

Growing Up Outdoors the next steps: children's health and the outdoors

Booking Form

Title: First Name: Surname:.....

Job/Position:.....

Organisation:.....

Address:.....

.....

Postcode:

E-mail:

Tel: Fax:

Dietary or other requirements:

- Please tick** if you **do not** want us to hold your details on file. This information will not be passed to third parties.
- Please tick this box** if you **do not** want to receive information on future CRN events
- Please tick this box** if you would like to subscribe to 'Countryside Recreation' journal, published 3 times a year (subscription is free)

Cost: £150 (£125 for CRN sponsoring members)

- £150 GBP
- £125GBP (Membership price)

An invoice will be sent to you once we receive your booking.

Please include details of invoice address (if different to above) and booking reference if any. Payment options to be found on the reverse of the invoice.

.....
.....

A copy of the conference proceedings publication is also included in the price

More information about the event/ venue will be sent to you prior to the event.

Cancellations: Refunds (less 25% cancellation fee) will only be made for written cancellations received before 19th November 2009

Please complete and return the form by post, fax or alternatively email your details to the address below:

Countryside Recreation Network, Sheffield Hallam University,
Unit 1 Sheffield Science Park, Howard Street, Sheffield, S1 1WB
Email: crn@shu.ac.uk Tel: 0114 225 4494 Fax: 0114 225 6319



Countryside Recreation Network

Growing Up Outdoors the next steps: children's health and the outdoors

**3 December 2009
Said Business School, Oxford
(Adjacent to train station)**

Delegate Fee: £150

There are 50 places available for this seminar

**A Countryside Recreation Network Event in
partnership with the Outdoor Health Forum**



**For CMA members, this event attracts
10 Continued Professional Development (CPD) points**

Background

One year on from the CRN landmark conference 'Growing up Outdoors', this seminar will explore further steps towards encouraging children to be active in the natural environment. Studies show how many of today's children have little chance to experience the outdoors as their lives are spent cooped up in classrooms or in front of television and computer screens. This is having serious consequences for children's health and as a result is now rising on the government's agenda.

This seminar will address the importance of the natural environment for children's health and learn from recent initiatives established to bring children back to nature and allow them to reap the benefits of outdoor recreation.

Target Audience

Outdoor Recreation and Health Professionals, Planners and Policy Makers, Academics, Consultants and Countryside Managers.

Aims of the event

To explore the relationship between the use of the outdoors and children's health.

Chair

Marcus Sangster, Forestry Commission TBC

Growing Up Outdoors the next steps: children's health and the outdoors

Draft Programme

- 09:30 *Registration and Refreshments*
- 10:00 Introduction and welcome by Chair - Marcus Sangster, Forestry Commission
- 10:15 **'It's fun to play about in': children and the outdoors - setting the scene** - Liz O'Brien, Forest Research
- 10:45 **Importance of childhood experiences** - Catharine Ward Thompson, OPENspace
- 11:15 *Refreshments*
- 11:30 **TBC**
- 12:00 **How do we integrate this work into the NHS agenda?**
Dr William Bird, Outdoor Health Forum
- 12:30 Q&A with morning speakers
- 12:45 *Lunch*
- 13:30 Welcome back from the Chair. Aims for the workshop sessions - identifying what works well and why

Case Studies

- 13:45 **Forest school** - Rebecca Lovell
- 14:15 **Combining activity, health and the curriculum on residential visits** - Steve Tilling, Field Studies Council
- 14.45 *Refreshments*
- 15:00 **NHS Forest project** - Sarah Dandy, Knowledge into Action
- 15:30 Feedback from case studies - what works well and why
- 16:00 Summary & Close