

Due to tight budget management and additional contributions-in-kind, we increased the number of events compared to what was stated in the application as follows:

One extra event for the elderly and less mobile people.

Ten additional “Woodland in a Backpack” visits to 7 local primary schools to extend the Bushcraft experience to many more children.

Section 2: The benefits of your grant

Please give details below of the ways in which the grant has been of benefit to people in your community, or groups you are working with. You can attach an activity report, or other supporting information if you wish.

Our taster sessions of a range of woodland-based and woodland related activities have benefited people of all ages and abilities in our community.

Age group	Number benefiting	(Target number)
>65 yrs (to 96yrs)	35 (from 49 bookings)	(40-60)
16-65 yrs	75	(30-40)
10-16 yrs	40	(10-20)
<10 yrs (from 4 months)	270	(70-80)
	TOTAL 418	(TOTAL 150-200)

1. Events for the elderly and less mobile

Taking the advice of PKAVS Community Engagement, WSWG reached out to existing groups and networks to invite uptake of WSWG’s Feeling Good in the Woods programme. The elderly and less mobile participants came through lunch clubs, residential care homes, local churches, Stanley Development Trust, WSWG stalls at community events, poster publicity and word of mouth. They included people with age-related and physical disabilities, dementia and learning disabilities.

The Minibus Picnics in the Woods gave participants a mystery tour in a minibus adapted for disabled access, to a marquee in a magical woodland environment set out with white tablecloths, china teaset, flowers, heaps of food and blankets if chilly. A storyteller talked about traditional woodland crafts, told woodland stories, sang songs and led reminiscence activity with the elderly people, several of whom had lived nearby or been brought up in families who used the woods for work and play in the past. Everybody had a thoroughly enjoyable time.

The Cycling Without Age event gave participants with limited or no mobility the feeling of riding a bike, wind in their hair, all under a cosy fleece and at a gentle pace, chatter and laughter all the way with their trained pilot on board. One person commented that this opportunity had opened up whole new horizons for him and his wife in finding ways for living with dementia. This lady’s initial trepidation turned into exhilaration, that giving as much joy to her husband as to herself. This was the first rural outing in this part of Perthshire for Cycling Without Age Perth. It flagged up the need for provision of all abilities access routes in both Taymount and Five Mile Wood, requiring instead to be staged on this occasion on surfaced paths in the grounds of Ballathie House Hotel. A taxi service and a volunteer driver were provided for those who did not have their own transport. Transport costs are a huge impediment to those in residential care homes or living on low incomes getting out and about within available budgets. Our free events and the back-up of transport provision were hugely appreciated by many if not all who came.

2. Health and Wellbeing Events

These four events attracted people wishing or needing to relax, enjoy the fresh air and learn more about our local natural environment. In addition to responding to open publicity by email, posters and facebook, practitioners and participants came through word of mouth and networks connected to the Care and Wellbeing Co-op, local Stride for Life groups, etc. The peace, relaxation, different company, trying out new things and getting pleasure from quite simple things, observations and activities were among the many beneficial outcomes from these events.

An extra Seated Mindfulness session was put on by request to enable those who were effectively excluded from the Walking in the Woods for Peace of Mind event through their personal mobility limitations. Special permission from Forestry and Land Scotland for vehicular access into the woods enabled them to access a normally inaccessible off-road woodland environment for them. The pleasure gained from such a simple activity is marked and tangible and, as we now know, totally achievable with a bit of thought.

3. Forest School taster session

The rising appetite for outdoor early years learning in the local area was clear from the success of the forest school taster sessions. The diversity of activities and the supreme skills and techniques of the leaders was a lesson for the adults present as well as a huge benefit for the children who gained such a lot from the sessions in so many sensory and experiential ways. Every session had its own feel, different in mood, tone and dynamic according to the ages, mixes, creativity and interactions of the children. All developed to be constructive, collaborative, inquisitive and naturally inclusive. What a fantastic social and physical environment in which to learn and grow, regardless of background. The scope for forest school as a routine part of the future of Taymount and Five Mile Wood as community woodlands is clear. With the new 2018 teaching standards requiring curriculum-wide outdoor education, there will be an increasing need for suitable local venues for delivering outdoor learning and teacher training.

