

# **Growing Up Outdoors**

2008 Seminar Proceedings of the  
Countryside Recreation Network

Edited & Formatted by  
Magali Fleurot, Network Manager

**Held at The Oval, London  
3 December 2008**

Published by CRN Countryside Recreation Network  
© 2008 CRN Countryside Recreation Network

ISBN: 978-1-84387-292-4

Countryside Recreation Network  
Sheffield Hallam University  
Unit 1, Sheffield Science Park  
Howard Street  
Sheffield  
S1 1WB

Tel: 0114 225 4494

Fax: 0114 225 6319

E-mail: [crn@shu.ac.uk](mailto:crn@shu.ac.uk)

Website: [www.countrysiderecreation.org.uk](http://www.countrysiderecreation.org.uk)

# CONTENTS

## PLENARY PAPERS

### **Introduction and Welcome by Chair**

*Dr Caro-Lynne Ferris, Countryside Access and Activities Network*

### **Government's Approach on Youth and the Outdoors**

*Please refer yourself to the online DVD*

### **"11 Million Reasons": A Happy and Healthy Childhood**

*Sir Al Aynsley-Green, Childrens' Commissioner, England*

### **Growing Adventure: A case Study in a Woodland context**

*Tim Gill, Rethinking Childhood*

### **What Makes a Good Adventure**

*Jim Davis, The Children's Society*

## WORKSHOP SESSIONS

### **Workshop Session A: Natural Play Space**

*Hosted by Forestry Commission*

### **Workshop Session B: Wellbeing**

*Hosted by Countryside Council for Wales*

### **Workshop Session C: Access to Nature**

*Hosted by Natural England*

## SUPPORTING PAPERS

**Appendix A** - Programme

**Appendix B** - Speaker Biographies

**Appendix C** - Delegate List

**Appendix D** - CRN Challenges

# **Countryside Recreation Network Conference**

"Growing Up Outdoors"

## **WELCOME AND INTRODUCTION**

Dr Caro-Lynne Ferris  
Countryside Access and Activities Network (N.I.)

Most adults will remember their favourite play areas from childhood and for many it will be simply the fields near the house in which they grew up, the local forest, beach or meadow, but for many of these adults, now parents, allowing their children to play in the outdoors as they used to, is an entirely different matter with fears particularly concerning safety, often leading to parents discouraging their children to enjoy the outdoors.

Conference delegates heard experts and practitioners explore the benefits and challenges derived from encouraging children and young people to be active in the outdoors. Delegates were first challenged by representatives of the Scouting Association who emphasised that although participating in the outdoors has many positive experiences, there are also many barriers for young people when trying to access the natural environment. Delegates heard in particular how the poor image of traditional outdoor recreation activities makes outdoor adventure seem boring and unattractive to young people today; the lack of welcome which many young people experience in the outdoors and the over emphasis on health and safety issues which seem to dominate any outdoor activity.

The conference's key speakers outlined the enormity of the challenge facing those responsible for providing outdoor recreation opportunities in the widest sense, the need to listen to the concerns of young people today, a reminder for adults to reflect on how much enjoyment and personal development they received from playing and having adventures outdoors when they were young, the need for a common sense approach to provision and most importantly the need to create a culture that not only believes that young people should be outdoors, but also takes joy in seeing them do so.

Workshops in the afternoon provided an opportunity for delegates to consider how the challenges presented in the morning session could be addressed at a practical level and in the final session the representatives from the Scouting Association reported back on potential solutions to the issues faced including getting young people involved in designing and planning natural play space, challenging the adult intolerance to children being outdoors, the need for a common sense approach to health and safety in the outdoors and establishing Play Rangers associated with open spaces.

Without doubt, the conference provided an excellent platform for raising awareness of the benefits and issues faced in encouraging children and young people to be active in the outdoors, but more importantly it is hoped that the conference genuinely challenged many delegates sufficiently to make them return to their organisations asking one question. What changes are needed in my organisation to help ensure that today's young people can experience the benefits of being active in the outdoors ?

# Countryside Recreation Network Conference

"Growing Up Outdoors"

## *Morning Plenary Presentations*

"11 Million Reasons": A Happy and Healthy Childhood  
Sir Al Aynsley-Green  
Children's Commissioner  
England

[www.11MILLION.org.uk](http://www.11MILLION.org.uk)



11 MILLION reasons to listen  
seriously to the voices of  
children and young people

Professor Sir Al Aynsley-Green  
Children's Commissioner for England  
General Teaching Council for England, Nov 2008



"The 11 MILLION children and young people  
in England have a voice"  
Children's Commissioner for England,  
Professor Sir Al Aynsley-Green

## The Children's Commissioner for England



- Created by Act of Parliament 2004
- Independent
- Promote the views and interests of *all* children and young people
- Must have regard for the United Nations Convention on the Rights of the Child and *Every Child Matters*
- Powers include power of entry and Inquiry
- Report to Parliament

'As a nation England is failing too many of its children and young people!'



UNICEF 2007  
40 separate indicators in 6 groups:

- Material well being
- Health and safety
- Education
- Peer and family relationships
- Behaviours and risks
- Subjective well being

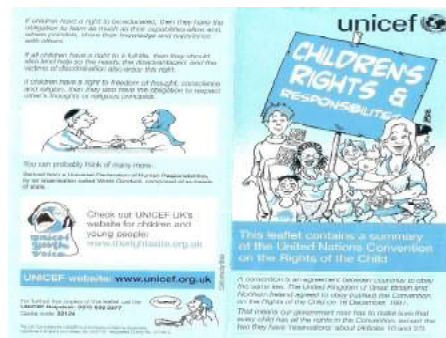
## The evidence



The UK is **bottom** of the table overall

Bottom for 5 of the 6 groups of indicators

- High poverty
- Poor health - high infant mortality & low birth weight
- Poor family and peer relationships
- Risky behaviour – alcohol, early sex & teen pregnancy
- Low expectations and high NEETs
- Low self-assessed well being



The UNCRC is an international treaty; Governments give promises to children for *Protection, Provision and Participation* through its 42 key Articles.

## The UNCRC 5-yearly Periodic Review

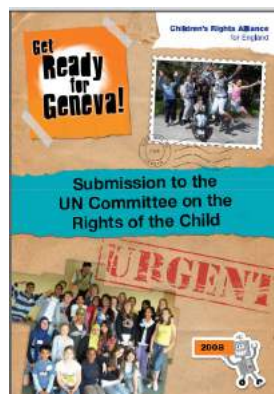


- Reports from:
  - UK Government
  - UK Children's Commissioners
  - Non-Government Organisations
  - Children and young people
- June 2008: all four UK CCs in Geneva to meet UN Committee with NGOs and young people
- September 2008: the UN Committee held UK Government to account
- October 2008 Concluding Observations published



In 112 recommendations the UKCCs expose deep concern over the **ongoing failure** to give Children and Young People full protection of civil rights and freedoms and the promises of provision and participation Under the 42 Articles of the UNCRC

## The UN Pre-Sessional meeting June 2008



## UN Concluding Observations Friday 3<sup>rd</sup> October 2008



- The UN Committee commends Government for progress since 2002

### **BUT:**

- Defines more than 120 concerns including key issues over leisure and play.

***Government should do better!***

## Awareness of the UNCRC



- In England <25% children and young people have heard of the UNCRC
- Only a minority of professionals working with children have read and understood the UNCRC
- Few official plans or programmes refer to it

**The Committee welcomes** recent efforts for training and implementing the UNICEF Right Respecting Schools programme,

**It is concerned** there is no systematic awareness raising with low level of knowledge

**It recommends** strengthening of efforts in schools, in the National Curriculum and in training ***all*** professional groups

## Non-discrimination




### **The Committee is concerned**

- certain groups of children continue to experience discrimination and social stigmatisation.
- at the general climate of intolerance and negative public attitudes to children especially adolescents

### **It recommends**


- urgent measures to address intolerance and inappropriate characterization of children, especially adolescents in all sectors of society including the Media
- action for benefit of vulnerable groups
- all appropriate measures to ensure ***best interests of the child*** integrated into legislation and policies






Breaking the cycle  
Believe in children  
Barnardo's

**Barnardo's  
report  
*Breaking the  
Cycle  
Believe in  
Children*  
November  
2008**



Key findings from Barnardo's YouGov survey November 2008 :



- 54% believe children behave like animals
- 45% agree they are feral
- 49% believe they are a danger to each other and to adults
- 43% agree something has to be done to protect us from children
- 35% feel the streets are infested with children
- Believe that 50% crime is committed by children, (reality 12%)
- 49% disagree that troublesome children are misunderstood and in need of help



One in four teenage boys carries a knife  
Children as young as 11 admit binge drinking  
Half of all pupils admit breaking the law  
**THE THUG GENERATION**  
Adolescent angst  
Children of 11 turning to alcohol and crime  
Rebellious pupils seek bigger thrill than cigarettes  
SHAME OF YOB BRITAIN  
I IN 4 TEENAGE BOYS CLAIM THEY'VE DONE WOMBEY, BORGZAY, ASSHOLE OR SOLD DRUGS, WELCOME TO...  
**YOB UK**  
Harry girl's got a cheek  
**YOB BRITAIN**  
I in 4 teen boys is a criminal  
Home Secretary: it's appalling

The *unprecedented* demonisation of children & young people



## Society's intolerance to children and young people



No Dogs  
No Children  
No Ball games  
You are being watched!



'The 'Mosquito' ultrasonic deterrent is the solution to the eternal problem of teenagers in shopping malls and anywhere else they are causing problems'

[www.compoundsecurity.co.uk](http://www.compoundsecurity.co.uk)

Children have the right to meet together  
Article 15 UNCRC

## Respect for the views of children



**The Committee is concerned**

- there has been little progress to enshrine Article 12 in education, law and policy
- participation of children in all aspects of schooling is inadequate

**It recommends**

- Promote, facilitate and implement in legislation and practice.... the principle of respect for the views of the child
- support forums for participation
- increase opportunities for meaningful participation.

## The right to participation UNCRC Article 12



*Children have the right to say what they think should happen when adults are making decisions that affect them, and to have their opinions taken into account.*

## Participation, **not** consultation!



- **Consultation** implies that adults ask questions and adults decide
- **Participation** means that children and young people are *seriously* engaged in making decisions that affect their lives

What does 11MILLION do?



Designing our premises

Working with 5-8 yr olds





Appointing all members of staff



We get on the road!

