



WORDS IN NATURE

with Reconnect

Rob, Mair, Andrew, Maria,
Richard, John, Alan, Louise, Geth-
in, Adam, Andrew, Jenny & Gavin.

Nature Connections and Life Skills

We came together for 6 weeks. Learnt to make campfire and a cup of tea. We put up the tipi just in case the weather turned. We cooked bacon, sausages to a crisp and sat and talked and shared and listened and learnt around the campfire.

We used our senses, touch, smell, sight and sound and we connected. We slowed down, we stalked and like the fox were aware.

We reflected, touching memories and emotions. We were supported and then we wrote, shared our words of connection, each other and all that was around us. And then we made this.....

Reconnect March 2014



Photograph by Alan

tranquility

space
renewal
safety
peace
shelter
freedom

wildness

discovery
sanctuary
connection
familiarity
exploration
no pressures
steadfast roots

unbridled chaos
a place for me
somewhere I belong
time away from everything
somewhere to take all my feelings

peace and space

In the beginning
there was nothing,
then there was
something, this holds
true if you are
trusting of science
and its mystery
busting, a single
point infinitely small,
ever expanding ever
wide and tall,
conceiving and giving
birth to all.

Chemical elements
dance with each
other through cosmic
union these quantum

lovers produce ever
more complex and
strange compounds
to add to the physical
plane.

Many billions of
years have passed,
and life on earth
progressing fast,
from algae, to moss,
to ferns and grass,
the animal kingdom
emerges at last.

Beginning
underwater, having
an amphibious
daughter, the
universal fabric
taught her to survive
on land in the earthly
quarters.

Then, the eternal,
universal plan,
created the ape, and

called it man.

So here we are on a
Tuesday afternoon,
trying express that
original thingy that
happened ages ago
and stuff.

