

Corporate Days with us!

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Your Visit

For more information about your visit to Fireflies Forest school or if you have any questions about your day, please contact Jessica Brocklebank. Enquiries@firefliesforestscool.co.uk, 07557 282 112.

The enjoyment of your experience with us is our top priority. We want to ensure that you feel inspired, connect with nature and have time to 'Just Be'. To ensure this, it is important that the leader reads this document

On the day, one of our staff will meet the leader of the group outside the Café building and walk you over to our site. This will allow you to see where we are and the route your group will need to make. If the leader can arrive a little earlier than the rest of the group this is helpful and then the leader can meet the rest of the group in a central place before walking everyone over to our woodland space.

Pre Visit Checks

We advise that you come to our site prior to your day with us so that you can familiarise yourself with our space and facilities and complete any risk assessments.

Who is Fireflies Forest School?

We are a forest school provision which opened in February 2018 and has 1 director, Jessica Brocklebank (me!). We run forest school sessions for babies, toddlers, children, Home educated families, teenagers and even Adults! Our staff team has a wide variety of professionals from ex head teachers, teachers, Sendco's, forest school practitioners, therapists and Early years educators. More photos and details about our staff can be found on our website.

I studied a Bsc in Psychology which then led me to becoming a qualified teacher. After spending a number of years teaching, I found myself absolutely loving working with SEND children. I ended up remaining at my last school (a provision for children who are Autistic/neurodivergent) for 14 years. It was at this school that I realised just how incredible the outdoors is for children, and how they learn in a completely different way when outside. The levels of curiosity, engagement and interactions were on a whole new scale, those who struggled in the classroom, thrived outside. This is where my forest school training journey began and I set up Fireflies Forest School.

We are also now an Alternative Provision and are commissioned by Cambridgeshire County Council to support children who are currently out of school, to reintegrate by offering a therapeutic provision individualised for their needs.

It wasn't long before we added 'Adult sessions' to our offerings and it was here that I witnessed just how much us adults NEED to slow down, connect with nature and spend time with others around us taking risks, learning new skills and most of all playing! Providing a space where adults can reflect, relax and slow down is crucial, not only for us physically, but mentally and emotionally too.

“You should spend at least 20 minutes sitting in nature each day, unless you're busy, and then you should spend an hour”

Team Building Activities at Fireflies Forest School

At our Team building and corporate days, our goal is to facilitate a space and protected time where everyone can slow down, spend time together connecting in nature and hopefully trying out a new skill or two!

We offer tool work and basic whittling, fire lighting and campfire cooking, den building and shelters, games and play, mindfulness, forest bathing, stress management sessions and team challenges! Every day is individually planned based on your objectives.

We know there are a lot of teams building days which are quite structured, precise objectives, perhaps personality evaluations or have a full packed timetable. This is not us! We focus on slowing down, providing a space where you can chat to your colleagues in a hammock, where you can play and explore resources, where you can have a go at some tools or skills you may have never tried before, but not with the objective of creating anything for the mantelpiece....but to share the time together and connect. Its all about the process rather than the end product.

“Slow down and enjoy life, it's not only the scenery you miss by going too fast- you also miss the sense of where you are going and why”.

What to bring and wear on the day

You will be outdoors all day. We do not have any indoor space, so please bear that in mind when planning clothing. However, we do have some large tarpaulin canvas shelters we can put up to keep dry or to provide shade.

The sessions will continue regardless of weather unless specific risks are identified i.e. high winds, very low temperatures and floods.

Clothing

Please ensure that you check the weather before coming! It is always worth having a waterproof jacket in your bag, extra layers, sun cream/hat depending on the season! We recommend trousers (even in the summer), just due to scrapes, insect bites or stings. However, If you do choose to wear shorts, please just bear these in mind.

Please remember to wear appropriate footwear for the woods. In the winter we would recommend walking boots, and in the summer months a supportive trainer is fine, we advise not wearing any sandals or open toe shoes.

During the winter months: • Hat and gloves • Jacket/ waterproof coat + trousers if possible • Fleece/ jumper • Warm trousers • Wellies/ walking boots/ sturdy shoes

During the summer months: • Sun hat and sunscreen • A thin, long-sleeved top/long sleeved t-shirt • Long sleeved jumper • Trousers • Sturdy shoes/ walking boots • Waterproof coat

Please also bring a water bottle or two, and a packed lunch (unless you have opted for the catering option).

Health and Safety

~Slips, Trips, Falls and Stumbles~

During the sessions the ground under foot will often be uneven. Proper footwear and an awareness of your surroundings should minimise any accidents. If there are any staff attending who have a visual impairment please make us aware.

~Bites, Stings and Scratches ~

There will be nettles and brambles around the area as well as midges and other insects. We suggest you bring insect repellent but the best way to avoid bites, stings and scratches is to adhere to our clothing requirements/wear long trousers and long sleeved tops.

