



FSA National Conference 2023

30 years of Connection



Introduction

Thank you for downloading our FSA Conference 2023 Booklet. This booklet is separated into two key sections, the first has detail about the FSA, the organisation behind the conference and what they offer and stand for. The second section contains the delegate pack which will hopefully answer all of your conference related questions.

Building a conference is a huge undertaking, this year over 300 delegates will be attending, learning from the workshops eating food, drinking, dancing and finding new and exciting ways to connect.

Even as we began to build the conference it became clear to us that like Forest School the very action of building a thing, grew new connections.

Nic and the Conference Team

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Welcome from Gareth Wyn Davies, FSA CEO

30 years ago (this year) a simple human connection was made when members of the early years department of Bridgwater College, in Somerset, participated in an exchange visit to Denmark. The rest, as they say, is history. In honour of this historic connection, which has resulted in the transformation of so many lives, we have chosen '30 years of connection' as the theme of this year's national Forest School conference.

Connection not only allows ideas and information to flow, but it is one of the ways in which we actively seek and bring about the transformation we may want or need in our lives. We all feel the transformative effects of connection with nature. Indeed, nature connection is a central idea in Forest School. However, Forest School is not just about the connection between the individual and nature. It is also about human connections in the context of nature. It is about creating a Forest School community that is greater than the sum of its parts. One that is both responsive and adaptive. To be a member of such a community is inherently transformative.

Similarly, the FSA, as the professional body for Forest School, is a community of members. We each affect the community and the community affects us in an endless transformative cycle.

We have things in common that we can all agree on, such as the 6 principles. We may have differences of opinion about how to follow these principles, but we are all likely to want our practice to reflect them, and so we are learning and growing together to do this as best we can. This conference is not just about providing the opportunity to share information, gain new knowledge and skills, although these things are of course valuable. At its heart is connection. The sort of connection that can bring about the transformation of your practice and help it fit within a wider supportive community that has common values.

We want everything we do in the FSA to mindfully support transformation by helping to make the right connections between people and ideas. I look forward to connecting with you on Sunday morning when we can meet to discuss the community's needs, desires, challenges, and fears.

Gareth Wyn Davies FSA, CEO



Chair's Welcome



One of the things I most love about the Forest School community is the generosity and willingness of many people to share their skills, passion, knowledge and resources.

Thank you

My welcome must begin with a huge thank you to FSA members and colleagues from the wider Forest School community for making it here today and for all you share daily.

Thank you to our sponsors, partners and generous hosts who make our conference possible. We would not be gathering this weekend without your guidance and practical support.

An enormous thank you to the workshop leaders and the speakers who will be gifting us opportunities to

restore and revitalise both professionally and personally.

Getting each of us here, workshops booked and sleeping in the right bed has been no mean feat. The challenges of conference logistics have kept FSA staff and volunteers up at night. We cannot thank the conference team enough for their creativity, determination, and grit.

Connections

This conference builds on the work, connections and learning shared from last year's conference and all the previous ones, whether in Oxford or during the strangest of years when we met on Zoom, our time as a Special Interest Group of IOL, right back to 1993 when colleagues from Bridgwater headed off to Denmark. Ours is the story of thirty years of vision, sharing, learning and connecting.

We each will have tales to tell of the people who have helped us get to today, here at the National FSA Conference 2023. A teacher, sibling, partner, or friend may have encouraged our love of nature and

woodlands or supported us to become educators. Someone saw something in us and was willing to take a risk and fund our Forest School training.

Family Tree

We know the history of Forest School owes much to other ways of educating, like Montessori and Earth Education. Visionary educators such as Susan Isaacs and Friedrich Froebel laid the foundations for nature-connected education in the 19th Century. Forest School is the offspring of valuable teaching approaches connected in a fascinating family tree.

So many elements of what we do, of this magical Forest School approach, are deeply rooted in our recent histories alongside human experience over millennia. Ancient wisdom from Britain and indigenous people worldwide has helped us get to this place and will continue to guide humanity. Modern science and technology show us why the old truths still hold fast. Discoveries of plant species for medicines, the neurology and interconnectedness of our brains and bodies and the incredible adaptations and resilience of creatures in the deepest ocean show us that nature is beyond our comprehension. The wonders of nature will continue to blow our minds.

Hope

As the rhetoric around lost learning, eco-anxiety, mental health crises, and failing systems continues to flow, we are ideally placed to change the story, offer joyful solutions, and share the resilience and courage of the young people we work with.

For many years, the defining global events of the past three years will impact our economy, health and education systems.

What world will today's children be inhabiting in thirty years' time? How might we choose to listen and learn with and from them now to tackle the challenges of life facing us all?

Many people have engaged in difficult politics and painful conversations to get us to this place where Forest School, one of the world's most loving and hopeful pedagogies, is now recognised as a mainstream approach, and we have a National Professional Association dedicated to promoting the ethos and principles.

Advocacy

Trustees and Members of the FSA continue to advocate for children and nature through the Nature Premium

Campaign. Together, we and over 50 organisations are asking the government to ensure that every child from 3 - 18 will have regular access to nature as part of their education, with more funding for those who need it most. Envisioned by FSA trustees during the first lockdown, the Nature Premium Campaign has become an idea held by a steering group that the FSA co-chairs under the umbrella of the Institute for Outdoor Learning. We have a growing number of supporters within the education, health and business sectors working with us to build a coalition of funders; we aim to model the funding mechanism that could be scaled up to all schools. Research has proven that children need and benefit from learning in, through, from and about nature. We must show the government how this could be funded as a green investment.

We know that many hours of hard work from staff and volunteers have developed our association into a healthy and robust entity navigating the challenges of being a charity in an economic downturn, growing our membership, and creating new ways to support you and the broader education community.

Reflection

Here in Essex, in 2023, we will reflect on thirty years of learning the Forest School way, of building communities through playful nature connection and sustainable woodland management.

Now may be an opportunity for some of you to look back and see how far you have come; it is also a moment to look forward and imagine what Forest School and our professional association will look like in another thirty years.

Vision

As new members, Recognised Providers, Endorsed Trainers, and trustees join us from diverse backgrounds, they will bring their lived experience, skills, knowledge, and world views, connecting us to others who want to change the world, one tree, one child, and one educator at a time.

We will continue to learn and adapt if the ethos and principles hold. We will stay focused, reflective and open to new ideas and ways of doing things, ever mindful of our responsibility to be the ancestors our human and more-than-human children need. We will continue to lead with integrity, make connections and build community.

Sarah Lawfull - September 2023

The Forest School Association

We are the Forest School Association (FSA) and we are a membership association for Forest School (FS) practitioners and FS trainers. We are the professional body for Forest School in the UK. Our core business is:

- We develop and maintain professional standards for FS practice and training,
- We help FSA members to work to these standards,
- We advocate for quality Forest School.

The vast majority of FSA members offer their services within the education industry although some FS practitioners offer health and wellbeing services in the health sector. The FSA sits within the wider outdoor learning industry.

We bring people together, which helps to establish a unified culture of professionalism and common agreed standards. We support the community to bring about change and innovation within the profession.

The FSA's mission is:

To maximise the number of people who understand and are able to access quality Forest School.

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**Growing a
Forest School
from the roots up!**

Edited by Nic Harding
FOREST SCHOOL ASSOCIATION

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FSA



World's First Forest School Research Symposium 2024

The Interdisciplinary Perspectives, Practices and Principles of Forest School

June 26th – 28th 2024

Exciting news! You will have seen on the FSA website that we are planning an international academic research symposium for 2024. This event is being run in conjunction with the University of Liverpool. It will be open to anyone interested in Forest School research. Submissions for presentations will be subject to review by a panel to assess their suitability by our academic committee. The call for submissions has been posted on the FSA website. If you are undertaking research for a masters or PhD, do consider submitting an application. If you aren't research-active, think about whether you could be. And watch out for more news.

The symposium's aim is to bridge the gap between academic research on Forest School, practitioners and end-users. Forest School is a relatively new approach to learning that currently lacks a depth of academically-recognised evidence. As a respected independent voice for Forest School, we have the opportunity to influence policymakers and we need the evidence to reinforce key points to support our community. However, research is often being conducted in 'silos' or is not 'joined up' or comparative and often concentrates on one single aspect of this interdisciplinary phenomenon.

It is hoped that this symposium will generate an international community of researchers. It will also help to identify research gaps and opportunities for future collaborations.

The symposium's academic committee have researched Forest School including Drs Frances Harris, Helen Pimlott-Wilson, Janine Coates, Mark Leather and Lucy Tiplady.

Dr Sara Knight FSA

Dr Fabienne Marret-Davies UoL

Nic Harding FSA



Bringing joy to **all children** through outdoor learning

We exist solely to provide amazing opportunities for all children, regardless of their ability or socio-economic background. It's our passion and here's our story...



The story of our children

Over **22,000** children visited in 2022, but every week children tell us they have never been into the woods!

Throughout the year, we have an average **7** schools and over **400** children on site every week.

We have **14** outdoor learning programmes which meet outcomes required by the National Curriculum.

We run **6** specialist events each year for families with disabled children.

We estimate that every day an average of **3-5 children that visit don't own a coat** that is warm enough for a day at the centre.



Our environmental story

Our mission is to inspire children to fall in love with the outdoors and we run programmes to help children understand how to protect the environment.

We have a range of **renewable energy systems** including ground and air source heat pumps and solar thermal.

We work with local Naturalists to **protect the environment** and teach children about sustainability.

In 2022 our fully accessible lodge provided **650** children with disabilities an opportunity to spend time safely in the outdoors.



