

The Wildman



School of Bushcraft

3 Ribble Court, River Way, Andover, HANTS, SP10 5EX

Home: 01264 332813 Mobile: 07877766564

Website: www.wildmanbushcraft.co.uk

Email: Info@wildmanbushcraft.co.uk

Education Youthwork

Events Pack

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Hello,

Thank you for your interest in The Wildman School of Bushcraft.

At Wildman Bushcraft we strive to deliver fact filled, fun and sustainable bushcraft and woodland living courses in a variety of formats to suit most groups. Whether this is in an evening taster event looking at a few activities or a 1 day format where you can choose from a list of activities to create the perfect programme or in repeat courses looking at one activity at a time spread over a specified time period.

We specialise in re-engaging young people back to an understanding of nature, an increasing amount of young people are becoming what is now termed as Nature Deficient, this disorder is not a medical condition — it describes our lack of a relationship to the environment. It impacts on our children, our families, our communities and our environment.

Outcomes associated with children's disconnection from nature include:

- diminished health,
- obesity,
- reduced cognitive, creative, and problem-solving capacities,
- lower school achievement,
- lower self esteem,
- less self discipline,
- attention deficit hyperactivity disorder (ADHD).

Included in this information pack are our profiles, mission statement and an information sheet on Nature Deficiency Disorder, these we hope will give you an insight into who we are and why we are so passionate about getting young people back to nature and giving them some of the old skills that have kept mankind healthy, warm and fed for so long. Also included are our price list and activities list so that together we can create a tailored experience for your group and some information about our charity walk The Scilly Walk.

For more information please contact us, we are always more than happy to discuss with you any requirements or questions you may have.

Yours faithfully,

Tim Keenan

Simon Holland

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Tim Keenan (The Wildman)

I have been learning bushcraft for many years, an interest that started while in The Scout Association as a youth. I have always been a fan of nature and photography and combining these is my ultimate passion. I have also been involved in youth work projects since I left college, teaching drama skills for various youth projects including a professional London theatre company, co-running a youth club in Romsey and on a project called Aikidrama, a project designed and run for the Family Learning Centre which focused on improving the relationships between parents and children.

As the Wildman School of Bushcraft, our challenge is to impart the skills that we have learnt to other people, especially teenagers, who we believe will benefit greatly from these skills and will aid them in finding a new respect and reconnection with the places where they live and their communities. Families also benefit, since learning new skills together can be extremely effective in rebuilding and strengthening the bonds between parent and child. These skills teach us to not just survive in the wilds, but also to respect the planet that we live on and the animals and plants that provide and become our food and other essentials, ensuring that future generations can still enjoy the beauty that we have around us today.



Simon Holland (Hedgehunter)

As a youth my interest in the wilds began in The Scout Association and was furthered by the experience I gained through the Duke of Edinburgh Awards Scheme. These gave me the skills needed to pursue many activities, opening access to a wealth of experiences that has inspired me throughout my life. Using this experience and the skills gained from participating in local drama projects, I have been able to further the confidence and awareness of young people in a number of ways, from co-running a drama youth group and being heavily involved in the Aikidrama project to currently providing workshops and new opportunities for the youth of Fusion @ The Warehouse, a local youth group. The groups I attended as a youth instilled in me a sense of community which I am keen to pass on, encouraging young people to participate in events that expand their own physical and mental boundaries. I believe adventures that challenge and test us enable us to develop skills that are useful in all walks of life.

The Wildman School of Bushcraft is an adventure and a challenge that I will be pleased to meet with Tim, having worked with Tim on numerous projects, his ability to deal with situations whilst providing the right amount of humour is an anecdote that keeps being written. As a volunteer youth worker I am keen to find new ways of encouraging youth to be proud and responsible for their environments.

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Our Aims:

To improve people's lives by helping to increase their core skills and knowledge.

To promote and re-establish the connection between communities and the land that we inhabit.

To raise awareness of sustainability, conservation and healthy living.

Our Goals:

To provide a facility where people of all ages can learn about the land we live on, the animals that live around us and the knowledge and skills that enable us to live in balance with our surroundings.

