

Who are Forestry and Land Scotland?



Forestry and Land Scotland is the Scottish Government agency committed to ensuring that the natural and cultural heritage of the land they manage is protected, conserved and enhanced. They promote a safer, healthier and greener Scotland, with their open access policy to green spaces.

Their '**Stick It Out Programme**' at Larbert, encourages family learning outdoors in a responsible way, as groups are taught games and camping activities, including safe camp fire lighting.

How was the grant used?

- The grant was used to purchase additional woodland equipment to enable Forest Land and Scotland to increase the number of families taking part in outdoor activity at any one time, under Covid restrictions.
- Extra tarps were purchased, to be able to continue outdoor activities in all weathers, giving each family their own tarp on site so they can ensure physical distancing.
- They purchased additional outdoor equipment for activities, including 4 small fire pits and flints, 2 kelly kettles to offer everyone a warm drink safely, 4 tarps, 3 hammocks and 6 ropes.

What had to change due to Covid-19?

At the beginning of the pandemic the organisation could only work with two family groups at a time due to the social distancing rules. The additional equipment purchased enabled them to work with up to six family groups. Each family is given their own space with the equipment needed to participate safely in the activities and tasks.





Hammocks

What difference has the grant made?

- With the new outdoor skills gained the families will have the confidence and aspiration to use their local greenspaces, and make routine changes to support a healthy lifestyle and gain resilience. By buying more kit outdoor activities have resumed earlier, and families can work safely in their own bubbles and learn about nature. They have access to their own equipment, maintaining social distancing, between the adult and the older children participants.
- Through working to achieve the Natural Health Awards, it's hoped that groups will want to pass on their skills and extend learning gained, to their extended family and friends.

“This project was piloted in 2019 with CAMHS. This time we have partnered again with NHS Forth Valley but with the WhyWeight project. We have dates lined up in the summer holidays to work with CAMHS again and we are confident that this project will run in many different guises in partnership with NHS Forth Valley whether with CAMHS, WhyWeight or future programmes as they come online”. (FLC Ranger)

“By participating in the programme the children’s attitude to the outdoors has changed. One quote we heard as a family left was “Mum, can I play out after school tomorrow?” The mum later told us that that was the first time her son had asked to play outdoors”.
(Community Ranger)

“I thought it was only my son in a hole. I realised we were both in the hole and this group has pulled us out”.
(Mother of a child group participant)