Our Ilkley story



2,500 children and their parents from Ilkley enjoyed one of our public events in 2022.

Every child in Yr 7 at Ilkley Grammar School visits us in September.

Local events such as the Wharfedale Schools cross country relays, cycle-sportives, orienteering events, bee-keeping courses, and family fun days for refugee families brought over **1000** visitors to the centre last year.

Approximately **25** Wharfedale children each year learn with us through our volunteering opportunities and work placements.

Many local charities support us including Rotary, Round Table, Children's Charity Circle, but we need more!



Our charity story

We raise money to subsidise visits for disadvantaged children. Last year we awarded **£15,000** to schools enabling **1,500** children to enjoy a visit who would otherwise have missed out.

We became a fully independent charity in March 2022, after over 40 years as a Bradford Council run centre.

In 2022 over **2000** corporate volunteer hours supported the maintenance of the site and the running of our events.

Nell Bank covers basic running costs through charging for visits. **Our fundraising work enables us to support disadvantaged children and develop our site and our offer to children.**

Please visit www.nellbank.org

Would you like to explore how to become an FSA Recognised Forest School Provider?

If so, Scheme Co-ordinator **Nell Seal** is at the *FSA National Conference 2023* and ready to chat! You have a couple of options:

1. Book to attend the workshop (being held outside of the usual workshop slots) between 13:15 and 14:15 on Saturday 30th September in the training room at Danbury, where you can find out more about the scheme and ask questions, and/or
2. Send Nell a message to 07974 287254 and arrange to meet her during the conference (probably over a cup of tea, breakfast, lunch or dinner) to discuss your unique Forest School circumstances and how they might fit with the scheme's benchmarks. Nell will advise about possible times and locations if you send her a message.

The national FSA Recognised Forest School Provider Scheme has been created as a benchmarking and development tool that sets the minimum professional standard for Forest School provision: that which is in line with all 6 core Forest School principles. The scheme was launched in 2017 and revised in 2019 following a consultation.

The FSA Recognised FS Provider Scheme is open to applications from individual freelance Forest School practitioners or settings who wish to be recognised by the FSA.

Presently, existing FSA members pay only £55 to apply to the scheme and this includes a year of individual FSA membership for up to 4 people from your setting, and the usual discounts. Membership also offers the opportunity to promote your Forest School provision to the public, and Forest School community, via the FSA's Recognised FS Provider searchable online map and database. We have developed an online resource to support applicants in developing practice, both as they gather evidence for their application and as they move onward through their own Forest school journey.

The application process involves an initial video chat with Nell about the benchmarks and process, and then the submission of evidence that shows us that you meet our benchmarks.

If you are interested, please come along to our workshop, arrange to chat to Nell during the conference or have a look here where you can find everything you need to get going:

<https://forestschoollassociation.org/join-the-fsa-as-a-school-and-organisation-member/>

FSA Recognised FS Provider meet-up

If you are an FSA Recognised FS Provider please add this to your conference timetable! We are hosting a face-to-face meet up for all current FSA Recognised FS Providers between 1700 and 1800 on Saturday 30th September 2023 in the Training Room at Danbury. This is after workshops and before dinner, so you needn't miss any of the other action in order to join us. It will be a chance to put faces to names, and to share experiences. We're really looking forward to seeing you then.



Are you a Forest School Trainer?

Since 2017, the FSA has run a rigorous quality assurance scheme that enables Forest School trainers to become FSA Endorsed, appear on the searchable map of FS Trainers and become part of the FSA Endorsed Trainer's group forum where we discuss relevant issues, oversee the qualification review and undertake bespoke CPD. There are currently 12 fully FSA Endorsed FS Trainers and four FSA Registered FS Trainers, with a further five trainers going through the process right now.

Many of the above FSA Endorsed Trainers are in attendance at the FSA National Conference 2023, as well as Scheme Co-ordinator Nell Seal so please do seek us out for a chat if you are interested. If you wish, you could send Nell a message to **07974 287254** and arrange to meet her during the conference (probably over a cup of tea, breakfast, lunch or dinner) to discuss your unique training offer and how it might fit with the scheme's benchmarks. Alternatively, to find out more about the scheme, you can visit:
<https://forestschoollassociation.org/find-a-forest-school-trainer/>

FSA Local Groups

The FSA has a number of affiliated groups called FSA Local Groups. These groups support a district or region of Forest School practitioners. Each month representatives from the different areas bring information, ideas, and the occasional issue to the national FSA for discussion and exploration.

These groups offer all sorts of amazing opportunities – skill shares, CPD training, pub meet-ups, peer mentoring, and more. Joining your local group can be a great way to connect with like-minded people, share practice, gain inspiration and seek support on your Forest School journey. Many of the local reps will be at this year's conference, so don't be shy and come and say hi!

Discover Forest School Folk local to you, connect, chat and play at the **Local Group Meet-Up Session – 16:45 – 17:30** on Saturday at the big Oak Tree (by the main marquee).

If you are in a region which doesn't currently have a local group speak to Louise Ambrose and she can help you formulate a plan!

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FSA Local Groups Contacts

Group	Contact Information
FSA Essex	Email – essexfsa@gmail.com Facebook - https://www.facebook.com/groups/1526689920930210/
FSA Hampshire	Email – fsahampshire@gmail.com Facebook group - https://www.facebook.com/groups/463152853864658/
FSA Kent & Medway	Email - fsakentandmedway@gmail.com
FSA London	Facebook Group - https://www.facebook.com/groups/999088477395940 WhatsApp - 'London FSA Group'
FSA Norfolk	Email - fsanorfolk@gmail.com Website - https://fsanorfolk.wixsite.com/fsan Facebook - https://www.facebook.com/ForestSchoolAssociationNorfolkLocalGroup
FSA Oxfordshire, Buckinghamshire & Berkshire	Email – oxonbucksberksfsa@gmail.com Facebook - https://www.facebook.com/groups/518875974968395/ WhatsApp – https://chat.whatsapp.com/FFQbLNQBpbl5K1tGfggEl1
FSA South West	Website - https://forestschoolswss.wordpress.com/ Facebook - https://www.facebook.com/groups/122892434548000/
FSA Suffolk	Email – Fsasuffolk@gmail.com Website - https://www.fsasuffolk.org.uk/ Facebook - https://www.facebook.com/FSASuffolk/
FSA Surrey	Website - https://surreyfsa.weebly.com/ Facebook Group - https://www.facebook.com/groups/630330020414452/
FSA Sussex	Email - info@sussexfsa.co.uk Website - https://www.sussexfsa.co.uk/home Facebook group - https://www.facebook.com/groups/164679850266354/
FSA Worcestershire	Email - fsaworcestershire@gmail.com Website - https://fsaworcestershire.weebly.com/ Facebook - https://www.facebook.com/profile.php?id=100083414853362

There are also groups of people in the process of forming emergent local groups in:

- Cambridgeshire
- North Wales
- West Midlands

No Local Group in your area listed here? You could start one!

Talk to our Local Groups trustee Louise Ambrose to find out more.

There is also some guidance on our website –

<https://forestschoollassociation.org/forming-an-fsa-affiliated-local-group-quick-start-up-guide/>



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Lyme Disease Awareness

WHAT IS LYME DISEASE?

Julia Knight RN,
Specialist Practitioner
Child Community
(retired) is a Trustee &
Press & Community
Outreach Manager for
Lyme Disease UK.



This year the FSA have been raising awareness of Lyme disease in association with Lyme disease UK. Julia Knight has kindly written this short article for our Conference delegates.

Lyme disease is a bacterial infection caused by a spiral shaped bacteria called *Borrelia* and is transmitted via an infected tick bite. Ticks can carry other infections such as Anaplasma and Babesia. Tick Borne Encephalitis (TBE) a viral infection that is very prevalent in some parts of Europe, has also now been confirmed in the UK. Ticks are arachnids and can be as small as a poppy seed. It is estimated that about 10% of ticks in the UK carry the bacteria that causes Lyme disease, but it is still important to be aware of the risk of tick-borne infections and prevent them if possible.

RISK OF LYME DISEASE.

Infected ticks can be found all over the UK and are found in woodland, heathland, and parkland but have also been found in urban parks and gardens. You can be infected in any month, but it is most likely in early spring/summer. However, as the UK is now having milder winters with more rainfall ticks seem to be active even in winter months. The Big Tick project (2015) by Bristol University found that there were ticks on 1 in 3 dogs examined by vets that their owners were unaware of.

PREVENTION ADVICE.

Prevention is crucial. Insect repellent should be used during outdoor activities and permethrin treated outdoor clothing should be considered for high-risk activities and occupations.

- Avoiding walking through long grass and stick to pathways if possible.
- Wearing light colored clothing makes ticks easier to spot and brush off.
- Wear long sleeves and long trousers & tuck trousers into socks to prevent ticks climbing up.

- Showering & carrying out a thorough tick check on when getting home is advisable. Particularly check the hairline and behind the ears of young children.
- Tick prevention methods should be used on pets and pets should be thoroughly checked for ticks daily. Your vet can advise on how to protect your pets.

REMOVING A TICK.

Never pull off a tick with your fingers, normal tweezers or any other tool not designed for the job. It is very important not to smother a tick in oil, Vaseline, or any other substance to try to remove it. This can stress the tick and it can respond by regurgitating the contents of its stomach into the host's bloodstream.

Ticks should be removed using a tick remover or a pair of very fine tipped tweezers, making sure all parts of the tick are removed. A tick remover should be an essential part of any first aid kit. There is no minimum time a tick needs to be attached to pass on an infection. However, it should be removed as soon as possible.