To reduce the amount of litter pollution in our woodlands and countryside by re-establishing the respect for and sense of belonging to our wild and natural areas.

To promote a sense of adventure by encouraging people to explore their local countryside and to understand the laws and the ethos behind walking, foraging and camping.

Our Mission Statement:

In the past the centre of all communities, whether with friends, family or work colleagues was the fireplace. In a tradition that goes back to the beginning of mankind's relationship with fire, it was a communal place to meet and chat, a place to gather for warmth and protection but mainly for the old to share their knowledge with the young. In today's society it seems that this community focus has been lost in favour of the media, wealth, status symbols and central heating.

Both of us were lucky, we still experienced with a feeling of safety that youthful abandon that took us through fields exploring, into wild areas to make bases & camps and into rivers, making boats from pieces of rubbish we found, (something a modern day parent might find hard to allow). Our parents gave us as much knowledge about our surroundings as they could and encouraged us to join groups like the Scouts, Cadets and the Duke of Edinburgh award scheme and later gave us the curiosity to travel and live in other parts of the world, but in a society where both parents are having to work increasingly long hours, they just don't have the time to pass on the old knowledge that teaches us so many of the skills that help us in untold ways throughout our lives.

We wanted more!

So, we had to go out and discover more of these old skills for ourselves; we found people that still had this knowledge - friends, relatives, teachers and our friends' parents. We watched people on television like Les Hiddins (The Bushtucker Man), Ray Mears and Bear Grylls and we are still learning from the internet and from new people we meet. We believe that these skills have enabled us to grow into better equipped adults; to have an understanding of nature and the world that we live in and to have confidence in who we are and where we come from.

In participating and then working with various youth projects, we have noticed a direct link between having the opportunity to learn these key skills in a safe controlled environment and being able to succeed in a tough, challenging world. When presented with something new, most youths will rise to a challenge and provide observations and solutions which most adults have lost. This willingness to experiment with, and to explore, new ideas is what promotes a healthy mind and we believe that providing new adventures to our youth will encourage them to seek their own adventures and continue the tradition of children having fun, something that is being lost in favour of adult ideas of material possessions and status. Although these things can be important to us as well, so too are the ability and aptitude to create adventures and stories that will last a lifetime.

In our work with families we have found that something as simple as a parent and child spending time at a group or event learning a new skill together can have an amazing effect on the family bond. We believe that if this skill is the understanding of how to exist with the nature that surrounds us and how it has kept mankind fed, watered and sheltered for centuries, this bond encouraged would be even greater.

We believe that the land we inherit has been given to us in trust and needs to be maintained to ensure that the next generation can benefit from the same muddy kneed experiences we had.

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Nature Deficiency

Here at The Wildman School of Bushcraft we specialise in re-engaging young people back to an understanding of nature. An increasing amount of young people are becoming what is now termed as Nature Deficient, this disorder is not a medical condition it describes our lack of a relationship to the environment. It impacts on our children, our families, our communities and our environment.

Children learn about the outdoors by interacting with it. Experts say that educators and parents need to increase the number of child-environment interactions. Many children have limited opportunities to experience the outdoors. Studies show children in urban areas tend to show unfounded fears and feelings of disgust in relation to natural objects. The result is that a lot of young children are at risk of never developing a positive attitude towards nature.

Research shows that outdoor education enriches children's lives in fundamental ways. Children who learn and play outdoors have:

- Better health and lower risk of obesity
- Stronger immune systems
- Longer attention spans
- More creativity
- Higher levels of self-confidence
- Higher standardized test scores
- Greater academic success
- Significant improvements in cognitive development, self-discipline, imaginative and creative expression, language skills, and social interactions
- An appreciation of the beauty and value of nature
- Developed critical thinking skills
- An awareness of biodiversity and conservation
- An understanding of community resources
- Become active members of the community
- Recognized that individuals do indeed make a difference

Nature Positive effects on ADHD and ADD

For children with Attention Deficit Hyperactivity Disorder (ADHD) or Attention Deficit Disorder (ADD), tasks that require concentration such as doing homework or taking a test can be very difficult. A study conducted at the American University of Illinois shows that children with these disorders demonstrate greater attention after a 20-minute walk in a park than after a similar walk in a town or residential area. Other studies showed significantly reduced symptoms following after-school or weekend activities in green outdoor settings (natural areas such as parks, farms, or green gardens) compared to activities in other built on settings (towns, car parks or indoors)