85 of the locations visited to listen to children and young people

Getting the views of young children



'Through the eyes of the child'  
– using cameras



Celebrating their work



Fascination with being outside



'Through the eyes of the child' – using cameras



Unstructured play



Experiencing managed risk

## The constriction of childhood



Distance children played from home:

- 1970 ~ 840m
- 1997 ~ 280m
- 2007 in back garden

Never been to shop or park by themselves:

60% 8-10yr olds  
25% 11-15yr olds

Rosemary Bennet The Times  
4<sup>th</sup> August 2007

## Very young children tell us:



- Family and friends matter
- Being outside, exploring, and risk
- Starting school
- Health behaviours with food
  - Understand concept of 'good food'
  - Brand recognition
  - Peer pressure
  - Sweet and fizzy preferences
  - Reluctance to explore new tastes

## Getting older children and young people's views



Listening to those with physical and learning disability



## Children with disabilities



**The Committee** welcomes initiatives to improve situation of children with disabilities

**It is concerned** there is no national comprehensive strategy for inclusion into society... Face barriers in enjoyment of their rights including access to health services, leisure and play

**It recommends** all necessary measures; National strategy for inclusion; provide training for all professional staff



Listening to  
children on  
*their* territory



Listening to children in  
**many** schools!



## Young people want:



- To be asked, listened to, heard and respected
- Security and safety
- End to violence & family breakdown
- School life
  - Better transition to secondary school
  - End to bullying and racism
  - Less anxiety and stress
  - Better school environment – to enjoy school more
  - Knowledge and help in dealing with alcohol and drugs and non-judgemental information on sex and sexuality
- Someone to turn to

## What about rural children?



- ~2m children live in rural England
- Myth of the rural idyll
- Challenges:
  - Access to services
  - Transport
  - Poverty
  - Employment
  - Health including mental health, alcohol and substance misuse
  - Friendships
- Lack of safe accessible play and recreation facilities – focus on hanging out coupled with local intolerance



## So, what's to be done?



- Recognise the importance of the challenges for rural children
- Advocate effectively for their needs
- Look out of the box!
- Look to best practice eg Pewsey
- Listen to what they have to say!

## Right to leisure and play



The Committee **appreciates** that England's Children's Plan provides for the largest ever central government investment in children's play; ...is **concerned** that except in Wales the right to play and leisure is not enjoyed by all children due to poor play infrastructure notably for disabled children.

It **recommends** ....strengthen efforts to guarantee the right to engage in play; particular attention to those with disabilities;...adequate & accessible playground spaces

## Growing up outdoors



- Opportunities for
  - Adventure
  - Managed risk
  - Understanding the natural world
  - Physical fitness, health and wellbeing
  - Learning outside the classroom
- Listen to children and young people's views

### Waldkindergärten: the forest nurseries where children learn in Nature's classroom



Podding and swimming in the lake

Rediscovering the philosophies of Friedrich Wilhelm August Froebel.  
- The originator of the word 'Kindergarten' in 1840

## Conclusions



- Growing up outdoors is more than just recreation
- Remember the needs of rural children
- Be aware of the constraints on childhood and increasing intolerance
- Seize the opportunities provided by the UNCRC
- Learn from other countries
- Listen to what children and young people have to say!



# Countryside Recreation Network Conference

## "Growing Up Outdoors"

Growing Adventure: A Case Study in a Woodland context

Tim Gill

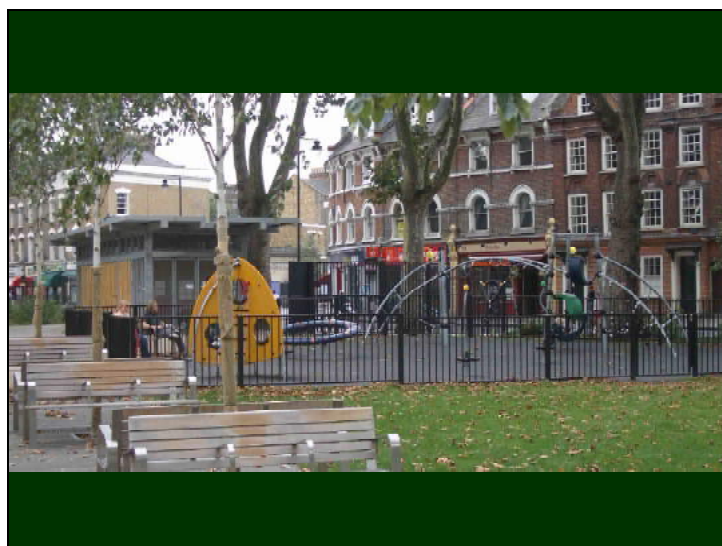
Rethinking Childhood

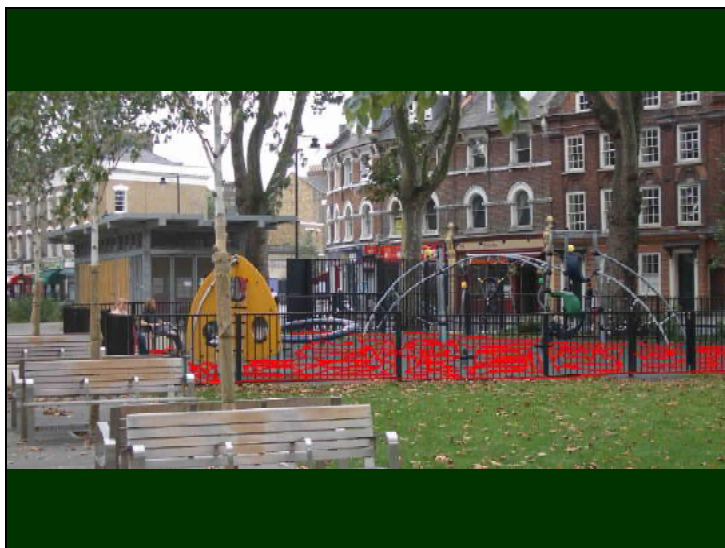
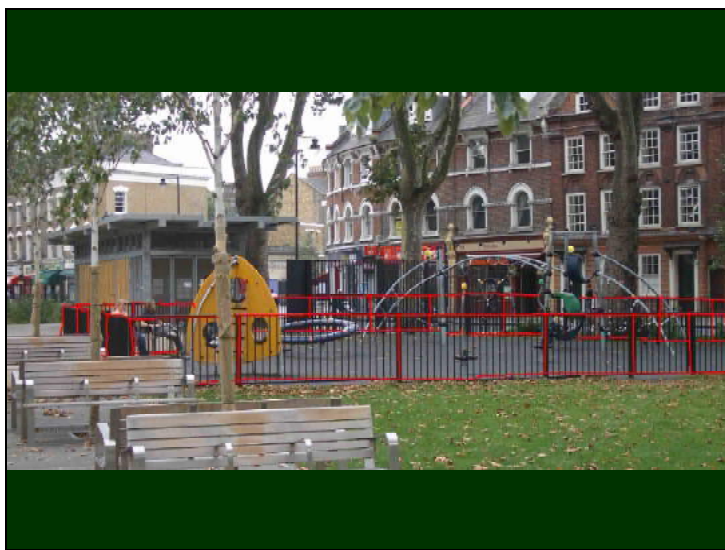
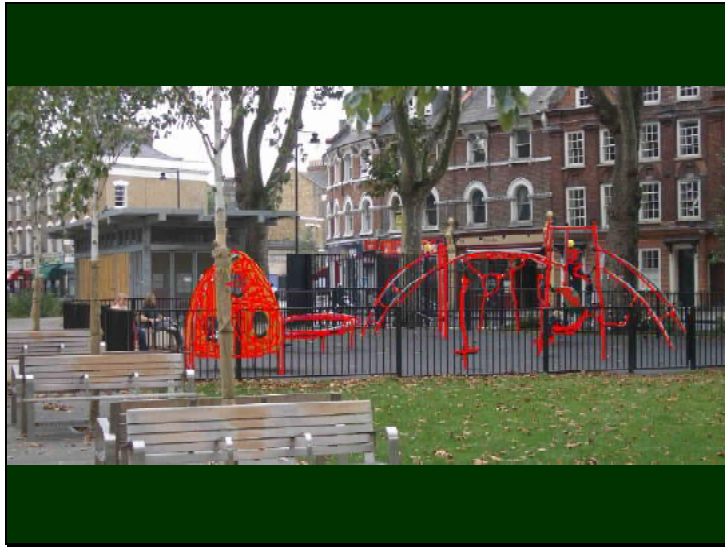
If you go down to the woods today...



Children's play & the Forestry Commission

A screenshot of a Daily Mail news article. The headline is "How children lost the right to roam in four generations". The article text on the left discusses the decline of children's freedom to roam in the woods over four generations. On the right, there is a map of a woodland area with callouts for different generations: "GRANDFATHER: Jack aged eight in 1956. Able to walk about one mile on his own to the woods.", "MOTHER: Vicky aged eight in 1979 was allowed to walk to the swimming pool alone half a mile away.", and "GRAND-GRANDFATHER: George aged eight in 1945. Allowed to walk six miles to go fishing." The map also shows locations like SHEFFIELD, Meorgate, and Rother Valley.





What's missing?

Camden consultation



Forestry Commission



Leisure a growing business area

Self insures

Develops own policies & strategies for managing risk

## FC & children's play



- Play spaces & trails
- Playschemes
- Family activities
- Forest schools
- Leisure offers: cycling, 'Go Ape'
- Contact with informal users
- Independent play

## Why Growing Adventure?

- Funding available
- Equipment rethink
- Link with woodlands
- Success of play trails
- Wish to recognise value of play



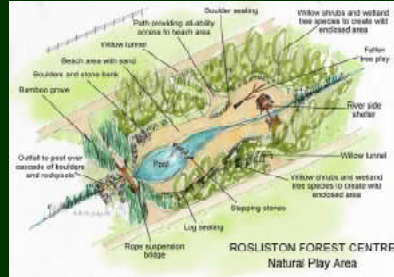
## Growing Adventure process

- Year-long consultancy 2005-6
- Internal discussion, visits & pilots
- Play memories
- Freiburg, Stirling and 'Wild about Play'



# Outputs

- Report to Forestry Commission
- FC design guidance for play spaces
- FC guidance on fires & self-built structures
- Pilot projects

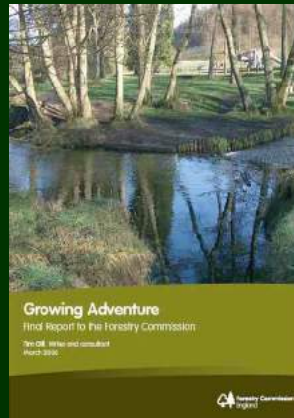


# Growing Adventure report

2 connected ideas:

Nature and challenge are part of the essence of woodland sites and make them ideal places for children to play

