

Learning and Community Programme

Sherwood District
Forestry Commission

An introduction to your Ranger Service

The Forestry Commission manages large areas of woodland, heathland, grassland and wetland in Nottinghamshire, Lincolnshire, Derbyshire and South Yorkshire. We believe in multipurpose forestry and manage our woodlands to provide a sustainable timber supply, places for wildlife and green space for people. Our woodlands also play an important role in climate change mitigation.

A visit with the Forestry Commission allows groups to be involved in their environment, improve their understanding and sense of wellbeing. Our ranger team organise and lead groups through a variety of activities and subjects. Whether it be learning the techniques of practical conservation, trying your hand at bushcraft workshops or learning about foodchains through pond dipping, we've got something to interest and inspire everyone!

"Forestry Commission woodlands are here for everyone, whether you want a place to relax and unwind or the opportunity for adventure and discovery."



Learning & Community Programme

Practical Conservation

Rangers manage a variety of habitats for wildlife and people. Rangers involve and engage groups in the understanding of habitat management, teaching techniques and methods of practical conservation.

Tasks are seasonal and may include:

- coppicing
- path maintenance
- fence removal
- scrub clearance
- burning brash
- painting

Costs: half-day sessions @ £105
 full-day sessions @ £165



Fun in a Box

Fun In A Box are self-led resource activity boxes aimed at schools, youth and community groups. The boxes are available to borrow and enable you to lead activities in your own grounds or within local woodlands and greenspaces.

With 17 titles to borrow they contain all you need to lead a range of countryside based activities. Titles range from kite flying to minibeast hunting and shelterbuilding to paper making. There really is something for everyone.

Each *Fun in a Box* includes detailed lesson plans, equipment and instructions on how to run the variety of activities safely.

Cost: £30 per year

(This entitles you to borrow as many boxes as you wish to use throughout the year.)

For a full list of titles and equipment please get in touch.



Forest Experience

An opportunity for your group to spend time in the woods developing personal and practical skills through bushcraft and traditional forest crafts. Work together as a team through activities such as shelter building, fire lighting and problem solving.

Individual activity days, progressional courses and overnight sessions available.

Main basecamp at Sherwood Pines has a traditional yurt, compost toilet, cob oven and soon to include a bodge corner and assault course.

Other more rustic sites are available throughout the district.

Sessions are tailored to group interests, needs & abilities but can include:

- Exploring the forest and navigating your way to base camp
- Team problem solving challenges
- Working as a team to construct survival shelters and develop other camp furniture
- Learn safe firelighting methods using natural materials
 - We might even cook our lunch on an open fire!
- Looking for tracks and signs of animals in the forest
- Woodland crafts, which may include string making, water purification, tool making and natural foods.

Costs: Activity day sessions = £195

Six week programme = £1070

Overnight sessions available from £350 (includes food & drink)



(Please note maximum group sizes apply)

John Muir Award

“The John Muir Award is an environmental award scheme focused on wild places. It encourages awareness and responsibility for the natural environment, in a spirit of fun, adventure and exploration.”

A 4-6 week programme is designed to accommodate the students/clients different learning needs and styles while also considering how to engage them in more physical activities to stimulate their health and wellbeing. The John Muir Award's adaptable structure means a varied range of activities can be incorporated into the project, making it interesting and realistic for the students/clients to achieve.

The four main aims of the award involve discovering and exploring a wild place, its habitats and wildlife, conserving an area for wildlife and people and sharing their experiences with others.

Each student receives a *Discovery* John Muir award certificate for completing the programme and has the chance to move onto further awards within the scheme.

Costs: There is no charge for the John Muir Award itself however charges will depend on the sessions delivered for the group. For example practical conservation, forest experience or environmental education. The programme can be delivered through a variety and mixture of sessions to meet your learning needs.

(Project duration and content depends on needs and abilities of the group)

Please get in touch for further details.



Nordic Walking

A gentle sport suitable for everyone that uses 80% of the body's muscles and burns twice as many calories as walking or jogging.

Learn and practice the techniques in beautiful woodland settings. No previous experience necessary, suitable for all ages and abilities.

