



Offering a place of genuine inclusion for all

Outside Lives is connecting people living across Flintshire and Denbighshire in North Wales, focussing on improving the wellbeing of people and planet.

Their woodland headquarters is set in a beautiful 5-acre site in rural North Wales and is home to wildlife gardens, beehives, ancient trees, a pond, outdoor kitchen, cabin, wellness yurt, polytunnel and numerous growing spaces. It is a vibrant community asset which is lovingly maintained by a core team of volunteers.

Outside Lives aims to create a more robust, resilient and healthy society. They do this by connecting people through common interests, bringing together marginalised members of society into a truly inclusive environment, and creating more connected communities who work together to protect our planet. They offer relaxation and well-being sessions, gardening classes, craft workshops and cookery skills activities. They also run three regular 'community days' which are jam packed with activities, which is free and accessible for everyone to get involved.

Workshops, activities and events are led by paid staff and co-produced alongside volunteers. Activities are mostly delivered from its Headquarters in Gwernymynydd, just outside of Mold, but also from community hubs across Flintshire and Denbighshire, such as Mold Rugby Club. Last year Outside Lives worked with over 150 volunteers.

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Volunteers, staff and external partners bring with them a range of knowledge (IT, drystone walling, upcycling, etc), skills (listening, mentoring, organising), contacts and personal characteristics (their humour, or resilience, for example) which enriches our communities.

Staff have extensive experience of working with people from all walks of life, protecting our environment and planet, and knowledge of how to weave the two together.

Offering a place of genuine inclusion for everyone, Outside Lives nurtures a culture to recognise that everyone has strengths, assets and values which contributes to a 'whole community' ethos.

