

# PROSPECTUS

## Forest2You

Michelle, our Certified Mental Health Practitioner delivering a programme designed by The Adventure Therapy.

## Wellbeing and Mental Health & Alternative Education.

At Forest2You we see the outdoors as a key therapeutic adventurous partner that can allow children and us adults the time & space to dive deep into curiosity building resilience while exploring a journey through nature. We are here to support you with building a core range of hands-on experiences and activities to use as stimulus for growth, while supporting mental health and wellbeing. Our wellbeing and mental health programmes are designed by a team of therapists, including Clinical Psychologists, Speech and Language Therapists, Play Therapists, Occupational Therapists & Outdoor Mental Health Practitioners. We specialise in supporting Neurodiverse children, children with SEND and those who struggle to thrive in mainstream or specialist education.

## About our Provision

As part of our alternative education and wellbeing programme, we facilitate children having opportunities to spend their childhoods engaged in exciting outdoor and adventurous activities, equipping them with knowledge, skills, confidence and resilience ready for their journey into adult life.

# WHAT MAKES OUR PROVISION DIFFERENT?

We are proud of the unique opportunities we offer learners.

Forest2you places the development of outdoor learning and mental fitness specialising in supporting children with complex cognitive and behavioral needs, including emotional regulation, coping skills and social skills at the center of everything we do. We believe that these skills are central to build resilience for later life success and are as important as formal qualifications.

## Our Provision

We want learners to be able to celebrate their success in our sessions and so we do offer schemes to recognise and celebrate attainment. We currently offer The Outdoor Wellbeing Award, The Certificate in Beginners Nature Photography, Certificates of achievement in Wild Cooking, Beginners Mindful Bushcraft, Nature Art & Mindful Movement.

Our sessions are typically around 2 hours. All our provisions have been carefully designed with clinical psychology and certified outdoor mental health Input, to maximise opportunities for the development of overall wellbeing, independence and self esteem.

### Nature Photography

As part of our outdoor sessions we deliver The Therapeutic Forest Certificate in Beginners Nature Photography.

This programme has been designed to be accessible for children with SEND and is delivered over 8 weeks.



Fee £120 to include a Certificate, Portfolio & Nature Photo frame.

## Wild Cooking & Bushcraft

Our child-centered sessions introduce young people to outdoor Bushcraft & Wild Cooking.

Activities like mallet and tent peg making out of wood.

Cooking a meal over a fire using different methods.



These are very effective in building confidence, self esteem and resilience.

These sessions will be delivered over 6 weeks.

Fee is £90 to include a certificate of achievement in Wild Cooking & Mindful Bushcraft .

During the delivery of our outdoor sessions we support young people to build confidence, offering a range of hands-on experiences that can support them with stimulus of growth and the development of new knowledge and skills.

## Nature Art & Mindful Movement

Our therapeutic nature based art & movement activities allow young people to dive deep into curiosity creating something from the natural materials in nature.



Mindful movement supports young people to tune into what is present in their surroundings and help form a nature connection.

Fee is £60 to include a certificate of achievement in Mindful Art & Mindful Movement delivered over 4 weeks and is accessible for SEND and Neurodiverse young people.

We can offer group booking discount! For any enquiries please contact us via :Email [forest2you1@gmail.com](mailto:forest2you1@gmail.com) or @facebook forest2You.