DIAGNOSING LYME DISEASE.

Lyme disease can be hard to diagnose as tick bites can be easily missed.

The most obvious sign of Lyme disease is an Erythema migrans (EM) rash, often referred to as a bullseye rash. The most important thing to be aware of is the behaviour of any rash after a tick bite. An EM rash takes at least three days, and in some cases up to three months, to appear. It generally isn't itchy, painful, or hot and gradually spreads outwards. (Erythema = redness Migrans = migrating/spreading).

Redness or itchiness immediately after a bite is usually a histamine reaction. EM rashes can be atypical and do not always appear as the more easily identified ringed type rash. They can have a solid or bruise-like appearance and can look very different on darker skins.

Be aware that not everybody develops an EM rash so other symptoms to look out for are 'summer flu', headache, stiff neck, fatigue, joint and muscle pain and generally feeling very unwell. Facial palsy can be an indication of Lyme disease, especially in children. Behavioural changes in small children often indicate that a child is unwell as they are unable to articulate that they feel unwell.

Early treatment is key. An EM rash is diagnostic for Lyme disease & treatment should be started straight

Lyme Disease Awareness

away without the need for a blood test. The blood test used for Lyme disease is unreliable in the first 4-6 weeks after a bite and can produce a false negative result. This is because it is an antibody test, and the body can take some time to make the antibodies to the bacteria that cause Lyme disease. The blood test should be repeated if it was carried out during this early window & returned a negative result.

Lyme disease is treated with antibiotics. Doxycycline is usually the first line treatment for adults & children over 12 years and Amoxicillin for younger children. It is essential to be aware that treatment for children with Lyme disease is based on their age and weight as the dosage is much higher than is usually prescribed for other infections.

The NHS does not normally recommend treating prophylactically unless pregnant or immunocompromised, although the RCGP Lyme disease toolkit does mention this for other types of high-risk cases.

Lyme disease is a preventable disease, and it is essential to be aware of ticks and prevent tick bites if possible. Hopefully this article will give you the knowledge to prevent Lyme disease or to recognise it quickly if you contract it. The NICE guideline for treating Lyme disease was published in 2018 for your doctor to refer to if unsure about diagnosis/treatment of Lyme disease. The Royal College of GP Lyme disease toolkit is also a valuable resource for health care professionals.

ONLINE RESOURCES:

<https://lymediseaseuk.com/prevention/>

<https://lymediseaseuk.com/tick-removal/>

<https://www.nice.org.uk/guidance/ng95>

<https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/lyme-disease-toolkit.aspx>

For any further information go to <https://lymediseaseuk.com> Lyme Disease UK can also be found on Facebook, Twitter & Instagram.

Wednesday Webinars

Over the past few years, the FSA have been running monthly, free "Wednesday Webinars". If you haven't heard of these, where have you been?

The webinars are led by experts in a range of fields (figurative and literal), with talks on everything from campfire cooking to the Ludic Process, attachment and neurodivergent learners to tracking using animal poo.

If it's relevant to Outdoor Learning or Forest School, Wednesday Webinars offer a glimpse into some highly relevant and interesting areas of current research, pedagogy and skills.

These free evenings have been one of the ways the FSA are reaching out to the wider outdoor learning community, and many of the webinars are free to access on the FSA YouTube channel. The webinars are open for all to attend, and we're always looking for new and interesting speakers and topics to cover. FSA Members can access the Wednesday webinar library and catch up on anything they have missed.

Our next few webinars will be:

October 18th 2023 - Holding space with Mell Harrison

November 15th 2023 - Encouraging Pro-Social and Pro-Ecological Behaviours with Jon Cree

December 13th 2023 - Willow weave along with Coddwomplers

20:00 to 21:30 on Zoom.

The webinars are free and are open to everyone, registration is essential.





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Delegate Information Pack

Thank you for booking a place at the FSA National Conference 2023 and exploring 30 years of connection with us.

We are very much looking forward to meeting you all. This pack is to provide you with useful information to help you get the most out of the conference. Thanks again and we hope you have a great weekend! The pack is split into three handy sections

1. Before you Arrive – What you need to know to prepare for the event
2. During the Event - Who to go to for help? What is happening, Maps, schedules, workshop listings, pick up points and workshop locations. Group meet-ups, the meter market, games and other activities.
3. After the event and local medical information
4. Printable appendix - a separate appendix that includes all the useful stuff like the schedule, site map and workshop pick up points

The Conference Team

The Conference Venue

This year's conference is being held in Danbury in Essex, at the Essex Outdoors – Danbury Outdoor Centre. The centre is an excellent venue with cabins, camping pods, tents and camping facilities as well as a huge amount of natural space.

History of Danbury Centre

Essex Outdoors, Danbury was once a part of the estate of Danbury Palace. Originally built during the Reign of Queen Elizabeth I (1589) Danbury Place was an English country house owned and built by Walter Mildmay and was situated on one of the highest points in Essex.

After falling in to disrepair, the house was demolished and rebuilt as a redbrick mansion in 1832 on an adjacent site. The house and grounds were used as an Episcopal Palace for the Bishop of Rochester until 1890 and became known as Danbury Palace.

During World War II Danbury Palace was used as a maternity Hospital. After the war a large part of the estate was purchased by Essex County Council and Danbury Country Park was created and a youth camp founded in part of the park. Danbury Centre now offers adventurous outdoor activities for children throughout the year via Essex Outdoors.



*1By Malcolm Reid, CC BY-SA 2.0,
kimedia.org/w/index.php?curid=12495483*

Before you Arrive

Information to help you plan your conference experience and journey

EVENT ADDRESS

Essex Outdoors Danbury, Well Lane, Danbury CM3 4AB

Emergency Contact details

The Danbury (Centre) Outdoors Office – 01245 223342

Nic Harding FSA Projects Officer (on site) – 07479960639

Danbury Centre Office Duty Mobile – 07500 990300 (available overnight)

CAR PARK B ADDRESS

Danbury Palace Dr, Danbury, Chelmsford CM3 4AT

Covid

Unfortunately, COVID has not gone away. We request that all attendees evaluate their own health and that of those they're in close contact with. We encourage all attendees who are sick or showing symptoms of illness to stay home and cancel their tickets. We also would like to make delegates aware that feeling ill is not always a perfect measure of your ability to pass on an infection. As 40% of COVID cases are asymptomatic (have no symptoms) we strongly recommend that attendees take a lateral flow COVID test before attending this event. There is a 50% refund if cancelling due to Covid in the week before the conference. Help protect others' livelihood and your own by being respectful of personal space and being mindful of others' preferences for social distancing and wearing of face coverings.

Travelling by train

The nearest station to the Essex Outdoors - Danbury Centre (the Danbury Centre) is Chelmsford Station which is approximately five miles away.

Minibus – Chelmsford Station Pick-ups/drop-offs

The Danbury Centre has kindly offered shuttle bus pick-ups from Chelmsford Station running at 16:00 hours, 18:00 hours, and 20:00 hours on Friday 29th September 2023. They have also offered some return shuttle buses on Sunday afternoon.

Useful Information when traveling to Essex Outdoors, Danbury Centre

You may find these numbers helpful:

Taxis

Chelmsford Taxis www.chelmsfordtaxi.com – 01245 335555

Arrow Taxis based in Maldon – 01621 855111

Sean's Taxis based in Danbury – 01245 226666

Bus routes - You can find and plan your bus routes using <http://www.essexbus.info/>

Arrival at the Conference

When can you arrive on site?

If you have a weekend ticket - you can arrive at the Danbury Centre on Friday 29th September 2023 after **16:00 hours**. This is to avoid clashes with the local school pick-up time as we are sharing the school's car park. Please head straight to **CAR PARK B** unless you have been instructed otherwise. Please show both your conference ticket and your car parking ticket (with your mobile phone number on) to the gate stewards so keep it handy when you are leaving home.

Day ticket holders can arrive on site on Saturday 30th September 2023, between 07:00 and 09:00, if you have booked car parking, please park in car Park B and head to the **Marketplace/Welcome Desk** where we will register you.

Once you have parked, please come to the **Welcome Desk** to register and collect your wristbands. These wristbands will indicate if you are catered or self-catered and will allow access to cafeteria food at meal times.

Parking and vehicles

All delegates should park their cars in [CAR PARK B](#), unless previously instructed otherwise. We have secured parking from a local farmer, this car park is approximately 400m from the camping field as shown on the map below. The nearest address is **Danbury Palace Dr, Danbury, Chelmsford CM3 4AT**. Delegate vehicles will not be allowed onto the camping and event site, except by prior arrangement for those with mobility issues. If you require access to the site with your vehicle, please contact us ASAP to arrange this enquiries@forestschoollassociation.org. Please note that requests after the 20th of September may not be accepted.

Please write your mobile number on your parking ticket and display it on the dashboard of your car in case you are blocking other delegates in.

Signing in and out of the event

It is imperative we keep an up-to-date register of who is on-site for fire regulations, so everyone needs to be booked in when they are on site. Therefore, if you are staying off-site, coming for the day or leaving the site for any reason during the conference please do ensure that you sign out before leaving the site. The sign-in sheet will be at the Welcome Desk in the FSA Marquee. As Danbury is open to the public if you are not wearing a wristband and you are within the conference area you may be challenged.

Staying at Danbury

If you are booked into a dormitory, shared room or camping pod or you have booked one of the Danbury Centre's tents you will need to bring your own bedding (sleeping bag) and a pillow, towels and other personal overnight essentials. If you are camping you will need to bring your full camping kit! However, cups, cutlery and plates are provided for all catered delegates but you may want to bring a thermal cup or water bottle so you can stay hydrated during the workshops. Delegates can access refreshments throughout the day in the cafeteria area.