~ Adverse Weather Conditions~

We will endeavour to run the sessions in almost all weathers and expect attendees to be suitably dressed to participate. In the case of high winds we will refer to the High Winds Cancellation Policy within this pack. If cancellation is necessary, we will let the school/organisation know as soon as possible. In the event of cancellation due to the weather, a full refund will be made.

If we are using any tools, or having a campfire we will explain how to ensure you remain safe. We have dynamic risk benefit assessments that we can also share with you if you would like a copy of these, but on the day we will explain our 'safety agreements' and it is important all of these are followed for the duration of the day.

A full site risk assessments can be sent by request.

Eating and Drinking

We offer a catering package where we subcontract a local “tried and tested” catering company who can supply a full buffet. We can also offer a variety of smaller campfire snacks, and this can all be discussed as part of your booking.

Where possible we encourage communal cooking and eating, this might involve everyone bringing part of a recipe or a food to add to a communal soup for example.

If catering has not been provided by us, please ensure your attendees are aware that they will need to bring a packed lunch. There is an on-site café however their hours are changeable so we wouldn't recommend relying on them to be open just in case.

Attendees are welcome to purchase hot drinks and snacks from the café. We just ask that all food is consumed at our log circle and not in hammocks or around the site. This is to control our procedures around allergies.

Please note, we are a NUT FREE site. Please ensure that no nuts are brought on site in any form. This is to protect those with allergies, so we appreciate your support with this.

Group leader responsibilities

- The group leader is the person from the booking organisation who is the main point of contact with Fireflies and is responsible for the behaviour and overall wellbeing and organisation of the group.
- The group leader must hold emergency contact details and medical information of participants.
- The group leader must inform the lead Fireflies staff member of any special medical or other needs preferably before the session.
- The group leader is responsible for any medication needed by members of the group (e.g. inhalers) and their use.
- The group leader must ensure that all participants are informed of the appropriate clothing required for the visit.
- The group leader is responsible for organising the group's transport and associated risk assessments for the journey to and from the site.
- All Fireflies staff are First Aid trained, and will have First Aid kits with them at all times. If preferred, Fireflies is happy for the group leader to be the nominated first aider for the group but please read the First Aid and Emergency Incidents procedure in this pack.

Fireflies responsibilities:

The Fireflies leader will provide all the equipment and resources for the required activities, reserving the right to alter arrangements to ensure safety. They will carry out the risk assessment (s) for the activities and review them regularly. The fireflies staff will have a First Aid kit and phone with them at all times.

First Aid and Emergencies

The Fireflies leader will be responsible for the administration of First Aid unless alternative arrangements have been made. All Fireflies staff members are trained first aiders. Some members of staff have had additional Outdoor first aid training.

Any adult who witnesses or is involved in an incident, such as a serious injury, or suspects him/herself or another person to have a serious illness, should immediately a Fireflies member of staff.

All of our activities have their own risk assessments, our site also has a risk assessment and we complete a visual site check of the site every morning.

Before we introduce any tools or fire activities we will have a discussion about our safety agreements first to ensure everyone is aware of how to engage in this risky activity to ensure safety is paramount.

Our site is accessible by ambulance and we are only 20 metres from the car park for access.

All of our activities have a risk benefit assessment completed. This balances the benefits of engaging in the activities with any possible risks. Measures are put in place to reduce the likelihood of this risk/hazard and we always ensure that the benefits of engaging in the activity are not outweighed by the risk involved.

Directions

Our Address: Hinchingsbrooke Country Park, Huntingdon, Brampton Road, PE29 6DB.

When you arrive in the main visitor car park, you will need to use the pay and display machines. The car park costs £2 for 5 hours, you can pay via cash or card, the app the car park uses is Mii Permit (just in case you want to download it in advance), however you can also pay via phone call. If you have a blue badge, there is a car park closer to the amenities for blue badge holders, please just ensure your badge is clearly displayed.

Our Forest School site is based at Hinchingsbrooke Country Park, we have a fenced space just behind the Countryside Centre building in the woods.

1. From the car park follow signs to the countryside centre



2. Turn left down the path to the side of the Countryside centre



3. Follow the path leading into the woods



4. You will see our sign and gate into our site



One of our staff can meet you in the main visitor car park and walk you down to our site.

Cancellation Policy

Weather: We would only cancel if there was high wind/dangerous weather such as thunder and lightning. We would then offer an alternative date or a refund. If there is rain forecasted, we will still go ahead as we are well sheltered by the trees and also have large canvas tarpaulins also. We follow the motto "there's no such thing as bad weather, just bad clothing!"

Staffing: If for any reason we went below staff numbers for example a member of staff fell ill last minute and we were unable to organise any cover, we would discuss with the group leader whether they would like to reduce the activities so that the day can still go ahead with less staff supporting, or whether they would like to re schedule or receive a refund.

If the company/department who have booked the corporate day decides to cancel as long as 1 month notice is provided a full refund can be issued. If notice is less than 1 month notice then a 50 % refund will be issued, however if less than 14 days' notice is given then no refund can be issued.

"LOOK DEEP INTO NATURE, and you will understand everything better"

Albert Einstein