

Motivational learning
in inspirational settings



Join our
great
outdoor
adventure

Knowsley Council's
Environmental Sustainability Service



We offer outdoor learning and wellbeing sessions that have an immediate, positive and long lasting impact.

Our activities are held in beautiful woodland and green space settings, as well as well-equipped environment centres. Sessions can be tailored to suit all ages and abilities and offer opportunities to:

- learn new skills
- improve team building
- enhance emotional wellbeing and
- develop strategies to cope with everyday life





Ecotherapy sessions

Ecotherapy improves mental and physical wellbeing by helping people become more active in the natural environment. It has been shown that joining activities in parks and green spaces can boost your mood and self esteem far more than simply exercising alone.

Our innovative sessions will enable you to meet new people, take part in team building activities and offer a unique opportunity for quiet reflection and contemplation in our beautiful parks and woodlands.

You can:

- Get back to nature
- Rediscover your senses
- Connect with the natural world

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What we offer

- A range of engaging, thought provoking and relaxing sessions to help you escape from the routine of every day work, in a relaxed, friendly environment
- Nature-based activities which include fire lighting, shelter building, sensory walks and trust games
- A programme tailored to your specific business requirements, with a range of group-based and individual activities
- A professional team, highly experienced in outdoor education and health initiatives. Qualifications include BSc (hons) Countryside Management, Post.dip Environmental Impact Assessment, National Examining Board in Supervisory Management (NEBSM) Tourism and Leisure, Postgraduate Certificate in Education (PGCE), Counselling Skills Level 3, Forest School Leadership
- Well equipped and accessible Environmental Education Centres for group sessions:
 - Halewood Park, Halewood
 - Stadt Moers Park, Whiston
 - Mill Dam Park, Kirkby
- Two hour, half day and full day sessions available

Benefits to participants

- Enhanced cognitive skills
- Increased self confidence and awareness
- Enhanced emotional intelligence and interpersonal relationships
- Improved health and wellbeing
- Stress reduction

Benefits to your business

- Staff development
- Improved team dynamics
- Encourage thinking 'outside the box' to tackle tricky problems and identify solutions
- Learn to recognise the value of group support
- Understand the value of working as a team, in terms of problem solving and efficiency
- Better understanding and respect for the natural environment



Activities	Content	Outcomes
Bushcraft	<ul style="list-style-type: none"> • Fire lighting • Shelter building • Food foraging (plants)* • Outdoor cooking† • Tool use • Woodland crafts • Wood carving • Orienteering 	<ul style="list-style-type: none"> • Develop team building skills • Build confidence and self esteem • Learn new skills • Raise self-awareness • Reconnect with nature • Encourage thinking 'outside the box' • Physical activity
Nature Art	<ul style="list-style-type: none"> • Willow art and sculpture • Plant dyes • Gypsy roses • Mud sculptures • Creative use of natural materials 	<ul style="list-style-type: none"> • Explore the colour and texture of the natural world • Sensory development • Develop a new interest • Discover creative flair
Mindfulness through nature	<ul style="list-style-type: none"> • Sensory walks • 'Still' hunts • Colour therapy • Nature study • History and folklore walks • Chill-out session 	<ul style="list-style-type: none"> • Feel calmer and more peaceful • Connect with the natural world • Explore the woodland environment • 'Time out' from stress and problems • Benefit from fresh air in a pleasant environment
Woodland management	<ul style="list-style-type: none"> • Tree identification • Tree planting • Woodland thinning • Habitat creation • Making homes for wildlife (bird and bat boxes etc) • Sustainable resources 	<ul style="list-style-type: none"> • Take part in an enjoyable and worthwhile activity • Develop an interest in growth and change • Encourage the release of endorphins (feel good hormones) • Sleep better

* Available Spring to Autumn

† Full day sessions only



What's on your doorstep?

Knowsley has over 67 green spaces waiting to be explored. Its parks, gardens, woodlands, wetlands and river corridors provide venues for relaxation, exercise, play and so much more.

Many sites also contain cycle paths which provide a safe, green and efficient way for many residents to get to their place of work.

Costs

The costs are based on a maximum of 12 people attending a session; please contact us for a price for larger groups.

£100 for a 2 hour session

£200 for a half day session

£400 for a full day session

We can deliver a range of bespoke offers so please contact us.



