



**COMMUNITIES AND NATURE
GROWING HEALTHIER TOGETHER**





COMMUNITIES AND NATURE GROWING HEALTHIER TOGETHER

Get Out More is a social enterprise on a mission to help people engage with nature to feel better in mind and body. Our outdoor programmes include forest schools, outdoor play and community engagement programmes, for people of all ages across Bradford and beyond. We use local woodlands, parks and green spaces to bring people together, be active and feel good, working towards our vision: communities and nature growing healthier together.

To achieve our vision, we focus on 4 key objectives:

- 1 Developing people's physical health and mental wellbeing through connecting with nature
- 2 Helping people feel connected to their community and proud of where they live
- 3 Enabling people to feel confident outdoors and share their skills with others
- 4 Supporting people to access local green spaces and look after them

To understand the difference we make, we measure our impact by collecting data from every project and talking to the people who take part. We are proud to share with you the range of services we offer and the results of a full year of our impact. We need nature now more than ever – let us show you how we can all benefit when we 'get out more'

Annie Berrington
Managing Director

www.getoutmorecic.co.uk

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OUR ACTIVITIES AND IMPACT IN NUMBERS 2022

4981 PEOPLE
PARTICIPATED IN OUR
PROGRAMMES

£8606
REINVESTED IN
THE COMMUNITY

COMMUNITY

51
COMMUNITY EVENTS

14 VOLUNTEERS
CONTRIBUTING 90
VOLUNTEER DAYS

1691
HOURS OF DELIVERY

6 STAFF AND 21
FREELANCERS EMPLOYED

10
TRAINING
PROGRAMMES

74
WELLBEING
EVENTS

230
FOREST SCHOOL DAYS

52
WOODLANDS, PARKS
AND GREEN SPACES
ACCESSED

42
PEOPLE GAINED A
QUALIFICATION

**CONFIDENCE
AND SKILLS**



**MENTAL
WELLBEING**



**PHYSICAL
HEALTH**



ACCESS



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PROMOTING MENTAL WELLBEING



helping people
engage with nature
to feel better in
mind & body



"WE WOULD BE SAT AT HOME,
BUT WE ARE OUT IN THE FRESH
AIR; BODIES WORKING, BRAIN IS
HAPPY, EVERYBODY FRIENDS"

ADULT AT WELLBEING SESSION

94% OF
PARTICIPANTS FELT
HAPPIER AS A RESULT
OF A GET OUT MORE
SESSION



PROMOTING MENTAL WELLBEING



Get Out More enables people to enjoy positive outdoor experiences which promote mental wellbeing. Lowering blood pressure, reducing stress, boosting immunity and mood; connecting with nature helps us all feel better and develop the resilience to cope with life's challenges.

Get Out More uses local woodlands, parks and natural spaces to bring people together, be active and feel good, working towards our vision: **communities and nature growing healthier together.**

Find out more:

info@getoutmorecic.co.uk

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A group of four children are climbing a large tree. One child is hanging upside down from a branch on the left, smiling. Another child is perched on a branch above them. Two other children are on the right, looking up. The scene is set in a lush green forest.

ENCOURAGING PHYSICAL ACTIVITY



helping people
engage with nature
to feel better in
mind & body



94% OF
PARTICIPANTS WERE
ACTIVE DURING A
GET OUT MORE
SESSION

“MY CHILDREN HAVE
COME ON IN LEAPS AND
BOUNDS SINCE STARTING
FOREST SCHOOL”

TB, PARENT



ENCOURAGING PHYSICAL ACTIVITY



Our programmes develop physical health through being active in nature. From children's play and community forest schools to adult skills and staff wellbeing sessions, we get people out more, creating lasting, healthier lifestyles through a love of the outdoors.

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A close-up photograph of two children laughing heartily. The child on the left is a young boy with dark hair, wearing a black jacket with a white and maroon stripe. The child on the right is a young girl with red hair, wearing a black headscarf and a grey jacket. Both children have their eyes closed and mouths open in laughter. The background is slightly blurred, showing other people in blue clothing.

DEVELOPING SOCIAL CONNECTIONS



helping people
engage with nature
to feel better in
mind & body



65% OF PARTICIPANTS
DEVELOPED NEW
FRIENDSHIPS THROUGH
GET OUT MORE

“I HAVE MADE NEW
FRIENDS AND I IMPROVED
MY ENGLISH AS WELL! WE
ARE ALL FRIENDS TOGETHER”

GROUP PARTICIPANT



DEVELOPING SOCIAL COMMUNITY CONNECTIONS

Our projects connect people and places, developing positive relationships and connected communities. We work across Bradford district and beyond on programmes for children, adults, families, groups and businesses, building communities who are proud of where they live, learn and work.

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DEVELOPING SKILLS & CONFIDENCE



helping people
engage with nature
to feel better in
mind & body



‘WORKING WITH GET
OUT MORE GAVE ME THE
CONFIDENCE TO DO THE
JOB I DO NOW’

TRAINEE

79% OF PEOPLE
DEVELOPED NEW
SKILLS DURING
GET OUT MORE
SESSIONS



DEVELOPING SKILLS & CONFIDENCE



CONFIDENCE
AND SKILLS

Our outdoor skills-based programmes help people of all ages to develop confidence and share their skills with others. Our training, volunteering and employability programmes are equipping adults to achieve their goals and helping to grow the workforce of the future.

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A group of children and an adult are exploring a pond in a grassy field. Two boys are crouching by the water's edge, one holding a small insect. A girl in a colorful dress stands nearby, and an adult woman is crouching down, possibly taking a photo or looking at something in the water. The scene is lush with green grass and foliage.