Day tickets and staying off-site

Saturday Day Ticket holders are welcomed on site on Saturday 30th September 2023. You can arrive on site from 7am and should park in [CAR PARK B](#) if you have purchased a Car Parking ticket. There are no minibus

transfers from local stations for day ticket holders but you can find useful Taxi numbers on the previous page. Day tickets are all self-catering tickets and we are unable to cater for you on the day so please bring your own supplies. We cannot extend or transfer day tickets to cover other days of the conference.

Staying off-site tickets, allow you to attend the full weekend but retire to off-site accommodation. See below for information on catered and self-catered tickets.

Both **Day ticket holders** and **Staying Off-Site ticket holders** will need to sign in at the FSA marquee on arrival, reception will be available from 7am. If you are staying off-site please sign in and sign out of the event on the sign-in sheet at the Welcome desk in the FSA marquee as you arrive and before you leave. You will also need to leave site by 23:30 at the event's official closing time each day.

Self-catered delegates

If you have opted for our self-catering option you will need to bring all your food and equipment with you. However, refreshments are still available in the cafeteria area. For information on cooking equipment for your food and drinks please see the *camping stoves and campfires section* below.

Campervans

- Campervan tickets allow access for one person to enter the conference. Each person staying in the van must purchase an additional camping ticket to allow access to the event/food and facilities.
- Campervans cannot arrive before 16:30 on Friday 29th September as parking is on a local school playground and we must ensure the school children have left the site before vehicles arrive.
- There are no facilities for electric hook-up or sanitation/chemical disposal.
- Toilets, showers and other facilities are available 24 hrs in the main centre nearby.
- Refreshments are also available from the canteen 24 hours
- There can be no unauthorised camper vans on site. The farmer will be checking the car parking field periodically and we will lose the use of the field for this and future conferences.
- Unauthorised use of your campervan overnight in the car park field will lead to you being asked to leave the event, and no refund will be given.

Camping stoves and campfires

There are no personal campfires or cooking fires allowed at the Danbury Centre. However, small gas stoves are allowed for delegates who are camping. Stoves are not allowed in the cabins or camping pods, but you are welcome to use them outdoors.

Money

There are **no cash machines** on site, although many of our stalls have electronic payment devices. Please bring some money as well as cards with you in case you see something you would like to buy. There is a CO-OP with a cash machine a walkable distance up the hill.

You will have the opportunity of buying the FSA's book *Growing a Forest School from the Roots Up!* at a special conference price and save on the postage and packaging this will need to be card-only purchases.

Trolleys and transporting equipment on-site

Think 'festival' and bring a trolley, wheelbarrow or rucksack if camping to shift your gear. There are a couple of trolleys available on site, but they are likely to be oversubscribed.

Booking workshops

All your workshop bookings should be completed through Eequ.com before you arrive at the conference so we can plan for numbers. Please print or bring an electronic copy of your workshop schedule with you. You can see how to download your schedule here

You should have received a link to the conference workshop page with your ticket receipt or in an email

Items needed for the opening and closing ceremony

"Bring a howl

Bring a drum!

Bring a small amount of wood ash or charcoal / burnt stick from your fire pit to add to a central fire."

What to bring: Checklist

- Your Conference ticket – (printed or on phone)
- Your printed Car Parking ticket or pass, with your mobile number clearly written on the front
- Your workshop schedule from Eequ (printed or on your phone)
- If you are camping bring all your camping gear
- Warm clothing
- Waterproofs and wellies/walking boots
- Daypack for carrying your essentials
- Personal hand sanitizer and face mask
- Trolley for transporting your belongings around the site (optional)
- Folding chair, stool or sitting mat (optional)
- Torch + spare batteries for moving around the site in the evening
- Insulated cup for tea and coffee refills
- Refillable water bottle
- Notebook and pen/pencil
- Any items you wish to barter or sell at 'The Metre Market' or swap shop
- Money and/or cards for purchases e.g. bar, craft zone or marketplace
- A newspaper to put wet boots and kit onto at the entrance to your tent or dorm
- Enthusiasm and a big smile to meet and greet your tribe!

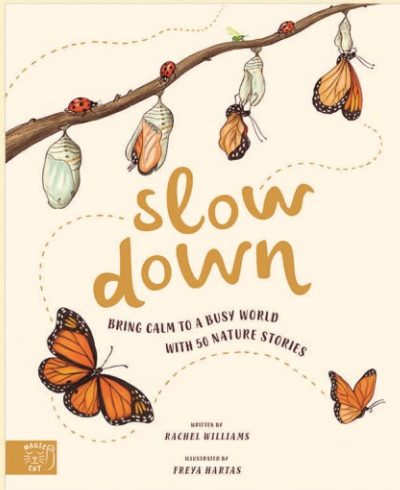


NATURALLY MAGICAL.

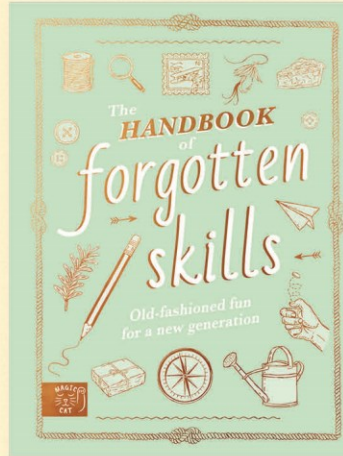
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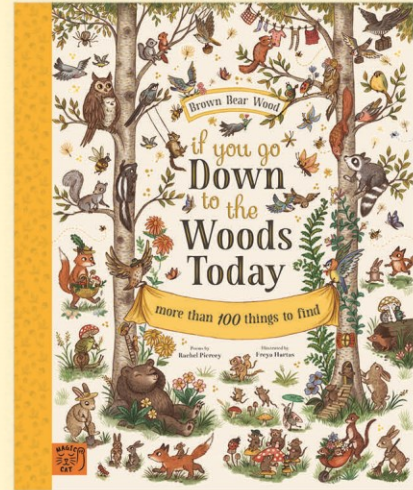
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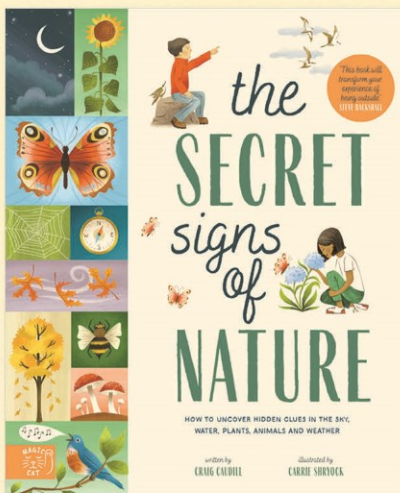
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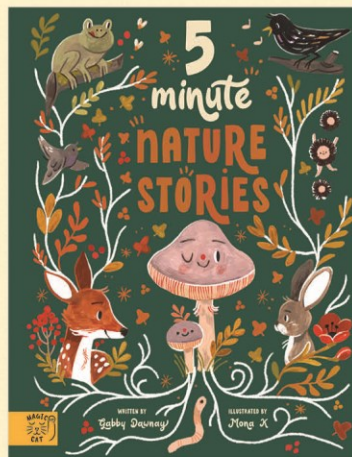
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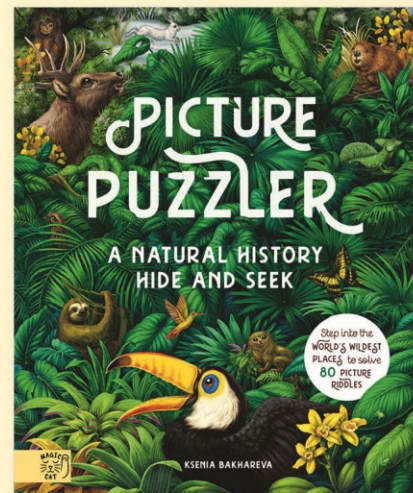
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During the Event

Meet the FSA Conference Team



Sara Knight



Sarah Houlding



Charlotte Antoniou



Mimi Eastell



Lewis Ames



Denise Cox



Maxine Lock



Nicole Moore



Kate Woodroof



Mark Clarke



Matt Harder



Terry Halls



Laura Harvey



Sandra Mate



Matt Frain



Anne



Clare Burch



Nic



Gemma Webb



Jo Hall



Hannah Garnham



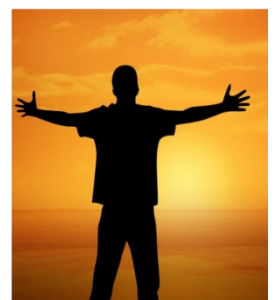
Emma Sweeney



Louise Ambrose



Steph Hussey



Unsung Heroes

During the Event

Stallholders in the marketplace

There will be a number of stalls in the marketplace again this year. Most stallholders had the ability to take card payments last year but it is worth bringing a bit of cash with you just in case. The marketplace opens at 16:00 hours Friday and stallholders should be in the marketplace between the following hours –

Saturday 30th September 10.30-14:00 and 17.30 - 19.30; Sunday 1st October 12.00-14:00.

Filming and photography

Filming and photography will be taking place throughout the weekend. If you **do not wish to be filmed** just raise your hand in a stop gesture to let us know.

First Aid

In addition to first aid provision during workshops by workshop leaders, you can also access first aid kits at the main marquee, Peritia Training stall. The Danbury (Centre) Outdoors Office and the Welcome Desk.