Please contact us on 0151 443 2485 or dns.sustainability@knowsley.gov.uk



Environmental education sessions

Outdoor learning improves educational attainment, motivation and behaviour, offering many opportunities for learners to deepen their understanding across many curriculum areas.

Our innovative programmes offer children and young people opportunities to try new and exciting challenges in local woodland environments, parks and open spaces - or at one of Knowsley's Environmental Education Centres.



What we offer

- Accessible and inclusive teaching sessions for all pupils from Foundation to KS3
- A qualified and experienced Education Officer with enhanced DBS clearance
- A range of engaging and thought provoking sessions to help develop pupils' knowledge and understanding of landscapes and ecosystems
- Sessions addressing global issues, such as Fairtrade and climate change
- Well equipped and accessible Environmental Education Centres at:
 - Halewood Park
 - Stadt Moers Park, Whiston
 - Mill Dam Park, Kirkby

Benefits to pupils

Environmental education sessions can enhance children and young peoples':

- personal, social and emotional development
- knowledge and understanding of the world
- mathematical development and problem solving skills
- physical development and fitness
- communication, language and literacy skills
- creative development

Benefits to your school

- Clear curriculum links to the science, geography and numeracy programmes of study and the IPC
- Knowledge and skills gained can support the 'school grounds' strand of the Eco-Schools Award
- Our three Environmental Education Centres offer fully accessible, child-friendly and affordable opportunities for learning outside the classroom
- Eligible for pupil premium funding



Activities	Subject Learning Objectives	National Curriculum Links
<p>Science, Key Stage 1 (Years 1-2)</p> <ul style="list-style-type: none"> Includes exploring the great outdoors, by identification and investigation of plants or habitat areas within the school or at one of our Environment Centres All equipment will be provided, including dipping nets, sorting trays, magnifying boxes and identification charts 	<p>Carnivores, herbivores and omnivores Group animals Local environment</p> <p>Wild plants and seed dispersal Seasonal changes Migration and hibernation Habitats Dependency</p> <p>Local habitats Food chains</p>	<p>Biology Strand: Animals, including humans</p> <p>Biology Strand: Plants Physics Strand: Seasonal changes</p> <p>Biology Strand: Living things and their habitats</p>
<p>Science, Key Stage 2 (Years 3 - 6)</p> <ul style="list-style-type: none"> Recording species found and how living things in a habitat are interdependent e.g. plants as producers and animals as predators or prey Investigations into feeding relationships found in a variety of park habitats Journey into the natural environment including physical features and history through the changing landscape 	<p>Walk in the environment - late spring, early summer, autumn and winter</p> <p>Producers, predators and prey Food webs</p> <p>Habitats - Classification Minibeasts - Classification keys, effects of Change Management</p> <p>Plant adaptation and identification</p> <p>The journey of a river - A river is born, classification key and rivers for people</p>	<p>Biology Strand: Plants</p> <p>Biology Strand: Animals including humans</p> <p>Biology Strand: Living things and their habitats</p> <p>Biology Strand: Living things and their habitats</p> <p>Topics: Mountains, rivers and coasts</p>





"Knowsley ranger service has been a fantastic asset to the science curriculum in our school. As a teacher, I have used this service for 29 years at the two schools I have taught. We have been pond dipping and mini-beast hunting with the rangers, who provide all of the necessary resources and share their expert knowledge. The children most definitely view their experience as a highlight of the school year. We have also used the rangers within our school grounds and they are flexible in accommodating the needs of different schools. I cannot recommend Knowsley ranger service enough!"

Mrs Chadwick. Plantation Primary School, Halewood



Costs
available
on
request

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dns.sustainability@knowsley.gov.uk



Green challenge sessions

Our innovative programme aims to improve the physical and mental wellbeing of looked-after children and young adults by actively engaging them in activities in the natural environment.

Our sessions provide a natural and inspirational pathway for young people to develop life-changing skills which will help in their transition to adulthood and leaving the care system. We provide stimulating resources and environments to help young people build their self esteem and confidence, as well as equipping them with a range of skills to support them in independent living.

