

FOREST COLLEGE

Newsletter

July 2019



Welcome!

Welcome to our first Forest College monthly newsletter, keeping you updated with developments of our Wellbeing Woods and the Forest College workshops and activities.



What is Forest College?

Forest College is a new venture for Reaseheath College. Our aim is to open up the stunning College grounds and facilities and deliver a host of exciting programmes to individuals and community groups as well as our own students.



Wellbeing Woods Project

We are developing an area of woodland (The Wellbeing Woods) which will have accessible paths and areas of interest. We have already built a fire pit and seating area and started an accessible pathway. We have plans for an extended walkway leading through the woods and into the college grounds. We aim to reuse and recycle raw materials wherever possible. The college staff and students have been volunteering and donating goods to help us get the project up and running.



It's All About Feeling Good

All Forest College programmes are designed to make people feel good and to encourage relaxation, lower anxiety and build resilience. Time spent outdoors lowers cortisol levels, lowers blood pressure and stimulates the immune system. Our courses are personalised for individuals to develop confidence, independence and employability skills.



Can you Help?

We are always on the look out for pre used materials. We aim to reuse and recycle raw materials wherever possible and are always grateful to receive donations! Anything from furniture/ landscaping materials/ whiteboards/ crafting materials/ old sheets/ plastics etc – the list is endless! – if we can use it we will!

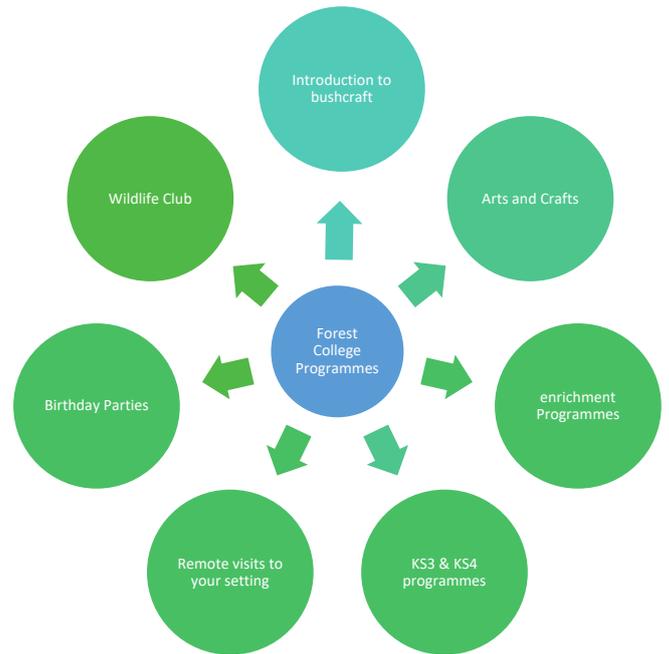
We are also looking for volunteers to help with clearing areas of ground and building shelters in the woods.



What are we actually going to do?

Forest College Programmes will include

1. An introduction to Bushcraft and outdoor experiences, fire lighting, wilderness cooking, shelter making and natural navigation.
2. Arts and Crafts courses using natural and recycled resources found around the college and its grounds
3. Enrichment Programme for young adults with disabilities who are looking for a weekly meet up and crafting experience
4. Key stage 3 and 4 programmes
5. Wildlife Club Holiday programme
6. Remote (we bring Forest College to your setting) programmes
7. Birthday parties in the tepee



We have now launched several programmes and events which are all available on our website. Please email if you require information or help to register on an event.

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<https://www.reaseheath.ac.uk/forest-college/>



Even More!

More programmes are planned for over the summer and when autumn term starts we will be starting Christmas craft classes so watch this space! All dates will be on the college website and in later newsletters.



Calendar Dates (All courses are on college website under events and conferences)

Autism Open Day 30th July 11 - 2pm

(Come and try Forest Bathing and a range of crafty activities)

Crafting with Stones – Making story stones/ door stops - Sat 20th July

Children's Summer School Wildlife Club - 19th - 24th August

Multimedia Natural Art on canvas or tiles Sat 10th August

Christmas Bottle Lights Workshop – Sat 2nd Nov (10 - 1pm)

Christmas Crafts - Sat 16th November

Willow Weaving (Coming soon!)

Please feel free to copy and distribute this newsletter as required.