Tea and coffee

You can access refreshments in the cafeteria area 24 hours a day. There is a selection of tea, coffee and hot chocolate and water.

Insects

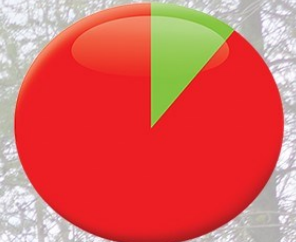
We are out in the country and away from well-walked trails so please bring suitable insect repellents and be tick-aware, see the article above. We had a few people who reported being bitten by insects last year, despite the time of year.

Food

For those of you who have opted for catering, the menu can be found below. You should have provided any dietary requirements to us during your booking. However, if you have not notified us already, please do so **immediately**. Please note that dietary requirements received after 21st September may not be able to be catered for. Please see the menu overleaf so you can plan your meals or have prior notice of any issues.



First Aid Training First Aid supplies



4Minutes.co.uk

01628 56 99 22

info@4Minutes.co.uk



**Talk to us about Forest School and
Paediatric First Aid Training**

**£5 off our Forest School First Aid kit
at our stall this weekend**





MENU

MORNING CAFE

BREAKFAST

Bacon, Sausage(V), Beans, Mushrooms, Scrambled Egg, Hash Brown, Tomatoes, Black Pudding(V)
Cereal, Pastries, Fruit, Yoghurts(V), Toast

LUNCH

Selection of Pizza, Quiches & Tarts (V)
Selection of Sandwiches & Wraps (V)
Couscous(V), Waldorf Salad, Salad Bar



DINNER

Beef Bolognese or Tomato & Basil Pasta(V)
Butternut Gobi(V) / Sweet Potato &
Chickpea(V) / Red Thai Vegetable Curry(V)
Selection of Pies & Pasties (V)
Rice / Garlic Bread / Naan Bread / Fries
Salad Bar

DESSERT

Selection of Cakes & Gateaux(V)
Ice Cream(V)
Fruit Salad



V – Vegan/vegetarian option available

Entertainment and Activities

The Best Bar None

Offering a mix of soft and alcoholic drinks the Best Bar-None are available from 19:00 on Friday and Saturday night, you can check out their price list at <https://www.thebestbar-none.com/>

The Metre Market

Back by popular demand The Metre Market is back. The market will take place in the Marketplace. This is a fast-paced market where haggling and barter are the name of the game. Bring cash or barter items to swap for any bargains you see.

Selling at The Metre Market

The Metre Market is a temporary space provided for delegates to buy and sell a few chosen items. It is designed with Forest School hoarders and crafters in mind, rather than large stalls with commercial produce.

Metre Market Rules

Sellers must be ready at the marketplace with their goods by 13:50 hours on Saturday 30th September 2023. Buyers must be in place by 14:00. Each stall is to be self-sufficient so bring a pocketful of change so you can take advantage of the trades. Don't forget to look for a bargain barter with other Metre Market stallholders.

- You can trade any item that is either 'handcrafted or made by you', 'second-hand tools or equipment' or 'natural and found items' in the Metre Market. Except for Alcohol, tobacco, illegal or restricted items.
- No trolleys or boxes are permitted in the market to keep the area clear and safe
- You must carry your items into the market in one trip.
- You must bring a cloth up to 1m in length and **no more** than 1m in width - a pillowcase is ideal for carrying items and displaying them. This cloth denotes your sales area and all goods must fit onto your cloth.
- All sales/exchanges are final and all items are sold as seen!

At 13:58 You will have exactly 2 minutes to find a space and set up your stock. The market will start at 14:00 and lasts exactly 15 minutes at which point all sales must cease. You will then have exactly 2 mins to pack up and leave the market.

Matt's Quiz

On Saturday night while you digest your tea and relax before a boogie, Matt Harder has prepared a devilishly difficult quiz. So, grab a few likely folks and pull together a team. You will need a pen and paper and some brain power

Music for the Soul

Tara Crank

Tara is a multi-instrumentalist whose songs investigate the beauty and challenges of life in the styles of contemporary and traditional folk. Taking inspiration from artists like Lisa Hannigan and Joni Mitchell, she plays covers and some originals that range from bright and vibrant to tender and hauntingly beautiful.

The Famous Potatoes

With it's earthy mix made up of folk, Celtic, Cajun, hillbilly, bluegrass, country, rockabilly, skiffle... and anything that brings that 'old time, good time' Saturday night is sure to be a lot of fun!! So bring your dancing shoes, lots of enthusiasm and energy and we look forward to seeing you all on the dance floor!!

www.thefamouspotatoes.co.uk

Quiet/Faith Space and Chaplaincy area with Rachel Summers

Conferences can be fantastic but sometimes we all need a space to 'just be' for a bit. Spirituality and faith can play an important role in what we do and who we are, and we understand the holistic value of it. This year we wanted to provide a space to relax, meditate, pray, connect and recentre ourselves. Forest School for All. (3 on the workshop locations map) Between the zip wire and the archery. *campus.rumble.lonely*

Group Meet-ups

First time Delegates and Lone Travellers Meet-up

Friday 29th September 18:00 – 18:30 (ish)

Conferences can be a little bit scary, especially if you are travelling alone or if you are new to the community. The FSA understands that this can be daunting and so we offer a chance to come together before the full event starts and meet one of the trustees and other first-time and lone travellers so you don't feel so overwhelmed. This activity was enormously popular last year and is actually open to all. New travellers can meet some old hands and learn the ropes. Old travellers can meet the new and remember what it was like the first time they came to a conference.

FSA Recognised FS Provider meet-up

Saturday 30th September – 17:00 – 18:00

If you are an FSA Recognised FS Provider please add us to your conference timetable! We are hosting a face-

to-face meet up for all current FSA Recognised FS Providers between 1700 and 1800 on Saturday 30th September 2023 in the Training Room at Danbury. This is after workshops and before dinner, so you needn't miss any of the other action in order to join us. It will be a chance to put faces to names, and to share experiences. We're really looking forward to seeing you then.

Local Group Meet-up

Saturday 30th September 2023 - 16:45 – 17:30

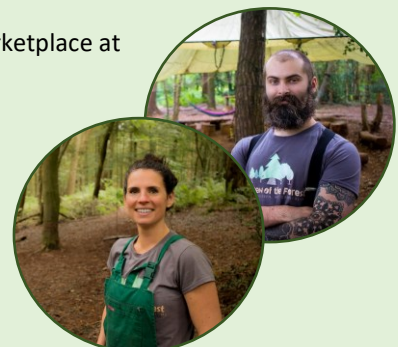
The local group meet-up is open to everyone. Please come along and say hi! There are a load of FSA local groups, filled with wonderful people throughout the UK. Come along and meet your local representatives and find out what is going on in your area. With everything from local bursaries to hosting training these local groups can really help you feel connected. So, pop along to the Big Oak Tree by the main marquee and say hello!



Hi from Lewis & Wem, we're the hosts of The Forest School Podcast and we'll be at this year's conference playing Woodland Jenga and recording interviews as well as capturing the atmosphere for those who can't make it in person.

As well as recording conferences, The Forest School Podcast is a mix of expert guests, interesting FS practice from the UK and abroad, summarising research and books and wildly meandering inputs from our own experiences, on all things connected to Forest School.

We'll be in the marketplace at Danbury with our microphones and jenga chatting with anyone who fancies it so come and say 'Hi' if you see us!



Keynote Speaker – Deb Benham

Holding a vision of humanity as a helpful species on the planet, I support and facilitate living systems-based education and approaches to societal challenges, co-creating and contributing to a thriving future for people and nature.

I support organisations and community groups to understand, reconnect with and learn from nature, to create a future we can be proud to leave for future generations. I'm guided by the core principle of Biomimicry – 'Life Creates the Conditions for Life to Thrive'. I believe humanity can be a net positive species on the planet, contributing to regeneration and stewardship. The vision I work towards is of thriving human societies, cultures, communities and businesses, designing with and as nature, creating mutual benefit for all life, using tech in life affirming ways, and uplifting justice, kindness and cooperation.

My background and PhD are in wildlife conservation and environmental education. I am an accredited Biomimicry Educator, Gaia Education trainer of trainers, Interpretive Guide trainer and Connection First / 8 Shields deep nature connection practitioner, mentor and facilitator. For many years I've worked closely with tracker and naturalist Jon Young, including organising and speaking at nature connection camps and courses in England, Scotland, Spain, the USA and online. I also work part time as the co-Lead Link for Transition Network; the charity which supports the international Transition towns movement. Prior to this, I ran a connection-based wildlife watching eco-holiday company and contributed as a consultant on many multi-stakeholder projects to help local communities develop sustainable, educational wildlife-watching and nature-based ecotourism.



Nature's Guide to a Thriving Future

Life on earth has 3.8 billion years of experimenting and evolving to solve pretty much every problem under the sun. By reconnecting with, observing, and learning from the rest of nature, humanity can find elegant solutions to the multiple and interconnected crises of our times.

Living systems are highly interdependent and people are an intrinsic part of this web of life. For many thousands of years societies contributed to their local ecosystems in ways which enhanced biodiversity. It is only in the last few hundred years that humanity has largely acted in ways which create massive risks for the continuation of our species, and many others.

This is not a despairing talk - it is one of active hope. Many leading thinkers and practitioners agree that solutions to the polycrisis exist, and there is still just enough time to create a future we are proud to leave to the next generations.

Getting on this path will require more hands-on deck. More passion, creativity, action, investment, will, mutual support and cooperation. There is a small and important part for everyone to play. We need to act together, as communities, networks, and collaborators, on behalf of life. We need eco-literacy across all ages and aspects of society - a broad understanding of how life creates the conditions for life to thrive - so that more people can actively design and implement regenerative systems.