Motivational learning in inspirational settings



What we offer

- A programme of engaging and thought-provoking activities to help young people deal with the pressures they face in a relaxed and friendly environment
- A programme tailored to your specific needs with a range of group activities and individual tasks to help encourage thinking outside the box
- A multi-sensory and experiential learning approach with activities themed to reflect seasonal changes
- Nature-based activities, including woodland management, Bushcraft, fire lighting, shelter building, sensory walks and trust games
- A professional team, highly experienced in delivering outdoor education and health initiatives, with enhanced DBS clearance. (Qualifications include: Countryside Management, Environmental Impact Assessment, Counselling Skills Level 3, and Forest School Leadership)
- An opportunity to take part in the John Muir environmental award scheme.
- Well equipped and accessible Environmental Education Centres at:
 - Halewood Park, Halewood
 - Stadt Moers Park, Whiston
 - Mill Dam Park, Kirkby

Benefits to pupils

- **Personal, social and emotional**
 - Building self esteem, independence, co-operation, team work and self confidence
 - Respect for each other and the environment
 - Ability to manage risk
 - Improved health and wellbeing
 - Enhanced emotional intelligence and interpersonal relationships
 - Stress reduction
 - Learning to recognise how to ask for help
- **Intellectual**
 - Enhancing knowledge and understanding of the world
 - Developing problem solving skills when working as a team
 - Encouraging thinking 'outside the box' to identify solutions
 - Ability to listen to instructions
- **Physical**
 - Improved spatial awareness
 - Developing dexterity with the use of tools
 - Improved fitness

Activities	Content	Outcomes
Bushcraft	<ul style="list-style-type: none"> • Fire lighting • Shelter building • Food foraging (plants)* • Outdoor cooking† • Tool use • Woodland crafts • Wood carving 	<ul style="list-style-type: none"> • Develop team building • Build confidence and self esteem • Learn new skills • Raise self awareness • Reconnect with nature • Encourage thinking 'outside the box'
Outdoor pursuits	<ul style="list-style-type: none"> • Orienteering • Low ropes • Cross country • Cycle trail • Cross trail races • Scavenger hunts • Themed trails • Seasonal activities • Geo-caching • Health walks 	<ul style="list-style-type: none"> • Team building • A sense of space • Health benefits • Develop a new interest • Learn new skills • Build confidence and self esteem • Exploration and investigation • Health and bodily awareness
Nature art	<ul style="list-style-type: none"> • Willow art and sculpture • Plant dyes • Gypsy roses • Mud sculptures • Creative use of natural materials 	<ul style="list-style-type: none"> • Explore the colour and texture of the natural world • Sensory development • Develop a new interest • Discover your creative flare
Mindfulness through nature	<ul style="list-style-type: none"> • Sensory walks • 'Still' hunts • Colour therapy • Nature study • History and folklore walks • Chill-out session • Review, reflection and transfer of activities 	<ul style="list-style-type: none"> • Feel calmer and more peaceful • Connect with the natural world • Explore the woodland environment • 'Time out' from stress and problems • Benefit from fresh air in a pleasant environment
Woodland management	<ul style="list-style-type: none"> • Tree identification • Tree planning • Woodland thinning • Habitat creation • Making homes for wildlife (bird and bat boxes etc) • Sustainable resources 	<ul style="list-style-type: none"> • Take part in enjoyable and worthwhile activity • Develop an interest in growth and change • Encourage the release of endorphins (feel good hormones) • Sleep better

* Available Spring to Autumn

† Full day sessions only



What's on your doorstep?

Knowsley has over 67 green spaces waiting to be explored. Its parks, gardens, woodland, wetlands and river corridors provide venues for relaxation, exercise, play and so much more.

Many sites also contain cycle paths which provide a safe, green and efficient way for many residents and young people to get around the borough and to work.

Costs

The costs are based on a maximum of 12 people attending a session; please contact us for a price for larger groups.

£200 for half a day

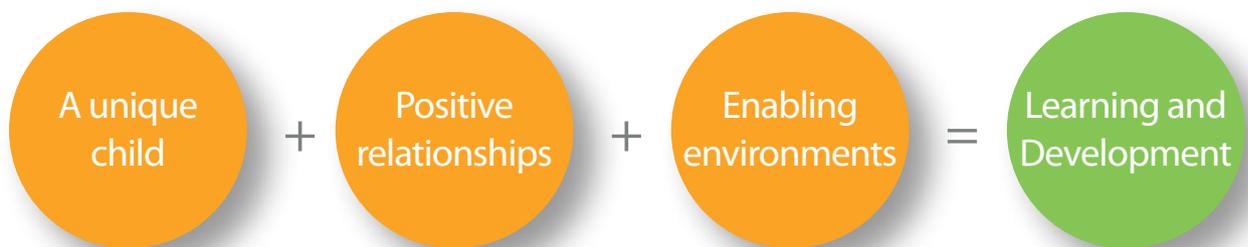
£400 for a full day session



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Outdoor learning for Early Years Foundation Stage



Using the outdoor environment our sessions will help Early Years Foundation Stage (EYFS) staff deliver the four themes underpinning the new 'Development Matters' programme.

