

## BTCV CYMRU

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BTCV Cymru – People Working for a Better Environment – has three main aspects to its work in North-West Wales.

It helps community groups plan, fund and run environmental projects through its 'Roots of Change' programme. It provides opportunities for volunteers to undertake practical conservation work through a midweek and Sunday group. It also has a Green Gym group where people improve their health and well-being by undertaking gardening and vegetation management.

These projects provide opportunities for people to develop skills, access training, build confidence and improve their local environment. BTCV Cymru has environmental, ethical, equal opportunities and Welsh language policies and is recognised as an 'Investor in People'.

The Roots of Change programme enables us to support a range of community projects from sustainable community buildings, wildlife gardens and community open-space projects, to recycling and energy projects. It employs Community Project Officers who are funded to give free support to community groups.

The midweek and Sunday groups undertake practical work such as dry-stone walling, hedge laying and pond construction. They also maintain BTCV's Caeathro tree nursery. The European Social Fund (ESF) enables the Trust to provide regular volunteers with conservation and basic skills training.

The Penmaenmawr Green Gym is for people who are unable to commit to full conservation workdays and those with specific health requirements. The three-hour sessions include a warm-up and warm-down and involve 'lighter' work than the midweek group.