



Approved CEC  
Activity Provider



## GREEN SHOOTS REFERRAL PROGRAMME

Green Shoots is the social inclusion project of the Green Team, providing programmes of **practical conservation work and environmental education** for young people throughout Edinburgh and the Lothians.

Projects visit local green spaces in both town and the countryside. Practical tasks may include cutting back invasive species, tree planting, or path work.

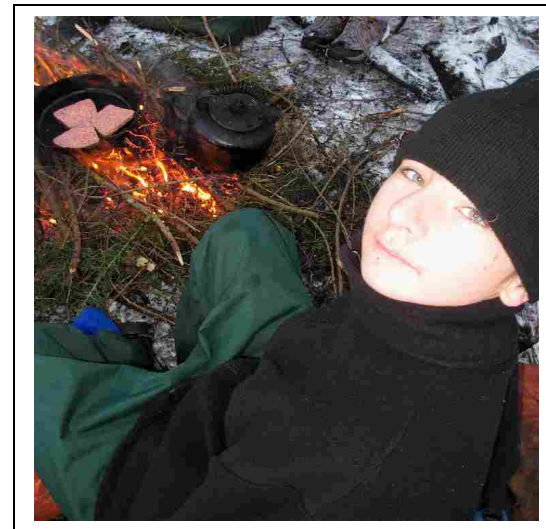


As part of each session participants explore their relationship with the outdoors through a variety of **environmental games**, and develop **basic wilderness skills** such as shelter building, fire lighting, outdoor cooking, first aid, map reading and knife work.

The activities aim to encourage citizenship, self confidence and develop effective teamwork skills.

The aims of Green Shoots programmes are to;

- Learn a range of basic and practical conservation skills
- Increase environmental knowledge and understanding
- Develop respect for the environment and others (**Responsible Citizenship**)
- Increase self reliance through learning basic wilderness skills
- Build self esteem and confidence (**Confident Individuals**)
- Promote positive behaviour
- Develop cooperation and teamwork skills (**Effective Contributors**)
- Encourage participants to follow instructions and to work responsibly and safely with tools
- Improve physical fitness
- Provide opportunities to gain vocational accreditation, specifically the John Muir Award and the Duke of Edinburgh's Award. (**Successful Learners**)



## What will young people gain from this programme?

With low student to staff ratios, each young person receives **tailored individual support**. Effective methods of learning are quickly identified and participants are encouraged to develop **personal coping strategies** and set **personal goals** for each programme.

The informal learning environment and emphasis on learning practical skills appeal **to young people who may have difficulty achieving success in the classroom**. With gained self-esteem and new coping strategies participants are more likely to be able to adapt to stressful and challenging situations in school and beyond.

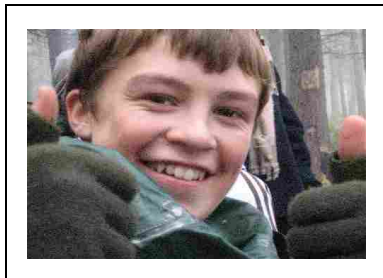
Although it can be tough at times, sometimes the work is physically demanding, sometimes the weather is bad and sometimes individuals struggle to manage their behaviour, participants relish exploring the great outdoors and learning **new skills that are real and meaningful**.

*“The best thing was how I managed to control my temper” (SR)*

*“I learned that working in a team helps you to do other things better, and it’s good to share” (NR)*

*“It made me feel better in school and gave me something to look forward to” (SG)*

*“It was a pleasure to hear the students talking about their achievements... the experience has increased the pupils’ abilities to cope better in school and will be a very positive and lasting memory for all the students” (Behavioural support worker)*



## Referral programme

- **8 P7 pupils (due to join HS in August ‘09)** identified as being **socially isolated, vulnerable, at risk of exclusion and/ or displaying challenging behaviour** will be selected to participate in this programme.
- 6 outdoor sessions to take **place every Monday beginning 7<sup>th</sup> Sept – 12<sup>th</sup> Oct (dates tbc) from 9am - 3:30pm**. In addition there will be an initial individual goal setting session and a final celebration.
- Participants will be picked up and dropped off at New Parliament House, central Edinburgh.
- **A fee of £50** for the whole programme will be charged. This fee includes full staffing, equipment, insurance and transport.

## Referral procedure

- Please read fully all the information enclosed.
- Please consult with the identified young person, then complete the attached referral form. **This must reach the Green Team by June 30th.**
- You will be informed by **July 7th** if your young person has been awarded a place. The Green Team will select the final group depending on ages and identified support needs.
- Individual initial meetings will be arranged for mid August. **Both referrers and young people will be required to attend.**

If you would like to discuss this any further or require more details, please feel free to get in touch at your earliest convenience.

## **Sara Rasmussen**

Green Shoots Project Coordinator

The Green Team  
New Parliament House  
5-7 Regent Road  
Edinburgh  
EH7 5BL

0131 558 9571  
raz@greenteam.org.uk