

Green Light Trust
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“Bringing People and
Nature together”

Green Days

Green Light Trust is an established environmental charity working with vulnerable adults, children & young people, to promote wellbeing and develop a closer connection with nature. Check out our website for more information on what we do: www.greenlighttrust.org



Fancy a ‘girls only’ outdoor space to chat, create and relax around a camp fire?

Worried about the pressures of school?

Fed up with social media and feeling like everything you do should be shared on snapchat?

Ever feel like whatever you do it’s not enough?

“At the start I was well nervous, but by the end I was really enjoying it. It felt like escaping. This is not usually my thing but I really did enjoy it.”- Poppy

Green Days are **FREE** Ecotherapy activity days run Mon-Fri (excluding bank holidays), during school holidays for girls aged 13-18 in the beautiful Caston Woods next to the Park & Ride at Martlesham, Ipswich, IP5 3QX.

Activities available might include anything from fire lighting and bush craft skills, campfire cooking, getting creative with camp crafts, or just enjoying the wood and relaxing around the fire. Nothing is compulsory.



Supported by:



SUFFOLK
Community
Foundation

and Bluebell Trust

Questions from Students:

What times do the days run?

Days run from 10am -3pm, but are flexible. Do a regular day, or one offs; as many or as few days as you wish. If you can't make a day, have a part time job or assignments to finish, don't worry, just give us a ring and let us know.

How many people will be there?

There will be a female leader and assistant and a maximum of 10 participants each session.

Will I have to talk to people?

Not if you don't want to. Green Days is not about counselling, but rather empowering you to discover the benefits you can get from spending time outdoors in green places. You interact with the leaders and participants as much or as little as YOU wish.

Can I bring a friend?

If your friend is female and is also struggling with outside pressures then of course, bring them along.

How will I get there?

Caston Wood is right next to the Park & Ride at Martlesham, so if parents or friends are unable to provide transportation, using the park & ride to get out from town could be an option.

Is there a toilet in the wood?

Yes, we have a portaloo on site.

Will the days still run if it's rainy?

Yes, we have a large covered area in the woods as shelter. The only weather the days don't run in are high winds or thunder storms.

What should I wear? Do I need to bring lunch?

You will need weather appropriate outdoor clothing and strong shoes. We will do campfire cooking and snacks will be provided, but you will need to bring a packed lunch.

Questions from Parents / carers:

How do I know my daughter will be safe?

All our staff and helpers have enhanced DBS checks and qualifications and/or experience of working with young people coping with confidence and self-esteem issues.

All leaders are First Aid Qualified.

Site and activity risk assessments are available should you wish to see them, as are our Safeguarding Policy and Procedures.

Questions from Professionals:

How do I get more information, or refer one of my pupils / patients onto Green Days?

For more information, or to book onto the Green Days programme contact:
Bec Edgar, ECOS Coordinator at Green Light Trust.

bec@greenlightrust.org

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