4. Bushcraft sessions

These were delivered expertly and magically by Biscuit of Aberfeldy-based Wee Adventures, melding and blending the diverse energies, personalities and abilities of the sizeable groups of local Brownies and Rainbows. The sheer animation of the girls was a delight, so excited were they with this discovery and new relationship with their local woodland environment, many of whom had never been there before. The scope for ongoing activity in a community woodland setting developed with their needs and opportunities in mind for all uniformed groups of boys and girls across the age groups is vast and would be such a social asset for our community.

5. Woodland in a Backpack school visits

These hour-long bespoke visits to seven of our local primary schools were developed by Wee Adventures alongside the Bushcraft sessions in recognition of how challenging it can be to get school groups to out-of-school locations. The "Woodland in a Backpack" ideas are shaped around inspiring the children's imaginations, engaging the senses and creating a sense of wonder. Along the lines of 'creating a woodland space in your classroom' either indoors or outdoors, the children are engaged in:

- building a camouflage tarp den
- decorating it with branches, leaves, grasses, woodland animals etc
- discovering everyone's favourite sights, smells, thoughts and feelings when in the woods
- a guided forest meditation
- a Leave No Trace discussion while everyone clears up
- talk about WSWG, its opportunities and benefits and how they can get involved

Please give details below on how your project has impacted on inequalities in your community:

Our Feeling Good in the Woods project has impacted on inequalities in many ways.

We have delivered activities across all age groups.

We have actively engaged with elderly care homes to create new community links and strengthen inclusiveness and help reduce social isolation.

We put on an extra event designed to cater for people who felt excluded from a similar able-bodied event due to mobility issues.

We contracted the services of a minibus with specialist driver to accommodate disabled people (including those using fixed and folding wheelchairs had this been required).

That all events have been totally free of charge means people were not disadvantaged through low income or relative poverty.

We have offered and provided taxi services or volunteer drivers so that lack of personal transport, financial constraints or practical inability to get to some of the events was not a basis for missing out.

Whilst our events have essentially been open to all, we have taken active steps to reach groups and individuals with special needs through a Community Link Worker, Stanley Development Trust, lunch clubs, churches, etc.

We have targeted specific events such as bushcraft and Woodland in a Backpack at inclusive, non-discriminatory participation by consciously working with local brownie and rainbow units and primary schools.

We have participated in the SHARE Festival to help spread the word about who is out there, keen to help and include everyone in the community.

We are now supporting a disabled couple who attended two Feeling Good in the Woods events in their wish to contribute to the WSWG project in some way. One idea is that they can help develop the vision for how Taymount and Five Mile Woods can be developed to incorporate the needs and aspirations of all disadvantaged groups in our future community woodlands.

Please estimate the following:

The number of people that have benefitted from your project	420
The number of volunteers who have helped to deliver your project	30

Section 3: The signed declaration

I confirm that the details contained in this form are correct and that we will keep all financial records and accounts for at least two years from payment of the grant. We understand that this does not release us from any legal responsibility to keep records for longer periods. We are aware that we may be asked to forward receipts for inspection or that we may be visited to inspect our records.

Name: _____ Position in group: _____

Contact telephone number: _____

Signature: _____ Date: __ 11 October 2019 __

**THANK YOU FOR TAKING THE TIME TO COMPLETE THIS FORM
PLEASE RETURN TO:**

**Community Planning Policy Team
Perth and Kinross Council
2 High St
PERTH
PH1 5PH**

communityplanningpartnership@pkc.gov.uk

HOW WE USE YOUR PERSONAL INFORMATION

The information provided by you will be used by Perth & Kinross Council to contact you about your application. The information will not be disclosed to third parties except as described below.

The Council may check information provided by you, or information about you provided by a third party, with other information held by us. We may also get information from certain third parties or share your information with them in order to verify its accuracy, prevent or detect crime, protect public funds or where required by law.

For further information, please look at our website www.pkc.gov.uk/dataprotection; email dataprotection@pkc.gov.uk or phone 01738 477933.