Forest School leaders are important contributors to this vision of a nature-led and thriving future. This talk aims to provide inspiration and practical pathways, based on deep nature connection and Biomimicry principles and practices, that support you and your students to become agents and designers of nature-positive change.

Fun and Games

KUBB Tournament

Ever heard of the game Kubb?

A throwing game to knock down wooden blocks and the King pin to achieve champion status. A cross between bowling and cricket this Northern European game (no one can be 100% sure from where) is quite addictive. Can be played one on one or in small teams.

This year at the conference we want to create a home for this tournament. Play it, learn it, and maybe you can make your own set and spread the joy of playing Kubb within your forest school tribes.

Join the fun at the Games & Social area near to the FSA Marquee. Below are some instructions by Endorsed Trainer and Kubb aficionado Lily Horseman from @kindlingplay on this fabulously fun game find out more on her website here > <https://kindlingplayandtraining.co.uk/forest-school/the-game-of-kubb/>

JOIN THE FUN AT THE GAMES & SOCIAL AREA AT THE NATIONAL FSA CONFERENCE

A GAME OF KUBBS ANYONE?

Needs:

- At least 2 players
- 10 x 15cm blocks (Kubbs)
- One 30cm King or Queen Kubb
- 6 x 30cm throwing sticks
- 4 x corner stakes

Set UP

Playing pitch for kubb world champions is 8x5m. If that is too big, shrink the size. Try 5m x 2m.

we vikings brought Kubb to Britain in the 9th

...and we didnt always use wood blocks

Baseline ← corner

King ← centre

Throwing sticks

Baseline

The aim is to knock down all your opponent's Kubbs then knock down the King to win.

You can have more than one person per side.

If a baseline Kubb is knocked over it gets thrown into the other half beyond the centre line. It is now a field Kubb. It must be stood up where it lands!

NATIONAL FSA CONFERENCE FRI 29TH SEPT TO SUN 1ST OCT

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DESIGNED AND MADE IN
GREAT BRITAIN



PORTABLE LED BATTERY FLOODLIGHTS FOR REMOTE AREA LIGHTING

K9



K10



The Ritelite K9 & K10 battery powered LED floodlights are unique portable lighting systems that can be used for any remote work task common to the Forest School environment.

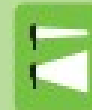
WHAT IS UNIQUE ABOUT THE RITELITE K9 & K10 LIGHTS?



Up to 12,000 lumens



Up to 17 hours duration
at 100% power



Variable focus to suit
any work task



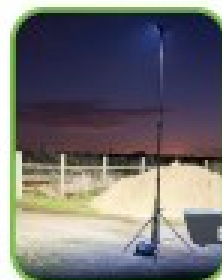
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head deployment to cover
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requirements



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Compact and light weight

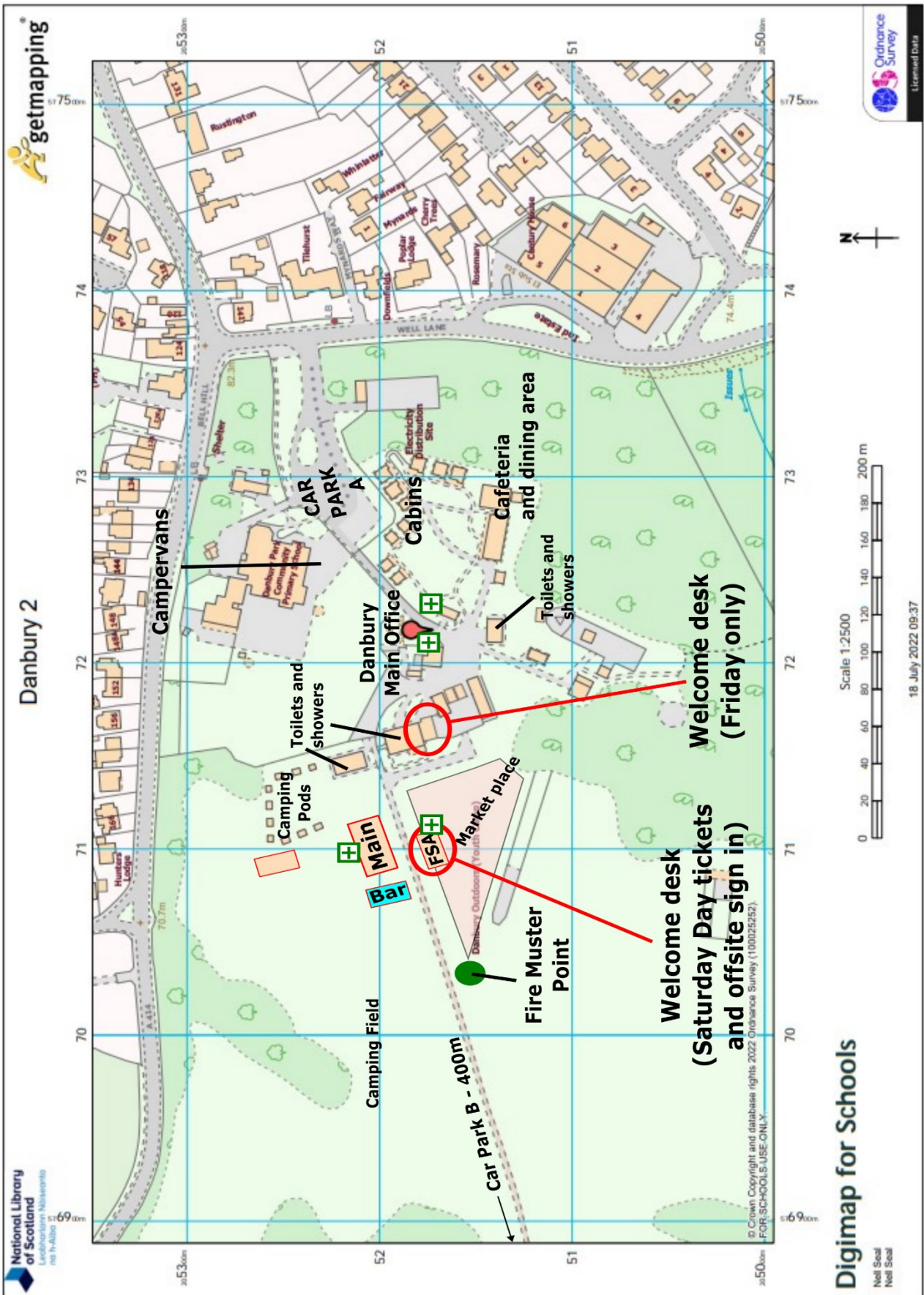


CONTACT US FOR FURTHER INFORMATION

Tel: 01780 758585 E-mail: sales@ritelite.co.uk Web: www.riteliteportablelighting.co.uk

Printable appendix

Site Map - Getting your Bearings and finding help



Workshops

Please find the workshops at a glance schedule below, showing when the workshops take place throughout the conference and where to find your workshop provider. You can find an up-to-date [list of workshops](#) on the FSA website

Please print out your own schedules from Eequ and make sure you know which workshops you are attending.

Workshop Locations

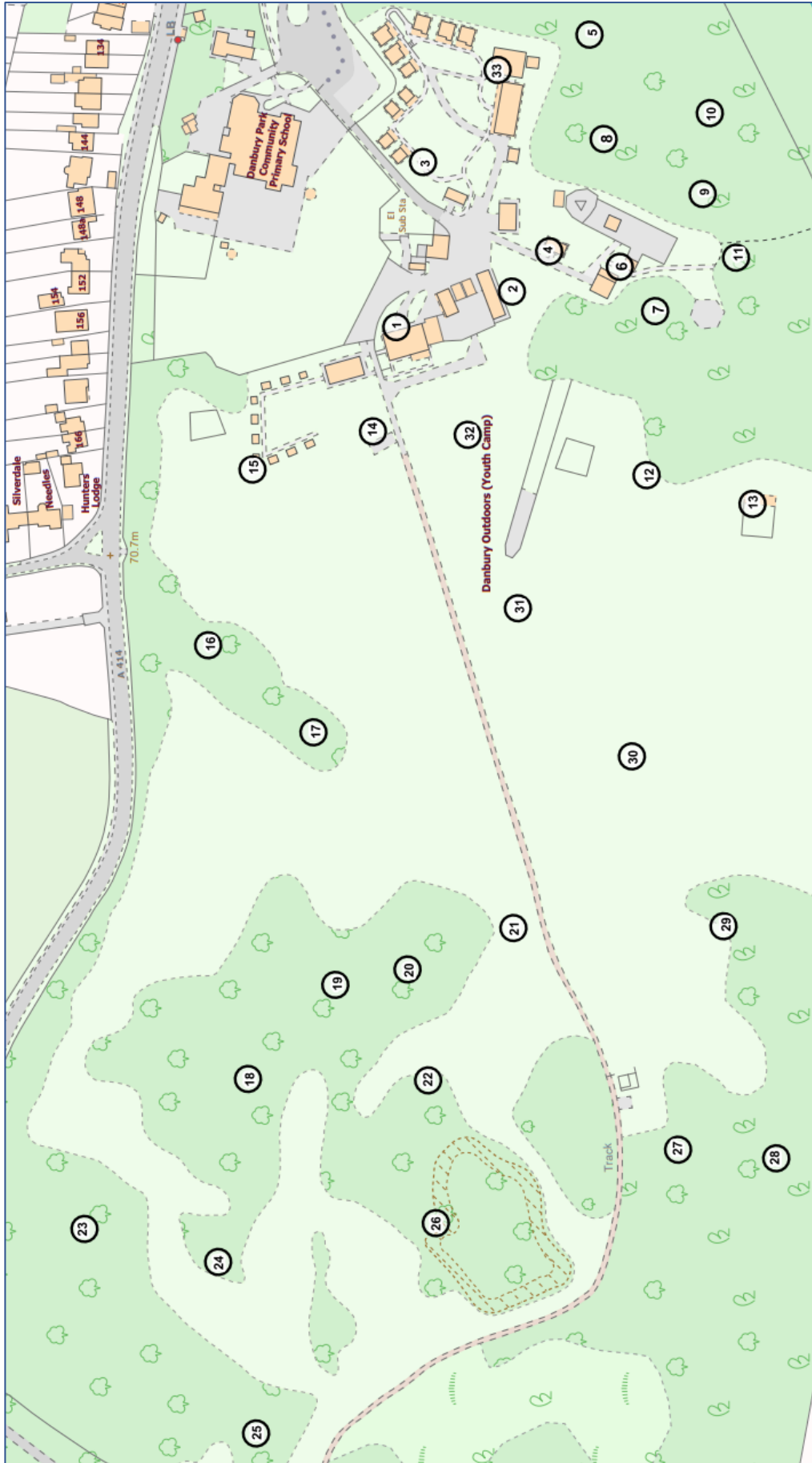
We will all be meeting at The Marketplace - to meet your workshop providers. Please ensure you arrive at the marketplace a few minutes before each workshop is due to start so you can find your pick-up point don't get left behind. Pick up points are labelled A – Z and you can find the letter you need below. STALL means that the workshop takes place at a stall in the marketplace. Should you miss your workshop leader the workshop locations map shows you where your workshop takes place. Please print out your schedules from Eequ and make sure you know which workshops you are attending. All the workshop locations are marked on a map to help you find your chosen workshops. Our team will also be on hand to help out should you need it.

