



### **What can I expect from the sessions?**

The sessions will be run by Dr Lucy Loveday (Project Lead), a qualified GP & experienced educator, and Rachael Land (Fingle Woods), a Woodland Tutor. The interactive sessions are guided and facilitated in a safe and supportive way to help you gently learn more about how nature can support your wellbeing. We will enjoy various activities (everything from art and photography to scavenger hunts and fire lighting) and through these you will learn about mindfulness, movement, connection, conservation and more. The activities will also help to build confidence and a collective sense of belonging.

**(Please note:** In this Resilient Young Minds programme, Dr Lucy Loveday is **not** acting in her capacity as a GP and will not be offering any individual and/or medical advice.)

### **What is the level of activity for the sessions?**

The sessions will take place in Fingle Woods, and will involve moving through the woods. The terrain can sometimes be uneven and steep, but there are usually options to walk on flatter paths. The sessions will involve some walking and activities involving movement, but nothing too strenuous. If fitness or access are a concern for you, please make the project team aware and we can accommodate to support you.

### **Where is Fingle Woods?**

Fingle Woods is just off the A30 between Exeter and Okehampton. It is located in the Teign Valley, on the Northern edge of Dartmoor. A postcode for Fingle Woods, should you wish to explore before the programme, is EX6 6PW.

### **How will I get to Fingle Woods?**

We will provide free transport to and from the woods in a minibus/taxi. Alternatively, if you would prefer to travel in your own vehicle we can reimburse your fuel (at 45p per mile). Either way, you will be welcomed at an agreed collection point. Collection points will be located near you, most probably your local GP surgery. Details will be provided ahead of the first session and will be the same each week. When referred, please specify which of the following locations would be most convenient for you: Okehampton, Moretonhampstead, Chagford and Black Torrington.

From the collection point, you will be driven to/from Fingle Woods for the session. Alternatively, if you are travelling in your own car you will travel in convoy to ensure you don't get lost.

### **How long will the sessions last?**

The sessions in Fingle Woods will last for a couple of hours. Then there will be the time to travel to and from Fingle, which may be 20 - 45 minutes depending on where you are travelling from.

### **How many other people will there be?**

The groups won't be too large (in line with current COVID-19 guidance). There will be a maximum of 16 other people on the course, as well as those leading the sessions.

### **What clothing/shoes should I wear?**

You need to wear clothing that you are comfortable to move around in. We would suggest trousers and comfortable, loose fitting, tops. Please don't wear your best/favourite clothing as they may get dirty.

Make sure you consider the weather when choosing your clothes – if it is cold bring lots of layers or if it is sunny a hat and sunscreen. If you have walking boots, they would be great. Otherwise please wear flat shoes like comfortable trainers that you don't mind getting muddy. If possible, please don't wear open toe shoes and even if it is hot, please wear trousers/leggings rather than shorts to avoid getting scratched or bitten legs.

If you are worried about not having the right sort of clothes for the woods, don't worry, we do have some spare jumpers and waterproof coats so please ask the project team about borrowing these when they contact you to provide details of the programme (once you have been referred).

### **Do the sessions still happen in the rain?**

Yes, they will continue if it is raining. We will try to find more sheltered areas and recommend wearing waterproof clothing if you have it. If you don't have waterproof clothing don't worry, we do have some spares that you can borrow, just let the project team know so we can ensure we have the right size available.

If the sessions *are* cancelled due to bad weather, we will endeavour to contact you to communicate this at the earliest opportunity.

### **Do I need to bring food and drink with me?**

Yes, make sure you bring your own drink and enough food (snacks and/or lunch) to keep yourself going for the whole session.

### **Are there toilets onsite?**

Yes, basic toilets are available. There is a compostable toilet at one of the meeting points and public toilets at another.

### **How many sessions do I need to attend?**

We need you to attend as many of the sessions as you can. In order for us to be able to offer you a place you need to be able to complete 4 of the 5 sessions.