Free play is a valuable developmental and learning process



# Managing risks: dens

Managing risks associated with dens and tree-houses

Table 1: Managing risks associated with dens

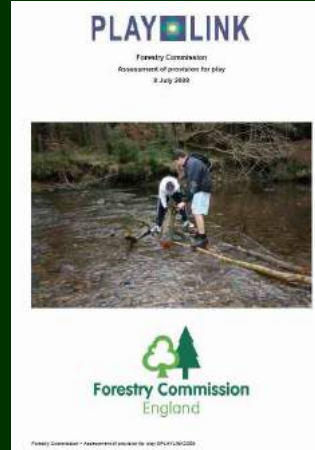
Location and site	Construction		
	Low Risk	Medium Risk	High Risk
First of all identify the level of risk associated with the structure then the required action.	Dens made from natural materials found on site such as branches, broom, leaves and other vegetation. This type being used to create the shelter. Little risk of collapse causing injury.	Some materials being brought to site such as old ladder rungs, poles etc but no harmful materials. Some cushions of handbook being used. Minor excavations to create hollows or partial caves. Little risk of collapse causing injury.	Hazardous materials being used such as sharp metal and cables or old cars. Evidence of power tools being used. Deep excavations creating tunnels.
Low Risk Dens in a good location away from any streams or busy roads and deep-water bodies. Little evidence of anti social behaviour such as drugs, graffiti and litter. Little disturbance to neighbours or other forest users. No impact on sensitive nature conservation areas.	Initial monitoring of the site when staff are nearby. Record any inspections to date.	Take pictures of the den and carry out quarterly inspections of the area to check on changes.	Take pictures of the den and carry out monthly inspections of the area to check on changes. Remove hazardous materials and litter. Collapse any tunnels.
Medium Risk Dens in a reasonable location may be close to busy roads but away from any streams or deep-water bodies. Some evidence of anti social behaviour such as, graffiti and litter but no serious issues such as drug abuse. Potential for some disturbance to neighbours or other forest users due to proximity to other uses. Little impact on sensitive nature conservation areas.	Take pictures of the den and carry out quarterly inspections of the area to check on changes. Remove litter during inspections.	Take pictures of the den and carry out quarterly inspections of the area to check on changes. Remove litter during inspections. Consider making contact with kids, providing safe materials or remove shelter building dens.	Take pictures of the den and carry out monthly inspections of the area to check on changes. Remove hazardous materials and litter. Collapse any tunnels. Make contact with kids and consider providing safe materials or remove shelter building dens.
High Risk Dens in poor location may be close to busy roads, streams or deep-water bodies. Evidence of serious anti social behaviour such as drug abuse. Considerable disturbance to neighbours or other forest users. Serious impact on nature conservation areas.	Take pictures of the den and carry out quarterly inspections of the area to check on changes. Remove litter during inspections. Make contact with kids and try to identify a better location. If progress cannot be made remove den.	Take pictures of the den and carry out quarterly inspections of the area to check on changes. Remove litter during inspections. Make contact with kids and consider providing safe materials or remove shelter building dens. If progress cannot be made remove den.	Remove den. Make contact with kids and try to identify a better site. Consider providing safe materials or remove shelter building dens in another location.





## PLAYLINK evaluation (2008)

- Does FC walk the talk?



## Progress

- Clear policy framework & guidance
- Good process
- Creative use of staff, volunteers & resources
- Strong support at all levels



## Issues

- 'Springboard' approach patchy
- Teenagers
- Risk management
- Process & organisational structures



## Recommendations

- Continue to develop nature play offer
- Develop design approach
  - older children
  - children with disabilities
  - move away from age specific play areas
- Develop a formal play policy



## Recap

- Play & childhood
- FC & Play: Growing Adventure
- Lessons & future plans



[www.rethinkingchildhood.com](http://www.rethinkingchildhood.com)

# Countryside Recreation Network Conference

## "Growing Up Outdoors"

### What Makes a Good Adventure

Jim Davis

The Children's Society

### **Growing up outdoors: How to have a great adventure**

Great adventures, they speak of risk, challenge, nail biting moments, hanging on by finger tips and ending up with scraped knees.

An adventure isn't an adventure unless it involves the application of at least one plaster.

Currently Channel 5 are showing a series called Dangerous Adventures for boys, following the books of the same name. The focus is on celebrities and their sons embarking on adventures such as sailing tall ships and flying WW1 fighter planes, a throw back to danger and real boys adventure. For the famous and wealthy that is.

But key to any adventure is the element of the unknown, or at least the not experienced before. The first time experience is one that brings adventure, if it becomes frequent and regular then it might still be exciting but not quite the adventure it once was.

Perhaps why famous adventurers tend to find new challenges rather than repeat old ones, and why the stakes seem to get higher!

Do you remember the first time you climbed a rock, abseiled down, clambered in a canoe, hurtled a mountain bike down a track, the adventure of the first time.

That's what I like, the idea that adventures come from trying something for the first time, it opens up the possibilities, anything can be an adventure, the beginning of something more.

Last year I took a group of young people to Capetown, staying in a township, walking through the unofficial camps, climbing Table Mountain past the sign saying dangerous path, standing on the cantilever stone. All visibly an adventure.

A few weeks ago I took a group of young people abroad for their first time, everything was a new experience, going on a metro, trying croissant, staying in a different bed not in the same room as Mum. No less an adventure, just less visible and less obvious.

This is one of the first lessons for us to understand, it is not the scale of the activity that makes the adventure but the significance of an activity to a young person.

But the trouble is we are starting to limit the number of activities that we think are appropriate for children and young people, some things are potentially lost to children now. Earlier this year I worked with groups of 11 year olds on the ideas they have about playing outdoors. I ran workshops that involved children with their teachers in attendance, before I asked children I asked the teachers to describe how they played when they were children.

One Headteacher described what he did as a child, he talked about coming home from school, leaving his bag and then going into the hills with either a knife, crossbow or gun.

What adventures he had, and that was the thought of his schoolchildren. But, his thought was that now he would be greatly concerned about any child he knew who might do the same. The idea of a child owning a knife is now anathema. It is too risky, too dangerous, too much a sign of bad behaviour or poor parenting.

At the same event we presented children with 3 options for places to play.  
A designated play park with climbing, sliding, swinging things  
A landscaped space for bikes, skateboarding and playing  
A wood with a stream

Children were asked to say where they would most like to play and where they could have an adventure. You will be pleased to know that the majority of children said it was the woodland. They said they could build dens, climb trees, play games, build dams and hide from grown ups.

But, when questioned virtually none of the children actually played in woods, most said they played in the park or in their gardens. The woodland was an adventure as much because it was out of reach as it was because of what it offered.

**Why?** They didn't feel they had permission, first they didn't think they were allowed to be in someone's wood, they might get into trouble, but more often it was because their parents wouldn't allow them.

We support a Play Rangers scheme, a scheme that encourages children outdoors to play. But, in one Somerset village the scheme started out well with lots of children joining in but numbers tailed off as parents said behaviour was too bad and they didn't feel that Play Rangers controlled poor behaviour enough.

**First parents rule: If in doubt withdraw your child Second parents rule; If it goes wrong, look for someone to blame**

The Children's Society have been conducting an Inquiry into a **Good Childhood** over the last 2 years, the results will be out in February, but along the way I have talked to many parents and seen many submissions from them. There is an overwhelming desire to see children play more and to play in ways that adults recognise from their own childhood. People believe in the idea of children playing outdoors.

But, there is a huge reluctance to apply that belief to our own children. We all contribute to that reluctance, when we hear about being run over or being involved in an accident, or worse an incident with a stranger. We ask, where was the parent, what were they thinking of letting that child be alone, climb that wall, I wouldn't let my child be in that situation.

Look what happened to the parents of Maddy McCann, did the thought ever cross your mind that they shouldn't have left their children alone, did you ever voice that criticism?

Do you look at 3 kids wading in a stream dragging logs as vandals or adventurers? Do you look at a child wildly swinging from a branch on a hastily constructed rope swing with joy in your heart or a sense of dread?

Do you see two lads pushing an old scooter down a by lane and think I should call the police or I should ask for a ride? Do you see a teenage girl walking a dog alone through woodland as a free spirit or asking for trouble?

**The greatest adventure is this:**

That we create a culture that not only believes that children should be outdoors but takes joy in seeing them do so, a society that not only idealises the vision of children growing up in natural surroundings, but actively encourages our own to do so.

It is applying this to our own situation that brings the greatest challenge and adventure. I have a daughter who is in her gap year and planning all kinds of travel, with the help of Dad of course. She recently came home from the travel agent having booked her 5 weeks in Northern Australia including a skydiving event. I can't say that I was thrilled with the idea of my daughter jumping out of a plane thousands of miles away, but she is excited and that is the adventure.

When our children take bold steps, we need to be encouraging them, when they take risks, we need to practice what we preach and applaud them. Even if we rather wish they didn't! That's the adventure.

# Countryside Recreation Network Conference

"Growing Up Outdoors"

## *Afternoon Workshop Sessions*

### **Workshop Session A: Natural Play Space**

*Hosted by Forestry Commission*

#### **Facilitating Children's Natural Play: playing with sticks**

*Dr Martin Maudsley, Playwork Partnerships, University of Gloucestershire.*

#### **Play Memories**

Participants were asked to choose a wooden stick, which had been collected from woodland and provided for the workshop. Each person was invited to recall a memory of playing with a stick as a child and share with the rest of the group. This helped to re-connect us with our own childhood and engage with a child-centred approach for facilitating play. Sharing memories of play also engenders a reservoir enthusiasm, inspiration and motivation.

#### **Play Affordances**

The concept of 'affordance'<sup>1</sup> refers to the idea that an individual actively perceives what the environment has to offer, eg available food resources for someone who is hungry. For children, with their instinctive drive to play, affordance relates to what play possibilities are *afforded* by the outdoor environment. Play affordances may be thought of as invitations to play that arise when a child intentionally encounters a physical space.

We explored the concept of play affordances kinaesthetically: small groups were asked to discover and then demonstrate play activities using their own sticks. Understanding the concept of affordance, as demonstrated through sticks, has important implications in relation to outdoor play provision:

- *Every stick is unique* - children, when left to their own devices, often find their own individual ways of playing and interacting with outdoor environments.
- *More sticks the better* - the number of play affordances increases with complexity of the environment, and the looseness and flexibility of its constituents. Woodlands or beaches, for instance, are high affordance environments.
- *Sticks as play tools* - play affordances arise where children are able to sense and act at the same time. For instance, children instinctively hold sticks and then use them to discover and extend their playful environmental interactions: poking, tapping, twirling, scraping, marking etc.

---

<sup>1</sup> Gibson, J. (1979). *The Ecological Approach to Perception*. Houghton Mifflin: Boston, MA.

- *Sticks have a hundred uses* - sticks, and other natural props, do not have a predetermined function. Therefore they can be used by children in many different ways, for many different purposes, at many different times.
- *Sticks don't last forever* - through playing outdoors children interact with and change the environment, creating their own play spaces. Through being able to manipulate outdoor environments children detect new play affordances.

