

Camp Birch

Wednesday 6th - Sunday 10th September 2023

Where:

Brown Rock Farm in Tickenham, 5 minutes from Clevedon.

🌿 We will be camping in 50 acres of private woodland with beautiful views over the Somerset Levels

🌿 The land includes a tree-top platform, an outdoor kitchen, fire pit, cosy-round house and archery range



What:

🌿 A safe and inclusive 5 day and 4 night camp for 18-25 year olds to try something new, build confidence and skills, and have a moment to pause and reflect on your transition into adulthood

🌿 You will join a group of other young adults from all walks of life to be inspired, to meet new like-minded people and to live together in nature

🌿 Pre and post camp mentoring will be offered to help you get the most out of the experience and help you decide what to do next, including a 1:1 session post camp

🌿 A free minibus will transport participants from central Bristol and we can loan camping equipment

🌿 All meals and snacks are included free of charge and we will cater to all dietary needs

🌿 Beyond the camp, there is the opportunity to join 'Fresh Air Thursdays', our weekly land-skills and nature-based wellbeing group, a place to build on friendships made during the camp, create new ones, and where your skills and passions can be developed.

🌿 To find out more about us and the programmes we offer see our [website](#).

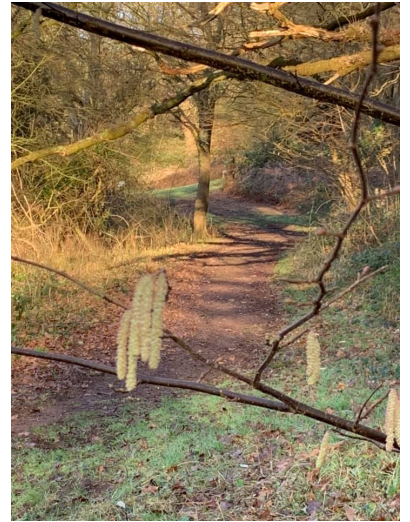
What to expect:

🌿 Survival Skills: Foraging, Fire Lighting, Archery

- 🌿 Camp Craft: Woodwork, Weaving, Pottery
- 🌿 Cooking on the fire
- 🌿 Time to hang out around the fire in a cosy roundhouse
- 🌿 Group games
- 🌿 Time to relax on your own and with others
- 🌿 Pre and post camp mentoring and support
- 🌿 Basic nature based stress reduction techniques

Benefits:

- 🌲 Increased confidence and self esteem
- 🌲 Opportunity to meet new people and develop a support network
- 🌲 A deeper connection to yourself, nature and a wider community of young people
- 🌲 Increased sense of wellbeing and resilience to meet the challenges of life
- 🌲 Reflection time to consider next steps in life
- 🌲 Empowered to make positive changes
- 🌲 Enhanced communication skills
- 🌲 Learn new and transferable practical skills that might even become your future career or hobby



Who is it for:

The camp is open to all young people 18 - 25 who:

- 🍀 Would benefit from time spent outside with other young people
- 🍀 Are struggling to engage with study or work
- 🍀 Have mental or physical health struggles
- 🍀 Are experiencing loneliness or isolation

How to find out more information:

We will be holding a pre application online session on google teams for young people or professionals to find out more information and ask any questions you have. This will happen on Wednesday 21st June 5-5.30pm and the link is here:

<https://teams.live.com/join/9451320400472>

We will also record this- if you would like a recording please get in touch.

If you would rather have a 1:1 chat, give us a call.

How to apply:

To make a referral for a young person, please fill in the application form attached and email it back to:

ro@thebirchcollective.co.uk



Deadline for application is: Wednesday 12th July 5pm

Please note that filling in an application form doesn't guarantee you a place! We will have a look at all the applications and choose a group who we think will get the most out of the opportunity and let all applicants know by the end of the week.

Please share this message with anyone you think would be interested and get in touch with any questions you have.

All the best,

Ro and the Birch team



