

Roots to Recovery

■ Roots to Recovery is a new project, which is all about the restorative powers of Pembrokeshire's amazing outdoors and especially its National Park.

■ The project team are working alongside local communities to provide accessible ways to take part.

■ If you would like to be involved, either as a volunteer or participant, then get in touch for more information.

Roots to Recovery is delivered in partnership by Pembrokeshire Coast National Park Authority and Mind Pembrokeshire and supported through the National Lottery Community Fund until September 2024.

Contact details:

Pembrokeshire Coast National Park Authority:
Tom Iggleden - TomI@pembrokeshirecoast.org.uk
07866 771190

Maisie Sherratt - maisies@pembrokeshirecoast.org.uk
07773 788205

Mind Pembrokeshire:
Sara Walters - sara@mindpembrokeshire.org.uk
07943 186630



Pembrokeshire
Sir Benfro



Parc Cenedlaethol
Arfordir Penfro
Pembrokeshire Coast
National Park