



FREE YOUNG FUTURES EARTH PROGRAMME FOR 16-25 YEAR OLDS OXBURGH HALL, NORFOLK

Our Young Futures programme is designed to support the needs of those aged 16-25. A course which equips young adults with the skills to navigate their way through an increasingly complex, confused, and ever-changing world. A course for those who may be struggling with their education for various reasons, or are NEET. This includes those on a low income or zero hours contract, who aspire to improve their future prospects but need confidence and skills to meet those aspirations, or to overcome personal challenges, such as mental health issues.

We instinctively know that being close to nature makes you feel better. However, science has now proved this to be true. Studies have shown that spending time in woodland settings reduces stress, lowers anxiety, and increases concentration levels. Away from the triggers of the everyday – people have the space just to be. Our Young Futures programme is a FREE course that uses woodlands and activities to support long term improvements in wellbeing and outcomes.

What is a typical day?

The course is from 10-3pm one day each week for 6 weeks and is led by leading East Anglian charity, Green Light Trust. Activities are arranged around each individuals' capabilities and interests; helping individuals overcome barriers they have to learning, skills-building, personal development and accessing employment.

There will be conservational tasks plus opportunity to complete green woodworking projects of choice.

A FREE cooked lunch is served every week, with participants encouraged to be involved with choosing meals and preparing meals over the camp fire.

“Jack is more self-assured and is very proud of his achievements. His confidence has grown and he has learnt valuable skills that he will be able to take forward into the world!”

Referral agent

OXBURGH HALL COURSE DATES

18th August - 22nd
September - 6 WEEKS

2nd September - 7th
October - 6 WEEKS

29th September - 3rd
November - 6 WEEKS

14th October - 18th
November - 6 WEEKS

26th October - 30th
November - 6 WEEKS



Building Health, Hope and Happiness
through the Power of Nature"

www.greenlighttrust.org



Who is the Green Light Trust?

Green Light Trust is a registered charity that believes in the healing power of nature to transform lives. With a core ethos around the preservation of our natural environment, we bring people and nature together in woodland spaces across East Anglia.

We support over 2,000 participants each year through running transformative wellbeing and educational courses for both adults and children who society has marginalised or disadvantaged, helping them to refocus and rebuild their lives.

Who we are and what we do

Since our formation in 1989, we have delivered many environmental and woodland projects; conserving and regenerating natural habitats, tree and plant-life in our own woodland and in green spaces owned by our partners such as RSPB and National Trust. Using nature as a backdrop for our transformative courses, we've helped thousands of people challenged with mental health issues or learning disabilities, we have taught social and life skills and self-esteem to children and adults who have become disengaged. We have motivated and supported huge numbers of people seeking employment opportunities or an escape from their addictive or abusive past.

We support adults and children across multiple sites in Norfolk & Suffolk who are within the lowest 10% in terms of their wellbeing. Each week individuals join our programmes in the woods and stop the world for a day, get off life's relentless treadmill and forget their troubles for just a few short hours. We have the patience and the time to give participants space – just to be – to feel refreshed by nature. Green Light Trust is the catalyst which empowers people to help themselves.

To enable us to support more participants, we offer team building days in the woods for businesses and other organisations and we are a leading provider of Forest School training and natural alternative educational provision.





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Benefits of attending a programme with the Green Light Trust

All our programmes are based around the individual. Each person is faced with their own unique challenges and barriers.

The benefits for our participants include:

- Improving wellbeing
- Self confidence
- Growing self esteem
- Better social skills
- Practical work-based skills such as woodworking
- Environmental management and conservation of our planet
- Importance of nutrition and cooking skills

"I have been a GP over 35 years and cannot bear the thought of spending almost all my career prescribing drugs and walking away without making any enduring impact. If I really felt that they cured people then it would not be so bad but the major issues of the day relate to mental health and not physical disease. This is why I am ploughing our own furrow and working with Green Light Trust. Anxiety, depression, self-harming, alcohol and drugs are all symptomatic of society and are peaking nowadays. Green Light Trust introduces distressed people to the calm and non-threatening ways of nature. It allows people to stop, think and look around and see what really matters." Suffolk GP

"Now that I have had these positive experiences, I feel amazed at how good life can actually be – having thought that all those negative feelings and lack of self-worth were entirely normal for so long. Being out in Frithy Woods is amazing it has absolutely changed my life. Instead of hiding away from people, I am curious about them, I want to engage with them instead of tailoring my behaviour to fit with what I thought would make them happy." Participant on an Earth Wellbeing course.

"We didn't know our son any more but we really feel that we have got him back since he has been going to the woods." Parent of a Young Person attending a course on our Natural Alternative programme

"I enjoy being outside in the woodland and learning new skills. It is good being part of a group where I can be myself amongst lovely people who accept me as I am." Participant



Interested?

If you would like more information about possibly coming on a GLT course or would like some information about how you refer individuals onto our programmes, then please get in touch:

pecsupport@greenlighttrust.org

We are always looking for volunteers to support our conservation work in the woods and of course donations to support our work. Send us an email: **info@greenlighttrust.org**

If you are working in a hybrid environment or are just getting back into the office fulltime, and think a team building day in the woods might be what you and your colleagues need to improve your wellbeing and teamwork. Get in touch:

info@greenlighttrust.org

If you are interested in our Forest School qualifications, or you are in education and want to find out more about how our Natural Alternative provision might help that young person in your care. Send us an email: **info@greenlighttrust.org**