Analysis was based on parents' reports of their children's behaviour during the hour after the activity, specifically:

- Ability to focus on unappealing tasks
- Ability to complete tasks
- Ability to listen and follow directions
- Ability to resist distractions

Particularly noteworthy was the finding that "green" areas were more effective than other outdoor areas in reducing ADHD/ADD symptoms, suggesting that it was not merely the fresh air and space to move around outside that was important, but rather the natural setting itself.

Richard Louv

The following text is written by Richard Louv, author of the best-selling book, *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*.

"Reducing that deficit—healing the broken bond between our young and nature—is in our self-interest, not only because aesthetics or justice demands it, but also because our mental, physical, and spiritual health depends upon it. The health of the earth is at stake as well. How the young respond to nature, and how they raise their own children, will shape the configurations and conditions of our cities, homes—our daily lives. "

Since 2005, when *Last Child in the Woods* hit the shelves, several studies have been published backing up the importance of the child-nature reunion. The American Institutes for Research conducted a study of the impact of a weeklong residential outdoor education program on at risk youth. Students involved in the program experienced a 27 percent increase in their mastery of science concepts, better problem solving skills, enhanced self esteem, and improved behaviour in comparison with the control group stuck in the classroom.

This new research is prompting action. Several American states have launched programs to get children outdoors, national policy-makers are also starting to take notice. In 2009 Representative John Sarbanes of Maryland introduced a bill called "No Child Left Inside" which would provide funding for integrating environmental education into curriculum.

Louv says schools shouldn't just teach about nature in the classroom, they should be sending kids *out* to nature—even if it's just to the patch of woods behind the school. He says these types of field trips and excursions should not be viewed as “a little break from school,” but as an integral part of the learning experience.

More information on Nature deficiency can be found at www.Education.com

More information on No child left inside can be found at www.ncicoalition.org

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Scilly Walk May 2012

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Below is some information about the charity walk that we have organised. We will be travelling from St. Agnes Island in The Scilly Isles to North Ronaldsay Island in The Orkney Isles. We will be leaving St. Agnes on the 5th May and leaving Lands End on the 7th May.

Living on wild baked bread supplemented by foraged plants, mushrooms and the occasional unlucky animal, surviving in the wilds of Britain is going to test our physical and emotional endurance to the limit. We are going to be mainly walking, but also sailing, kayaking and horse riding over 1200 miles from one end of the country to the other. We'll be camping out each night using our bushcraft skills to set up camp, find food, water and make a fire. We are estimating that this will take us just under 5 months. We are doing this, not just for our own adventure, but also our charities Children in Need, Woodland Trust and The Wildman Youth Trust, a new charity which we are starting up to help underprivileged young people gain access to outdoor activity courses and to assist existing local youth groups in their outdoor programs. During the walk we will be running short courses for youth groups along the route as The Wildman School of Bushcraft talking about our bushcraft and woodland living skills. The Wildman School of bushcrafts aims are to help to improve young people's lives by increasing their core skills and knowledge, our group aims to promote and re-establish the connection between communities and the land that we inhabit as well as raise awareness of sustainability, conservation and healthy living. We are looking for companies and individuals who are willing to sponsor us, please contact us if you or someone you know will be able to donate.

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Youthwork Event Activities List

Games - Can be tailored depending on area and participant numbers.

Name games – To introduce participants to each other and activity staff in a fun, expressive way; encourages communication and breaking down barriers

Name and actions – Physical expression introductions group size 5-16 ages 8+

Order of names, heights and ages – Fast paced group size 5-16 ages 8+

Running games – To encourage physical exercise, teamwork and breaking down barriers within the participating group

Chain tag - Fun and boisterous group size 5-16 ages 8+

Rabbits and hares – Reaction based team game 2 teams, 6–16 ages 8+

Circle games – Group concentration, reaction and imaginative games to encourage confidence and teamwork

Zip! Zap! Boing! – Expressive reaction game group size 5-16 ages 8+

1 to 10 – To test group dynamics group size 5-16 ages 11+

Amorphous blob – Expressive, imagination game group size 5-16 ages 8+

Rain storm – To explore rhythm increase teamwork group size 5-16 ages 8+

Nature and Drama Workshops - Encourages imagination, confidence and teamwork. Most workshops are run with participants sat in a circle in the tent or on the grass if the weather is good. Workshops marked with a (W) will be outside and will require a fair size area to allow for running around.

