



Gower Society Youth Activity Newsletter Autumn 2019



Hi all,

What a busy year! See below for pictures and a round up.

All activities are now events on Facebook and a list of the activities is available on my website <http://www.naturedays.co.uk/PublicActivities.asp>

and the Gower Society website <http://www.thegowersociety.org.uk/youth/gsya-programme-2/>

Also don't forget to follow the goings on of GSY on our own Facebook page and Nature days is now also on Facebook and Twitter.

<https://www.facebook.com/groups/1560995390790865/>

<https://www.facebook.com/pages/Gower-Society-youth/439421226129207>

#DawnNaturedays

GOWER ADVENTURERS.

If you have children who are f 10+ year old we have an older children's group. They meet during the holidays for a range of activities from orienteering to shelter building.

Any 11 - 18 year old can be left by their parents and undertake workshops and activities to learn how to better use and live in the outdoor environment.

Sessions will be run by Dawn Thomas of Nature Days and are free, funded by the Gower Society. At the moment these activities are taking place in the school holidays.

If you would like to learn more about the group or become a member email dawn.thomas@reynoldston.com

I hope to see you at an activity soon.

ATB

Dawn XXX

Past activities.

FEBRUARY 2019 Natural Navigation

Attendees learnt how to tell direction using tree growth, lichen positioning, gorse growth and wind combing. We then tested these theories looking at all the plants as we walked our way up Cefn Bryn.

The children then learnt how to predict the weather looking at the different cloud types and how they change as fronts come across the sky. Homemade compasses were then made to test our prediction of direction and we learnt how to pace and to follow instructions up to the Gower Society stone. It was very windy on top where we looked at the amazing view to draw a map of the area before looking for more natural navigation clues in the rocks and the heather. A busy afternoon with lots of learning and enjoying our amazing environment.



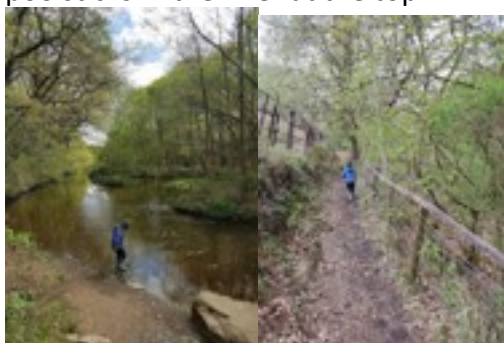
MARCH 2018 Mindfulness in the woods.



What a difference a day makes! Last month we undertook Mindfulness in the wood twice, once in torrential rain and gales and again in glorious sunshine. We made mandalas, met trees, found our magic spots, looked for our tree skeleton, walked aimlessly and ended with some woodland yoga. A thoroughly relaxing time.

APRIL 2018 Walk round LLiwi valley.

Unfortunately, Storm Hannah took a toll on numbers in April's walk around LLiwi valley reservoir. However, the walk was surprisingly sheltered and we had a lovely walk around the lower reservoir watching the wind on the water but staying sheltered in the trees. We saw an amazing close up of a Red Kite hunting – no photos I'm afraid and had fun playing poo sticks in the river at the top.



MAY 2018 May day fete.

In May we saw our yearly May Day fete come to Reynoldston green. There were May crowns made, dancing around the Maypole, traditional games and races, tug-of-war and Morris dancing. All washed down with foraged wild garlic soup, nettle soup, wild garlic pesto.



JUNE 2019 Pre father's day walk up Rhossili Downs
A lovely walk up Rhossili Downs so good we did it twice!



JULY Environmental beach art.
Some great geometric designs created on Rhossili beach using rakes and string.



SEPTEMBER Annual camp.

Such lovely weather for our GSY camp.

The families learnt how to light fires, safely use knives to whittle.

We also prepared and cooked stew and jacket potatoes on the fire. Explored Green Cwm and the historic remains there, saw a bat and a badger. As well as chatting around the fire and camping out.



Activities yet to come:

Sat 19th October 2019. Seal Watch.

MEET 2pm-4pm, Rhossili NT car park beside shop. SA3 1PR

Directions: Follow the A4118 and B4247 all the way to Rhossili. Park in the National Trust car park, there is a charge. Walk past the toilet block and meet by the benches outside the National Trust shop.

We will walk down to the causeway and undertake rock pooling and some seal watching. Please wear suitable shoes with good grip which you don't mind getting wet. You are welcome to bring binoculars.

Sun 17th Nov 2019 Cookery, Crafts and Quiz. Gower Society Outdoor Ed activity.

MEET 11am-1pm, Penmaen Village Hall SA3 2HJ

Directions: Follow the A4118 past Parkmill. The Car Park is on the left at the top of the hill. Penmaen Hall is through the gate which says "Private no parking". If the car park is full we also are allowed to park through the gate on the grassed area opposite the houses of Tor View. It must be against the hedge bordering the road.

Cook some Christmas sweets, take part in a GSY quiz and do some paper craft. All undertaken with the mandatory mulled wine and mince pies. There will also be a fun gift, kids auction. Do you have a toy your children don't want anymore? The children will take turns to auction off their old toy to other attendees.

Suitable for families of all ages.

Sat 22nd February 2020 Survival special. Gower Society Outdoor Ed activity.

Meet 2pm – 4pm Millwood, Penrice.

Directions: Follow A4118 towards Port Eynon. Take the turning for Penrice just after the turning for Oxwich. Go down the hill and park on the right in the lay-by for Mill wood. We will be going through the gate with the carving of an owl and a squirrel.

Grid Ref: 493 882

How good are you at surviving in the woods? Follow clues into the woods. Learn some basic survival skills. Can you build a shelter, light a fire, find water and cook food on the fire?

Suitable for families. Older children can have a go at more advanced skills.

Sat March 14th 2020 Fossil hunting. Gower Society Outdoor Ed activity.

MEET 2pm – 4pm Rotherslade Beach at the bottom of the steps down to the beach SA3 4SQ

DIRECTIONS: Park on the side of the road down to Rotherslade Bay or if you feeling energetic, or there is no room, park in Langland Beach and walk around on the coast path.

Grid Ref: 610 873

MEET: Learn how fossils are made and then explore the rocks looking for real fossils. We will take rubbings of any we find and identify how old they are. You will then be able to

make your own fossil out of plaster of Paris to take home. Make sculptures in the sand of the extinct animals found in the fossil record. Suitable for families.

I Hope to see you at an activity soon.

Any questions ring me 01792 392919
or email dawn.thomas@reynoldston.com

Have fun

Dawn Thomas XXX