

Ty Gwalia is situated in the Denbigh Valley at the foot of the Clwydian Range, in an Area of Outstanding Natural Beauty. With superb views across the valley, it is the perfect place for some rest & relaxation, or to try one of our activities.



Many of Wintergreen's activities are based here. It is a great place to start a walk from, enjoy some outdoor activities and take in the peace and quiet of the countryside.

Other activities are spread across the region, either outdoors or at various indoor venues.



For more information or to book an appointment, please contact us on

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www.wintergreenuk.org



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WintergreenUK CIC

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Our Partners

THE ARMED FORCES COVENANT FUND TRUST



WintergreenUK

Supporting veterans and their families with wellness and mental health.



Our wellness services are varied and include an activities program, giving the opportunity to socialise and learn new skills.

We offer Wellness Mindfulness, Stress Management, Reiki, Wellness Coaching and more.

Services are provided free to ex-military personnel, Emergency Service and NHS staff, and their families.

Mindfulness and Stress Management

This service empowers people to take control of negative thought processes and build coping strategies through regular mindful practices.

These sessions are provided weekly in small groups. It is not a course, so you can dip in and out as you please, but regular practice is most effective. Private sessions are also available.

You can combine this with any of our one-to-one services to ensure a bespoke package tailored just for you.

Civilian clients are welcome, at a charge. Funds from charges help to provide our service to veterans. Corporate packages are available.

Reiki Healing

This ancient eastern therapy provides a deeply relaxing experience.

During a Reiki treatment the therapist places their hands on or close to the body, and channels healing energy into the client. Treatments are carried out whilst the client is fully clothed.

It is especially useful in reducing chronic pain, insomnia, stress and anxiety. Reiki can also be very useful for those who feel unable to talk about their health.

Wellness Coaching

A bespoke service of coaching to help turn your wellness around. Specially developed to improve and empower those with chronic fatigue, ME, fibromyalgia and long covid.

This program supports you to make positive and lasting changes to your life by focusing on all aspects of your physical and mental well-being. We give you the tools to heal yourself.

This is a course of sessions that can be face to face or on-line.

