



WILD WONDER & WISDOM

outdoor learning and enrichment programme for young people

LOGIC MODEL





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MISSION STATEMENT:

To improve mental health, in particular emotional literacy¹, by delivering empowering outdoor learning experiences that reconnect young people with nature and their communities.

AIM:

To empower young people by removing barriers to nature, developing practical outdoor skills, and enable them to recognise how blue and green spaces make them feel.

PROBLEM STATEMENT:

- The Wild Wonder and Wisdom programme seeks to address the social challenges at the nexus of mental health and access to nature for young people at risk of being NEET (Not in Education, Employment, or Training)
- Across the globe, anxiety is most prevalent amongst young people and young women in particular ([Remes et al. 2016](#)). In England 1 in 5 young people aged 16-24 experience a common mental illness such as anxiety or depression at any one time ([McManus et al., 2009](#))
- Severe and persistent behavioural problems starting before secondary school years which go unsupported can have long term impact on children's mental health and life chances ([Brown et al., 2012](#))
- There is epidemiological evidence of the benefits to children from greenspace. Positive relationships have been found between greenspace and behavioural development (REF), ect

GOAL:

- Improve mental wellbeing through engagement with green and blue space natural environments. Specifically to improve happiness ([MacKerron and Mourato, 2013](#)), restoration from stress ([Korpela et al. 2001](#))
- (general life satisfaction, perceived happiness, perceived ability to cope with stress, able to focus/concentrate and contribute to society with purpose (feeling worthwhile)
 - Improve emotional literacy (self-awareness, self-regulation, motivation, empathy, social skills)
- Empower young people to have the tools and strategies to better manage mental health (mindful practices in blue and green spaces)

RATIONALE:

- Spending time in blue and green space improves emotional literacy and mental wellbeing
- Creating a safe and nurturing space where participants feel comfortable increases self-confidence and enables participants to take risks with their learning
- That a holistic approach to well-being and learning is effective

RESOURCES

Funding • Time • Kit already bought • Kit to buy • Kit hire • Food/consumables • Fuel/insurance/transport • Skills, knowledge and experience

ACTIVITIES

- Facilitate outdoor learning experiences/sessions involving activities in blue and green spaces for example sup, kayaking, sea swimming, bush craft,
- A wild camp adventure course of 6 weeks with an over-night camp
- Provide transport to and from local station
- Health and safety/ safeguarding including water safety
- Warm up/ cool down
- Paddling instruction
- Bush craft tuition
- Achievable, scaffolded daily challenges/activities
- Water journeys
- Campfire cooking
- Small groups (high staff: client ratio)
- Possible workshops around the campfire on sexual health, budgeting, mindfulness etc
- Nothing is accredited (yet!)
- Sign posting to other services and youth programmes
- Individual mood assessment/check-in via a dynamic, wearable tech to inform session reflections at the end of each session and the end of the course

OUTPUTS

- Delivered programme to 6 young women (14-24) per course referred in from social and youth workers in Cornwall Council and private businesses/charities
- Analyse well-being and emotional data for participants to reflect on
- Feedback to referees and families (engagement, perceived enjoyment)
- Programme data collection and analysis

OUTCOMES

Short Term	Medium Term	Long Term
<ul style="list-style-type: none"> • Less anxiety/depression and social isolation in participants young people • Increased emotional literacy (social skills, self-regulation, motivation, empathy and self-awareness) • Improved mental wellbeing • Increased concrete skills such as cooking, paddling, water safety 	<ul style="list-style-type: none"> • Increased self-efficacy • Increased knowledge of how blue and green spaces affect individual's mood 	<ul style="list-style-type: none"> • Social value of increased mental health amongst the young (reduce demand on health and social care services) • Reducing the numbers of young people disaffected from education/employment/training • Positive lifestyle and behavioural changes

ASSUMPTIONS

- Those at risk of becoming NEET will be able to attend our programme (removing barriers to attendance)
- Participants will engage and commit to the programme
- Participants are ready to make changes to their thinking



RESOURCES

FUNDING

Funding: Limited funds available as reliant on money brought in from (previous crowdfunding campaign is enough to run 2 or 3 Wild Camp Adventure Projects) After that, funding needs to be acquired from funding streams such as contracts and grants and/or Women's Active Retreats.

(Per person cost; 7 days of Outdoor Leader (£150x7=£1050); 7 days of Outdoor Assistant (£75x7=£525; 1 over-night for Outdoor Leader and Assistant (£150+£75=£225); Kit hire (average of £50 per dayx7=£350); Consumables (£15x7=£105); Insurance/fees (£10x7=£70); Fuel/transport; 10 miles x7x 0.4p/mile=£28) £392/person based on group of 6 (£56/per day/person); or £336/day

TIME

Course usually runs for 6 weeks, 1 day a week with one over-night camp (7 days in total)

KIT ALREADY BOUGHT

Health and safety kit like tow lines, throw ropes, emergency shelter, waterproof bags; cooking kit like pots and pans, Kelly kettle, gas stove; 6m bell tent, wood stove/heater, tents, sleeping bags and liners, Bushcraft tools and kit like tarps, stationary, fire steels, hand drills

KIT TO BUY

Swimming tow floats, and VHF radio

KIT HIRE

For kayaks and SUPs, wetsuits and buoyancy aids; campsite fees?

FOOD/CONSUMABLES

Like gas, firewood/kindling, cotton wool, Vaseline, stationary like sharpies, pencils, string)

FUEL/INSURANCE/TRANSPORT

SKILLS, KNOWLEDGE & EXPERIENCE

From networks such as SSE and Cornwall Marine Academy.

GLOSSARY

1	Emotional Literacy	Emotional Literacy is the term used to describe the ability to understand and express feelings. Emotional Literacy involves having self-awareness and recognition of your own feelings and knowing how to manage them, such as the ability to stay calm when angered or to reassure oneself when in doubt.
2	Self-regulation	Self-regulation can be defined as the act of managing thoughts and feelings to enable goal-directed actions (https://fpg.unc.edu/sites/fpg.unc.edu/files/resources/reports-and-policy-briefs/PromotingSelf-RegulationIntheFirstFiveYears.pdf). Self-regulation strategies help an individual to improve their ability to self-regulate and to gain (or regain) a sense of control over one's behaviour and life.
3	Turning the Tide	Turning the Tide is Cornwall and the Isles of Scilly's local transformation plan for children and young people's emotional wellbeing and mental health services; https://doclibrary-kccg.cornwall.nhs.uk/DocumentsLibrary/KernowCCG/OurOrganisation/StrategicReportsAndPlans/TurningTheTideUpdate.pdf

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