



Inclusive, Independent, Invaluable

**A Partnership Project between  
Hakeford Woods Forest School CIC and WayMakers Devon Community Interest Company**

Stuart Young, Forest School Leader  
07754 538 415  
[hakefordwoods@gmail.com](mailto:hakefordwoods@gmail.com)  
[www.hakefordwoods.co.uk](http://www.hakefordwoods.co.uk)

Alex Kelly, Autism & Anxiety Specialist  
07309 563 563  
[alex@waymakers.co.uk](mailto:alex@waymakers.co.uk)  
<https://waymakers.co.uk/>

**Woodland Crafts, Specialist Autism Support and Peer Connections  
for Young Autistic Adults aged 22 to 30,  
and those experiencing anxiety**

Hakeford Woods, and WayMakers are jointly running a six week programme of forest school activities and coaching support for young autistic adults, and those experiencing anxiety during the winter months.

Sessions will be weekly on Mondays at Hakeford Woods, a wild woodland site near Goodleigh, and are largely participant-led.

A variety of activities will be offered, according to the strengths, needs and interests of the participants; these will complement a programme that provides a therapeutic backdrop, social connectivity with peers, and access to an autism specialist coach.

Examples of activities are:

- Green woodwork and construction
- Woodland management and maintenance
- Gardening, horticulture and permaculture
- Nature and wildlife based activities
- Crafting activities
- Campfire cooking
- Primitive skills

Central to the programme is the opportunity to socialise, participate in shared activities, and enjoy the woodland environment. Coaching support will also be offered to provide a sounding board for thoughts about current circumstances, goals and choices relating to next steps. Further 1-to-1 support may be available by arrangement with WayMakers.

Hakeford Woods also provide work experience opportunities for young people and adults struggling to gain long term employment. These kinds of activities can form part of the offered programme if requested.

Whilst minimum numbers are needed in order for the programme to run, numbers are limited to a maximum of 8 in order for us to be able to attend to individual needs as appropriate.

N.B. Wellies can be provided on site if needed, but participants need to dress appropriately for the cold, wet weather commonly expected in winter!

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**KEY INFORMATION:**

**When:** TASTER day: 16 November, 2020  
Programme dates: 23 November 2020  
30 November 2020  
7 December 2020  
14 December 2020  
4 January 2021  
11 January 2021

**Where:** Hakeford Woods, near Goodleigh

**Cost:** £35 – half day, 10am – 12.30pm  
£55 – full day, 10am – 2.30pm *Full day includes lunch.*

Participants must make their own arrangements for transport to and from the woods.

Please contact Hakeford Woods' and Waymakers' individual websites for further information and for copies of DBS certificates and insurances.