By Gethin

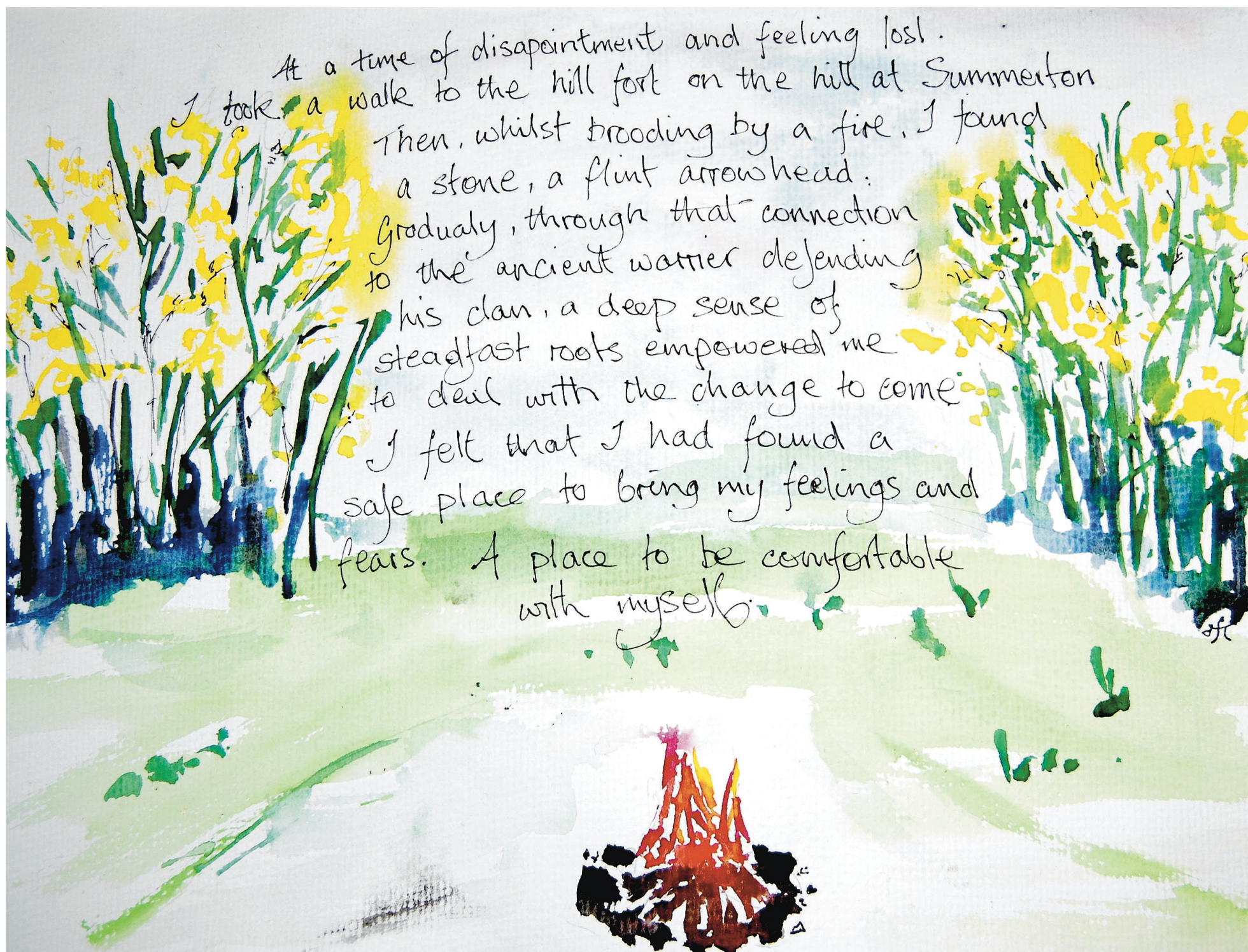


Photograph by Alan

Feelings

The feeling of being renewed with
peace of mind, no pressure, safety in
the sanctuary of the woodland.

By Alan



A space for me, By John



MY WORDS

I Wish i was a Bird
flying FREE
Stretched out :
Taking wingspace
no one telling me what to do
or ~~what~~
Where to go
Peace AWAY from harm
I FEEL FREE .

Some People want it to HAPPEN
Some People wish it would Happen
OTHER People MAKE it HAPPEN



by Maria



Proposal

I wish for a place to
call my own,
somewhere close to
the tranquillity of
nature.

A home with no
pressures or ties to
the stressful
townships. With
these steadfast roots
I can start a life that
has meaning full of
creativity, with a
friend that would
equally benefit from
these things as much
as I will.

It is such a big ask
that it may bring
boldness to its knees,
Halt hearts, and fall
like an old tree
without water.

By Andrew John
Roberts



A J Roberts, photograph by Mike



Adam leads a session - Photograph by Alan



The Cleddau. Photograph by Alan



Wearing the tent. Photograph by Mike

Equality and tranquillity

No hierarchy, everyone's equal.

Makes me feel more relaxed around
different people

I come out of my shell more.

Making friends with people

Some of my problems noise,

but out in the woods its peaceful.

The problems don't seem as loud.

Out here it's easy to recognise,

what's in my head and what is real.

I feel grateful for the sanctuary of
the woods.

By Rob

NATURE CONNECTIONS & LIFE SKILLS
Next course commences Tuesday 8th April

free courses for the unemployed and economically inactive e.g
working less than 16 hours.

