



Forest of
Bowland
National
Landscape



COMMUNITY LEADERS TRAINING COURSE

Connecting People And Nature Project

As part of the '**Connecting People And Nature Project**' (CPAN) we are offering a free 3-day **Community Leaders' Training Course** each year. Over the last two years we have delivered courses in Blackburn and East Lancashire, which included 2 days within the Forest of Bowland. These were a huge success, and we are now planning our third course to run in the **Preston area for 2025**. The community leaders' training course is part of the 3-year Connecting People And Nature Project which is a partnership involving **The Ernest Cook Trust** and the **Forest of Bowland National Landscape** which is funded through the **National Lottery Heritage Fund**. More information on the Connecting People And Nature Project can be found here:

www.forestofbowland.com/connecting-people-nature

About the Community Leaders' Training Course 2025:

The multiday training course will help people to develop skills and confidence to lead/engage people in their communities and take their sessions outdoors, plan and organise simple and engaging outdoor activities (not bushcraft activities), increase understanding of opportunities for people to get outdoors and connect with nature. Once upskilled, these Community Leaders will be supported to arrange and run outdoor sessions for their own groups, within the local landscape.

Therefore, we are **currently looking for Community Leaders within Lancaster, Preston and surrounding towns**, who already have a group they regularly engage with. You could be a paid member of staff or a volunteer. Ideally, we are looking for individuals who would like:

- Some more support and to gain skills about how to take their group outdoors.
- Would like to build confidence in engaging with the local community more.
- Would like to attain information about what local green spaces they could use and how to go about planning sessions in the outdoors.

What will you get from the course?

- Skills and confidence in engaging individuals and working with groups.
- Simple but engaging outdoor activities that you can use in your own groups (not covering Bushcraft, nor Outdoor Learning or Forest School aspects).
- Understanding benefits of the outdoors (for physical and mental health and wellbeing etc.) and how the outdoor environment can add value to the services they already provide.
- Develop skills and confidence in planning and organising sessions (and these potentially being outdoors).
- Increase local knowledge of opportunities for people to get outdoors and involved in the local landscape.

- The Health and Safety knowledge required for taking the community group outdoors (insurance, risk assessment and responsibility / liability implications in the context of leaders own policies etc.)
- Self-sustained peer network of the Community Leaders from the course, who share ideas, resources, and collaboration.

Are you interested?

The planned dates for the community leaders' training course is **30th September 1st and 2nd, of October 2025**, potentially **9:30am-3:30pm**. **You will need to attend all three full days.**

Day 1 (30th September) will be at **The Hub on Grange Park**, Mitton Drive, Ribbleson, Preston PR2 6HA

Day 2 and 3 (1st and 2nd October) will be at **Beacon Fell Country Park, Preston**, within the Forest of Bowland National Landscape (a shuttle bus will be provided for those who require transport into the National Landscape).

If you are still interested in the course, please could you email Alison.Cross@ernestcooktrust.org.uk with answers to the following questions (please note there doesn't have to be lots of detail):

1. What community organisation do you volunteer or work at?
2. What is your role and responsibilities within the organisation?
3. What is main aim and target audience of the community organisation?
4. Where is your community organisation mostly located? – Do you have a site? Or is there a specific geographical location that your participants come from?
5. What are you looking to get out of the community leaders' training course?
6. On a scale of 1-10 (where 1 is the least confident), how confident do you currently feel to use the outdoors within your community organisation?
7. Has your community group taken part in anything outside, within a local green space or within nature?
8. Do you have any relevant experience or qualifications within the outdoors?
9. Anything else you wish to tell us about yourself or the community group?
10. Is there anything which might be a barrier to you taking part in the course?
11. What is your postcode? (If you are participating in the course through your working role, please provide work postcode).
12. The training course is 3 consecutive days, and the delivery times will be 10-3. There will be potential travel times of an hour either side of this. Is this acceptable for yourself?

As this course is likely to be oversubscribed, we will confirm if you have been allocated a space, with the Course Outline details and exact times and locations. This will be by Tuesday 26th August 2025.

The Community Leaders Training Course is being delivered by Move2change CIC. The course is part of the Connecting People and Nature project, which is being delivered by UK educational charity The Ernest Cook Trust and the Forest of Bowland National Landscape, supported by The National Lottery Heritage Fund, and Lancashire and South Cumbria NHS Foundation Trust. Its focus is on promoting nature, wellbeing, and Outdoor Learning.

