

The FAB (Family Activities and Bonding) Project 2015-2016

Funded by: Devon County Council Small Grants Scheme

Project Aims

This project provided family bushcraft and bonding sessions for families with children with additional needs/disabilities, including siblings. The sessions were held throughout the summer holidays and at weekends including 4 overnight camps at Butterdon Wood, Moretonhampstead.

We work with children and young people with additional needs, including those with ADHD, autism spectrum disorders, specific learning difficulties, or physical disabilities, and also children at risk of exclusion from school.

The project provided an opportunity for families and the children/young people to improve their social understanding, improve their relationship with their parents and sibling; reducing isolation and stigma that can be associated with special needs and help to improve self-esteem and confidence in an outdoor and therapeutic environment.

The families participated in activities including:
shelter building,
making camp structures such as tables and stools,
trust games,
team building games,
making cob,
fire lighting,
bushtucker cooking including cob fired pizza
and other bushcraft related activities learning to use tools safely under instruction.

All the activities were designed so that the families worked together as a team, learning new skills, and most importantly having fun which in turn helped to improve and develop family relationships.



