

THEORY OF CHANGE - ADVENTURE CENTRE

Opportunity for children to shine, to have a sense of freedom and independence.

We believe children need...

INDEPENDENCE - Transition to adolescence and adulthood. Development of identity.

OUTDOOR ACTIVITIES - Play, fun, time away from screens, informal learning, safe risk taking.

POSITIVE RELATIONSHIPS - Healthy adult role models. Positive interactions with peers.

What we do?

Fully accessible, inclusive, fun, adventurous activities in the outdoors, Adventure Holiday Clubs, School residentials and day trips, uniformed groups residentials and day trips.

Mechanism of Change - what's the magic we bring?

A **rustic outdoor centre** with minimal manmade structure - an authentic outdoor experience.

Child centred approach with reduced ratios which create meaningful relationships between instructor and child.

Passionate instructors who bring genuine enthusiasm for outdoor education and activities.

Controlled risk - Makes learning more valuable and memorable.

Challenge by choice - Children encouraged to step into their stretch zone and every individual achievement valued. Activities designed to be a catalyst for growth.

Outcomes - capabilities gained by children as a result of the work

- The ability to gain a **connection to nature** - children understand the positive impact of the outdoors on mental health and well-being.
- The ability to develop **positive relationships** within a team environment - with peers, school staff and instructors.
- The ability to gain **improved aspirations** - a thirst to explore new avenues, develop new skills.
- The ability to develop **compassion** - understanding differences, how to support others and the positive impact on self that this brings.
- The ability to **identify and manage own risk** in the wider world.
- The ability to gain **independent living skills** - respect for self and others, food, shelter, warmth.

Improved confidence, improved mental health and well-being, overall sense of empowerment, improved communication skills.

Impact - the sustained effect we want to see.

Building of self-efficacy - I can see myself achieving. **Love for the outdoors** - more movement in nature, respect for nature and the environment. Developing **trust in others** through shared experience and learning. **Resilient lifelong learners** with aspirations - if you never try, you never know.

Improved educational outcomes, give back to society, positive social change, respect for the environment.

Safeguarding children and young people underpins everything we do.



An opportunity for children to shine, have a sense of freedom and independence. To support and empower children and help to introduce key skills to aid their future development.

