



Herts and
Middlesex



Go Wild at Hudnall!

YC Hertfordshire in partnership with the Herts & Middlesex Wildlife Trust has launched an exciting new project 'Go Wild at Hudnall', funded by the National Lottery Heritage Fund.

The project offers free activities for school groups in a beautiful natural setting. The focus is on developing emotional wellbeing, skills and knowledge in nature.

We particularly want to reach young people who are more disadvantaged or face challenges around their emotional wellbeing, age range 11-18.

Hudnall Park is a magical place set in 85 acres of beautiful woodland and meadow on the edge of the Chiltern Hills in Dacorum. It contains examples of all of the main wildlife habitats native to Hertfordshire: e.g. ancient forest, coppiced woodland, chalk grassland, pond / wetland etc. Our wildlife includes deer, hare, badgers, field mice, voles, birds, butterflies, dragonflies; also a wide array of trees and plants. It is a safe environment not open to the general public.

There are three types of sessions offered as a day or half-day booking:

Wild Wellbeing

- These sessions are all about emotional wellbeing and enabling young people to improve their mental health by connecting to nature. Young people can take part in a range of mindfulness activities, such as breathing exercises, mindful tasting, making natural art, wood whittling, basic survival skills and creating soundscapes.

Wild About

- These sessions are all about wildlife and their habitats and what young people can do to help wildlife local to them. Activities may include creating bee and hedgehog homes, traditional woodland crafts and wildlife identification, as well as some mindfulness activities.

Wild Wellbeing and Wild About are both half-day or one-day sessions and can either be booked individually or as a block of six weekly half-day sessions.

Forest School sessions

- These are holistic, young people led, inspiring and fun sessions where the children and young people are able to explore and take appropriate risks in the outdoor environment, enabling them to develop their self-confidence, self-esteem and resilience through experiential learning and adventure in a natural setting. Activities may include shelter building, natural arts and crafts, knot tying, sensory games and problem-solving challenges.

Forest School sessions are available to book as a block of six weekly half-day sessions.

COVID-19 security

The number of participants in each group is currently limited to eight (excluding staff and accompanying adults). Appropriate social distancing measures will be observed throughout all sessions. These are discussed on booking and at the start of each session. Hand sanitiser will be available at all times.

Want to book a session?

If you would like to know more about future programmes or make a booking, please contact the YC Hertfordshire Go Wild Team:

Email: GoWild@hertfordshire.gov.uk

Tel: 01992 588229

Also, please visit our website where you can complete a Go Wild at Hudnall booking form.: <https://www.ychertfordshire.org/hudnall-park/go-wild-at-hudnall/>