

Groundwork's Mentro Allan Project beats all its targets

Groundwork's' Mentro Allan Project has had another very successful year exceeding all its targets. Groundwork Wrexham & Flintshire is the lead organisation for Mentro Allan in Wrexham & Flintshire. The project targets adults with physical disabilities, learning disabilities, sensory impairments and carers and encourages them to take part in physical activity in their local natural environment.

In the 3rd year of this 4 year project over 1260 people took part. The total target for the full 4 years of the project was to target 500 people, meaning that already the project has reached many more people than was originally envisaged.

The project has created activity sessions in many different areas including Walking, Nordic Walking, All ability Cycling, Climbing, Abseiling, Kayaking, Canoeing, Gardening, Tai Chi, Ultimate Frisbee, Orienteering, Camping and Team Building Skills.

Sarah Thomas Mentro Allan Project Officer said,' We are delighted with the resounding success of this important project which makes such a difference to adults who consider themselves to have a different ability, such as an impairment or long term condition. The success of the project is thanks to the dedicated volunteer support we have and the excellent service providers. This next year is our final year and we are looking to make some of the activities sustainable across both Wrexham and Flintshire and to disseminate our learning locally and nationally to hopefully influence future strategic planning'.

To find out more about Mentro Allan visit www.mentroallen.org.uk. If anyone would like to volunteer or take part in the project please contact Sarah Thomas at Groundwork on 01978 757524.

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PICTURE

The attached photo shows a group from Tri Ffordd who had never experienced any form of Camping, completing an OCN with the project in Communication Skills.

Note to Editor

Groundwork in North Wales is part of a federation of over 40 Groundwork Trusts in Wales, Northern Ireland and England. Each Trust is both a charity and a company limited by guarantee.

Groundwork's mission is to enable all citizens, whatever their backgrounds and circumstances, to improve the quality of their own lives, through engaging them in physical environmental activities and community dialogue. The essence of the Groundwork approach is local action, working in communities, with public, private and voluntary sector partners, to achieve practical improvements.

Groundwork in North Wales receives funding from Local Authorities, the Welsh Assembly Government and other public and private partners.

For further information contact

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