

ROWAN RANGERS

Project Update to



Den building



Fire lighting



Storytelling



Creating art



Green
woodwork



Wildlife
spotting

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Background

In February 2025, The Nineveh Trust awarded Rowan a grant of £3,000 towards Rowan Rangers Forest School, supporting adults with learning disabilities in Cambridge.

What did we do?

The £3,000 grant has significantly strengthened the delivery and development of Rowan Rangers during 2025/26, enabling adults with learning disabilities to access high-quality outdoor learning, wellbeing support, and meaningful nature-based experiences.

The funding has expanded provision, improved facilities, and enhanced the overall impact of the programme.





The grant supported the launch of a NEW Wednesday session, increasing weekly capacity and allowing more participants to benefit from the service. This group has now begun working through the Wild Passport, providing a structured progression in bushcraft, nature skills, and outdoor confidence.

Our established Friday group continues to demonstrate a strong sense of community. This group plays an important role in reducing loneliness and social isolation, offering a consistent, supportive environment where participants feel valued and connected.





Rowan Rangers

Rowan is starting a new day of forest school. This will run on a Wednesday, 10am-2pm, in private woodland in Histon, close to Cambridge.

Our Rangers connect with their environment and each other through:

- 🌿 storytelling
- 🌿 den building
- 🌿 fire lighting
- 🌿 green woodwork
- 🌿 wildlife spotting
- 🌿 creating art inspired by nature

Express your interest!

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Five Ways to Wellbeing

Activities funded through the grant align closely with the Five Ways to Wellbeing:

- **Connect:** Group fires, shared tasks, and collaborative projects strengthen relationships.
- **Be Active:** Regular walking, tool use, and woodland tasks promote physical health.
- **Take Notice:** Wildlife observation, seasonal awareness, and sensory engagement deepen nature connection.
- **Keep Learning:** Participants develop bushcraft, green woodworking, and woodland management skills.
- **Give:** Individuals contribute to group wellbeing through shared responsibilities and peer support.

These elements have collectively improved confidence, resilience, and emotional wellbeing.





Nature Connection and Woodland Skills


Participants have engaged in a wide range of bushcraft and woodland management activities, including fire lighting, safe tool use, habitat care, and seasonal observation. The grant also enabled the construction of a new woodworking area, improving safety, accessibility, and opportunities for skill development.

What difference has it made?



This project has benefited individuals and the wider group / community

Here are just a few personal achievements from our Rowan Rangers

- An enjoys recording and identifying bird songs, developing focus and nature awareness.
 - Ai gains pride and purpose from cutting and preparing firewood for the group.
 - Am benefits from independent walks around the site, valuing peaceful time alone.
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- J builds confidence by delivering a weather report each session.
- As contributes games and creative ideas, and is steadily improving social communication.
- F is learning to manage his emotions and share activities such as fire lighting.
- M enjoys group activities and appreciates having a space where she can express herself freely.
- S uses the supportive woodland environment to talk through things he is unsure about in other areas of his life, finding volunteers and staff approachable and helpful.
- T has shown improved participation in activities and group interactions, while also having the space to meet his sensory needs in a calm, supportive environment.



“...I like being outside in nature”



This is Anna. She loves birds and is working on a project to record birds at Forest School.

“Being outside makes me feel relaxed and happy. I like being outside in nature. I have learnt all about nature, birdwatching, fire lighting, fungi identifying and woodwork at Forest School”.



Anna, Rowan Ranger

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“I like...being around the fire with everybody”



Sam has been attending Rowan's Forest School for 4 years.

“I like the games and being around the fire with everybody. The best thing about Forest School is working with Russell!”

When asked how he would describe how he feels at Forest School, Sam has a big smile and a thumbs up.



Sam, Rowan Ranger


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Holistic Impact

The forest school environment continues to support participants' emotional, social, physical, and cognitive development. The combination of structured and unstructured learning opportunities, nature immersion, and community belonging has created a setting where individuals can grow at their own pace while feeling safe, supported, and included.

Conclusion



The £3,000 grant has been instrumental in expanding provision, improving facilities, and enhancing the quality of support offered at Rowan Rangers.

It has strengthened wellbeing, increased nature connection, and enabled adults with learning disabilities to develop meaningful skills in a safe, supportive woodland environment.

We are deeply grateful for this investment in our community.

THANK YOU!



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