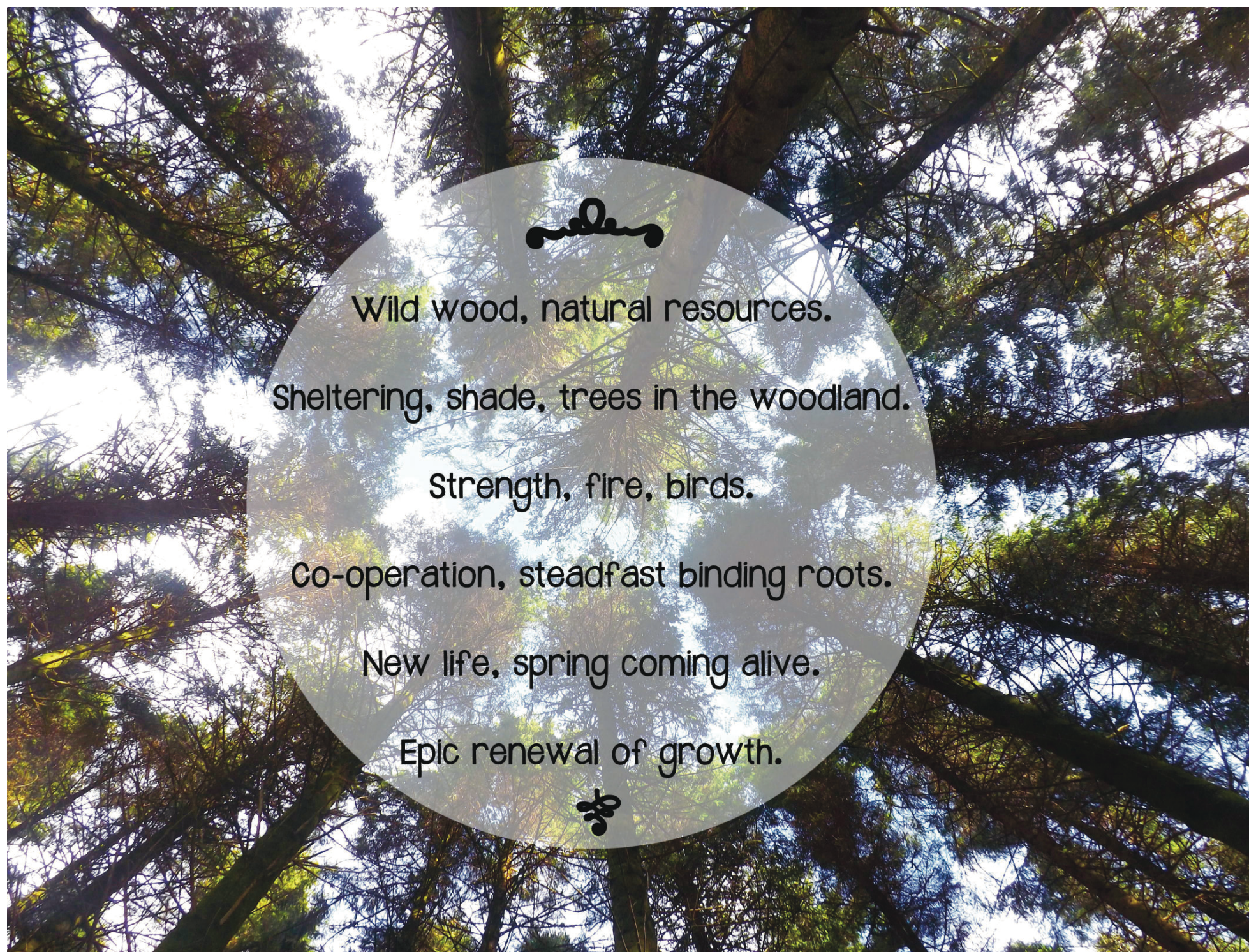
Do you want to turn your life around?
*an inspirational opportunity to gather around the camp fire,
meet new friends, have fun and learn new skills.*

Do you want to tune into nature and feel reconnected?
*enjoy the peace of the woods and learn simple nature aware-
ness skills. record nature connections through digital photogra-
phy and audio, nature writing and nature art.*

Do you want to step on the path of occupational activity?
Who knows where the first steps can lead to?

**Please get in touch to discuss this unique free course
which could truly turn your life around!!**

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Wild wood, natural resources.
Sheltering, shade, trees in the woodland.
Strength, fire, birds.
Co-operation, steadfast binding roots.
New life, spring coming alive.
Epic renewal of growth.

Reconnect Group Poem. Photograph by Mair



photograph by Gavin

Reconnect Cymru 2014

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