Story telling workshops - to encourage participation in groups, personal confidence and imagination

Fireside stories – The history of campfire stories	group size 5-16	ages 8+
Fortunately unfortunately- Story creation workshop	group size 5-16	ages 8+
Monomyth - Story creation workshop	group size 5-16	ages 11+

Animal tracking – Increases knowledge, recognition skills and some physical exercise

Animal match – Using tracks to educate	group size 5-10	ages 5+
Making tracks – Participating in the above	group size 5-10	ages 5+
Sand traps – Tracking across the site (W)	group size 5-16	ages 8+

Exploring the site – Using skills learnt in workshops, exploring different senses around the site to detect signs of animals

"Multi Senses Walk" - Wildlife hunt using 4 senses (W)	group size 5-16	ages 8+
Clue hunt – Exploration and problem solving (W)	group size 5-16	ages 8+
Guided walk - Exploring wildlife, trees and their uses (W)	group size 5-16	ages 8+
Constellations – Exploring the night sky	group size 5-16	ages 11+
Night hike (2 Mile)	group size 5-16	ages 11+

Navigation – to look at some of the ways we can find our way where we need to go increases knowledge, confidence and physical fitness

Orienteering – Navigation and problem solving (W)	group size 5-16	ages 11+
Astral navigation – Navigation and stargazing (W)	group size 5-16	ages 11+

Bushcraft - Bushcraft workshops includes the use of tools and knives, either by staff or by group members. These will be in small groups under constant supervision with a zero tolerance policy. At each workshop the task will be explained and the rules set at the beginning of the workshop.

Bushcraft Core Skills - encourages responsibility, confidence, creativity and personal expression

The ethos and rules of learning Bushcraft “A good woodsman leaves no trace”

History of Bushcraft

Basic principles of tools safety

Basic principles of fire making

Basic principles of natural cordage

Basic principles of shelter building

Bushcraft art

Camp set up – encourages responsibility, confidence and increases knowledge

Choosing camp location

Camp layout

Hygiene and health & safety

Fires – encourages responsibility, confidence and increases knowledge

Fire preparation

Fire lighting – Bow drill, fire plough, fire piston, flint & steel and modern methods

Tinder

Fire construction

One branch challenge

Transporting an ember

Clearing up a fire site

Knot Work – increases confidence, dexterity and concentration

Natural cordage

Different types of knots

Lanyard making

Net making

Shelter building – Looking at types of bushcraft shelters, encourages responsibility, confidence, creativity and personal expression

Shelter building – ‘A’ Frame, tepee, dome and roundhouse

Children’s tepee building - Fun, creative exercise using materials and paints

Hide building

Hurdle making

Woodworking – encourages responsibility, confidence, creativity and personal expression

Tents peg making

Fire pit trivet

Split cooking stick

Carving

Bushcraft chair making

Tools – encourages responsibility, confidence, awareness and enhances knowledge

Use of tools (Axe, knife, saws carving tools)

Tool safety

Tool maintenance

Making traditional tools

Fire Hardening

Air Rifle shooting – In a controlled range, under direct one-on-one supervision

Laws

Safe use of guns

Target shooting

Principles of Hunting

Other hunting methods – snares & traps and fishing

Catering – For your programme you may require food to be supplied to keep your energies high, if so we have various options that can be added to your event. Whether this is your opportunity to skin, paunch, cook and eat a rabbit on your newly started fire, or a BBQ, or even a full 3 course meal we can arrange your perfect experience. Vegetarian alternatives are available for activities marked with a (V). Please contact us for more information.

