

# Back to Basics Well-Being Weekends

The Detail (and answers to questions you might have)

## Accommodation

We would hope that everyone who attends will stay on site and either take up the offer of a hammock (with a full mosquito net and rain-proof overhead tarpaulin) or a tent. This way you can really be at one with nature and, if we have a clear night, take the opportunity to star-gaze in one of Britain's few Dark Sky Reserves.

Otherwise, you are welcome to find accommodation in the local area.



## Activities

Whether it be walking or canoeing on Sunday, we will decide the venue on Saturday to match people's fitness levels and to respect the weather forecast. Luckily, we have plenty of local venues to choose from!

## Arrival

Our website has detailed [directions to Bryn Bolgoed](#). *NB our postcode may direct SatNav systems to our neighbour's farm (Cwmclyn Uchaf). Carry on all the way to the end of the lane to find us!* Please beware that the lane to Bryn Bolgoed is narrow, with few passing places. We don't get much traffic, but you *might* meet someone going the other way – so please drive carefully and be prepared to reverse if necessary!

On arrival, follow the signs to park, either in the field on the right as you enter Bryn Bolgoed (if the ground is dry) or in the farmyard at the end of the lane. We will aim to be there to meet you, but if not, please park carefully and follow instructions for your luggage, which we'll transport to the woods for you! Change into your walking boots and follow the signs to walk to our woodland glade, where Chris will be waiting for you.



## Confidentiality

The maximum group size for a *Back to Basics* weekend is ~~six~~ three (during social distancing). As you will probably be amongst strangers, no-one needs to share personal, private information with the group. Part of the personalised coaching support does involve walking and talking with Chris, your coach, one-to-one and out of others' earshot. There will be opportunities to give feedback on what you're experiencing, but you will never be forced to say anything. It is your choice what to share with others.

## Covid-19

We have put in place reasonable measures to prevent the transmission of Covid-19 during our workshops:

- Social distancing: we are restricting numbers to 3 guests per weekend so we can maintain 2m distance in our 'basecamp' shelter
- Hygiene: we will provide you with colour-coded chairs, workbooks, crockery and cutlery to minimise the need for 'sharing'; we have setup 'hand-free' access to our toilet; and we will have plenty of hand sanitiser and disposable wipes on hand!



## Dogs

Bryn Bolgoed is a working sheep farm so unfortunately no dogs are allowed on site.

## Emergency Contact

Our woodland base has no electricity. Part of the *Back to Basics* ethos is to be as 'stripped-back' as possible. It is not a retreat, but in principle this does mean mobile phones are restricted-use only. The signal is quite poor, but we realise that you may have dependents who need to get in touch in an emergency, so we will give you, in advance, the farm's landline number to leave with them.

## First Aid

Both Chris & Steve have up-to-date first aid qualifications and there will be a first-aid box available.

## Food



Food will be provided throughout the weekend (see the sample schedule for detail). Wherever possible we will try to use local or Welsh produce. As we are limited to basic cooking methods – open fires and a 'mud oven' (with the back-up of gas) and a small gas fridge – the menu will be meat-less to adhere to Food Hygiene advice. You will be encouraged to help cook Saturday's evening meal and breakfast on Sunday if you stay over with us.



## Smoking

Bryn Bolgoed Farm is a *No Smoking* site!

## Toilet Facilities

While we are based in woodland, there will be toilets available: clean, odour-free, 'flushing' *PortaPottis* that are far better than a bucket!

## Transport

To get to the start of Sunday activities, we will need to ask you to transport yourselves. ~~We would encourage you to car share.~~ Arrangements will be agreed on Saturday night.



## Kit List

In addition to your normal day-wear and night-wear...

### For Saturday

- Warm layers – fleeces etc
- Waterproof coat & trousers
- Walking boots (you will need 'stout footwear' to walk to and in our woodland – we don't want you to slip or twist your ankles. Please change into these on arrival!)
- Walking socks
- Warm hat, gloves, scarf
- Hat (baseball/sun) & sun-cream if sunny 😊
- Slip-on 'waterproof' shoes e.g. 'cros' and/ or wellies for wearing in our shelter and for walking to the toilet at night
- 1 litre (ish) water bottle (full on arrival)
- Insect repellent
- Personal medication including e.g. antihistamine, epi-pen, inhalers, insulin, etc. as appropriate
- A 35-litre (ish) day rucksack with a 'waterproof' liner (e.g. bin liner). We can provide these if needed

### For overnight (if in hammocks/camping)

- Sleeping bag (and camp sleeping mat if you have one!)
- Small pillow (travel neck pillows work well in hammocks)
- Blanket
- Torch (& spare batteries) – head-torches are best as they leave you 'hands-free', useful in hammocks

### For Sunday

For Sunday's activity you will also need:

- A plastic sandwich box (lunch will be provided)

On a 'Canoeing' weekend you will also need:

- A large towel
- Spare trainers
- Spare change of clothes

## Sample Schedule

<b>Saturday</b>	
<b>Morning</b>	Arrive at Bryn Bolgoed Farm Walk to woodland (bags transported, if staying overnight)
	Settle into woodland glade Introductions & refreshments
	<b>Pause</b> Mindfulness exercise
	Woodland walk
	Elevenes
	<b>Reflect</b> Review personal goal(s)
<b>Lunch</b>	Soup & home-made bread
<b>Afternoon</b>	Walk & Talk with a mountain view
	Afternoon tea & cake
	<b>Grow</b> Options for action: if change is needed, what are your options?
	Personal space
<b>Evening</b>	Dinner (e.g. chilli)
	Round the Campfire: a time to relax, sing, listen, share and laugh
	Supper & hot chocolate
	Stargazing (if weather permits)
<b>Sunday</b>	
Breakfast	
Reflection	
Outdoor Activity – including Mindful Practices	
Close	
<b>Afterwards</b>	
Coaching Support available	