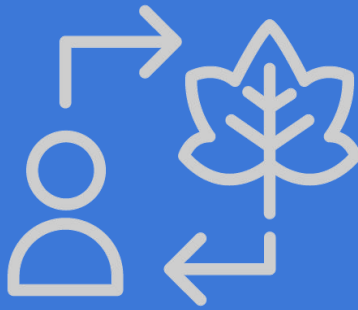


# Bespoke Therapeutic Forest School for Children and Young People

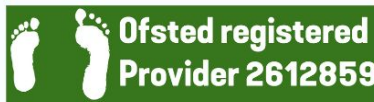


# STOMPING GROUNDS

In partnership with



CHANGING PLACES  
CHANGING LIVES



# STOMPING GROUNDS

# BESPOKE THERAPEUTIC FOREST SCHOOL

## WHAT IS IT?

Forest School is an educational ethos which develops confidence, creativity and communication skills through long term participant-led experiences in a woodland/natural environment. This setting offers opportunities for children to develop a connection with the natural world. It is learner-led and responsive to individual needs and interests. Being learner led means that choice and free play are integral parts of forest school; forest school is a process, not a product.



Each of our practitioners develop their approach through observation, planning and building relationships with their participants; in this way, our sessions cater for all learning needs and preferences.

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## Our Ethos

Observation and scaffolding are vital to our forest school planning to ensure individual preferences and interests are met and that activities/experiences develop in a logical sequence as children gain skills.

The holistic approach of forest school promotes self-esteem, empathy and enjoyment.

Encouraging our learners to take supported risks is a significant part of forest school. It is a place where our practitioners' training and experience enables children and young people to 'try things out' within their individual parameters, whether that is a physical, emotional or social 'risk', enabling participants to make their own decisions about what they want to learn, how and when. In this way, forest school fosters resilience, independence and creativity.



Being a forest school practitioner is in itself a continuous learning process as we engage in reflective practice and use this to plan future sessions, in addition to developing our own skill sets. Our team of practitioners regularly participate in informal and formal opportunities to share experiences, knowledge, ideas, concerns etc to ensure our practice responds to children and young people's needs.

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## WHO IS IT FOR?

We recognise that formal schooling is currently not working for some young people. This can often be directly linked to:

- Neurodivergence
- Trauma
- Mental Health

Our provision can support children and young people who:

- Cannot currently access school
- Are accessing school but benefit from additional support
- Have been excluded or are close to exclusion
- Have complex neurological conditions
- Are in residential care, foster care or adopted

Because of the individualised and bespoke nature of our support, we can work with children and young people with many different life experiences and challenges.



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## HOW IT WORKS



## WHERE ARE THE SESSIONS?

Most sessions take place at our site at Dukes Hagg wood in Prudhoe, or at Groundwork's site at West Boldon Lodge.

We can work flexibly with children, young people and their families to deliver initial sessions in spaces that are already known and safe for them, for example a local park or the family garden. In some cases we will work indoors with young people when this could lead to a trusting relationship for outdoor engagement.

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## OUR TEAM

We consider our provision to be so successful because of the team we have leading it.

Between us our combined lived experience means we can meet young people where they are at, understand their strengths and challenges and be role models for what is achievable with the right support. Our 1-1 delivery team share autism, ADHD, PTSD, dyslexia, school trauma and LGBTQIA+ identities with many of the young people we work with. We have lived first hand some of the challenges that keep young people stuck and can share our own experiences of navigating and succeeding in a world that can feel confusing and scary.

Our Bespoke Therapeutic Forest School practitioners are qualified Forest School practitioners, Therapeutic Forest Practitioners, with additional training in Intensive Wellbeing Support in the Outdoors. We are part of a wider network of organisations who share best practice and meet for supervision. We are recognised Forest School Association providers, one of only 2 in the North East, and are Ofsted registered.

Behind the scenes we have a team of consultants and advisors who help shape our service through regular supervision, observations, support with writing reports and sharing best practice. We draw on the expertise of a team of Educational Psychologists, Clinical Psychologists, Occupational Therapists, Play Therapists and Autistic Advocates to ensure our bespoke packages are high quality and high impact.



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“Thank you for accepting him and working closely with him to help bring the fun loving boy back and lose the barriers.”



“Forest school was the one positive setting that [child] was able to access and it has been the one thing in his life that has helped him make so much progress over the last few years, to gain back his confidence and independence, help him to start mixing with his peers again, help him make decisions for himself, help him feel comfortable getting wet/dirty etc.”

“I think it is benefitting him. He is building trust in others again...both adults and peers.”

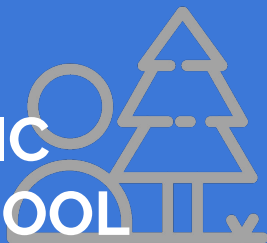
“When [child] first started forest school, he was really in the middle of a mental health crisis. He had many difficulties which the forest school setting helped him to work through in a suitable way.”



“Every member of staff is so attentive, accommodating to [child]’s wishes, and understanding/supportiv [child]’s needs.”

# STOMPING GROUNDS COSTS

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SESSION	COST *Costs are correct at time of print but subject to review
Initial assessment	£145
Up to 3 hours 1:1 (half day)	£145 A lead practitioner working with the young person flexibly and up to 3 hours per session. Including weekly observations. Reports for review and attendance at EHCP reviews, TAF etc charged at additional £30 per hour.
3-6 hours 1:1 (full day)	£220 A lead practitioner working with the young person flexibly over 3 hours per session. Including weekly observations. Reports for review and attendance at EHCP reviews, TAF etc charged at additional £30 per hour.
Up to 3 hours 2:1	£220 2 practitioners working with the young person, where a risk assessment indicates there is risk of harm to self or others, or a risk of absconding.
Access to a group session - single space (Wednesdays or Fridays at Dukes Hagg in Prudhoe)	£35 per young person. 1:4 adult to child ratios. Includes termly observations. Reports for review and attendance at EHCP reviews, TAF etc charged at additional £30 per hour.
Bespoke group session - up to 12 young people	£430 3 practitioners working with a group of 12 young people. Termly observations. Can be delivered flexibly at various sites. Reports for review and attendance at EHCP reviews, TAF etc charged at additional £30 per hour.

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