



07702 196961

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WOODLAND CONFIDENCE COURSE

Helping people find the confidence and skills to feel comfortable in their own green space.



WHAT DOES THE COURSE INVOLVE?



Unique Environment

The woodland offers a warm and friendly space where individuals can engage in new experiences together, learn new skills and just enjoy being together in a safe outdoor environment.

Wellbeing

The practice of bushcraft fosters deep focus and patience which requires thinking in the present - a mindful way of being. Sitting around a fire to whittle wood or make cordage encourages focus but also fosters meaningful conversations and positive interactions throughout a group.

Learning new skills

To help people connect with nature, they will learn skills that they can take with them into their own green spaces such as cordage making, whittling, identification or natural fabric dyeing.

BENEFITS

Participants gain a mental health boost from being outdoors, engaging in new experiences and sharing positive connections with others.

With the added health benefits of moving around, eating healthy foraged food foraged by themselves, participants are provided a space to feel safe and grow their confidence.



"I never knew how to be in the outdoors or what I was doing but now, I feel like I have a purpose and it's changed everything."



WHAT A WOODLAND CONFIDENCE COURSE LOOKS LIKE?



Week 1 - 3 Introduction, housekeeping, getting to know the woods and learning knots to set up a shelter. Firelighting skills, intro to mindful experiences.



Week 3-6 Build on skills - campfire cooking, whittling, natural art. Mindful experiences.



Week 7-8 Shelter set up and fire started without help from leader. Pre-planned feast and reflective activity.

***Sessions will usually begin at 10am and finish around midday.**

***There is a basic framework to the course but it is designed to follow the lead of the group as a whole as it unfolds.**

***Sessions work best with 10 max people.**

FREQUENTLY ASKED QUESTIONS

Do people need any outdoor experience to enjoy a session or a course?

No experience is required for a fulfilling experience.

Where do the sessions and courses take place?

We use a number of sites around Sheffield, all with their own character. We can also come to you with our equipment so if you have an area you'd like to use, we can certainly discuss it.

What if it rains?

Shelters are provided in the case of rain showers. Sessions will only be postponed in the case of high winds, electrical storms or adverse weather conditions.

Will there be car parking, public transport or bike parking?

All sites have a car park a few minutes walk from the woodland space. They are all accessible by public transport and have safe bike storage.

Accessibility

All sites have welfare facilities including those for disabled people and most spaces will accommodate wheelchair users. The nature of the woodland environment means the ground can be uneven or muddy. If anyone is concerned about this, please do get in touch so we can ensure complete accessibility.

Health and Safety

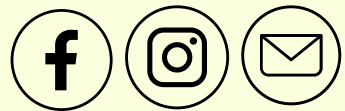
All sites and activities are risk assessed. Woodland Wellbeing holds **liability insurance** (£10m), **SSC permit** and certificates in **Outdoor First Aid, Paediatric First Aid, Safeguarding** and **Food Hygiene**.



CONTACT

Please get in touch to discuss options or ask for a quote.

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