Workshop title	Provider	Sat 30th Sept 10:30 - 12:30		Sat 30th Sept 14:30 - 16:30		Sun 1st Oct 10:30:12:30	
		Sat morning	Pick up point	Sat Afternoon	Pick up point	Sun morning	Pick up point
Short breaks: Outdoor Activities for Disabled Children – our forest school journey	Caroline Campbell	*	A	*	A		
Workshop 1: Know Your Trees	James Kendall	*	B				
Workshop 2: Wild Food & Foraging Walk	James Kendall					*	B
Workshop 3: Firelighting with Traditional Flint & Steel	James Kendall			*	B		
Using Knives With Groups - beyond the pointless pointy stick	Melanie Grenfell	*	C				
Primitive Projectiles - making and using Dutch Arrows with groups	Melanie Grenfell			*	C	*	C
Playing with your food	Matt Harder	*	D	*	D	*	D
Carving a Kylie (Hunting boomerang)	Rupert Loch	*	E	*	E	*	E
Forest School & Risky Play in the Early Years	Paul Lewis					*	A
A story for everyday	Carol Middleton	*	F			*	F
'Words on dead trees' – A Writers Forum	Richard Irvine Chris Holland			*	R		
Willow weaving with basketry	Stuart Fidler Emma Booth	*	STALL				
Foraged willow weaving						*	STALL
Puppet play	Lauren Kinnersley	*	M	*	S		
An Introduction to Forest Bathing	Charlotte Atkinson	*	S				
How to keep your FS participants alive if it all goes wrong in the woods.	Chris Leleux			*	STALL		

Workshops

Workshop title	Provider	Sat 30th Sept 10:30 - 12:30		Sat 30th Sept 14:30 - 16:30		Sun 1st Oct 10:30:12:30	
		Sat morning	Pick up point	Sat Afternoon	Pick up point	Sun morning	Pick up point
Wayapa Wuurrk (Earth Connection) Introductory Wuurrkshop	Debbie Mace	*	G	*	G	*	G
Foraging at Forest School	Gemma Hindi	*	H	*	H		
Salad!- an extended metaphor	Lily Horseman and Vicky Mateu	*	R			*	R
Deafness and Connection: Including all children into Forest Schools	Susie Cornish	*	I	*	I		
Breath and Be -?Self-care for Forest School Leaders	marie charles	*	J	*	J		
Bucksaw	Mark Clarke			*	STALL		
Muster Stools	Mark Clarke	*	STALL			*	STALL
Ladders and tree platforms	Emma Keeble, Joanne Atkins			*	T		
Growing fruit & vegetables in school	Nicola Harrison					*	S
Alchemy of wild words - poetry reading workshop	Agnieszka Stachura			*	U		
Tool Sharpening & Maintenance	Chris Knight	*	STALL	*	STALL	*	STALL
Supporting young people in crisis without restraint, seclusion or punishments	Andy Smith	*	T				
Forest School Feasts	Tina Hutchinson, Mary Peach, FSA Sussex	*	K	*	K	*	K
Let's hang out	Natasha Reynolds	*	L	*	L	*	L
Flower making on shave horses	Tim Ford, Michael Ford	*	STALL	*	STALL	*	STALL
Cultivating Connection – Supporting the Spiral of Life	Louise Ambrose & Steph Weston			*	M	*	M
Tarps and natural Ties	Dave Watson	*	N	*	N		
Nature's Guide to a Thriving Future - Interconnection and biomimicry practices for Forest School Leaders	Deborah Benham					*	T
WellBEING with Nature	Louise Horsfall					*	U
wild mindfulness	Robert Black	*	O				
Connecting with a nature Ally	Robert Black			*	O		
Nature Mandala Sculptures	Robert Black					*	O
Connection through storytelling	Chris holland					*	V
Coaching approaches to strengthen leadership and build community at Forest	Sarah Lawfull and Charlotte Atkinson			*	V		
Exploring peer supervision for Forest School Practitioners	Nicola Poole	*	P	*	P	*	P
Kinship with the more than Human	Paul Moseley	*	Q				
Material Culture Cultivating Connection	Paul Moseley			*	Q		
walking with place responsive practice	Paul Moseley					*	Q
Fairy and elf creations	Rebecca Winslade			*	W		
Connecting Forest School with the Early Years	Amy Shawcross	*	X	*	X		
Be the Tree	Tara Crank	*	Y	*	Y		
Uk Yoga and Forest school	Gaynor Gallagher	*	Z	*	Z	*	Z

Workshop Locations



Workshop Locations

Workshop title	Workshop provider	Map Location	What3Words
Approved Provider Meetings	Nell Seal	1	geologist.cornering.inkjet
Morning Yoga	TBC	2	ember.national.blink
Growing Fruit and Veg in Schools	Nicola Harrison	3	initiated.skipped.straw
Wayapa Wuurrk	Debbie Mace	4	hunt.introduce.over
Tool Sharpening	Chris Knight	5	riders.hardens.political
Deafness and Connection	Susannah Cornish	6	slice.enhancement.extension
Playing with Your Food	Matt Harder	7	obliging.apart.husky
Connecting Forest School with the Early Years	Grow Wild	8	zaps.goats.slide
Know Your Trees	James Kendall	Walk	compress.gear.surpasses
Wild Food and Foraging Walk	James Kendall	Walk	compress.gear.surpasses
Fire Lighting with Traditional Flint and Steel	James Kendall	9	luxury.nature.tearfully
Let's Hang Out	Tasha Reynolds	10	pokes.ambushes.wolves
Forest School Feasts	Mary Peach,Babara Fritton	11	issue.simulator.defrost
Worship	All Faith Space	12	campus.rumble.lonely
Kylie Making	Rupert Loch	13	amplifier.mirror.bulletins
Supporting Young People in crisis..	Andy Smith	14	unveils.primary.charts
Yoga, mindfulness, and breathing techniques	Gaynor Gallagher	15	squabbles.rooting.ketchup
Cultivating Connection	Louise Ambrose, Steph West	16	dawn.blatantly.deeds
Breathe and Be	Marie Charles	17	relax.surfacing.strike
FS and Risky Play in the Early Years	Paul Lewis	18	daring.ended.clutches
Salad! An Extended Metaphor	Lily Horsman, Vicky Mateu	19	dealings.pounce.majors
A Story for Every Day	Carol Middleton	20	develop.likes.motivator
Using Knives with Groups	Mel Grenfell	21	acrobat.windmill.smug
Dutch Arrow Making	Mel Grenfell	21	acrobat.windmill.smug
Interconnection and Biomimicry	Deborah Benham	22	soonest.lasted.dive
Versatile Reedmace	Dave Watson, Tara Crank	23	loans.ambushes.impeached
Tensioning Tarps with Natural Ties	Dave Watson	23	loans.ambushes.impeached
Working with Disabled Children	Caroline Campbell	24	rigs.sues.grins
Connecting with a Nature Ally	Robert Black	25	campus.neatly.loft
Nature Mandal Sculpture	Robert Black	25	campus.neatly.loft
Wild Mindfulness	Robert Black	25	campus.neatly.loft
How to Keep FS Participant Alive	Chris Leleux ITC	26	rise.stealthier.cleanest
Exploring Peer Supervision	Nicola Poole	27	starch.escorting.spilling
WellBEING with Nature	Louise Horsfall	28	same.manager.corrosive
Ladders and Platforms	Emma Keeble,Joanne Atkins	29	glares.imperious.factored
Fairy and Elf Creations	Rebecca Winslade	30	zest.lends.drilling
Crafting as Culture	Paul Mosleley	31	exporters.forgiven.retina
Kinship with the More-Than Human	Paul Mosleley	31	exporters.forgiven.retina
Walking With:Place Responsive Practice	Paul Mosleley	31	exporters.forgiven.retina
Puppet Play	Lauren Kinnersley	33	farmed.handfuls.jetted
Words on Dead Trees	Richard Irvine, Chris Holland	14	unveils.primary.charts
Coaching Approaches to Strengthen Leadership	Charlotte Atkinson Sarah Law	19	dealings.pounce.majors
Be the Tree	Tara Crank	22	soonest.lasted.dive
Developing Connection Through Storytelling	Chris Holland	20	develop.likes.motivator
Foraging at Forest School	Gemma Hindi	Walk	
Forest Bathing	Charlotte Atkinson Sarah Law	Walk	
Foraged Willow Weaving	Coddiwomplers	32	compress.gear.surpasses
Willow Weaving with Basketry Willow	Coddiwomplers	32	compress.gear.surpasses
Gypsy Flower Making on Shave Horses	Rustic Tim and Son	32	compress.gear.surpasses
Muster Stools	Mark Clarke	32	compress.gear.surpasses
Bucksaw Workshop	Mark Clarke	32	compress.gear.surpasses

Conference Schedule

This year's conference has lots on offer the schedule below shows the main timings of the event.

