

Pembrokeshire Outdoor Health Project

Six-week programme plan / proposal



EXAMPLE TEMPLATE

Programme title An introduction to the Woods and Woodland Craft

Programme location / meeting location Old Woods, Pembroke Dock, SA92 5BT.

Proposed time and day of sessions Wednesday mornings 10.30 – 1pm. Commencing Weds 4th May 2022

PHYSICAL ACCESSIBILITY OF SITE/SITES

- Is the site wheelchair accessible? ~~YES~~/ NO
- Is there an accessible toilet on site? ~~YES~~ / NO
- Is there a standard toilet on site? YES / ~~NO~~ (Compost toilet)
- Is there parking available on site YES / ~~NO~~

OTHER COMMENTS REGARDING SITE ACCESSIBILITY

None

PHYSICAL ACCESSIBILITY OF ACTIVITY

- Can the activities be carried out from a wheelchair or entirely in seated? ~~YES~~/ NO
- Is there regular opportunity to sit down during the activity? YES / ~~NO~~
- Can the activities be adapted for someone who has poor mobility/requires a walking aid? ~~YES~~ / NO

OTHER COMMENTS REGARDING ACTIVITY ACCESSIBILITY

The paths through the woods are not wide enough or level enough for someone who has poor mobility to walk with a walking aid, or for another person to support them. Participants would need to be able to have good balance and be able to walk on uneven surfaces eg. tree roots, muddy surfaces.

	BRIEF SESSION PLAN AND LINK TO “5 WAYS TO WELLBEING” OPPORTUNITIES Connect, Be Active, Take Notice, Learn, Give	ANY OTHER NOTES/ COMMENTS
WEEK 1 “Welcome to the Woods” and “Learn how to make fire”	<ul style="list-style-type: none"> • Meet and greet, introductions, hot drink (Connect) • Tour of the woodland site, including identification of trees and their common uses (Learn, Be Active, Take Notice, Connect – with Nature) • Learn to build a fire, including collecting fire wood, different fire lighting equipment/techniques (Learn, Be Active, Connect – with other participants, Give – through creating fire to share warmth, group be able to make hot drinks on) • Hot drink / snack (Connect) • Reflect with the group/individuals – what have they/haven’t they enjoyed. (Take Notice, Connect) 	
WEEK 2 Introduction to woodland craft – Tools and Feather sticks	<ul style="list-style-type: none"> • Meet and greet (Connect) • Make a fire - encourage participants to use their fire-lighting skills. (Connect, Give). • Make hot drink on fire (Connect, Give) • Introduction to woodland tools, Safe use of tools (Learn, Be Active, Take Notice, Connect – with others in the group through shared experience) • Make feather sticks, for use in fire-lighting (Learn, Give) • Make a Simple wooden spatula (Learn, Take Notice, Connect – with others through shared experience) • Hot drink / snack (Connect) • Reflect with the group/individuals – what have they/haven’t they enjoyed (Take Notice, Connect) 	
WEEK 3 Making Charcoal and Charcoal Drawing	<ul style="list-style-type: none"> • Make fire – encourage participants to use their fire-lighting skills, feather sticks, charcoal, charcloth etc. (Learn, Connect, Give) • Make Hot drink on fire (Connect, Give) • Brief history of charcoal – uses, why it was/is important. (Learn) • Make charcoal & charcloth (Learn, Connect – with others through shared experience) • Use charcoal to make sketches e.g of environment (Take Notice, Learn, Connect – with the natural environment and with others through shared experience) • Hot drink / snack • Reflect with the group/individuals – what have they/haven’t they enjoyed (Take Notice, Connect) 	

<p>WEEK 4</p> <p>Woodland Craft – Peg making</p>	<ul style="list-style-type: none"> • Meet and greet (Connect) • Make fire – encourage participants to use their fire-lighting skills, feather sticks, charcoal, charcloth etc. (Learn, Connect, Give) • Make Hot drink on fire (Connect, Give) • Learn about “green wood”. (Learn, Connect – with nature) • Gather green wood for pegs (Take Notice, Be Active, Connect – with nature) • Make wooden pegs (Learn, Connect – with others through shared experience) • Hot drink / snack (Take Notice, Connect) • Reflect with the group/individuals – what have they/haven’t they enjoyed (Take Notice, Connect) 	
<p>WEEK 5</p> <p>Woodland Craft – Wooden pot making</p>	<ul style="list-style-type: none"> • Meet and greet (Connect) • Make fire – encourage participants to use their fire-lighting skills, feather sticks, charcoal, charcloth etc. (Learn, Connect, Give) • Make Hot drink on fire (Connect, Give) • Gather wood for pots (Take Notice, Be Active, Connect – with nature) • Make wooden pots (Learn, Connect – connect with others through shared experience, connect with own creative self) • Hot drink / snack (Take Notice, Connect) • Reflect with the group/individuals – what have they/haven’t they enjoyed (Take Notice, Connect) 	
<p>WEEK 6</p> <p>Woodland Craft – Wooden board / small sign</p>	<ul style="list-style-type: none"> • Meet and greet (Connect) • Make fire – encourage participants to use their fire-lighting skills, feather sticks, charcoal, charcloth etc. (Learn, Connect, Give) • Make Hot drink on fire (Connect, Give) • Make and decorate wooden board / wooden sign – to take home or for use in the woods (Take Notice, Learn, Connect – connect with others through shared experience, connect with own creative self, Give) • Hot drink / snack (Take Notice, Connect) • Programme evaluation. Reflect with the group/individuals – what have they/haven’t they enjoyed – discuss next steps opportunities. (Take Notice, Connect) 	