



The Wild N' Well Outdoors Approach with Hill Avenue



The Micro-Adventure Therapy Approach – immersing in the natural world close to home with a sense of adventure.

Wild N' Well Outdoors uses the Micro-Adventure Approach to support the mental, health, wellbeing and education of those we work with. This is done through offering tailor made outdoor experiences which blends social pedagogy, adventure therapy, nature-based learning and youth development models.

Our programmes have a basic foundation with key elements implemented throughout which are the basis on which experiences are built upon:

- Nature-Connection
- Social & Emotional Literacy Development
- Therapeutic Dialogue
- Bushcraft Skills

However, whilst these are the four foundations upon which the approach rests upon and is the basis for programme design, co-production is a key element as it allows for those involved to set their own goals and focus on particular areas of development and skill.

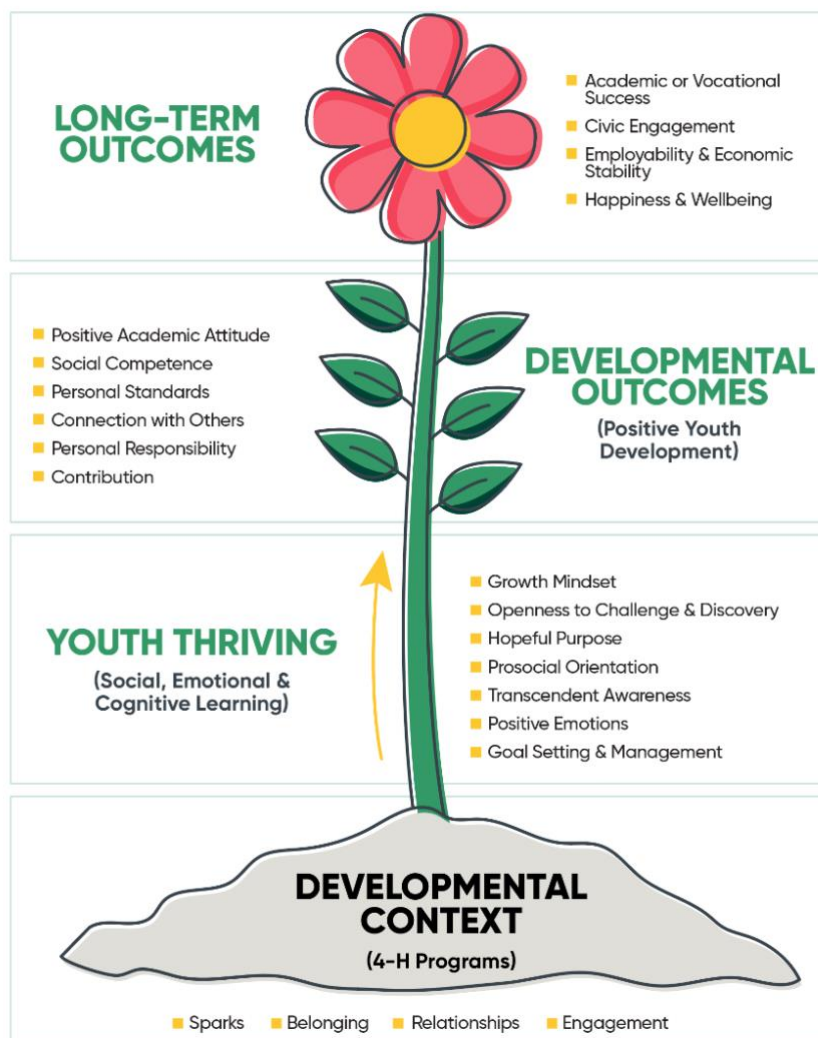
Hill Avenue plays an integral part in identifying how Wild N' Well Outdoors can become part of the school ethos, highlighting which children would benefit and the approaches needed i.e. 1:1 or group work. Hill Avenue leads support in identifying the needs of the young people based on individual and collective goals. This means programmes developed can focus more on education or wellbeing or even a mix based on the identified desired outcomes. Feedback between all stakeholders is essential and continuous. The figure below demonstrates the flow of the co-produced process of the work.



Theories which influence our practice

Wild N' Well Outdoors is essentially a pluralistic based practice, meaning many theories and methods are used in order to provide a therapeutic/education-based service. Some of the theories which underpin our work include:

- Youth and Community Work
- Counselling – Humanistic & Cognitive Behavioural Therapies
- Nature-Based Learning i.e. forest schools and bushcraft
- Positive Youth Development - inspired by the 4-H (Head, Heart, Hands & Health) programme approach shown below.



The Four H's

The four H's Stand for Head, Heart, Hands and Health. Wild N' Well Programmes consider all of these elements as each represents different areas for children and young people's development.

Head - is for the encouragement of clear thinking and rational thought which is needed to find solutions to problems.

Heart - is for the connection and understanding of one's emotions and also represents love for themselves, those and the world around them.

Hands - are for the time needed to be dedicated for developing skills and service to others and the wider community in which we find ourselves.

Health - is to promote good holistic health including physical health in order for children and young people to live healthy and happy lives as active citizens.

Summary

Wild N' Well Outdoors offers a unique approach to supporting the holistic development of those we work with. We have a total of 20 years plus of working with children and young people through counselling and youth work. Our methods have been published in professional and academic journals/magazines and those who work with us have praised the approach and found the engagement beneficial.

Published Works

1. A guide to the Micro-Adventure approach for those working outdoors with children and young people: Facilitating a sense of wild adventure in urban environments (Concept, Vol:4: No.2:2023)
2. Lighting the fire: How Bushcraft can nurture the flames of positive mental health in children and young people (Institute for Outdoor Learning, Horizons Magazine, Vol.99. 2022)
3. Micro-adventure therapy ('This article first appeared in the March 2022 issue of BACP Children, Young People & Families, which is published by the British Association for Counselling and Psychotherapy. <https://www.bacp.co.uk/bacp-journals/bacp-children-young-people-and-families-journal/> BACP 2022©)
4. *"Our Forest School isn't just the trees."* *Forest Schools: Micro-Communities for Social and Emotional Development.* (Journal of Adventure Education and Outdoor Learning)
5. *Open Youth Work in a Closed Setting: Applying key elements of Youth Work in a School.* (International Journal of Open Youth Work Vol: 2)

6. *Can Youth Work be described as a therapeutic process?* (International Journal of Open Youth Work Vol: 1)
7. *The reflections of young people and professionals on counselling and youth work interventions: Project Results* (Newman University - Critical Commentary Journal)

Links to Wild N' Well Outdoors

- Website - <https://www.wildnwelloutdoors.co.uk/>
- Facebook - <https://www.facebook.com/wildnwelloutdoors>
- Instagram - <https://www.instagram.com/wildnwelloutdoors>