- Costs:
- 1 hour individual session = £20
(Individual tuition and pole hire)
Limited availability
 - 1 ½ hour group session = £80
(12 people, includes instruction and pole hire)
 - Children's 1 hour session = £80
(10 people, including instruction and pole hire)
 - 6 week programmes available = £480
(12 people, skills development throughout the course, guided forest walks gradually increasing in length and technical ability, pole hire)



Training Sessions

A series of training sessions are available from the Ranger Team that can equip leaders or group members with the skills needed to lead environmental activities and sessions. These can be tailored to group/organisations requests and often delivered within your own venue or meeting place.

Willow Weaving Live Sculpture Workshop

Learn how to use and teach others to use this natural and pliable material to make living structures tailored to your outdoor space. Courses are suitable for both adults and children. Each session is tailored to your requirements so discussion with the ranger about structure/sculpture ideas is essential. Depending on space available training sessions can be held within your own grounds or within FC managed woodlands.

Costs: Willow weaving live sculpture workshop = £300
(includes all training resources, willow whips and aftercare instructions.)

NB. Live sculpture workshops are seasonal Nov- Mar, due to the willow's ability to re-root and grow within new soil.



Willow Weaving Workshop

Learn the tricks and techniques around willow weaving and how to demonstrate this to others. Make small hand held pieces and indoor sculptures to decorate your home, classroom or garden.

Costs: Willow weaving workshop = £300
(includes training resources and willow whips.)



Bushcraft Workshop

Gain skills and confidence in leading and demonstrating a variety of bushcraft methods and techniques. Learn how to teach the art of shelter construction, different firelighting methods, water purification and traditional crafts. Training sessions can be tailored to the groups needs and particular interests.

Costs: Bushcraft workshop = £300



Fun in a Box Training

Fun In A Box are activity boxes aimed at schools, youth and community groups. With 17 titles to borrow the resources contain all you need to lead a range of countryside based activities within your own grounds or in local woodlands.

Join us to gain an insight into the wide variety of activities on offer within this series of resources. Learn how and where to go minibeasting, a range of environmental art activities, kite making, outdoor numeracy and literacy and a whole lot more. Ideal for activity leaders, teachers and teaching assistants activities can be tailored to specific interests or topics or a taster of an assortment of environmental skills. Gain the confidence to lead and teach others.

Costs: Teacher/Leader Training = £250
(includes a years free subscription to *Fun in a Box*; 17 activity resource boxes to borrow with equipment, lesson plans and fun and innovative ideas for any setting and age group)



Orienteering

Want to know how to lead fun orienteering sessions or need help creating a new orienteering course? The rangers can help you develop your orienteering sessions and design a course for your own grounds.

For beginners or the experienced, learn to train others in the art of navigation, compass work and bearings and Star and Loop courses. Courses can be held within your own grounds or at Sherwood Pines Forest Park



Costs: Teacher/Leader Training = £250

Pond Clinics

Whether you want to create a pond in your own grounds or restore a pond that has seen better days, get in touch with the rangers.

Learn about different methods of pond creation, pond safety rules and guidelines, pond ecosystems and wildlife and how best to use your pond as an educational resource.



Costs: Teacher/Leader Training = £250

Making the most of Outdoor Learning

[how to make the most of an educational visit to the forest](#)

Learn how to plan and provide a safe and enjoyable outdoor learning experience.

Ideas to involve your pupils throughout the process from pre-visit planning to follow up work.

A range of activities for inspirational outdoor learning.

Learn about health and safety on an educational visit and how to plan for your groups' needs and abilities.



Costs: Teacher/Leader Training = £250

Forests for the Future

Through indoor and outdoor practical sessions, this course considers the importance of our forests and woodlands. Learn how habitats for wildlife help combat climate change as a renewable and sustainable resource.



Gain practical ideas for how to use trees and forests as a fantastic teaching and learning resource linked to a number of topics.

Costs: Teacher/Leader Training = £250

Please note that for all of the activities maximum group sizes may apply.

Any queries about any of the projects please get in touch.

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