Kill it, cook it, eat it – (well, as close as we can get anyway). We provide you a freshly killed animal to prepare and cook, under instruction from staff

Rabbit

Pheasant

Trout

Wood Pigeon

Larger animals are available for this activity for larger groups, please contact us for more information

BBQ – Meat of your choice cooked either by yourself over your own fire pit or cooked for you by a professional catering company (V)

Traditional methods and techniques

Cuts of meat, game or fish

Burgers

Sausages

Offally good buffet– a buffet of assorted offal and goodies pretending to be offal provided by a professional catering company

Sandwiches – various fillings provided by a professional catering company (V)

3 Course Meal – a full luxury dining experience provided by a professional catering company with a variety of options please contact us for more information (V)

Accommodation – For a programme that involves an overnight stay there are various options that can be added to your event. Whether this is a shelter you construct yourself or a luxury SoulPad.™ If required we can also provide a Portaloo™ rather than the traditional long drop.

Debris Shelter – For a real experience of living in the woods build a shelter as part of your day then lay back with pride at the effectiveness of your work by sleeping in it. Staff will be on hand to make sure your night goes without a hitch or drip

'A' Frame

Tepee

Dome

Roundhouse for multiple people (good for team building events)

Hammocks and Flysheet – A more “open air” experience, pull back your flysheet on a dry night to fall asleep looking at the stars and the campfire and wake up to the morning sunshine with a view of the woods around you.*

Hammock with mosquito net to keep the bugs on the outside

Hammock without Net

***The use of hammocks will depend on the no. of participants and the no. of suitable trees**

Patrol Tents – Army or scout type tents Simple 'A' frame but tried and tested designed for multiple people

Roll mats

Camp beds

Soul Pads – Luxury yurt style tents for the ultimate in a retreat to end your day of activities designed for multiple people or a roomy individual sleeping area

Roll mats

Camp beds

Other luxury options are available for group leaders, please contact us for more details

Toilets and showers – The reality of woodland living is having to sacrifice some of the more familiar facilities but this doesn't quite have to be heading out into the woods with a trowel and a hopeful handful of leaves

Long drop - A trench dug into the woodland floor with a wooden frame “throne”

Luxury Long drop - As above with the addition of an actual loo seat

Portaloo™ - The all too famous thunderbox

Solar Shower - A bag suspended from a tree that has been (hopefully) heated by the sun

Luxury solar shower - As above but with the addition of a flysheet screen

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Education Youthwork Events

Based on 5 – 10 participants

Event will have a minimum of two Wildman staff

Event activities are tailored to your group needs. A sample of some of our activities can be found on the included Activities List, please contact us if you would like an activity that is not on the list.

Course costs

Standard course fee £50 + £12.50 per hour per Wildman staff member

1hr Taster Event £75

2hr Event £100

3hr Event £125

Half day Event £150

Full day Event £250

Longer courses are available

£50 Overnight charge

10% Discount on additional bookings

Additional Costs

These prices are based on your group providing a suitable venue - If you don't have access to a venue we can arrange one for you

Some activities may incur additional materials or equipment charges

Our travel is included for the local area @ a radius of 25 miles from Andover - Additional mileage is charged at 40p per mile

Catering is not included – A range of catering options can be added from the activities list

Accommodation for overnight events is not included - Various accommodation options can be added from the activities list

Some events may qualify for a free program, for these events we will waive our course fees except for running costs

This price list is current as of April 2011

The Scillywalk 2012



**WOODLAND
TRUST**

The Woodland Trust is a charity registered
in England and Wales (No. 294344) and in
Scotland (No. SC038885).



Tel. 07877766564

or 07828007656

Email:

Info@Scillywalk.co.uk

Facebook Group:

Tim n Si's Scilly Walk

Website: www.Scillywalk.co.uk

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Youth Trust

The Wildman



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**2 Men travelling
1200 miles from
The Scilly Isles to
The Orkney Isles**

**With only their packs,
bushcraft skills, a few
staples and their
determination to
survive**

**Travelling by foot,
sailing, horseback
and kayaks**

**Rekindling
the spirit of
adventure and
encouraging that
spark in others**

**Adventure
begins
Spring 2012**

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