

CONNECT WITH COMMON PLANTS

Identification, food & medicine.

ESSENTIAL INFO:

- **Date:** Tuesday 14th May 2019
- **Location:** Outrageous Woods, West Acre Estate
- **Time:** 9.30am – 12.30pm
- **Cost:** £30 per person*
- **Maximum Group Size:** 16 people
- **Course Tutor:** Louise Ambrose

**FSA Norfolk members may be eligible to a discount please use your discount code when booking*



WHO IS THE COURSE FOR:

Anyone wanting to deepen their connection with common plants and trees. For personal interest & understanding &/or for Continued Professional Development for outdoor educators.

Suitable for: Anyone wanting to know more about common plants! Including Teachers, Parents, Teaching Assistants, Early Years Practitioners, Outdoor Educators and Forest School Practitioners, Home School Educators, and Play Workers.

WHAT WILL THE WORKSHOP COVER:

This half-day woodland workshop will explore ways to deepen our connection to common plants and trees native to the UK. We will be focusing on identification using all our senses and you will get the opportunity to deepen your connection to our plant friends.

The workshop will include:

- Exploration of a range of local common plant & tree species through a variety of sensory activities.
- Story's, facts and folklore about the species.
- The opportunity to form an intimate connection with at least one species.
- Woodland wander to find plants for food and medicine.
- A foraged tea party!
- Information on the legalities and safety elements of harvesting plants for wildfood or medicine.
- Deepen your connection to our plant friends growing all around us.



DOMESTICS & CATERING:

We will be spending the morning in our new woodland camp area. Please be aware that we have no indoor space so will be outside the whole time. Please ensure you bring appropriate outdoor clothing to be comfortable. We have a woodland shelter to use in wet weather and the campfire is always burning! Hot drinks, and refreshments will be provided.

VENUE INFORMATION:

We are lucky enough to be allowed to play in our woodland site by the kind permission of the Birkbeck family. It is easily accessible from main road routes.

Address – Outrageous Nature Woodland, West Acre Estate, B1153, just off the A47 (about 20 mins west from Swaffham). Please look out for directions and map in pre-course information.



ABOUT THE COURSE LEADER:

Louise Ambrose is an odd creature often found with muddy knees, and twigs in her hair. Having originally trained as an ecologist it has been known for her to get quite geeky about plants whilst excitedly brandishing a quadrat. She has worked with people outdoors for over 15 years and has a passion for crafting unique learning programmes to connect people to nature and each other.

ABOUT THE OUTRAGEOUS NATURE COMPANY:

The Outrageous Nature Company is a new Community Interest Company that helps get the ball rolling for people to be out together playing in nature. You can follow us on Facebook (search for the Outrageous Nature Company and look for the dung beetle logo!) or check out our (partially completed!) website.

www.outrageousnature.com

BOOKINGS & PAYMENT:

Please fill in the online booking form found on our website here - www.outrageousnature.com/events-courses Please make sure that you have taken a look at our terms and conditions before booking. Your booking will be confirmed via email and pre-course information sent nearer the course start date. An invoice with payment instructions will be sent to you upon booking.