## Play Springboards

Sometimes structured activities or adult-led opportunities are valuable to stimulate playful experiences outdoors, especially in unfamiliar environments or scenarios. These can be thought of as *springboards* for children to then develop their own free play. Play springboards should be facilitated in a way that is sufficiently open-ended and flexible to allow personally directed, freely chosen play to naturally develop. Adults need to be sensitive, flexible and dynamic in using springboards for outdoor play which may involve adapting, or even abandoning, prepared plans as children begin to explore and playfully interact with natural environments for themselves.

In small groups, participants were given a prop (toy bird, small doll or plastic fly) and invited to create a den/nest/home for their character. From this springboard many weird and wonderful features were created, incorporating individual imagination and group dynamics...

*Paddy Harrop -Recreation and Public Affairs Manager - Forestry Commission England*

Play is a fundamental human right enshrined in the UN Convention on the Rights of the Child (1989).

Play is important for the health and wellbeing of children and young people and some studies suggest that it is also important for the wellbeing of adults later in life. Play also allows children and young people to learn about their world, their relationships with other people, to understand risk and to develop their skills.

Play should be a natural activity but research indicates that more and more time has become structured for children and young people and that they have less 'free' or unsupervised time for their own choices. School, 'parent time', structured 'club' activity, fears about traffic (and strangers) and lack of accessible space all combine to reduce free time and increase time sat in front of a computer or TV.

Natural play offers a opportunity for people to engage with nature

Nature play has become a term used to describe the creation of simple play opportunities in the natural environment offering people the chance to interact with nature. It can be characterised by

- Using natural materials such as wood sand gravel.
- Secret places and dens, to build, play talk with friends and imagine!
- Vegetation can be left in a wild state rather than a normal park condition
- Mounds and logs as part of a play providing opportunities for games, climbing and balancing.
- Loose parts provide materials for children to invent their own games and play spaces and develop skills through co-operating with each other
- Climbing and swinging can be provided in a more natural way.

Benefits from nature play can include:

Lower capital costs - using material won on site can help to keep costs down. Also less equipment and less surfacing reduce overall budget costs. But you will need more planning time and engagement with young people and communities to make it work.

Focus on natural environment - For outdoor managers this is a huge benefit - linking play to everything else we do.

More robust in urban settings - Natural play seems to attract less vandalism and also mounds, rocks and logs are harder to break than traditional play equipment

Greater play value - loose parts, sand, gravel and bark provide more opportunities for play than fixed equipment and rubber surfaces.

More social interaction - co-operative play on hammocks, basket swings, building dens and using loose parts encourages more social interaction than traditional play spaces.

Health benefits - Children are more active and also more stimulated in natural play areas and they learn more about risk than in traditional play spaces.

Children choose - More opportunities through loose parts and unfenced areas for children to choose their own activities. Also less restrictions on what they can do. Less RULES.

More information on the Forestry Commission's work on play [www.forestry.gov.uk/england-play](http://www.forestry.gov.uk/england-play)

### *Roger Worthington -Forestry Commission*

Woodland 'Nature Play' is a term being used to describe the creation of play opportunities in the natural environment that encourage children and parents to view the whole forest as a place of exploration and adventure. Current research and experience shows that in past generations the most memorable and formative play experiences were in unsupervised, unformalised and unstructured outdoor environments. Yet managers of this outdoor play environment can often be anxious about the risk and cost of providing play opportunities.

Over the last few years the Forestry Commission has been pioneering ideas on children's play, through policy, guidance and practice. Being the largest owner of open access land in England the Forestry Commission is well placed to deliver a wide range of play opportunities for children. In a continuing effort to improve these play opportunities on FC land, and to support other land owners and managers seeking to deliver the same the recent publication of 'Nature Play: Simple and fun ideas for all' is available to download at

<http://www.forestry.gov.uk/forestry/INFD-7LSEHW>

The guide is set out in the format of a brochure illustrating 34 ideas with notes on 'how to build', how to modify the ideas for alternative options, what safety issues to watch out for and when to involve an expert. It covers play ideas such as things to climb over, paths to follow, opportunities for play provided by landform and vegetation and questions through signs. The appendix gives guidance on safety, useful resources, references and contacts.

Many of the ideas have been shaped by observing children at play, through conversation with young people and from childhood play recollections. The ideas have been selected so that they are accessible to people of all abilities and have reduced the danger that might be caused by moving parts and high fall heights. The brochure has also been looked over by an RPPI accredited inspector and a play designer/manufacturer to check for safety and constructability.

In addition, this practical guide is illustrated with many photographs to show clearly to practitioners, partners and funders what is meant by nature play. It is hoped that this guide will encourage and inspire people to allow more natural play areas to develop and that many children will discover the joy of simply exploring the great outdoors.

# Countryside Recreation Network Conference

## "Growing Up Outdoors"

### **Workshop Session B: Wellbeing** *Hosted by Countryside Council for Wales*

James Parkin- Countryside Council for Wales

According to developmental psychologists, people have five developmental needs: fun, freedom, power, belonging and survival. Those developmental needs could also be interpreted as those necessary for the health, mental and social well-being of children and adolescents. Our paper at the CRN workshop concentrated on how young people could benefit from their contact with the outdoors to meet their developmental needs. Our research on young people at OPENspace has shown that the benefits from the engagement with nature and the outdoors are multi-faceted. The main health and mental benefits of young people's contact with nature and the outdoors are the following:

- Development of positive self-image;
- Reduction of obesity;
- Improvement of concentration in children/young people with ADHD;
- Reduction of stress and anger;
- Improvement of mood in young people with or without behavioural problems;
- Evidence of mental equilibrium between groups in the natural setting

We could also argue that natural settings have a positive influence on young people's social well-being. In particular, they offer:

- Opportunities for socialising
- Opportunities for temporary escape
- Opportunities for (physical) activity
- Opportunities for autonomy and privacy .

However, there is still a lot of controversy towards young people's presence in the outdoors as well as inequalities of access including the following:

- Social exclusion
- Concerns about risk
- Lack of adequate resources
- Societal pressures
- Cultural barriers
- 'Demonisation' of teenagers

To overcome those barriers and meet young people's developmental needs, policy-makers, planners and designers should create outdoor spaces that offer:

- Social integration
- Safety and free movement
- Peer gathering places
- Varied activity settings
- Safe green space



# Countryside Recreation Network Conference

"Growing Up Outdoors"

## Workshop Session C: Access to Nature

*Hosted by Natural England*

*Duncan Mackay- Natural England Principle Specialist- Access and Recreation Policy*

### Opening speech

Our subject area bears the same name as Natural England's BIG Lottery funded grant scheme of the same name but our focus today is to start to reverse some of the sad societal trends that affect children's development in their use of the outdoors. This workshop wants you to devise **3 revolutionary ideas** so that our youth reporter Becky can feed back to the conference.

My our children have been dragged off camping, taught to light fires, walked up and down endless hills, fed on winkles and pushed out to sea on dinghies simply because I had the skills to show them the joys of access to nature. They in turn now bring their teenage and twenties friends and show them how to light beach driftwood fires responsibly, play guitars by night under the stars, drink lager (and clean up) and when warm enough skinny dip in the bioluminescent waters. I know they will do the same for their children. But we are the privileged minority in society. Most children don't have either access to nature nor Nature close enough to them and are without knowledgeable adults to help them learn. This is today's challenge for you...and also to have fun and a sense of freedom (Becky launches the pop up cow tent into the air).

I am the product of the privilege of growing up outdoors and I want to briefly illustrate the sub-themes of the Access to Nature Workshop before handing over to your group leaders.

### Taking Risks

When I was 7 I spent a year in a pig field with an old manorial fishpond. I had to learn how fast I could run to avoid being gored by irate farrowing sows. Nobody taught me how to do this and my parents just let me get on with it.

### Finding yourself

I found myself in this pig field and made it 'my world' and explored it endlessly giving names to its features and felt it change through the seasons. My father helpfully built me a ladder over the chain-link fence so that I could access it and merrily trespass to my heart's delight. It was my first taste of 'freedom'.

### Understanding

I delighted in the natural features of my field: from freshwater springs that you could stick your arm down up to your elbow and feel the cool water bubble around your skin; to catching sticklebacks and great crested newts in jam jars. Nature was my friend and I was its. I was helped to understand all this by having a bird nut for a father who knew his natural history and was enthusiastic.

The successful ingredients for children having access to nature therefore seem to be: having accessible natural places very close to where you live; the chance to explore and have adventure without parental intrusion aided by benign landowners; someone to enthusiastically aid the learning process by passing on knowledge.

## PLENARY SESSION

At the end of the 3 sub-groups the 3 big ideas from each theme were presented to Becky, our youth adviser. These were:

- Create opportunities for outdoor play but within a parental 'comfort zone'
- Formalise a commonsense approach to outdoor play (FC book)
- Install 'child champions' to teach/instruct in the outdoors
- Issue 'outdoor vouchers' to experience outdoor pursuits
- Make children stakeholders in their local environment and allow them more freedom and access
- Get all youth workers/teachers to have outdoors experience and have outdoors as a daily activity in schools etc
- More campsites for children (with compulsory campfires!)
- Describe risk as a challenge not as a negative
- Challenge the risk culture

After due consideration Becky decided that she would select the following as her **3 revolutionary ideas**.

1. More wild campsites (with fires) for young people to learn and experience nature and to share each others company
2. More freedom of access to land and water for young people through constructive abandonment of land and other measures
3. Challenge all people who tell us that "Health and Safety will not allow it"

At the end we spent a learning moment (or 6) trying to put the pop up cow tent back in its bag and presented it to Becky as a gift from Natural England for her enthusiasm and skill in our workshop.

*Rob Garner - Workshop within Duncan MacKay's workshop*

The workshop discussion on 'Learning about the Outdoors' threw up many ideas and questions including:

- role for schools in familiarising kids with the outdoors, both in school grounds and further afield, across all subjects, as a transition to them exploring for themselves
- role for countryside rangers, play rangers, etc in same transitional process
- need for parents to learn about the needs and benefits for kids (and themselves!) of being outdoors, through involvement themselves, or subtle forms of supervision, or through group involvement (eg scouts, community projects, etc).
- children need to create 'their' learning spaces. Organisations must back up land managers in running such spaces (dens, swings, 'benign neglect', etc)
- Utilise older kids in teaching younger kids. That helps in making the outdoors seem desirable/cool from a young age.