INCREASING ACCESS TO NATURE



helping people
engage with nature
to feel better in
mind & body



**46% DISCOVERED
NEW LOCAL GREEN
SPACES WITH
GET OUT MORE**

**95% WANT TO
VISIT GREEN SPACES
MORE OFTEN**



INCREASING ACCESS TO NATURE



Get Out More connects communities with the green spaces on their doorstep, helping to overcome barriers to participation and increase access to nature. We create nature connections which inspire communities to value their local environment and protect it for future generations.

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GET OUT MORE FOR **WELLBEING**

OUR SERVICES WELLBEING

ACCESSING NATURE
TO FEEL GOOD IN
MIND AND BODY

Research shows that connecting with nature helps us all feel good. Get Out More's wellbeing programmes support people to get outdoors and boost their physical and mental health drawing on our skills in forest schools and developing nature connections through engaging activities such as mindful walks, wild art and nature discovery.

Get involved – find out more about:

- Weekly wellbeing activities for adults in Keighley
- Breathing Spaces; self guided walks with a wellbeing focus
- Nature-based wellbeing sessions for staff teams to build resilience and positive action

CASE STUDY

Mary loved working with children, but had been unable to work for a long time due to a health condition. As a lover of nature, taking part in Get Out More's Outdoor Futures course was the stimulus she needed to rekindle her interests and get active again. Since completing the course, Mary now volunteers on Get Out More's forest schools and regularly attends the weekly Wellbeing Wednesday sessions. Mary feels that her involvement has helped her find her strength and purpose; *"Taking part in Outdoor Futures has helped me to live my life fully, within the limits of what I am able to do."*



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GET OUT MORE FOR **TRAINING**

OUR SERVICES TRAINING

DEVELOPING OUTDOOR SKILLS TO SHARE WITH OTHERS

We are passionate about the outdoors and want to share our skills with others so more people can benefit from connecting with nature for learning, wellbeing and play.

Our outdoor skills-based programmes help people develop confidence to engage with outdoor activities.

We offer:

- Forest School Level 1 training; a 3-day introduction to forest school
- Employability and volunteering programmes for those who want to work outdoors
- Professional development in outdoor skills for teachers, nursery and community workers

CASE STUDY

Shabbana is a parent whose son regularly comes to our Saturday forest schools. She wanted to get her whole family involved, so we encouraged her to attend the Forest School Level 1 training in Sept 2021. *'It has allowed me to grow in confidence and connect with nature... (Forest school) was a lovely way to visit old memories and release my inner child. As a result of the training, I'm going to use my new skills and knowledge to spend more time outside with my child'*



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GET OUT MORE FOR **FOREST SCHOOL**

OUR SERVICES FOREST SCHOOL

ADVENTURE, PLAY
AND LEARNING IN
THE WOODS

Get Out More is one of the most established and experienced forest school providers in the Yorkshire region, running programmes in schools, nurseries and community settings. Our trained and experienced professional practitioners are available to run weekly forest school programmes or taster sessions with children and young people of all ages.

Get in touch to find out how forest school can transform and inspire in your setting or find out about our bookable or drop-in forest school events

- Popular holiday forest school programmes in Bingley, Ilkley and Saltaire
- Weekend and after school activities for Keighley communities
- Play sessions for 0-3s and their families in Bradford parks

**"MY SON HAS LOVED HIS
FOREST SCHOOL DAY TODAY
SO MUCH. HE HAS NOT
STOPPED TALKING ABOUT IT
SINCE I PICKED HIM UP."**

KJ, PARENT



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GET OUT MORE FOR **COMMUNITY**

OUR SERVICES COMMUNITY

CONNECTING PEOPLE
TO NATURE SPACES
ON THEIR DOORSTEP

Get Out More's community programmes connect people and nature. We talk to residents to understand more about local needs and put together programmes that get people outdoors, meeting their neighbours and developing local pride.

Our community engagement offer includes:

- Nature-based activities
- Healthy food programmes
- Community events
- Environmental improvement days



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TO FIND OUT MORE

CASE STUDY

When we first met Keighley resident, Bob McCall, in April 2020, he was on medication and was spending much of his day in bed. Through Covid lockdowns, we visited Bob and his neighbours on a regular basis, chatting on the doorstep and learning more about their interests. Bob had always been a nature-lover but was frustrated that his health

and the pandemic was keeping him housebound. In the summer, Get Out More's Hazel organized a trip to a nearby river where he was able to reconnect with his love of fishing. Over a year on, Bob gets out in nature nearly every day; fishing, walking and watching wildlife. "I'm off the happy pills now. When you come again, I'll show you the video of some foxes I filmed".



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GET OUT MORE FOR **LEARNING**

OUR SERVICES LEARNING

Get Out More's hands-on activities are exciting and fun, taking education outside of the confines of the classroom and giving children the freedom to take an active approach to learning. Our creative, multi-sensory ideas make the most of the resources in the playground, playing field or nearby natural area to bring learning to life.

BRINGING LEARNING TO LIFE WITH ENGAGING OUTDOOR EXPERIENCES

Talk to us about our outdoor learning activities that can support:

- Literacy, numeracy and curriculum work
- Art week
- Science week
- Team building and resilience

**"I JUST WANT TO SAY
THANK YOU FOR THE LONDON'S
BURNING SESSION TODAY. THE
CHILDREN LOVED IT. THEY WENT
HOME ALL TALKING ABOUT IT.
IT'S SOMETHING THEY'LL
REMEMBER FOREVER.**

L REAVEY, TEACHER, LEY TOP PRIMARY



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