



## Hakeford Woods Forest School CIC

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### Guide to Hakeford Woods Forest School CIC for Lead Professionals

Hakeford Woods Forest School CIC is an independent Social Enterprise specialising in Forest School, nature experiences and outdoor learning provision. We work with people of all ages, including parent and toddler groups, school aged children from key stage one to sixth form and with adults to help develop confidence in social and work related areas.

We are able to use our experiences in the education sector and the outdoors to help participants develop their confidence, social and communication skills, as well as providing opportunities to improve motivation and concentration. The nature of our dedicated Forest School site and the activities that can be undertaken in sessions also lend themselves to helping participants develop and improve their stamina and physical abilities.

In order for participants to gain the maximum benefit from Forest School programmes, we would suggest that they are enrolled for a minimum of six sessions. Undertaking multiple sessions enables the participants to build relationships with the staff and each other and gain familiarity with our site and the skills that they learn through different activities. This increasing familiarity will help the participants to build confidence and self-esteem through the Forest School programme.

It is also very important to recognise the positive effects for individuals of spending time in the natural environment. We have a seventeen acre Forest School site and opportunities to access a wider area when undertaking woodland walks and further exploration. The location of our site also means that we can give children the opportunity to play and explore with varying degrees of supervision and adult intervention. These opportunities are vital for children's development and self-esteem as they are able to take a lead in planning activities, considering risk assessments and testing their own physical and emotional boundaries in an environment where there is a perceived degree of risk combined with the necessary safety and security.

When working with referrals from institutions and agencies we will provide regular updates of the participant's progress through the sessions and strive to keep the lead professionals informed of all relevant developments.

At the current time we have one full time member of staff, but if given sufficient notice we can arrange for additional staff, either qualified Forest School Leaders or suitably qualified and experienced assistants. All staff are fully insured, Forest School leaders have up to date first aid training and all staff will have current DBS checks.

We believe that the cost of Forest School provision at Hakeford Woods is very reasonable for the quality of service provided. Costs of sessions will depend on numbers of participants and adults required. Please contact us to discuss options for longer programmes.

Ratio of participant to adult	Basic cost per session
1:1	£130 (9:30am-2.30pm) £90 (3 hours)
2-4:1	£160 (9:30am-2.30pm) £105 (3 hours)
5-8:2	£260 (9:30am-2.30pm) £180 (3 hours)
9-15:3	£390 (9:30am-2.30pm) £270 (3 hours)

*Please note that prices and availability may be subject to change*

## Activities at Forest School

At Hakeford Woods Forest School we are extremely fortunate to have a permanent site where the possibilities for activities are huge. The actual activities that take place in an individual session will be determined by the season and the weather as well as by the age and abilities of the participants. The list below is just a rough guide to some of the activities that we encourage at different times.

### Young Children:

- Interactive storytelling
- Games
- Songs
- Learning knots
- Making pictures and sculptures from natural materials
- Pond dipping
- Hunting for minibeasts
- Crafts
- Identification of plants and animals
- Den building for toys

### Juniors:

- Den building
- Campfire building and cooking
- Tool use (including bowsaws, hacksaws, secateurs and potato peelers)
- Learning knots
- Nature identification
- Pond dipping
- Hunting for minibeasts
- Crafts using natural materials
- Designing and following trails
- Building using natural clay
- Understanding the features and uses of different woods
- Rope work

### Older children:

- Building more advanced shelters and understanding their traditional uses
- Advanced fire lighting
- Campfire cooking
- Rope work
- Green woodworking
- Knot tying
- Tool Use
- Species identification and ecological surveys
- Conservation activities.