## **APPENDIX A**

**Countryside Recreation Network**  
**Growing Up Outdoors**  
3rd December 2008

PROGRAMME

- 09:30 Arrival and coffee, visits to the *Outdoor Recreation Market Place*
- 10:15 **Welcome from the Conference Facilitator**  
*Caro-Lynne Ferris, Director of Countryside Access and Activities Network, Northern Ireland*
- 10:20 **The Voice of Youth: Setting the Challenge for the Day**  
*'Young People'*
- 10:35 **Government's Approach on Youth and the Outdoors**
- 11:00 **'11 Million Reasons': A Happy and Healthy Childhood**  
*Sir Al Aynsley-Green, Children's Commissioner, England*
- 11:25 **Growing Adventure: A Case Study in a Woodland context**  
*Tim Gill, Rethinking Childhood*
- 11:45 **What Makes a Good Adventure**  
*Jim Davis, The Children's Society*
- 12:05 **Question and Answer Panel Session**
- 12:30 Lunch, visits to the *Outdoors Recreation Market Place*
- 13:45 Workshop Sessions
- Workshop A: Natural Play Space**  
*hosted by Forestry Commission*
- Exploring natural play space
  - Understanding natural play space
  - Creating natural play space
- Workshop B: Wellbeing**  
*hosted by Countryside Council for Wales*
- Valuing community wellbeing
  - Being well in the outdoors
  - Improving environmental wellbeing
- Workshop C: Access to Nature**  
*hosted by Natural England*
- Finding yourself in the outdoors
  - Learning about the outdoors and how to use it
  - Taking risks in the outdoors
- 15:45 Refreshments
- 16:05 Feedback on Key Workshop Outcomes from Youth Perspective, final Q&A Panel Session and conclusions
- 16:30 Final visit to *Outdoor Recreation Market Place*
- 17:00 Close

## **APPENDIX B**

**Growing Up Outdoors**  
**3rd December - The Oval, London**  
**Biographies of speakers**

**Main Speakers**

**Caro-Lynne Ferris**

**Director, Countryside Access and Activities Network**

Caro-Lynne studied Geography and Sports Science at Chester College, Liverpool University and graduated in 1990. She qualified as a PE and Geography teacher from Exeter University in 1991 and taught for 6 days! Caro-Lynne returned to Northern Ireland to undertake a PhD in the School of Geosciences, Queen's University, Belfast, on 'the management of recreation induced erosion in granite uplands in the UK'. She graduated in 1994.

Following completion of her PhD Caro-Lynne worked on a consultancy basis for Northern Ireland Environment Agency (formerly Environment and Heritage Service), the Northern Ireland Tourist Board and Sport Northern Ireland on a variety of access and outdoor recreation related projects including a Footpath and Visitor Management Strategy for the Giant's Causeway and the preparation of Northern Ireland's first Countryside Recreation Strategy.

In 1997 Caro-Lynne was appointed the Area Based Strategy Manager for the Mourne Heritage Trust to deliver a £1 million Dept of Agriculture and Rural Development area based rural development programme.

In 1999 Caro-Lynne took up the position as the Director of the Northern Ireland Countryside Access and Activities Network.

Caro-Lynne obtained a MBA in Public Management from the University of Ulster in 2001. Since 2005 Caro-Lynne has sat on the Board of the Irish Heritage Council.

Away from work Caro-Lynne spends most of her time in the outdoors mountain biking, fell running and hill walking.

**Professor Sir Albert Aynsley-Green**

**Children's Commissioner for England, 11 Million**

Professor Sir Albert Aynsley-Green was appointed to be the first Children's Commissioner by the Secretary of State for Education and Skills, The Rt Hon Ruth Kelly MP on 1<sup>st</sup> March 2005.

On 30<sup>th</sup> June 2005 Sir Albert stepped down from his roles as the first National Clinical Director for Children and Chair of the Children's Taskforce at the Department of Health as well as Nuffield Professor of Child Health at Great Ormond Street Hospital for Children and at the Institute of Child Health, University College London.

On 1<sup>st</sup> July 2005 he became full-time Children's Commissioner, acting as an independent voice for children and young people, championing their interests and bringing their views and concerns to the national arena. Sir Albert was an Executive Director on the Great Ormond Street Hospital NHS Trust Board as well as the Director of Clinical Research & Development at the Institute of Child Health/Great Ormond Street Hospital from 1993 until September 2003. Prior to this, he was a Clinical and then University Lecturer and Fellow of Green College at the University of Oxford, Professor of Child Health and Head of the School of Clinical Medical Sciences at the University of Newcastle upon Tyne and has held many advisory posts in relation to child health and children's services.

Sir Albert trained at Guy's Hospital Medical School, University of London; Oriel College, University of Oxford and the University Children's Hospital, Zurich, Switzerland.

Sir Albert has a keen research interest in the history of children and childhood and their standing in contemporary society.

Sir Albert is also a proud grandfather with six young grandchildren.

He has received many national and international markers of esteem and was knighted for his services to children and young people in Her Majesty the Queen's 80<sup>th</sup> Birthday Honours list in June 2006.

**Tim Gill**  
**Writer and Consultant, Rethinking Childhood**

Tim Gill is one of the UK's leading thinkers on childhood. His work focuses on children's play and free time. Tim's book *No Fear: Growing up in a risk-averse society* was published in 2007. He appears regularly on radio and television, and writes for the mainstream and specialist press.

Tim has advised political parties and thinktanks across the political spectrum, and has carried out consultancies for major NGOs and public bodies including the Mayor of London and the Forestry Commission. In 2002, while Director of the Children's Play Council (now Play England) Tim led the first ever Government-sponsored review of children's play. Tim's website is [www.rethinkingchildhood.com](http://www.rethinkingchildhood.com).

**Jim Davis**  
**Programme Manager, The Children's Society**

Jim Davis is a Programme Manager for the Children's Society and manages projects that work in Somerset, Dorset, North Somerset, South Gloucestershire and Bath & North East Somerset. The projects promote the inclusion of disabled children in decision making, provide support for children in the Traveller community and enable rural communities to overcome their fears of anti social behaviour and young people.

Jim has worked for the Children's Society for 27 years in community work, youth work and social work. Jim has published research into the experiences of children experiencing poverty in rural communities and on work with New Age Travellers. He represents The Children's Society on European projects exploring the participation of socially excluded young people in society.

Jim was a panel member of the Good Childhood Inquiry, an independent inquiry commissioned by The Children's Society to identify what makes for a good childhood in the 21<sup>st</sup> century. The Inquiry report will be published in February 2009. In his capacity as Chair of the Coalition for Rural Children and Young People he is a member of the DCSF Children and Families Stakeholder Board. Jim is married with 4 daughters.

## **Workshop Speakers**

**Adam White**  
**Principal Landscape Architect, Groundwork**

Adam White is a multi award winning chartered landscape architect who has worked in the North West, Yorkshire, and Lincolnshire and is now the Principal Landscape Architect for Groundwork London. Adam is the pioneer of the Playscape design approach which promotes challenges, nature and risk in a playful landscape environment. During 2007 he won a RHS Gold Medal, BBC Peoples Choice Award and was overall winner for Presentation & Communication at the Landscape Institute Awards for his Playscape show garden.

Along with his role as a Landscape Institute Award judge he is a Green Flag judge, Horticultural Week Award judge and BIFFA Design Award judge. Adam has featured on national and regional BBC television and has recently completed a series of design masterclass workshops across the UK in partnership with designer Wayne Hemingway. He has written a number of articles on the role of landscape architecture in creating challenging places to play for national and professional press. Adam has been listed in the Sunday Telegraph as one of the 5 must see designers of the year. In his spare time he is a bingo caller, DJ, dedicated rower and novice squad coach at Kingston Rowing Club.

**Phil Doyle**  
**PLAYLINK Associate**

Phil is a PLAYLINK Associate. He has over 30 years experience working in the statutory and voluntary sectors. He has been responsible for developing play opportunities for children and young people in both public realm spaces and in supervised play environments.

Phil has initiated and project managed the development and design of play spaces in parks and open spaces, housing developments, regeneration areas. His experience covers the range of provision including, children's centres, nurseries, play centres and adventure playgrounds. He has also been involved in developing new spaces including wheel parks, ball games areas, and seating/shelter areas. He has extensive experience of the practicalities of bringing projects to completion, and a real appreciation of the maintenance implications of schemes.

**Roger Worthington**  
**Senior Landscape Architect, Forestry Commission**

Roger works for the Forestry Commission across the south half of England as a landscape advisor and planner, an area that includes the National Arboretum, Westonbirt and the National Pinetum, Bedgebury. The majority of his work is focussed on designing recreation facilities in existing Forestry Commission forests and the creation of new community woodlands. Recently he has been involved in the development of FC nature play guidance and has worked on the planning and design of a number of innovative play projects.

**Martin Maudsley**  
**Outdoor Play Development Officer, Playwork Partnerships**

Martin works part-time for Playwork Partnerships as their Outdoor Play Development Officer - championing opportunities for children to play in outdoor spaces and with natural elements. In 2005 he put together *Playing on the Wildside* - a best practice guide providing information, ideas and resources on environmental playwork. In 2006 he jointly authored (with Stuart Lester) a comprehensive review of children's natural play: *Play, Naturally*. He has recently developed and written a new playwork training course 'Playing with the Elements'. Martin also works regularly outdoors as a professional playworker, trainer and storyteller, and has an enduring childhood passion for wild adventures in wild spaces.

**Helen Townsend**  
**Social and Community Programme Manager, Forestry Commission**

Helen is the Forestry Commission England's Social and Community Programme Manager, responsible for influencing wider policy development and the direction of delivery through the public forest estate; grants and regulations; and through partnerships. Her specialist lead areas include diversity and inclusion; health and well-being; and education and learning. All of which feature children and young people in some form or another. She has a soon-to-be 6 year old son and lives with her husband, just outside Reading. Helen has worked previously with ILAM (now ISPAL) as their Director of Policy which included chairing ILAM's Play conferences, managing ILAM's Play Panel and ILAM's bookshop and information centre which commissioned, at the time, a number of leading play publications.

**Paddy Harrop**  
**Recreation and Public Affairs Manager, Forestry Commission**

Paddy has 18 years experience of leisure and forestry management and is currently the recreation and public affairs manager for Forestry Commission England. He has led the development of mountain biking, play and dog access policy and has particular expertise in managing visitor safety and civil claims. Paddy also takes a lead role managing the Forestry Commission's live music programme. Based in North Yorkshire with Rachel and their three daughters Paddy enjoys live music, mountain biking, climbing and skiing in his spare time. Paddy's voluntary work includes chairing the local village playing field association, acting as a trustee of the Forest of Galtres community festival and treasurer for The International Mountainbiking Association (IMBA) UK.



**James Parkin**  
**Health & Recreation Policy Officer, Countryside Council for Wales**

James joined the Countryside Council for Wales in April 2007 as a member of the Recreation Team based in Cardiff Bay. James' background is in community regeneration with a specific focus on engaging local people in physical activity programmes. Prior to joining the Countryside Council for Wales James worked as an Environmental Regeneration Manager for the Groundwork Trust where he was responsible for managing a range of EU funded landscape improvement projects, primarily in disadvantaged areas of Wales.

James is presently involved with a variety of Wales-wide initiatives linked to mental health & well-being including the Lets Walk Cymru and Mentro Allan programmes delivered in conjunction with the Sports Council for Wales. James also sit on a number of national Welsh Assembly Government sponsored forums including the 'Physical Activity and Nutrition Network' and the 'Well-Being Wales Network'. James is also a member of the UK 'Outdoor Health Forum' which aims to promote the public health benefits supported by the natural environment.

