

ENGAGING CHILDREN & YOUNG PEOPLE WITH NATURE AND THE OUTDOORS CONFERENCE



Scottish
Forestry
Coilltearachd
na h-Alba

10th & 11th March 2020
Royal Botanic Garden Edinburgh

BOOK NOW!

The Outdoor Recreation Network is pleased to announce this exciting two-day conference covering research and best practice to promote children's engagement with nature and the outdoors.

Venue: Royal Botanic Garden Edinburgh, Arboretum Place EH3 5NZ

More and more young people today are having less and less contact with the natural world and this is having significant negative impacts on their physical, mental and social development. A lack of outdoor time, coupled with increasing screen time is leading to more sedentary lifestyles and disconnectedness with nature, which can be difficult to unlearn later in life.

Obesity can be the most visible symptom of a lack of regular time outdoors, but research consistently shows that being active in nature also significantly improves attention deficit hyperactivity disorder, creativity and mental, psychological and emotional wellbeing. Socially, it improves cooperation, flexibility and self-awareness. Emotional benefits include reduced aggression, increased happiness and increased problem-solving skills, focus and self-discipline.

Simply put, young people need to be outside and engaged with nature. Crucial to achieving this is addressing deprivation barriers so that all young people have the same opportunity to engage with and enjoy the outdoors.

This two-day conference hosted by Scottish Forestry at Scotland's oldest botanical garden (which is 350 years old this year) will enable you to hear about current research and good practice promoting young people's engagement with nature and the outdoors – and gather insights from others who are leading the way in this area through innovative approaches.

This conference is a must attend event which will attract a wide range of stakeholders in the outdoor recreation industry across the UK and Ireland including, public bodies, statutory agencies, research institutions and providers of outdoor recreation and learning.

With input from key leaders, policy-makers and researchers, this conference will:

- Outline changes and emerging trends in how young people spend their leisure time.
- Showcase effective interventions to increase the engagement of young people with nature and the outdoors.
- Highlight good practice that engages young people in the outdoors through taster sessions and site visits.
- Offer delegates a wealth of opportunities to network and share practice.

Please book early to ensure your place as tickets are limited.





Royal
Botanic Garden
Edinburgh

SPEAKERS

DAY 1

KEYNOTE PRESENTATION

“Nature and Children’s Health”

Catharine Ward-Thompson

Professor of Landscape Architecture &
Director of OPENspace Research Centre,
University of Edinburgh

KEYNOTE PRESENTATION

“Outdoor Learning and Its Benefits”

Sally York

Education Policy Advisor,
Scottish Forestry

“The Duke of Edinburgh Award, Scouts and
Girl Guide update”

Pete Moir,

The Duke of Edinburgh Award Scotland

DAY 2

KEYNOTE PRESENTATION

“Getting it Right for Play Outdoors”

Marguerite Hunter Blair

Chief Executive,
Play Scotland

KEYNOTE PRESENTATION

“Outdoor Nurseries a Growing Market”

Rachel Cowper

Thrive Outdoors, Inspiring Scotland

“Outdoor & Woodland Learning Network”

Best Practice in Scotland

Bonnie Maggio

Forestry Scotland

More speakers to be announced.



Image Courtesy of Royal Botanic Garden Edinburgh

WORKSHOPS

DAY 1- PRACTICAL ACTIVITIES FOR CHILDREN OUTDOORS

- Wolf Brother Resource
- Making and Playing Kubbs
- Felt Feet
- Peg Loom Weaving

NEED TO KNOW...

CONFERENCE VENUE

Caledonian Hall located within the Royal Botanic Garden Edinburgh.

Address: EH3 5LP

MEMBER (ONLY) MEETING

(18:30 - 21:00 | Monday 9th March)

Share knowledge of current initiatives and opportunities within the industry.

NETWORKING DINNER & CEILIDH

(18:00 - 23:00 - Tuesday 10th March)

Pre Booked Ticket

A fantastic opportunity to informally network with other delegates.

Location: Caledonian Hall

ACCOMMODATION

There are a number of accommodation options in the area including guest houses, hotels and B&Bs. The venue is also easily accessible by bus.

PROGRAMME

Monday 9th March

18:30 - 21:00 | Member Meeting

Tuesday 10th March

09:30 - 16:00 | Conference & Workshops

18:00 - 23:00 | Networking Dinner & Ceilidh

Wednesday 11th March

09:00 - 14:00 | Conference & Site Visit

TICKET PRICE...

There are two ticket options for this conference:

- Full Conference **INCLUDING** Conference Networking Dinner
£275
- Full Conference **EXCLUDING** Conference Networking Dinner
£249

Booking via Eventbrite or Invoice.

Tickets include;

- Tea, Coffee & Refreshments on arrival and throughout seminar
- Lunch on both days
- Networking Opportunities
- Outdoor Activities & Optional Site Visit
- Networking Dinner & Ceilidh +
- Member Meeting *

*Members Only

+This event is only for those who have purchased the 'Full Ticket Including Conference Dinner'.

For any questions about this event or for invoicing please contact Jayne Woodrow ORN Secretariat

(jayne@outdoorrecreation.org.uk or 028 9030 3930).

Please note that invoiced tickets will only be secured once a Purchase Order (PO) Number has been supplied.

The Outdoor Recreation Network

The Outdoor Recreation Network (ORN) is an unincorporated network of public agencies and non-governmental organisations across the UK and Ireland established in 1968. Its member organisations are involved in outdoor recreation and related fields such as the natural environment, outdoor activities, tourism and health.

Vision

“Encourage more people to enjoy and engage with the outdoors”

Mission

“Collaborate with members to share research, facilitate information exchange, and champion sustainable use and good practice.”



Become A Member

A number of different membership options exist with varying benefits and costs for your organisation.

- Be part of and have your voice heard within an influential network of public, private and voluntary organisations across the UK and Ireland.
- Benefit from unique networking and info sharing events with other member organisations and key stakeholders in outdoor recreation.
- Use ORN communication channels to circulate relevant information to over 1,000 members.
- A number of free places to all network meetings, seminars and annual conference.
- An opportunity to become a member of the Executive Committee which helps determine the direction and work of ORN.

For more information contact the ORN Secretariat on 028 9030 3930 / enquiries@outdoorrecreation.org.uk



Outdoor Recreation Network
c/o Outdoor Recreation NI
The Stable Yard, Barnett Demesne,
Malone Road,
Belfast,
BT9 5PB

Phone: 028 9030 3930

Email: enquiries@outdoorrecreation.org.uk



www.outdoorrecreation.org.uk