



# Running Deer's Courses for Forces programme 2021-22.

**Lead Partner: Exeter Armed Forces Community Support Hub.**

This funded programme was delivered in partnership with the **Armed Forces Community Support Hub** in Exeter, for former forces personnel.

Students had the opportunity to find out more about traditional rural skills, and participate in activities including green woodworking including carpentry, bushcraft, horticulture, working with heavy horses, plus practical experience of working on real projects in countryside management.

The courses were therapeutic in nature, although participants also had the opportunity to gain qualifications. They were aimed at armed forces veterans including transitioning service personnel and those who have recently left the service, in particular those who have recently returned from Afghanistan.

Subjects that were covered during these courses include (according to the season):

- Health and Safety and working with tools
- Green woodworking including tool use,



selecting wood, rip sawing, splitting and cleaving, hewing, chisels, using a shave horse and pole lathe, designing and completing their own woodwork project.

- Woodland and habitat management, tree and plant identification, conservation. Coppicing and coppice crafts such as hurdle making or charcoal burning.
- Introduction to working with heavy horses.
- Bushcraft including exploring the cornerstones to bushcraft and survival: Shelter, Fire, Water, Food
- Horticulture including learning to grow from seedlings, cuttings, plant care and harvesting (seasonal).

Potential formal training and qualifications include:

- First Aid in the Workplace Level 3.
- Chainsaw License to Practice 974 & 976
- Health and Safety qualification.

