



Bush Craft Taster Day

10am - 3pm, Saturday 17th March 2012,
Tedburn St Mary, near Exeter, EX6 6BG



Thanks to a Big Lottery Fund Awards for All grant we are able to provide 12 bush craft & rural skills taster days over the next year including 4 overnight camps under the stars!

Activities include: building fires, making shelters and camp structures, nature watch, camp cooking; or simply enjoying the benefits of sitting with new friends around a camp fire.

These taster days are open to anyone who feels that they would benefit from participating in activities that will improve their self-esteem, communication and practical skills.

Places are limited and can only be booked in advance. Whilst these taster days are free we require a £5 deposit which is fully refundable upon attendance. There is a £3 contribution towards food which can be paid on the day; or bring your own lunch.

Children under 14 must be accompanied by an adult, under 16's with parental consent. Participants with enablers/carers must also be accompanied.



Running Deer C.I.C. is a Devon based enterprise set up to support local people and people at risk of exclusion, whether that is learning & mental health difficulties, disabilities, or unemployment (in particular 16-24 year olds); and provides access to training, volunteering, life skills opportunities and work experience in bush crafts, rural skills, and related activities.

To book or for further information visit our website at www.runningdeer.org.uk
Tel: Jo on 07805 706147 or email: info@runningdeer.org.uk



Feedback from the Bushcraft Taster Days



Activities included:

- Fire Making
- Wooding
- Shelter/Den Building
- Camp Cooking
- Nature Detectives
- Camp Structures
- Other

**88% of participants enjoyed it 'A lot' with the remaining 12% A little.
100% of participants learned something new.**



Comments included:

- Den Building, making fires and skinning a rabbit!
- A first great outdoor experience in the country
- I really loved the Whittling
- Making a hook for a kettle was awesome
- I learnt loads about different wildlife
- I learnt how to make fire by friction
- I think it was an amazing day and I want to come to the next one!
- I found out how to make Haggis!





Participants also stated that attending bushcraft taster day also helped with:

- Improved Communication
- Improved self esteem
- Working as a team
- Participating in activities
- Doing practical stuff



“A fantastic day for Joseph who has been eagerly anticipating it all week! He loved it and got a lot out of it; being given an opportunity to learn and achieve in a non-academic setting is great for his confidence and self esteem. I had a good time too, and the food and company were superb. Thanks for this and good luck with the project.”



“Yesterday at Running Deer was great fun and I loved that I was allowed to cut down the wood with a saw and an axe. The food tasted awesome and it was really enjoyable to cook it on a fire we made ourselves with the bread we had mixed and cooked. It was also really funny to watch the two other children get carried around on a seat they had made for themselves out of logs we had cut down in the woods. Over all an amazing day!”

