



# 'Wild Teens' - Out There Wilderness Academy

Out There Wilderness Academy, 'Wild Teens', is a transformational programme for youth ages 13–15, or specialist groups of other ages/disabilities.

Many young people face times when they struggle with their behaviour, mental health, and schooling, or have special educational needs. Our programme consists of outdoor alternative education and optional counselling support from specialist counsellors, helping young people to get back on track in school, at home and in the community.

## PROGRAMME INFORMATION

In small groups, max 10, facilitated by certified outdoor professionals, students engage in hands-on activities that challenge their minds, develop their social skills, and feed their emotional needs:

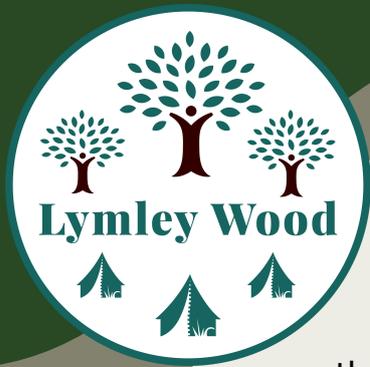
- Team challenges, wilderness survival and bushcraft skills
- Nature immersion and conservation
- Local hikes, cooking over a fire
- Group discussions and individual exercises
- Mindfulness and stress management training



As well as developing life and employability skills, young people will engage in physical activities aimed at improving fitness, confidence, team skills, and social skills. Throughout the programme we help to build communication skills and teach strategies for coping with difficult situations, anger management and emotional control. After the six weeks at Lymley Wood, Out There participants return to their home schools or other situations—but they don't go alone. They have the support of a specialist counsellor if they wish.

For more information:  
Email [enquiries@lymleywood.co.uk](mailto:enquiries@lymleywood.co.uk)  
Phone 07305 165376  
Visit [www.lymleywood.co.uk](http://www.lymleywood.co.uk)  
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This programme aims to provide an alternative environment in which young people have the opportunity to learn useful life skills, and focuses on the enhancement of *respect* for the self, others, and the environment. As such, the majority of the sessions will take place in an outdoor context where participants will be challenged, mentally, emotionally and physically. This might be a clearing in our woods, inside our yurt or under a parachute around a camp fire.

## WHO?

Out There is suitable for young people who are:

- Struggling to engage and stay in school
- At risk of suspension leading to exclusion
- Struggling with family and relationship issues
- Finding boundaries to be a challenge
- Experiencing low-level mental health issues
- Engaging in risky behaviours
- Getting involved in anti-social behaviours



Costs are usually £420 per child but subsidised places are available for those from looked after backgrounds, funded via the National Lottery Communities fund. Please contact us to discuss.

## WHEN?

This non-residential programme is provided over six weeks, 1 day (10am-3pm) a week during school term time, where time spent on the programme is counted as time in school.

### DATES: WILD TEENS 2021 / 2022

Cohort 1: Thursday (10 am – 3pm) Oct 14th / 21st, Nov 4th / 11th / 18th / 25th

Cohort 2: Thursday (10 am – 3pm) Jan 6th / 13th / 20th / 27th, Feb 3rd / 10th

Cohort 3: Thursday (10 am – 3pm) Feb 24th, Mar 3rd / 10th / 17th / 24th / 31st

Cohort 4 : Thursday (10 am – 3pm) Apr 21st / 28th, May 5th / 12th / 19th / 26th

## WHERE?

Lymley Wood is situated near Mayfield, East Sussex. 15mins from Tunbridge wells and 30mins from Lewes.



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For further information on our youth interventions, please contact us. This programme has been developed by the Wilderness Foundation UK and is monitored and evaluated by the University of Essex.



## OUTCOMES

- Increased confidence, self-esteem, and physical and mental well-being.
- Acquired new skills and accreditation, with access to further education opportunities.
- Improved employability and transferable skills.
- Engagement in positive and constructive behaviour, showing respect for themselves and their environment.



## ADDITIONAL INFORMATION

- An offer letter will be sent to parent/carer after a place is offered
- Full payment is required before the first session unless the place is already funded.
- Schools / parents will need to provide transport to and from the programme.
- Schools / parents will need to provide the young people with their own lunch and refreshments.
- If a young person is excluded from school we hope that they will still attend Out There.
- If a young person misses more than two sessions they will be asked to attend the next intake rather than carry on.
- A summary report shall be provided to the referrer after the last session upon request.
- Extra costs will incur if an extra report is required or we are required to attend any meetings for the young person. (Only applies to self-funded places)

## REFERRALS

To refer a student to the programme, please fill out our online referral form and return via email, or send directly to our postal address:

214 Carden Avenue, Brighton Bn1 8LG

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