

Newsletter 1 Spring/Summer 2016

Welcome to our first newsletter. This publication reflects the continuously developing nature of our business. It will update you on recent courses **OST** has run, plus our exciting plans for the autumn training season.

High Challenge Course Training

In March we delivered a training course for Guy's Farm Guides Campsite for leaders on their new High Challenge ropes course. 8 leaders were successfully trained and assessed and are now delivering activities with visitors to the campsite.

First Aid 8 hour Outdoor Emergency

Our 8 hour Outdoor Emergency First Aid course accredited by REC remains very popular. Clients this spring included Ramblers, U3A walk leaders, Scouts, and mental health services, who all went away better equipped to deal with first aid events in the outdoors.



Bushcraft level 1

This spring we delivered training to leaders from Lancashire Boys and Girls Clubs. Club leaders are already using their newly acquired bushcraft skills with groups of young people.

New Courses

OST is introducing two new courses to our portfolio this autumn. The **Facilitating Action Learning with Groups in the Outdoors** course will be run at venues this year. The course has already received recognition as an accredited course from the Institute of Outdoor Learning. The course provides training for experienced instructors, youth leaders and outdoor practitioners in an understanding of, and skills acquisition for, facilitating learning in the outdoor environment. The course will be led by some of the most experienced outdoor facilitators. Look out for course dates and sign up for this excellent professional development opportunity.



Also this autumn, our new associate trainer Vicki Boggon will put her experience as a teacher, headteacher and Forest Schools Trainer into practice as she leads our **First Steps in Woodland Learning** course. This course is suited to teachers, early years professionals







and youth leaders planning to take groups into the woods for learning activities. Vicki is one of the most skilled and experienced trainers in the field. An opportunity not to be missed!

OST joins Institute for Outdoor Learning

OST has become an organisational member of Institute for Outdoor Learning. The Institute is the primary national body representing those working in the outdoors to provide activities, learning and development. As such it is entirely appropriate that we join forces. We are excited about mutually beneficial opportunities to develop and promote our portfolio of courses for leaders working in the outdoors.

Autumn Programme

Full details of all our courses, with course outlines, are published on the website at www.outdoor-safety.co.uk. To enquire about a course, or to book a place contact Stuart on stuart@activelearning.org.uk

day	date	course	accreditation	venue		price	price*
Thurs	1 st Sept	Promoting Emotional Resilience in Schools	 activelearning.org.uk	Stoney Beck Inn, Penrith	CA11 8RP	£120	n/a
Fri	2 nd Sept	Introduction to Woodland Learning	 activelearning.org.uk	Leven Valley School, Backbarrow	LA12 8QF	£150	£100
Sun	18 th Sept	Bushcraft level 1	 activelearning.org.uk	Silverhelme Campsite, Silverdale	LA5 0UG	£80	£50
Sat	15 th Oct	Backwoods Cooking	 activelearning.org.uk	Silverhelme Campsite, Silverdale	LA5 0UG	£80	£50
Sat	22 nd Oct	8 hr Outdoor Emergency First Aid		Marchesi Centre, Windermere	LA23 2AF	£80	£60
Sat	29 th Oct	Facilitating Action Learning with Groups in the Outdoors		Mungrisedale Village Hall, Nr Penrith	CA11 0XR	£150	£100

*reduced price for volunteers working with young people

These are our published courses for autumn 2016 so far. More courses and dates will be added over the next few weeks, so keep watching the website.

We look forward to seeing you on one of our **OST** training courses.



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