**Mark McKenna**  
**Director & Co-founder, Down to Earth Project**

Mark McKenna co-founded Down to Earth Project in 2005 based on a long track record of developing highly successful educational programmes for 'hard to reach' young people using the outdoors, and exploring Sustainable Development and Global Citizenship (ESDGC) through hands-on activities.

His MA thesis focussed on the common ground between good practice in ESDGC and good practice in working with 'disaffected' young people.

Down to Earth Project has rapidly established itself as one of the leading projects in working with excluded young people and adults through the outdoors in Wales, and has recently been awarded three year funding by the Big Lottery to offer Wilderness Therapy and traditional/natural building programmes for young offenders.

For more information: [www.downtoearthproject.org.uk](http://www.downtoearthproject.org.uk)

**Jenny Roe**  
**Research Associate, OPENspace**

Jenny is a Landscape Architect and a Research Associate in OPENspace with particular expertise in researching the restorative health benefits of natural and built environments. She currently has a key role in a new OPENspace project for the Scottish Government on the contribution of green and open space to public health and well-being. She is also collaborating with Heriot Watt University on a recently commissioned project for CABE exploring the relationship between deprivation, race and the quality of urban green space. Jenny's PhD explored the effects of natural settings on psychological well-being and, in particular, the impact upon mood and personal development in adults and young people with good and poor mental health.

**Penny Travlou**  
**Research Associate, OPENspace**

Penny is a cultural geographer holding a PhD from Durham University, and works as a Research Fellow at OPENspace Research Centre (Edinburgh College of Art). Her research focuses on young people's uses, experiences and perceptions of public space and she is involved in various projects including Wild Adventure Space for Young People, a scoping research for Natural England. She was also one of the primary investigators in a project on the perception and use of public open spaces by teenagers in Scotland and United States. For this research, she was awarded an Early Career Research Grant (Edinburgh College of Art), a Small Research Grant (The Carnegie Trust) and with Professor Ward Thompson a Joint Activities Award (The British Academy). She has presented her research work in numerous international conferences. She also works as a Lecturer in Cultural Geography at the Centre for Visual and Cultural Studies (Edinburgh College of Art).

**Jo Barton**  
**Senior Research Officer, University of Essex**

Jo is a senior research officer for the Centre for Environment and Society and a lecturer in Sport and Exercise Science at the University of Essex. For the past five years, she has been the leading researcher of the Green Exercise programme. This involves analysing the synergistic health benefits of participating in physical activities whilst being directly exposed to nature and greenspace. The catalogue of expanding research acknowledges both the physical, social and psychological health benefits of a range of green exercise activities. Jo has spoken at numerous local and international conferences and has published papers in a variety of journals. Her research continues to highlight the impacts on both physical and psychological health measures, emphasising the value of urban parks, green space and rural countryside to the nation's health.

**Judith Hanna**  
**Social Sciences Principal Specialist, Natural England**

Judith is Social Science Principal Specialist in Natural England's Evidence team. She became Social Policy Advisor with English Nature after working on a range of social and environmental issues: as Head of Policy with National Centre for Volunteering, Assistant Director of Transport 2000, with Commission for Racial Equality, New Economics Foundation, Campaign for Nuclear Disarmament, and with Local Agenda 21 community environmental networks particularly in Tottenham, where she lives. She grew up in Australia and New Guinea, with her academic background in social anthropology and sociolinguistics. Judith is partially deaf, so please speak up.

**Andy Beer**  
**Head of Learning, National Trust**

Andy has recently started work for National Trust as Head of Learning. Prior to that he worked in a variety of roles for the Woodland Trust, including leading the Tree for All campaign, which involved a million children in planting trees. A geographer and environmental scientist by trade, he has also worked for two years in New Zealand for a small sustainable energy pressure group and prior to that as an environmental consultant on a range of UK and international projects. Despite leaving the Woodland Trust, trees continue to play a major part in his life, most recently manifested through building a timber framed house and some industrial scale cider pressing.

**Rob Garner**  
**Policy and Advice Officer, Scottish Natural Heritage**

Rob Garner works for Scottish Natural Heritage in Edinburgh, as Policy and Advice officer in the SNH recreation and access group. He is as a chartered planner, who since postgraduate study at Aberdeen University has worked in local authority planning and in a range of national agencies and environmental organisations in Scotland. Over recent years he has been closely involved in the implementation of outdoor access rights and responsibilities under the Land Reform (Scotland) Act 2003, and the Scottish Outdoor Access Code. He has prepared advisory publications about various aspects of this legislation and of relevant good practice, including on outdoor access strategies, occupier liabilities, and core paths planning.

**Phil Burfield**  
**Outdoor Education Policy Officer, RSPB**

Phil graduated from Imperial College, London, with an MSc in Environmental Technology. He specialised in environmental economics and policy, and researched the educational backgrounds of staff at English Nature, and how these influenced their skills development and attitudes towards sustainable development. Phil started work at the RSPB in September 2005. He has produced consultation responses on the Manifesto for Learning Outside the Classroom, and also produced the Real World Learning Partnership's Out-of-Classroom Learning guide and arranged its distribution to every primary and secondary state school in England. Over the last year, Phil has also worked with colleagues on education policy in Wales, Scotland and Northern Ireland.

**Duncan Mackay**  
**Principal Specialist, Natural England**

Duncan is currently Natural England's Principal Specialist in Recreation and Access Policy. He was formerly: Director of the South East region of the Countryside Agency; an environmental Technical Director in the private sector Babbie (now Jacobs) Group; Environmental Manager for Berkshire County Council; and, Deputy Secretary of the Commons, Open Spaces and Footpaths Preservation Society (Britain's oldest national conservation body, founded in 1865).

Duncan is a former Commodore of Henley Sailing Club; winner of the Henry Ford European Conservation Award; Millennium Award fellow and author of '*The Secret Thames*' and '*Apples, Berkshire, Cider*'. He is currently writing a book on wild food, and '*Long, Slow and Wiggly*', the story of his journey through Britain on a folding bicycle following the longest straight line from the Isle of Wight to Cape Wrath. He confesses that he spent most of his 7<sup>th</sup> year in a pond catching great crested newts in jam jars.

## **APPENDIX C**



Countryside Recreation Network

## **Growing Up Outdoors**

**3rd December - The Oval, London**

**Full Delegate List**

Mr David Robinson  
Access and Recreation Developer Lake  
District National Park Authority  
Blencathra Centre Threkeld Keswick  
Cumbria CA12 4SG  
david.robinson@lake-district.org.uk  
01768 871409

Ms Sara Findlay  
Countryside learning Co-ordinator  
Hampshire C.C.  
Mottisfont Court Winchester Hampshire  
SO23 8ZF  
sara.findlay@hants.gov.uk  
01962 846953

Mr Rod Edbrooke  
Senior Countryside Legal Officer  
Surrey County Council  
Room 365A County Hall Kingston  
KT1 2DY  
rod.edbrooke@surreycc.gov.uk  
0208 541 7082

Mrs Emily Holmes  
Community Ranger Forestry Commission  
340 Bristol Business Park Coldharbour  
Laner  
Bristol BS16 1EJ  
emily.holmes@forestry.gsi.gov.uk  
01623 821476

Mr Tim Lidstone-Scott  
National Trail Manager  
Peddars Way and Norfolk Coast Path  
The Old Courthouse Baron's Close  
Fakenham  
Norfolk NR21 8BE  
tim.lidstone-scott@norfolk.gov.uk  
01328 850530

Mr Ian Warby  
Senior Development Officer  
Off Road CTC- The National Cyclists'  
Organisation  
National Office Parklands Railton Road  
Guildford GU2 9JX  
ian.warby@ctc.org.uk  
07711 638195

Mr Jonathan Taylor  
Country Park Manager  
Coventry City Council  
The Visitor Centre Coombe Country Park  
Brinklow Road Binley,  
Nr Coventry CV3 2AB  
joe.taylor@coventry.gov.uk  
02476 453720

Ms Kathryn Beardmore  
Access and Recreation Manager  
Yorkshire Dales National Park Authority  
Yoredale Bainbridge DL8 3EL  
kathryn.beardmore@yorkshiredales.org.uk

Mr Mervyn Hill  
Council Member  
The Council for Nature Conservation and  
the Countryside, NI  
Statutory Advisory Councils Waterman  
House 5-33 Hill Street Belfast BT1 2LA  
secretariat-hillst@doeni.gov.uk  
02890 543076

Ms Hannah Dineen  
Sustainable Development Officer  
Loch Lomond and the Trossachs N. P. A.  
Carrochan Carrochan Road Balloch  
Alexandria G83 8EG  
hannah.dinneen@lochlomond-trossachs.org  
01389 722627

Mr William Crookshank  
Recreation Policy and Process Advisor  
Environment Agency  
Sentinel House  
9 Wellington Crescent Fradley Park  
Lichfield WS13 8RR  
william.crookshank@environment-agency.gov.uk  
07789 654110

Ms Gill Byrne  
Play Development Manager Ray  
Ceredigion  
Unit 9, Craft Centre Aberaeron  
Ceredigion SA46 0DX  
gill.byrne@btconnect.com  
01545 570686

Ms Lucy Heath  
Senior Specialist Natural England  
John Dower House Crescent Place  
Cheltenham GL50 3RA  
lucy.heath@naturalengland.org.uk  
01242 533279

Mr Christopher Williams  
Head of People and Wildlife BBOWT  
The Lodge 1 Armstrong Road Littlemore  
Oxford OX4 4XT  
chriswilliams@bbowt.org.uk  
01865 775476

Mr David West  
Development manager Forestry  
Commission (Peninsula)  
Bullers Hill Kennford Forest Exeter  
Devon EX6 7XR  
david.m.west@forestry.gsi.gov.uk  
01392 834205

Mr Chris Marsh  
Recreation Policy and Process Advisor  
Environment Agency  
Sentinel House  
9 Wellington Crescent Fradley Park  
Lichfield WS13 8RR  
chris.marsh@environment-agency.gov.uk  
07789 283774

Mr Russell Robson  
Regional recreation officer  
Environment Agency  
Kings Meadow House Kings Meadow  
Road  
Reading RG1 8DQ  
russell.robson@environment-agency.gov.uk  
07887 831933

Ms Leah McNally  
People and Wildlife Manager London  
The Wildlife Trusts  
The Kiln Waterside Malver Road  
Newark NG24 1WT  
lmcnally@wildlondon.org.uk  
0207 803 4299

Miss Katie Rose  
Activities and Education Officer  
Chilterns Conservation Board  
The Lodge 90 Station Road  
Chinnor Oxon OX39 4HA  
crose@chilternsaonb.org  
01844 355506