We provide stimulating resources and environments to encourage play, exploration and active learning in one of our parks, at our Environment Education Centres or within your own grounds.



What we offer

- A multi-sensory and experiential learning approach for all EYFS children
- A programme of sessions that delivers the EYFS prime and specific learning areas
- A qualified and experienced Education Officer with enhanced DBS clearance
- Seasonal outdoor activities with sessions tailored to suit requirements
- Well equipped and accessible Environmental Education Centres at:
 - Halewood Park
 - Stadt Moers Park, Whiston
 - Mill Dam Park, Kirkby

How the outdoor activities will meet prime areas:

- **Personal, social and emotional development**
 - Building self esteem, independence, co-operation, team work and self confidence
 - Respect for living things
 - Managing risk
- **Communication and language**
 - Listening to instructions

- Discussing findings and sharing ideas
- Learning new words and expanding vocabulary

- **Physical development**

- Spatial awareness
- Use of simple tools
- Outdoor exercise

How the outdoor activities target the specific areas:

- **Literacy**

- Story telling
- Journey sticks

- **Mathematics**

- Counting and measuring
- Sorting shapes, colour and sizes
- Problem solving

- **Understanding the world**

- Investigating natural flora and fauna
- Investigating growing things
- Using senses

- **Creative development**

- Music making
- Picture making using natural materials
- Role play and imaginative play

Examples of the activities we can deliver and how they meet specific learning areas.

Activities	Literacy	Mathematics	Understanding the world	Creative development
Pond dipping	Increasing vocabulary, learning new words Listening to instructions	Counting number of creatures	Learning about pond animals	Drawing a creature
Making a mini house for a woodland creature	Increasing vocabulary, learning new words Storytelling	Learning about shapes	Learning about natural materials	Creative design
Meet a tree	Talking, giving and listening to instructions	Counting steps	Learning about the variety of trees	Bark rubbing
Nature treasure hunt	Listening to instructions Increasing vocabulary	Recognising shapes and colour	Learning about variety in nature	Exploring colour and texture
Journey sticks	Storytelling Listening and talking Increasing vocabulary	Counting and spatial awareness	Exploring the natural environment	Imaginative role play





What's on your doorstep?

Knowsley has over 67 green spaces waiting to be explored. Its parks and gardens, woodlands, wetlands, and river corridors now provide venues for a range of study, play and exploration.

Many sites now contain bespoke educational opportunities, e.g.

- Interpretation boards focusing on the biodiversity and local history of the site. These help visitors explore and appreciate the natural environment
- Pond dipping platforms and boardwalk facilities



Costs
available
on
request

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“Children learn those life skills of perseverance and resilience, their self-esteem and confidence grow as they participate in activities never tried before.”

Jill Collins, Headteacher, St Mary's RC Primary School

“The whole course was useful and has opened our eyes to new opportunities outdoors.”

Manager, Nursery, Huyton

“I learnt how playing outside can be a big part of the Early Years Foundation Stage.”

Senior Nursery Nurse, Prescott

“We thoroughly enjoyed the Bushcraft Trials at Halewood Park. Everyone worked so well as a team, each person having a different skill set and it brought out our competitive streaks. Our staff team enjoyed it so much, I have organised another day as a team building event for all of our staff later in the year. What an amazing day and it is right on our doorstep.”

John Davey, Managing Director, Davey's Chemist

“What can I say except ‘WOW....!’, everyone who attended the forest school sessions have commented how well they were run. Parents told us that the children woke up and the first thing they asked was if the forest school was on that day. We look forward to booking again in the future and will highly recommend your programme.”

Peter Bailey, Audrey Walk Residents Group, Kirkby

Contact us:

Phone: 0151 443 2485

Email: dns.sustainability@knowsley.gov.uk

Environmental Sustainability Service, Knowsley Council, Stretton Way, Huyton, L36 6JF



Knowsley Council