

Wild Workforce CIC Green Health For All Outdoor Workshops in Perth

- ✿ Outdoor Games
- ✿ Guided Walks
- ✿ Strength and Balance
- ✿ Conservation
- ✿ Bushcraft
- ✿ Nature Crafts
- ✿ Mindful practice
- ✿ Mental Health learning

Improving physical and mental health through a choice of Green Health activities and learning

Time & Duration: Usually 3 hours with a 10am start but flexible!

Location: The Woodland Shed, Kinnoull Hill, Perth (other outdoor locations can be accommodated)

Directions: Jubilee car park is on the left 2.5 km outside Perth along Muirhall Road.

Parking: Free parking in Jubilee car park. Please take care crossing the road!

Catering: Coffee/tea/fruit and biscuits on arrival. Sandwich lunch can be provided!

Please bring: Waterproof jacket, sensible shoes/boots, water bottle, any medications.

Ability: Workshops are tailored to meet the needs and interests of the group. Generally, participants should be able to spend a few hours outdoors and engage in gentle movement, games and crafts.

Facilities: The Shed provides basic shelter, heating, kitchen and toilets. 5m Bell Tent available.

These trauma informed workshops support outdoor activity, mindful practices and nature connection in a beautiful outdoor environment - proven to benefit physical and mental health. Workshops are collaborative and activities are tailored to meet the needs of groups and support choice. Please email clare@wildworkforce.com for a pre-workshop meeting to discuss requirements, learning outcomes and any adjustments.

www.wildworkforce.com



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"This was not just a workshop: it was a journey towards personal growth and wellbeing, expertly curated to leave a lasting impact" - Health & Wellbeing Partner, Fife College

EXAMPLE LEARNING OUTCOMES:

- * Greater confidence and skills to support physical and mental wellbeing using a range of green health activities and learning.
- * Greater understanding of the dimensions of wellbeing, the mental health continuum, personal resilience and the science of stress.

SAFETY FIRST! Clare is a level 3 Forest School leader, an outdoor and mental health first aider, verified mentally healthy workplace trainer with Public Health Scotland and graduate in Mindfulness Based Stress Reduction. Copies of certificates, insurance and risk assessments can be provided. All relevant policies are on the website at www.wildworkforce.com. Participants will be asked to confirm levels of fitness and any photo consents on the day.

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PRE AND POST WORKSHOP

Pre Workshop

Please keep an eye on the weather and consider layering clothing. Workshops won't be cancelled in rain or snow - only in high wind!

Please keep a note of my number 07412 907601 in case any issues arise on the day.

Ts&Cs are on the website www.wildworkforce.com. Please note that the workshops are not intended to be a form of counselling. Please be kind to yourself and seek advice if you have any mental or physical health concerns before participating.

Post Workshop

To ensure quality improvement you may be invited to give feedback after the workshop.

If you have any comments (positive or negative!) after the workshop please let Clare know by emailing clare@wildworkforce.com - thank you!

WORKSHOP ACTIVITIES

What to expect!

Experiential learning



You will learn new skills - for example knot tying, nature crafts and breathing exercises. Learning is practical and there are no screens or paper!



Fun and games!

Games are a brilliant way to connect, develop relationships, have fun and increase energy! Games will be modified according to the weather and size of group.



Reflection and mindfulness

You will be encouraged to notice your own thoughts and emotions through reflection, mindful practice and sense awareness.