



North East Scotland Outdoor Learning Group Outdoor Learning Training Programme 2022

In partnership with

Friends of Blairs Loch

These five training courses are aimed at all those involved in working, caring and volunteering in the mental health sector.

We aim to provide hands on training that develops skills, enhances knowledge, and aids professional development by connecting with nature and using natural resources in the outdoor environment.

Our courses are **free** at the point of delivery with funding received from Moray Communities Mental Health & Wellbeing Fund (CMH&W Fund)

Booking

1. Please book by the date stated with the relevant course contact, giving your email address and phone number - mobile if possible, e.g., in case event cancelled at last minute due to weather/illness etc. - early booking is recommended since places are limited on most courses. If there are no places left, you can go on a waiting list.
2. Please inform the course contact ASAP if you need to cancel your booking, so your place can be offered to someone else. If you know someone (e.g. in your organisation) who can take your place, please tell the event contact. If you have to cancel at the last minute due to an emergency etc., please notify the event contact if possible.



Training Courses

Workshop 1: Bushcraft & Campfire Fire Safety Skills for Beginners

Date: Saturday 16th April 2022

Time: 10am – 4.00pm (approx)

Location: Loch of Blairs, Stable Room, Alyre Estate, Nr Forres.

Top Carpark: What 3 words – clown.richest.hopefully

Stable Room Carpark: What 3 words – survived.makeup.opinion

Book by: Tuesday 12th April (Max 12 places)

Contact: Julia Mackay – julia.m4cay@gmail.com – 07427952925

Please bring with you: appropriate outdoor clothing (waterproofs etc.), warm layers, footwear (stout shoes/boots), fitted gardening type gloves and a pack lunch. Tea and coffee will be provided.



Bushcraft



You will be taught how to use fixed blade knives safely and practise the different cutting techniques used for making some simple crafts such as gnomes, feather sticks or a simple whittling project of your choice. This will be delivered by Doug Gooday, Aberdeenshire Ranger & Forest School Trainer. Doug has been teaching bushcraft skills for 20 years and is passionate about our natural environment and connecting with nature.

Fire skills



Fires are often considered to be one of the most exciting and enjoyable parts of outdoor woodland activities. Fires offer the opportunity for a variety of different activities from cooking, crafts and rural skills. However, before you start having fun it is important to have an understanding of e.g. Scottish Outdoor Access Code, safety, leave no trace and environmental impacts. This activity will be delivered by Julia Mackay, Forest School Trainer and you will also gain skills in fire lighting using natural tinder, preparing a hot drink and cooking a snack.

Workshop 2: Outdoor Natural Crafts

Date: Saturday 14th May 2022

Time: 10am – 3.00pm (approx)

Location: Loch of Blairs, Stable Room, Alyre Estate, Nr Forres.

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Book by: Saturday 7th May (Max 12 places)

Contact: Julia Mackay – julia.m4cay@gmail.com – 07427952925

Please bring with you: appropriate outdoor clothing (waterproofs etc.), warm layers, footwear (stout shoes/boots), gloves and a pack lunch. Tea and coffee will be provided



Through connecting with nature and discovering new things we can be inspired to create natural pieces of art & crafts such as elder beads, transient art, clay faces and woodland elf's.

This workshop will be delivered by Lindsey Duncan, Freelance Forest School Leader and Trainer with support from a member of NE Scotland Outdoor Learning Group (NESOLG). Lindsey has been delivering outdoor learning and forest school activities for over ten years in and around Aberdeenshire and is an active member of NESOLG and Outdoor & Woodland Learning North East Group.

Workshop 3: Wildlife Discovery

Date: Saturday 18th June 2022

Time: 10am – 3.00pm (approx)

Location: Loch of Blairs, Stable Room, Alyre Estate, Nr Forres.

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Book by: Saturday 11th June (Max 12 places)

Contact: Julia Mackay – julia.m4cay@gmail.com – 07427952925



Please bring with you: appropriate outdoor clothing (waterproofs etc.), warm layers, footwear (stout shoes/boots), gloves and a pack lunch. Tea and coffee will be provided

Loch of Blairs has a diverse range of habitats from water, bog, scrubland and woodlands, each hosting an abundance of fauna and flora. We will take you on a journey of discovery to investigate some of our amazing native wildlife. This workshop will be delivered by Jill Birch, Freelance Forest School and Branching Out Leader with support from a NESOLG member. Jill has a background in

biology & geology and has been delivering outdoor training and workshops for several years in Aberdeenshire.

Workshop 4: Wild Activities

Date: Saturday 25th June

Time: 10am – 3pm (approx)

Location: Loch of Blairs, Stable Room, Alyre Estate, Nr Forres.

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Book by: Saturday 18th June (Max 12 places)

Contact: Julia Mackay – julia.m4cay@gmail.com – 07427952925

Please bring with you: appropriate outdoor clothing (waterproofs etc.), warm layers, footwear (stout shoes/boots), gloves and a pack lunch. Tea and coffee will be provided



Taking a walk in our local environment is the easiest way to enjoy the outdoors and connect with nature. We will take you on a journey around Blairs Loch and share with you some fun, hands-on activities for all ages such as reed corn dolly, scavenger hunt, journey sticks and environmental games.

The workshop will be delivered by Natalie Campbell, Forest School Leader and Trainer, and support from a NESOLG member. Natalie lives locally and has been delivering outdoor learning & forest schools for nearly 10 years. Natalie is secretary of Moray Outdoor & Woodland Learning Group <https://www.facebook.com/MorayOWLS> and currently works for Moray College as an assessor in early years education.

Workshop 5: REHIS Accredited Campfire & Food Safety Course.

Date: Sunday 28th August 2022

Time: 9am – 3.30pm

Location: Loch of Blairs, Stable Room, Alyre Estate, Nr Forres.

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Book by: Saturday 20th August (Maxi 12 places)



This workshop is accredited by Royal Environmental Health Institute of Scotland (REHIS) and has been designed for adults working outside and using the campfire to cook food for their client groups. The course is delivered by Lorna Ross, REHIS Trainer, Catherine Busson REHIS Trainer and Julia Mackay Forest School Trainer. On completion of the course you will receive a REHIS campfire & food safety certificate.

The course is delivered entirely outside (weather permitting) and includes a mix of hands-on campfire preparation & cooking, discussion, observation & **30-minute multiple choice exam**, which covers the course content.

Minimum total teaching time of 6 hours



Syllabus

An introduction to food hygiene, bacteria and their characteristics, the incidence of food poisoning and its prevention, safe purchase, storage and preparation of food, personal hygiene and working habits of the food handler, the working environment, cleaning and disinfection practices, common food pests and their control & risk assessment including HACCP

Contact: Julia Mackay for a booking form – julia.m4cay@gmail.com – 07427952925