



**The
Sunnywood
Project**

THE SUNNYWOOD PROJECT

**Educational Outreach
and
Support for Schools**

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Where are we based?

The Sunnywood Project Hub.

The Sunnywood Project Hub is a brand new facility discreetly located within the centre of the Burrs Country Park, Bury.

It comprises of:

- a purposeful and welcoming classroom / workshop space
- a calming counselling suite
- a meeting room
- modern shower & toilet facilities.
- In addition to these facilities, The Hub has direct access to the 36 hectares of scenic countryside and the River Irwell that flows through the park.

The Burrs Country Park comprises of:

- woodland
- open meadow space
- ponds
- and a series of waterways which are remnants of the site's industrial past

All of which contribute to making it an ideal setting for meaningful SEMH support, alternative education and a variety of other outdoor adventures.



What do we do?

The Sunnywood Project Team comprises of experienced teacher, youth worker and counsellors.

We offer a range of support programmes and educational opportunities for those who are struggling to access mainstream school for a variety of reasons.

We are also able to offer AQA unit award certification as part of our programmes to demonstrate learning outcomes.



Low mood



Poor mental wellbeing



Low self-esteem



Inability to regulate emotions



Challenging behaviours at home or in school

In addition to this, we can also facilitate bespoke educational visits to the **Burrs Country Park** to enrich pupils' learning within the classroom.





School Visits & Bespoke Programmes

AGE: Key Stages 2, 3 & 4

LOCATION: The Sunnywood Project Hub, Burrs

The Sunnywood Project can facilitate extra-curricula school visits to the Burrs Country Park or opportunities to enrich the learning within the classroom such as:

- **Outdoor team-building and problem solving days**
- **Treasure Hunts**
- **Duke of Edinburgh expedition assistance**
- **Local heritage**
- **Nature exploration**

The Sunnywood Project Team can also design a support package to meet the specific needs of pupils who you feel may need more additional time with us.

Contact The Sunnywood Team to discuss your requirements:

info@thesunnywoodproject.co.uk



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SPRUCE

AGE: Key Stage 3 & 4
LOCATION: The Sunnywood Project Hub
DURATION: 25 hours over 6 weeks
COST: £250 per pupil

- SPRUCE is a 6-week programme typically consisting of **one day per week** and is designed to engage and support young people who are at risk of exclusion from school or present behaviours that challenge in school or at home.
- The SPRUCE programme offers a physical opportunity for young people to engage with improving local spaces whilst reflecting on their own goals and aspirations.
- Work could include activities such as installing community signs / notice boards; fence/stile repair; cutting back overgrown trees / hedges; painting and other general green space maintenance. The aim being to encourage young people to take ownership and promote stewardship of their local spaces and make a difference to their environment.
- Embedded within this 6 week programme will be a focus on the young participants' mental, physical and social wellbeing. This includes mindfulness exercises; supportive conversations; team building and nature based activities.
- Each participant will receive a booklet to monitor, measure and evidence their outcomes and achievements
- Partly funded by the Bury Council's Standing Together Grant.

Taking referrals now



INVENT

AGE: Key Stage 2, 3 or 4
LOCATION: At school or at The Sunnywood Project Hub
DURATION: 30 - 35 hours approximately over 12 weeks

- INVENT is an exciting, new programme, funded by The National Lottery Community Fund, that teaches young people how to design and produce self-led interactive trails for the benefit of their communities.
- Participants will research and learn about local green spaces and its heritage whilst developing digital-based skills that will lead them to invent an innovative interactive trail which will be installed in a local park or green space.
- Students will develop skills to design, produce and promote the new self-led interactive trail. This typically involves:
 - Graphic Design
 - Route plotting
 - Website design
 - Marketing materials
 - Digital film and camera work
- Examples of The Sunnywood Project's previous self-led interactive trails are:

The Kirklees Valley History Trail
Three Sisters Quest
Puzzle Quest
Burrs Country Park History Trail
Chesham Quest
Kirklees Quest
The Clough Mystery



SPACE

AGE: Key Stage 3 & 4
LOCATION: The Sunnywood Project Hub
DURATION: 8-12 hours over 6 weeks

- The SPACE programme provides 1-1 counselling or group SEMH support in school or at The Sunnywood Project Hub.
- Promoting empathy and unconditional positive regard, we aim to provide young people with physical SPACE; creative SPACE and HeadSPACE to offload and reflect.
- Group sessions bring together young people in a supported, safe, and collaborative environment to physically explore the outdoors whilst also exploring who they are personally and strategies to manage their emotions.
- With a focus on key areas such as self-awareness; dealing with stress; and self-care to boost both personal development and mental wellbeing.

A typical group SPACE programme usually consists of 6 weekly 2 hour sessions covering:

- Inspiration & motivation
- Self-regulation and anxiety
- The benefits of being outdoors
- Communication and cooperation
- Personalities and relationships
- Wellbeing – the ‘happy chemicals’

Taking referrals from January 2023

How are we funded?

The Sunnywood Project is a non-profit organisation. We aim to provide a quality support service for young people without seeking to profiteer from those that need that support.

The Sunnywood Project relies on donations and funding however, in addition to funds from various sources such as The National Lottery Community Fund; Bury Council and Sport England, we also promote the benefits of embracing the outdoors by providing a range of outdoor events for all ages.

Proceeds from these events raise additional revenue that helps sustain the organisation and ensure our education and youth provisions are accessible to those that need them most.



EXPLORE. LEARN. GROW.