioning Class								12:15-12:45 Give Owl Flying a Go	12:00-12:30 Quack Pack		12:00
12:30												12:30
13:00	13:00-14:15 Give Yoga a Go with Heidi (for all abilities)	13:00-15:00 Llanelli Community Wind Band						13:00-13:30 Give Rugby a Go with The Scarlets (ages 6-11)	13:00-13:30 Owl Flying Display	13:00-13:30 Quack Pack		13:00
13:30												13:30
14:00							13:30-15:00 Growing and Choosing Herbs for Herbal Tea	14:00-15:00 Touch Rugby Game for all with The Scarlets		14:00-14:30 Quack Pack		14:00
14:30	14:30-15:30 High Intensity Interval Training		11:00-13:00 (Quiet Space) Communication Workshop - Learn to write your name in Braille with Chloe McCole	11:00-13:00 (Loud Space) Communication Workshop - Learn to write your name in Braille with Chloe McCole	14:00-16:00 Give Circus Skills a Go with Circus Eruption	14:00-15:30 Silent Walk for Well-being			14:30-15:15 Flying Display			14:30
15:00								15:00-15:40 Give Rugby a Go with The Scarlets (ages 6-11)		15:00-15:30 Quack Pack		15:00
15:30									15:30-16:00 Conservation Talk			15:30
16:00									16:00-16:30 Give Owl Flying a Go			16:00
16:30												16:30

