

*Results from 13 individuals from 10 groups involved in supporting underserved communities*

*Dudes and Dogs - Wellbeing Mental Health*

*Landport Youth group- Young People*

*Barnadoes- Young People*

*BHT Sussex- BeOK Service Mental Health Youth People*

*Summerhaven - Wellbeing Mental Health*

*Plumpton College - Young People with SEN*

*Grow - Mental Health*

*Active Worthing Wellbeing Centre CIC*

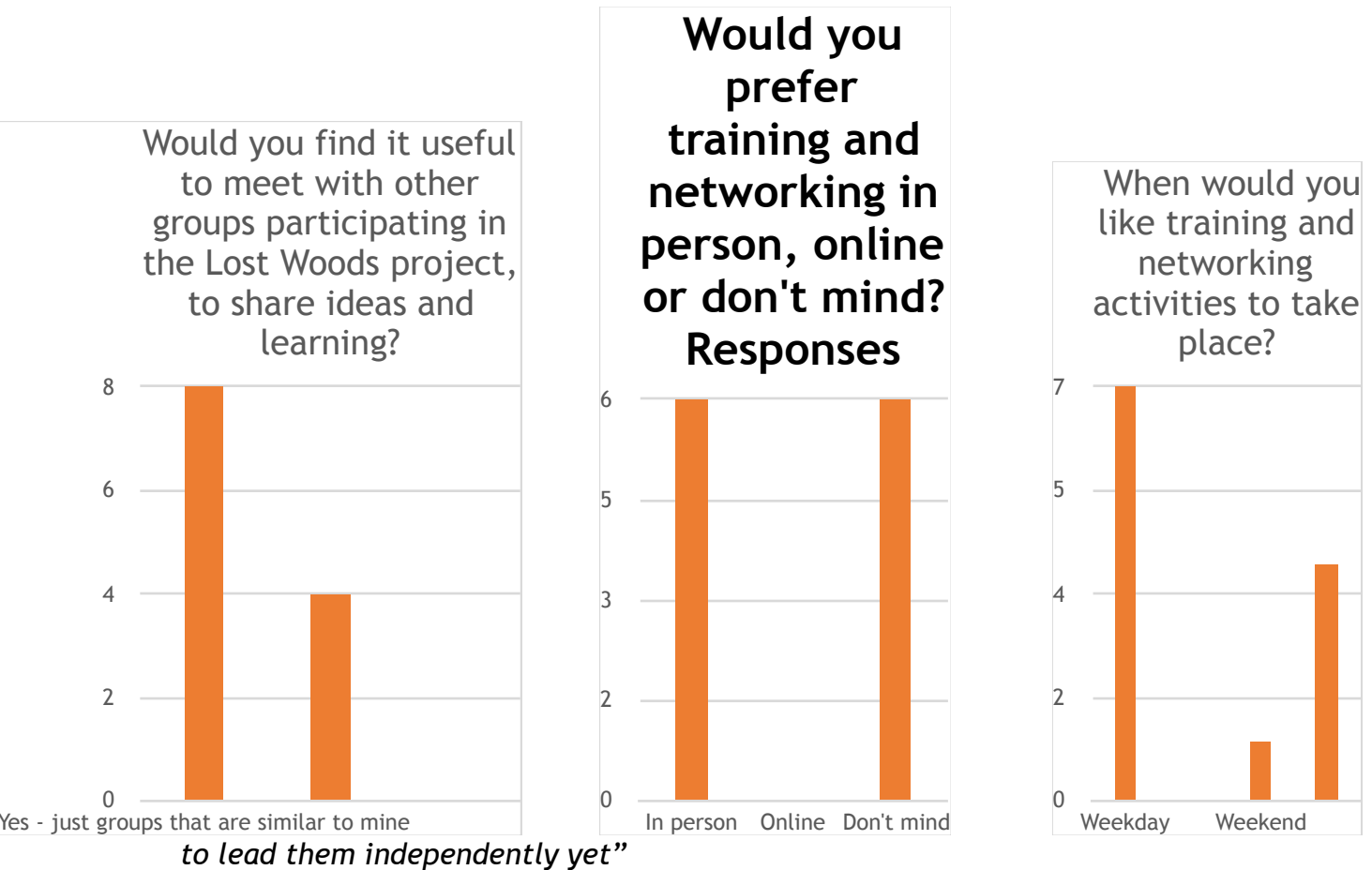
*Young Carers Service - Care for the Carers - Young People*

	First aid for outdoor activities - certification
	Health and Safety, including risk assessing, outdoor activities
Marketing and Fundraising	Creating newsletters and social media for engaging communities and raising funds for your activities
	Mental Health first aid - certification
	Welcoming and working safely with children or vulnerable adults
	Managing volunteers
	Engaging, supporting, and keeping volunteers in your projects
Woodlands for wellbeing:	Activity ideas such as art, play and mindfulness and measuring wellbeing
	Making and using fire with groups- Permissions, safety, building and lighting the fire and leaving no trace
Bringing nature and woodland activities into your group setting.	Creating initial interest in woodlands or for people who can't access woodlands
	Leading walks in woodland and outdoor settings, For 1:1 walks or larger groups - planning, health & safety and engagement activities
	Identifying wildlife
	Identifying trees, butterflies, birds or plants for pleasure or citizen science surveys
	Engaging communities in woodland activities
	Benefits of and planning for working with groups outdoors and activities
	Charcoal making and woodland management
	Tree planting and working with small spaces for planting
	Conservation.
	Coppicing, hedgelaying, tool skills, weeding out invasive species
	Understanding our woodland heritage
	Mapping a woodland, its wildlife, natural and archaeological features
	Basics in woodland management.
	Increasing wildlife habitat and creating ecological networks

Are there any training activities, from the above list, that you are able to offer?

