

Rewild Bushcraft Intervention Programme:

Our bushcraft intervention programme consists of 6, two-hour sessions of targeted, small group support. During these sessions, students will be taught a range of basic bushcraft skills that will help to engage them in the natural world and re-engage them in their education.

Although the hard skills taught might be ones designed to help students survive in the wild, the primary intention of the programme is to teach the young people involved a range of softer life skills that will allow them to flourish in school and life more broadly. When students are struggling with the social pressures of school, experiencing *Emotionally Based School Avoidance* (EBSA), or if you just feel they will thrive in educational setting different to a typical classroom, our intervention is designed to push students out of their comfort zones, build resilience and support the host school to engage students in their education longer term.

The catalogue of evidence showing the positive benefits of time in nature on young people’s mental health is now extensive, and we want to harness these benefits to ensure the young people we support are able to access the education they deserve.

Example of a typical 6-week programme:

Below is a simplified example of what each of the 2-hour session typically consist of. However, when students have specific needs that require more bespoke support, we are able to amend the session to accommodate.

Topic	
Week 1	Assessing and removing risks in the woodland.
Week 2	Starting a fire and fire safety.
Week 3	Building an effective shelter.
Week 4	Trap building and sourcing clean water.
Week 5	Orienteering.
Week 6	Forest first aid.

We run our weekly intervention on a rolling basis, so students can join at any stage to work through the 6 sessions. If students require more than 6 weeks support, they are invited to complete the programme again as a senior group member, guiding newer students and helping to lead the session.

What next?

To refer a young person, please contact us directly info@rewildhampshire.co.uk or access the ‘contact’ section of our website. Once you have contacted us, we will be able to send a referral form to you for completion.

