

Session ideas for inclusion and community groups

We offer a diverse range of opportunities at Lee Valley Regional Park. To give you a flavour of what's on offer, here are some sessions which have previously worked well for inclusion and community groups. However, please do contact us to discuss individual group needs in more detail.

- We provide all equipment needed for sessions and DBS checked, first aid and Forest School trained staff lead the sessions.
- We hold the Learning Outside the Classroom Quality Badge.
- During the school term, sessions normally run 10:00-12:00 (half day) or 10:00-14:00 (full day with 30 minutes for lunch) and in the summer holiday activities normally 10:30-12:30 or 10:30-14:30, but can we adapt to meet the needs of your group.
- Links to our school programmes are to give an idea of content; we would however adapt the sessions to meet your group's needs.

Activity	Description	Venues	Suggested duration	Available	Aims	Additional notes
Cunning Running	Introductory orienteering session (on our smaller course adapted from the schools programme) https://www.visitleevalley.org.uk/educationprogrammes/cunning-running	Waltham Abbey Gardens and Tree Park, EN9 1XQ Accessible by public transport. Indoor classroom available.	Half day – 2 hours	Easter - end October	To develop life skills (navigation, team building and confidence) and participate in physical activity outdoors.	Suitable as an introduction to orienteering prior to a session on the larger orienteering course (see below) to build confidence, posts closer together, best for primary age participants and special needs (unavailable to wheelchair users due to muddy sections).

Team building Discovery Day	Adapted from our secondary session https://www.visitleevalley.org.uk/educationprogrammes/team-building-discovery-day Orienteering using the larger course and teambuilding challenges.	White Water Centre - River Lee Country Park Green, EN9 1AB	Half day 2.5 hours without teambuilding or a full day	Easter - end October	To develop life skills (navigation, team building and confidence) and participate in physical activity outdoors	Suitable for secondary age or younger, more active participants/ progression from smaller course. Suitable for adults with more paved paths, can be adapted for mobility issues with extra controls and GPS machines.
Mindfulness/ Natural Art Day	Adapted from primary school session as required https://www.visitleevalley.org.uk/educationprogrammes/mindfulness-and-natural-art-discovery-day	Waltham Abbey Gardens and Tree Park EN9 1XQ Accessible by public transport. Indoor classroom available.	Half day - 2 hours	Easter - end October	To introduce participants to simple mindfulness techniques they can use to support their wellbeing.	Adaptable all groups.
Forest Schools	https://www.visitleevalley.org.uk/educationprogrammes/forest-school	Waltham Abbey Gardens, EN9 1XQ Accessible by public transport. Indoor classroom available.	Week of Forest Schools, or if preferred, individual days/ weekly sessions. Half day sessions 2 hours	Easter- end October	To develop life skills, build confidence and provide new experiences in an outdoor environment.	This approach has worked well with disengaged youth, special needs clients, young people with mental health issues. Suitable for all youth groups.

Birdwatching session	Binoculars and telescope provided, includes visit to the Wildlife Discovery Centre (and it's viewing tower)	Fishers Green, (Waltham Abbey) EN9 2EF	Half day – 2 hours	All year	To provide a less energetic session and a new experience for participants	A good option for those who are less mobile.
Habitat Discovery Day	Invertebrate hunting half day – incorporating stream dipping and sweep netting in the long grass, shortened version of primary schools' session to appeal to older participants. https://www.visitleevalley.org.uk/educationprogrammes/habitat-discovery-day-minibeasts	Waltham Abbey Gardens and Tree Park, EN9 1XQ Accessible by public transport. Indoor classroom available	Half day – 2 hours	Easter - end September	To provide a new experience in the outdoors	This activity has worked well with all ages from nursery to adult community groups.
Presentation on Lee Valley Regional Park	Presentations up to 45 minutes followed by questions. Focussing on Park wildlife and/or history. Can include indoor practical activities or outdoor pond dipping/ sweep netting.	As required, if minibeast hunting Waltham Abbey Gardens and Tree Park, EN9 1XQ Accessible by public transport. Indoor classroom available	45 mins to 2 hours.	Presentation possible all year	Increasing client's knowledge of opportunities for physical activity, recreation and wildlife in the Park.	Potential other opportunities: - Careers fair – highlighting the diverse range of roles in Lee Valley Regional Park.