

Survival days, orienteering, bike rides,
mini-beast hunts, and
conservation volunteering

It's Great Outdoors!

We deliver a range of structured activities including survival days, orienteering, mini-beast hunts, bike rides and conservation volunteering. It's Great Outdoors uses the countryside as a place for physical exercise, learning, enjoyment and relaxation. Our main clients at present are Bedford Borough and Central Bedfordshire Councils.

Participation in It's Great Outdoors can lead to an ASDAN Activities Award, which acknowledges individual achievement as well as giving the learner credits towards more extensive qualifications.

We can also carry out school ground improvements; in the past projects have ranged from the creation of a wildlife garden to building a sensory garden. Work has been completed at Shackleton Lower School and Sunnyside Special School.

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Gain new skills, reduce stress, take
physical exercise and
'grow your own' veg with
Nourishing Neighbourhoods

Nourishing Neighbourhoods runs 'grow your own' and healthy eating activities with school children, parents & toddlers, and other groups in the community. This enables children and families to access healthy fresh food; gain new skills and knowledge; take physical exercise; relax and reduce stress; and become more aware of the natural environment.

Sessions can be delivered through a mixture of regular programmes and drop-in sessions, both in term-time and school holidays, and both in-school and after school. Current partners include Hillborough Infants School, Grasmere Children's Centre and Parkside Neighbourhood Centre.

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**NOURISHING
NEIGHBOURHOODS**

Bedfordshire Rural Communities Charity (BRCC) is the leading community development agency working across Bedfordshire, with a proven track record over more than 50 years.