- *“I would specifically with under 18s so activities aimed at them or at families”*

- “Sussex Clubs offers a wide variety of training courses accessible through our website”
- “H & S, incl. risk assessing, outdoor activities; identifying wildlife; basics in woodland management”
- “Grow could offer training in working with people with mental health issues outdoors, and simple nature connection activities to run with groups”
- “Woodlands for wellbeing Welcoming and working safely with vulnerable adults.”
- “I have personally spent quite a lot of time working with the Horsham 'Green Gym' where a group of people work under supervision of a woodland ranger to help do whatever was necessary on the day”
- “We would like to increase our ability to do the activities above - we aren't in a position



### Observations and Analysis

Most interest in woodland wellbeing activities, followed by flora and fauna ID, charcoal making and woodland crafts. However many other topics are also popular including leading walks, bringing nature to your group, conservation, woodland management and tree planting. The main crossover with conservation and sustainability groups is the Flora and fauna ID whereas this group are not interested in volunteer management.

Please tell us about your ideas for themes for networking events, eg networking in nature

“Producing / Creating local maps of woods for other woods users from YPs perspective, Increasing Yp’s awareness of safeguarding the woodland environment whilst experiencing and engaging with it, Sharing of experiences of what the local woods means to them, leading games with other groups, Mindfulness nature walks/ experiencing the sounds and smells of different spots in the woods, Storytelling in woods using local knowledge of heritage/myths/ nature particular to that woods.?”

“Mental health and linking mind with body (grounding oneself from working outdoors)”

*“Networking in encouraging young people to attend after school projects”*

*“Meet at large reserves or parks with good level of flora & fauna examples present to run identification courses; Fungi! - Mushroom hunts & identification; Bush craft team building exercises”*

*“Wellbeing, connecting with nature”*

We aim to establish an interactive web page with a map of the Lost Woods Project area. What would you like to be included?



*“a bi-annual outdoors fun get together could be good!”*

*“Walking in woods in a safe way as most of my clients have mobility aids”*

Observation and Analysis

High level of interest in networking and more interest in meeting in person than online. Also, lots of ideas for themes

Comments

*“Detail of any specific features within the listed woodlands, such as predominant species type, or good place to hear owls calling or heritage info or reference to other groups activities. Maybe by way of a pin on a map that links to info*

*or other groups who have visited.”*

*“Contacts for consenting rangers et al”*

Observation and Analysis

Advice and guidance about setting up woodland groups and planning woodland events are high along with a list and map of accessible woodlands. Opposite to the responses of conservation groups

We are considering developing a Lost Woods Award to support people's engagement and connection

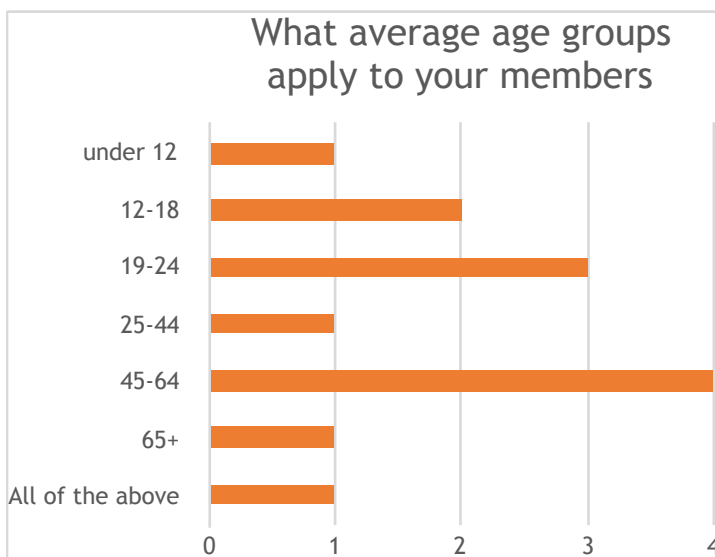


with woodlands. Please tick any of the following that might appeal to you, your clients, volunteers or members

### Observation and Analysis

Options for this question were based loosely on the themes of discover, explore, conserve and share from the John Muir award.

10 of the 13 respondents would like some kind of award, particularly a certificate of participation in training but also awards recognising taking part in conservation, citizen science and identification skills. Exploring and getting to know a particular woodland was the least popular choice.



### Observation and Analysis

There is a much broader range of ages in the underserved groups. This is a real opportunity for the conservation groups to engage younger volunteers with our support.

### Other general comments

*“Summerhaven is a drop in session for those with mental health issues. We have no transport and meet in the town centre of Burgess Hill. every Sunday from 1 to 5 pm all run by volunteers”*

*“Great activities and networking experienced so far!”*