Friday 29th September 2023								
Time	Food	Events	Workshops	Activities	Activities 2	Bar opening	Marketplace	
09:30								
10:00								
10:30			Endorsed Trainer workshop					
11:00								
11:30								
12:00								
12:30								
13:00								
13:30								
14:00								
14:30								
15:00								
15:30		Registration 16:00 - 21:00						
16:00								
16:30							Marketplace open - 16:00 - 20:30	
17:00								
17:30								
18:00								
18:30	Dinner 18:30 - 20:30				New Delegates Welcome session - 18:00 - 18:30			
19:00								
19:30								Bar open 19:00 - 22:30
20:00								
20:30				Opening Circle 20:00				
21:00					Campfire, Storytelling and Song - 20:30 - 22:30			
21:30								
22:00								
22:30								
23:00								
23:30		Event - Evening close down						

Conference Schedule

Saturday 30th September 2023							
Time	Food	Events	Workshops	Activities	Activities 2	Bar opening	Marketplace
07:00							
07:30	Breakfast 07:00 - 08:00						
08:00				Marin's Breakfast fireside 7.30 - 8.15	Morning wake up - yoga - TBC		
08:30							Marketplace open - 8:00 - 20:30
09:00		Opening Address					
09:30		Main Speakers					
10:00							
10:30	Coffee Break 10:00 - 10:30						
11:00			Workshop Slot 1 10:30 - 12:30				
11:30							
12:00							
12:30	Lunch 12:30 - 13:45						
13:00							
13:30							
14:00					Recognised Provider workshop 13:15 - 14:15		
14:30				Metre Market 14:00 - 14:25			
15:00			Workshop Slot 2 14:30 - 16:30				
15:30							
16:00							
16:30							
17:00				Local groups meetup			
17:30		Recognised Provider Meet up 17:00 - 18:00					
18:00	Dinner 18:00 - 19:30						
18:30							
19:00							Bar opens 19:00 - 22:30
19:30							
20:00				Quiz 19:30 - 20:00	Campfire, Storytelling and Song - 20:30 - 22:30		
20:30				Band 20:00 - 22:30			
21:00							
21:30							
22:00							
22:30							
23:00							
23:30		Event - Evening close down					

Conference Schedule

Sunday 1st October 2023							
Time	Food	Events	Workshops	Activities	Activities 2	Bar opening	Marketplace
07:30							
08:00	Breakfast 07:30 - 08:30						
08:30							
09:00		FSA Discussion					Marketplace open 08:30 - 12:30
09:30							
10:00							
10:30	Coffee Break 10:00 - 10:30						
11:00			Workshop Slot 3 10:30 - 12:30				
11:30							
12:00							
12:30							
13:00		Closing Ceremony and thanks					
13:30	Lunch 13:00 - 14:00						
14:00							
14:30							
15:00		Event Closes					



MUDDYFACES

Forest School, Outdoor Play and Learning Resources



- FOREST SCHOOL KITS
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- OUTDOOR SEATING
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Conference Sponsor



Dr Sara Knight

Publications:

Paper in progress: 'The Development of a Coherent Theoretical Framework for Forest School in the UK'

Arnold, G. and Knight, S. (2019) 'An Analysis of the Impact of Forest School Provision on Early Years Foundation Stage Outcomes using CASEY' in Shelley, M. & Kiray, A., (Eds) (2019) *Education Research Highlights in Mathematics, Science and Technology 2019*. pp 211-221

Knight, S. and Luff, P., (2018a) 'The Contribution of Forest School to Early Childhood Education for Sustainability', in Huggins, V. and Evans, D. (eds) *Early Childhood Education and Care for Sustainability*, Abingdon: Routledge pp 113-123

Knight, S. (2018b) 'Translating Forest School: A response to Leather', *Journal of Outdoor and Environmental Education*, 21 (1) pp 19-23.

Knight, S. (2017a) 'Forest School: opportunities for creative and spiritual growth', in Pickering, S. (ed) *Teaching Outdoors Creatively*. London: Routledge pp 71-80

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Handbook of Outdoor Play and Learning. London: Sage

Knight, S. (2016c) *Forest School in Practice*, London: Sage

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Knight, S. (2016a) 'Forest School in the United Kingdom', in Humberstone, B., Prince, H. and Henderson, K. (eds) *International Handbook of Outdoor Studies*, London: Routledge.

Knight, S. (2014) 'Working with Forest Schools', in Maynard, T. and Waters, J. (eds) *Exploring Outdoor Play in the Early Years*. Maidenhead: OUP

Knight, S. (2013) *Forest Schools and Outdoor Learning in the Early Years*, 2nd edition. London: Sage

Knight, S. (2012) 'Valuing Outdoor Spaces: different models of outdoor learning in the early years', in Papatheodorou, T. and Moyles, J. (eds) *Cross-Cultural Perspectives on Early Childhood*, London: Sage.

Knight, S. (2011c) *Risk and Adventure in Early Years Outdoor Play: learning from Forest Schools*, London: Sage

Knight, S. (2011b) 'Forest School as a Way of Learning in the Outdoors in the UK', *The International Journal for Cross-Disciplinary Subjects in Education*, 2 (4) pp 590-595

Knight, S. (ed) (2011a) *Forest School for All*, London: Sage

Knight, S. (2010) 'Forest School: playing on the wild side', in Moyles, J. (ed) *The Excellence of Play*. 3rd Edt. pp. 186-198

Knight, S. (2009) *Forest Schools and Outdoor Learning in the Early Years*, London: Sage

After the Event

Packing up and leaving the site

The conference ends at 14:00 on Sunday 1st October. You will be expected to have left the site by 15:30 hours at the latest. Please place any rubbish in the bins provided and leave your accommodation and the Danbury Centre site clean and tidy. Thank you.

Feedback

Please give us feedback on the event so we can improve it next time. It is only through your comments and suggestions that we learn what constitutes a good conference.

Other useful local info

The nearest A&E is the other side of Chelmsford, 30 minutes away.

<https://www.mse.nhs.uk/broomfield-hospital>

Broomfield Hospital

Court Road, Broomfield, Chelmsford, Essex, CM1 7ET

Switchboard – 01245 362000

Local Danbury Doctor is Danbury Medical Centre, 52 Maldon Rd, Danbury, Chelmsford CM3 4QL Tel: 01245221777

All out-of-hours queries are dealt with by NHS 111



Photo competition

We will be running an FSA Conference 2023 photo competition this year with prizes including the FSA book and the chance of free tickets to next year's FSA Conference. Please Submit photos onto the WhatsApp group using the *Photo-competition* tag.

Gratitude and Thanks

Our celebration would not be complete without thanking everyone involved. Echoing the thoughts of Sarah Lawfull and Gareth Davies at the start of this booklet the Conference would not have been possible without a huge amount of hard work behind the scenes, connecting all the elements together. We would therefore like to thank our conference team, our speakers, our workshop providers, our activity providers and our sponsors.

We would, of course, like to thank Danbury Staff, led by Paul Stokes. The team have been amazingly supportive throughout the whole process and this is one of the reasons we love coming to Danbury for conferences. The catering team deserves special mention for keeping us all fed. Terry Halls, our grammar ninja, local group rep, sign painter, workshop coordinator, and font of all knowledge has been a fantastic support throughout the project.

Denise Cox has coordinated the local volunteer team, many of whom are from FSA Essex and has been on hand throughout the process, connecting the logistics to ensure we have everything from bunting to zip ties and that everyone has a great time. A special mention to Mimi Eastell who has supported the creation of this programme as well as keeping the postings on social media flowing.

We need to thank our entertainers – The Famous Potatoes and Tara Crank for the gifts of music and dance, and the Best Bar-None and their staff who will keep us lubricated on Friday and Saturday night. Not forgetting the essential quiz from Matt! Thank you all those who are contributing to the Metre Market, making that a fun event, and those who join the storytelling and singing around the campfire, making very special connections.

The Conference is a huge undertaking. We could not do this if it wasn't for the generosity and support of our wonderful sponsors. Their contributions help us not only to manage our risk but allow us to hold the largest Forest School event in the world.

And finally, the event would not be the same without you, our delegates. Thank you all for connecting – the warmth and support are what makes the conference such a memorable and heart-warming experience. Next year's conference will be in the north of the country, so get your walking boots ready!

Nic, FSA Projects Officer

