



Respite in the Reeds 2020 -21

Thank you for your interest in Respite in the Reeds, outdoor activities project, for women in Norfolk. This project is fully funded by a Sport England Lottery Award and is free for participants.

What is Respite in the Reeds?

This project is for women who would like to be a bit more active, but perhaps are unsure or fearful of doing so. Respite in the Reeds has been specifically designed to support women in Norfolk who face persistent social and economic challenges and difficult circumstances that cause barriers to attaining good health, including experience of homelessness, addiction, sex working, involvement in the criminal justice system, domestic abuse and trauma.

We are offering two programs of outdoor activities, including walking, camping, yoga, qigong, archery and hill walking. Our project is based upon proven models of outdoor recovery which blend physical activity with building new social connections and emotional support; helping to nurture a greater sense of collective support and optimism amongst participants, whilst reducing social anxieties of engaging in unfamiliar situations.

Who is running the project?

Respite in the Reeds is run by Bittern Meadow CIC, a local non-profit organisation, which specialises in engaging people with each other and nature. See www.bittern-meadow.co.uk for more information. Melanie Wheeler is the project leader, with many years experience supporting vulnerable people to access the outdoors and in Voluntary Sector management, she holds a Post Graduate Diploma in Person Centred Counselling and is walking group leader trained. Partnerships with Ascend Adventure (www.ascendadventure.co.uk) Waterwish (www.waterwish.net) and fully qualified, experienced local yoga and Qigong instructors, complete a comprehensive collaboration of skills.

What are the aims of the project?

The project aims to: -

- Get inactive people to become more active,
- Create a network of mutual support among group members
- Encourage healthier lifestyles
- Link women with other support and activities in the wider community

What measures are in place to safeguard participants?

Bittern Meadow CIC has and implements a full range of policies and procedures including Safeguarding Children and Young People, Vulnerable Adult Policy, Health and Safety Policy, Equal Opportunities and Diversity Policy and we undertake full risk assessment on each project we implement. We operate an expected code of conduct with participants and have extensive experience of supporting vulnerable adults in a group setting, including managing potential conflict or exploitation of participants, and responding to emergency situations. We have a Designated Safeguarding officer and seek to co-operate with referring agencies to balance the benefits of taking part in our programs, with any identified risks. We have full Public Liability Insurance, DBS and are First Aid Trained.

When and where are the Program's taking place?

Most of our activities will take place at our private, four acre meadow site, at Bittern Meadow, in Postwick (East of Norwich, towards Brundall). Day walks will be designed in response to the physical capabilities of participants, and take place around Norfolk. We will organise a walking camp along a long distance trail somewhere in the UK, again dependent on the abilities of the participants. Inflatable Norwich takes place at The Norfolk Showground.

Program one - Walking, outdoor yoga, an archery taster session, an overnight camp in Norfolk and participation in Inflatable Norwich event

- Thursday 17th and 24th September 2020
- Thursday 8th, 15th, Saturday 17th, Thursday 22nd and 29th October 2020
- Saturday 10th- Sunday 11th October (overnight camp) 2020
- Thursday 5th November 2020

Program two – Walking, Qigong, a walking camp along a long-distance path.

- Friday 23rd and 30th April 2021
- Friday 7th, 14th, 28th May 2021
- Thursday 20th – Monday 24th May 2021 – walking camp
- Friday 4th and 11th June 2021

Practical issues

We will arrange travel/lift shares and pick up points once we know how many people would like to attend. We can reimburse travel costs upon provision of a receipt.

In order to come along on the walking camp or take part in the Inflatable race participants will need to attend some other sessions first so we can be sure the activities are suitable.

We will provide healthy food and refreshments during all the sessions and can cater for dietary requirements.

Because the activities take place outdoors we encourage participants to wear suitable footwear, walking trainers or walking boots and to dress for the British weather. Please be aware that the ground may be muddy or uneven.

We can provide all the equipment needed for the camping activities.

Accessibility – we will do our best to accommodate additional needs or physical disabilities and we realise that this program may not be suitable for everyone.

How do I make a referral?

We would be happy to visit your organisation to talk with you and your staff about Respite in the Reeds, so you feel well informed when discussing it with your clients.

We can also attend to speak to an individual or group of potential participants.

Please call Mel on 07507842187 or email melanie.wheeler@bittern-meadow.co.uk to arrange this.

You can make a referral by providing the participant with a copy of the Respite in the Reeds Client information and application form which can be returned by email or post to Bittern Meadow CIC, 83 King Street, Norwich, NR1 1PH.

Information given will be treated as strictly confidential.

Name:	Date of Birth:
Address:	Phone No:
Postcode:	Email:
I agree that any photography (stills or video) or case studies made or taken during the project, which may include me in it, may be used in publicity material including social media for current and future events and for reporting purposes (delete as appropriate):	
Yes No	

In case of emergency please contact (full name):	Phone No:
	Relationship to you:
Please provide details of any allergies/ relevant medical conditions/disabilities:	Dietary Requirements (e.g. vegetarian? vegan?) Please provide full details:

Please give details of any relevant mental health or emotional wellbeing issues you would like us to know about including alcohol or drug dependency (if any):

What helps you manage these mental health and emotional wellbeing issues?

By signing this form you are confirming that you are consenting to Bittern Meadow CIC holding and processing your personal data for the following purposes - emergency contact, information regarding this project. You can find out more about how we use your data from our "Privacy Notice" which is available from our website or from the Registered Office. You can withdraw or change your consent at any time by contacting Melanie Wheeler (details below). Please note that all processing of your personal data will cease once you have withdrawn consent, other than where this is required by law, but this will not affect any personal data that has already been processed prior to this point.

Signature..... Date.....