Mrs Debbie Pearlman Hougie  
Senior Lecturer in Rural Geography  
University of Hertfordshire  
Dept of Geography and Environmental  
Science College Lane  
Hatfield AL10 9AB  
d.j.pearlman@herts.ac.uk  
01707 284643

Mr Belinda Sinclair  
Community Cycling Officer London  
Cycling Campaign  
2Newhams Row Off Bermondsey Street  
London SE1 3UZ  
belinda@lcc.org.uk  
0207 234 9310

Mrs Sarah Wilks  
Learning Development Officer Peak  
District National park  
Losehill Hall Castleton Hope Valley  
Derbyshire S33 8WB  
sarah.wilks@peakdistrict.gov.uk  
01433 620373

Mr James Ogilvie  
Social and Planning Policy Advisor  
Forestry Commission  
231 Corstorphine Road  
Edinburgh EH12 7AT  
james.ogilvie@forestry.gsi.gov.uk  
0131 314 6147

Miss Vicky Eastmond  
Community Project Officer Groundwork  
South Tees  
26 Station Street  
Saltburn TS12 1AE  
vicky.eastmond@groundwork.org.uk  
01287 625326

Miss Hannah Rigden  
Communities Adviser  
Natural England  
Hornbeam House Electra Way  
Crewe CW1 6GJ  
hannah.rigden@naturalengland.org.uk  
01270 754362

Ms Rosie Tharp  
Community Cycling Officer London  
Cycling Campaign  
2Newhams Row Off Bermondsey Street  
London SE1 3UZ  
rosie@lcc.org.uk  
0207 234 9310

Mrs Kate Oates  
Regional recreation officer Environment  
Agency  
Richard Fairclough House Knutsford  
Road  
Warrington WA4 1HG  
kate.oates@environment-agency.gov.uk  
01925 542777

Mrs Gill Grievson  
Community Liaison Officer Greenwood  
Community Forest  
The Sawmill Rufford Abbey Country Park  
Ollerton NG22 9DG  
gill.grievson@notts.gov.uk  
01623 827326

Mrs Sarah Preston  
Grants Officer - Access to nature scheme  
Natural England  
Northminster House  
Peterborough PE1 1UA  
sarah.preston@naturalengland.org.uk  
01733 455585

Miss Sioned Jones  
Youth Involvement Officer National Trust  
Craflwyn Beddgelert  
Caernarfon LL55 5MG  
sioned.jones@nationaltrust.org.uk  
01766 510125



Mrs Sarah Worth  
Visitor Services Manager National Trust  
Craflwyn Beddgelert  
Caernarfon LL55 5MG  
sarah.worth@nationaltrust.org.uk  
01766 510127

Ms Judith Hanna  
Social Science Principal Specialist  
Natural England  
Ashdown House 123 Victoria Street  
London SW1  
judith.hanna@naturalengland.org.uk

Miss Jenny Crook  
Community Liaison Officer  
Natural England  
Aston Rowant NNR Aston Hill Lenknor  
Oxfordshire OX49 5SG  
jenny.crook@naturalengland.org.uk  
01844 351833

Ms Joy Howells  
Consultant Resources for Change  
1 New Street  
Welshpool Powys SY21 7SF  
joy@r4c.org.uk  
01938 555759

Mr Gavin Henderson  
Countryside Officer Cornwall County  
Council  
St Clements Building Old County Hall  
Truro TR1 3AY  
gdhenderson@cornwall.gov.uk  
07973 813844

Ms Sarah Byham  
Countryside Officer Cornwall County  
Council  
St Clements Building Old County Hall  
Truro TR1 3AY  
sbyham@cornwall.gov.uk  
07800 610560

Ms Juliet Michael  
Recreation & Access Officer Countryside  
Council for Wales  
Camtref Courts Brecon Road  
Abergavenny NP7 7AX  
j.michael@ccw.gov.uk  
01873 737022

Mr Carl Atkinson  
Communication Section Head  
Countryside Council for Wales  
Maes y Ffynnon Penrhosgarnedd  
Bangor LL57 2DW  
c.atkinson@ccw.gov.uk  
01248 387374

Ms Rachel Parry  
Recreation, Promotion & Development  
Countryside Council for Wales  
Maes y Ffynnon Penrhosgarnedd  
Bangor LL57 2DW  
r.parry@ccw.gov.uk  
01248 3877143

Mrs Jo Schofield  
Author Going Wild  
C/o Frances Lincoln Publishers 4  
Torriano Mews Torriano Ave  
London NW5 2R2  
info@goingwild.net  
01491 638824

Mrs Fiona Danks  
Author Going Wild  
8 Stonor Green  
Watlington OX49 5PT  
info@goingwild.net  
01491 613524

Mrs Belinda Davis  
Senior Specialist Natural England  
Coldharbour Farm Wye  
Ashford TN25 5DB  
belinda.davis@naturalengland.org.uk  
782483540

Ms Wendy Thompson  
Principal Specialist Natural England  
John Dower House Crescent Place  
Cheltenham GL50 3RA  
wendy.thompson@naturalengland.org.uk  
01242 533415

Mr Mike Elliott  
Youth Programmes Manager The  
National Trust  
Heelis Kemble Drive  
Swindon SN2 2NA  
mike.elliott@nationaltrust.org.uk  
01793 817649

Ms Hazel Thomas  
Social and Economic Evidence Manager  
Natural England  
Block 2, Wing 6 Government Buildings  
Otley Road  
Leeds LS16 5QT  
hazel.thomas@naturalengland.org.uk  
0113 2303 952

Mrs Rachel Ashelford  
Senior Project Manager Natural England  
Government Buildings Lawnswood Otley  
Road  
Leeds LS16 5QT  
rachel.j.ashelford@naturalengland.org.uk  
0113 2303987

Mr Terry Robinson  
Head of Access & Recreation Policy  
Natural England  
John Dower House Crescent Place  
Cheltenham GL50 3RA  
terry.robinson@naturalengland.org.uk  
01242 533253

Mr Gareth Knapper  
Countryside Ranger Staffordshire  
Moorlands district Council  
Moorlands House Stockwell Street Leek  
Staffordshire ST13 6HQ  
gareth.knapper@staffsmoorlands.gov.uk  
07766160481

Mr Stefan Wathan  
Head of Community & Youth  
The National Trust  
Heelis Kemble Drive  
Swindon SN2 2NA  
stefan.wathan@nationaltrust.org.uk  
01793 817647

Mr Gareth Owen  
Recreation Ranger Forestry Commission  
Bwlch Nant Yr Arian Ponterwyd  
Aberystwyth  
Ceredigion SY23 3AD  
gareth.owen1@forestry.gsi.gov.uk  
01970 890453

Mrs Tara Love  
Recreation Development Officer  
Graigavon Borough Council  
Civic Centre Lake View Road  
Graigavon BT64 1AL  
tara.love@graigavon.gov.uk  
02838311683

Miss Olivia Gore  
Regional Policy & Partnership Officer Big  
Lottery Fund  
Beaufort House S1 New North Road  
Exeter EX4 4EQ  
olivia.gore@biglotteryfund.org.uk  
01392 849739

Miss Jessica Woodgate  
Community, Learning & Coast Warden  
The National Trust  
Dunwich Heath Dunwich Saxmunoham  
Suffolk IP17 3DJ  
jessica.woodgate@nationaltrust.org.uk  
07818 615535

Ms Emma Beaman  
Assistant AONB officer Cannock Chase  
AONB Unit  
Shugborough Park Farm  
Milford Stafford ST17 0XB  
emma.beaman@staffordshire.gov.uk  
01889 882613

Miss Sharon Witt  
Senior Lecturer in Education  
University of Winchester  
Sparkford Road  
Winchester S022 4NR  
sharon.witt@winchester.ac.uk  
01962 827071

Mr Chris Gordon  
Recreation Specialist Natural England  
Northminster House  
Peterborough PE1 1UA  
chris.gordon@naturalengland.org.uk  
01733 455025

Miss Alison Crowther  
Ranger Everdon Activities Centre  
The Old School  
Everdon  
Nr Daventry NN11 3BL  
acrowther@northamptonshire.gov.uk  
01327 361384

Miss Victoria Hodson  
Project Development Manager  
The Woodland Trust  
Autumn Park Dysart Road  
Grantham NG31 6LL  
victoriahodson@woodlandtrust.org.uk  
0845 293 5673

Ms Linda Barratt  
Local Volunteer Cannock Chase AONB  
Unit  
Shugborough Park Farm  
Milford Stafford ST17 0XB  
01889 882613

Mr Graham Lodge  
Educational Advisor Norfolk County  
Council / English Outdoor Council  
Norfolk County Council Professional  
Development Woodside Road  
Norwich NR7 9QL  
graham.lodge@norfolk.gov.uk  
01603 433276

Ms Jemma Sharman  
Community Officer Tamar Valley Mining  
Heritage Project  
Cotehele Quay St Dominick Saltash  
Cornwall PL12 6TA  
jsharman@tamarvalley.org.uk  
01579 351904

Dr Beth Christie  
Researcher Perth College  
Centre for Interpretation  
Webster Building PH1 2NX  
elizabeth.christine@perth.uhi.ac.uk  
01738 877370

Mr Marcus Sangster  
Research Manager Forestry Commission  
231 Corstorphine Road  
Edinburgh EH12 7AT  
marcus.sangster@forestry.gsi.gov.uk  
0131 314 6433

Miss Vicky Myers  
Volunteer Coordinator  
Forestry Commission  
Queens House High Street  
Lyndhurst BH23 4DT  
vicky.myers@forestry.gsi.gov.uk  
07900 392772

Mr Simon Waters  
Head of Promoting Walking  
The Ramblers Association  
89 Albert House Embankment  
London SE1 7TW  
simon.waters@ramblers.org.uk  
020 73398568

Councillor John Baverstock  
Childrens and Young Peoples Champion  
South Hams District Council  
Follaton House Plymouth Road  
Totnes TQ9 5NE  
Bavers1@btinternet.com  
01803 861113

Mr Simon Cunningham  
Countryside Ranger Teignbridge District  
Council  
Forde Road Offices  
Newton Abbot Devon TQ12 4AD  
scunningham@teignbridge.gov.uk  
01626 215 773

Ms Nicola Harper  
Specialist in Access & Recreation  
Natural England  
Ashdown House  
123 Victoria Street London  
nicola.harper@naturalengland.org.uk  
07900608190

Mr Thomas Moulton  
Every Day Walking Officer  
The Ramblers Association  
89 Albert House Embankment  
London SE1 7TW  
thomas.moulton@ramblers.org.uk  
020 73398535

Ms Justine Spencer  
Assistant Countryside Officer Derbyshire  
County Council  
Environmental Services Department  
County Hall  
Matlock DE4 3AG  
justine.spencer@derbyshire.gov.uk  
01629 580000

Mrs Lynn Crowe  
Board Member  
Natural England  
1 East Parade  
Sheffield S1 2ET  
l.crowe@shu.ac.uk  
0114 225 2927

Mr Brian Evans-Johnson  
Community Play Facilitator Dorset  
Community Action  
Community House  
The Barracks Bridport Road  
Dorchester DT1 1YG  
Brian.EvansJohnson@dorsetcommunityaction.org.uk  
07717 580942

Dr Mark Boyd  
Youth Manager  
RSPB  
Youth & Education Department  
The Hodge  
Sandy SG19 2DL  
mark.boyd@rspb.org.uk  
01767 693310

Mrs Julie Thomsett  
Community Education Officer Kent  
Wildlife Trust  
Tyland Barn Sandling  
Maidstone ME14 3BD  
julie.thomsett@kentwildlife.org.uk  
01622 62012

Ms Lucy Balmforth  
Community Training & Education Officer  
Valley of Visions Landscape Partnership Scheme  
The Cedars Holborough Road  
Snodland ME6 5PW  
lucy.balmforth@vov.kentdowns.org.uk  
01634 242826

Dr Mariella Marzano  
Social Scientist Forest Research  
Northern Research Station Roslin  
Midlothian EH25 9SY  
mariella@marzano@forestry.gsi.gov.uk  
0131 445 6973

Mr Terry Eakin  
Countryside Access Officer Northern  
Ireland Environment Agency  
7 Cromac Ave  
Belfast BT7 2JA  
terry.eakin@doeni.gov.uk  
02890569580

Mr Duncan Carter  
Policy Officer  
CCPR  
Burwood House  
14-16 Caxton street  
London SW1H 0QT  
dcarter@ccpr.org.uk  
020 7976 3904

Mr Neil Hutton  
Play Ranger Team Leader  
51 Henbury Road  
Westbury on Trym  
Bristol B59 3NQ  
neil@playgloucestershire.org.uk  
07866 929 598

Ms Amanda Hedges  
Education Officer Kent  
Wildlife Trust  
74 Hillingdon Rise  
Sevenoaks TN13 3SB  
amanda.hedges@kentwildlife.org.uk  
07963 348078

Mr Vincent McAlinden  
Field Study Instructor  
Southern Education & Library Board  
Rostrevor BT34 3AF  
vincent.mcalinden@selb.org  
02841738297

Mrs Judith Arnold  
Senior Ranger  
Huntingdonshire District Council  
C/O Hinchingsbrooke Country park  
Brampton Road  
Huntingdon PE29 6DB  
judith.arnold@huntsdc.gov.uk  
07810637547

Mr Andrew Mackintosh  
Access & Recreation Adviser  
Natural England  
Bull Ring House Northgate  
Wakefield WF1 3BJ  
andrew.mackintosh@naturalengland.org.uk  
01924 334515

Mrs Sarah Cook  
Education Co-ordinator  
British Waterways  
5 Kenchester Close  
Redditch B98 0BT  
sarah.cook@britishwaterways.co.uk  
07715377788

Mr Mike McClure  
Countryside Recreation Officer Sport  
Northern Ireland  
House of Sport 2a Upper Malone Road  
Belfast BT9 5LA  
mikemcclure@sportni.net  
02890 383855

Miss Suzie Wall  
Play Ranger  
Bedford Borough Council  
Riverside House  
Room B101 6 Horne Lane  
Bedford MK40 1PY  
playrangers@bedford.gov.uk  
0782730085

Mrs Susan MacDonald  
Publicity & Information Officer  
Forest of Bowland AONB  
PO Box 9 Guild House Cross Street  
Preston PR1 8RD  
susan.macdonald@lancashire.gov.uk  
01772 531473

Miss Helen Wilkin  
Access Adviser Natural England  
Bull Ring House Northgate Wakefield  
WF1 3BJ  
helen.wilkin@naturalengland.org.uk  
01924 334515

Mr Darryl Birch  
Exmoor Area Manager  
South West Lakes Trust  
Head Office Lidn Park, Quarry Crescent  
Pennygillam Industrial Estate Cornwall  
PL15 7PF  
dbirch@swlakestrust.org.uk  
01398 371460

Ms Lynnette Thomas  
Councillor C/O Countryside Council for  
Wales  
Maes Y Ffynnon Penrhosgarnedd Bangor  
Gwynedd LL57 2DW

Mr John Watkins  
Head of Recreation Policy Countryside  
Council for Wales  
Maes Y Ffynnon Penrhosgarnedd Bangor  
Gwynedd LL57 2DW  
j.watkins@ccw.gov.uk  
01248 387371

Mr Jo Burgon  
Head of Access, Recreation &  
Conservation The National Trust  
Heelis Kemble Drive Swindon England  
SN2 2NA  
jo.burgon@nationaltrust.org.uk  
01793 817719

Ms Melanie Bull  
Senior Lecturer Sheffield Hallam  
University  
Stoddart Building Sheffield S1 1WB  
m.bull@shu.ac.uk  
0114 225 3240

Ms Kimberley Haigh  
Network Assistant Countryside  
Recreation Network  
Sheffield Hallam University Unit 1  
Science Park Sheffield S1 1WB  
k.haigh@shu.ac.uk  
0114 225 4653

Ms Tamzin Anderzson  
Policy Development Officer 11 Million  
1 London Bridge London SE1 9BG

Mr Martin Gorringe  
Recreation & Access Defra  
Area 1/02 2 The Square Temple Quay  
Bristol BS1 6PN  
martin.gorringe@defra.gsi.gov.uk  
0117 372 8211

Ms Magali Fleurot  
Network Manager Countryside Recreation  
Network  
Sheffield Hallam University Unit 1  
Science Park Sheffield S1 1WB  
m.fleurot@shu.ac.uk  
0114 225 4494

Mr Geoff Hughes  
Chairman Countryside Recreation  
Network  
Sheffield Hallam University Unit 1  
Science Park Sheffield S1 1WB  
geoffhughes36@tiscali.co.uk  
01740 620928

Ms Jo Barton  
Senior Research Officer University of  
Essex  
Centre for Environment & Society  
Department of Biological Sciences  
Winenhoe Park Colchester CO4 3SQ  
jobarton@essex.ac.uk  
01206 872219

Mrs Karen Rawlins  
Partnerships & Communications Officer  
Countryside Council for Wales  
North Region Office, Wys y Bant,  
Parc Menai, Bangor, LL57 4BN  
k.rawlins@ccw.gov.uk  
01248 672513

Mr Jim Burt  
Campaigns Manager Natural England  
Northminster House Northminster Road  
Peterborough PE1 UA  
jim.burt@naturalengland.org.uk  
07970 253385

Mr Jonathan Pearce  
Communications Project Manager  
Natural England  
Ashdown House  
123 Victoria Street  
London SW1 6DE  
jonathan.pearce@naturalengland.org.uk  
07785384183

Mrs Molly Lovatt  
Access & Recreation Officer  
Countryside Council for Wales  
Llys Y Bont, Parc Menai  
Bangor, LL57 4BN  
m.lovatt@ccw.gov.uk  
01248 672554



## **APPENDIX D**

## CRN Challenges

At the end of the final session, all delegates were asked to leave notes on their table outlining specific actions which they felt the agencies of the Countryside Recreation Network should consider further. These actions are listed below, and will be considered by the CRN at its future meetings.

- CRN to collect evidence about the benefits for children and disseminate this throughout the sector, and to other sectors (e.g. education).
- CRN to collect good practice on risk benefit assessment and disseminate this throughout the sector.
- Would like to see CRN sharing evidence group, possibly joint research.
- Ideas for future research: Effects of natural play on other big agendas e.g.
  1. Educational attainment
  2. Climate change behavioural changes
  3. Connection with nature
  4. Health and wellbeing
- Also longitudinal research: Following cohorts.
- Could you establish a network to share research, practice etc beginning with the people here today? Coordinate the work of all these organisations.
- Would it be possible to share powerpoint from presentations on website(to allow more reflection time on presentations) Look at initial Teacher Training Institutions to train future teachers to use organisations expertise and feel confident re LOTC.
- Look into all of the work that organisations and volunteers group links in with mainstream Education and encourage more working together.
- Get the services of a good advocate to tear down what we think are good reasons for Outdoor Recreation, and then to re-construct these( as unbeatable) and present them to government and the judiciary.
- How to link Education, Health and the Environment through funding streams to make projects happen.
- To hand over a future issue of the CRN journal to young people so that they determine the content/design/articles/images, could coincide with the 60th anniversary of the National Park Act 1949.
- Challenge the media habit of portraying children and particularly young people as negative and troublesome.
- Promote positive, young people led activities in the National Press.
- Promote Natural play through existing channels and work that is already being done: Jamie Oliver's work on Healthy eating for children, get him out to a campfire and cooking food for children in a natural setting, put it on TV
- Play Trails of 1.5 miles cost 20K! (Roger Worthington).
- CRN continue this forum which allows people from all areas which use or can utilise play as a tool. Perhaps invite Education services next time, Health and Safety to have different sides of story. The conference I feel was preaching to the already converted.

- How to convince local authorities and community groups that play equipment does not have to be metal to be durable and the benefits of natural play scopes over the `KFC` playgrounds.
- Try to involve the education authorities in future work and events.
- Look at how barriers between the different elements of society and their views of children and young people can be influenced to improve everyone quality of life and their enjoyment/fun for life.
- CRN could employ expert witness/legal team to help challenge insurance claims
- Stop organisations being intimidated by H&S legislations and constraining attempt to use the Outdoors because of perceived risk.
- Re-educate parents on how to play Outdoors and the importance/necessity of Outdoor play to children and adults.
- Future work to focus on parents who have experienced a mental health problem, effects of being outdoors on the whole family- please contact to discuss further [neil@palygloucestershire.org.uk](mailto:neil@palygloucestershire.org.uk), 07866929598.
- I would like for CRN to put on a joint conference with for example Play link, Play England, University of Gloucester, Play work Partnerships to educate members such as those here today on existing play models and principles that could extend or enhance CRN members aims such as Play Rangers working on National Trust sites to help facilitate play. Play rangers typically provide mobile play provision that includes opportunities for risk and challenge such as dam-building, fire making, outdoor cooking, tool use. Ranger and Elemental Play(University of Gloucester - Playwork Partnerships).
- Link Natural England to Dept CSF to get empirical evidence between Environment and Wellbeing (what type of space etc) as discussed in wellbeing workshop.
- Feed back to us about what CRN is doing.
- Talk to more academics involved in Countryside Recreation Management also lots of stuff on children's geographies.
- CRN could act as a catalyst to create a greater sense of freedom for children :
  1. Providing a common base of access for England, Scotland, Wales, NI and Ireland
  2. Creating media interest in the benefits of the outdoors and outdoor play for children
  3. Stimulating children's champions for freedom
  4. Bringing natural experience to the people, not sending them to it.