



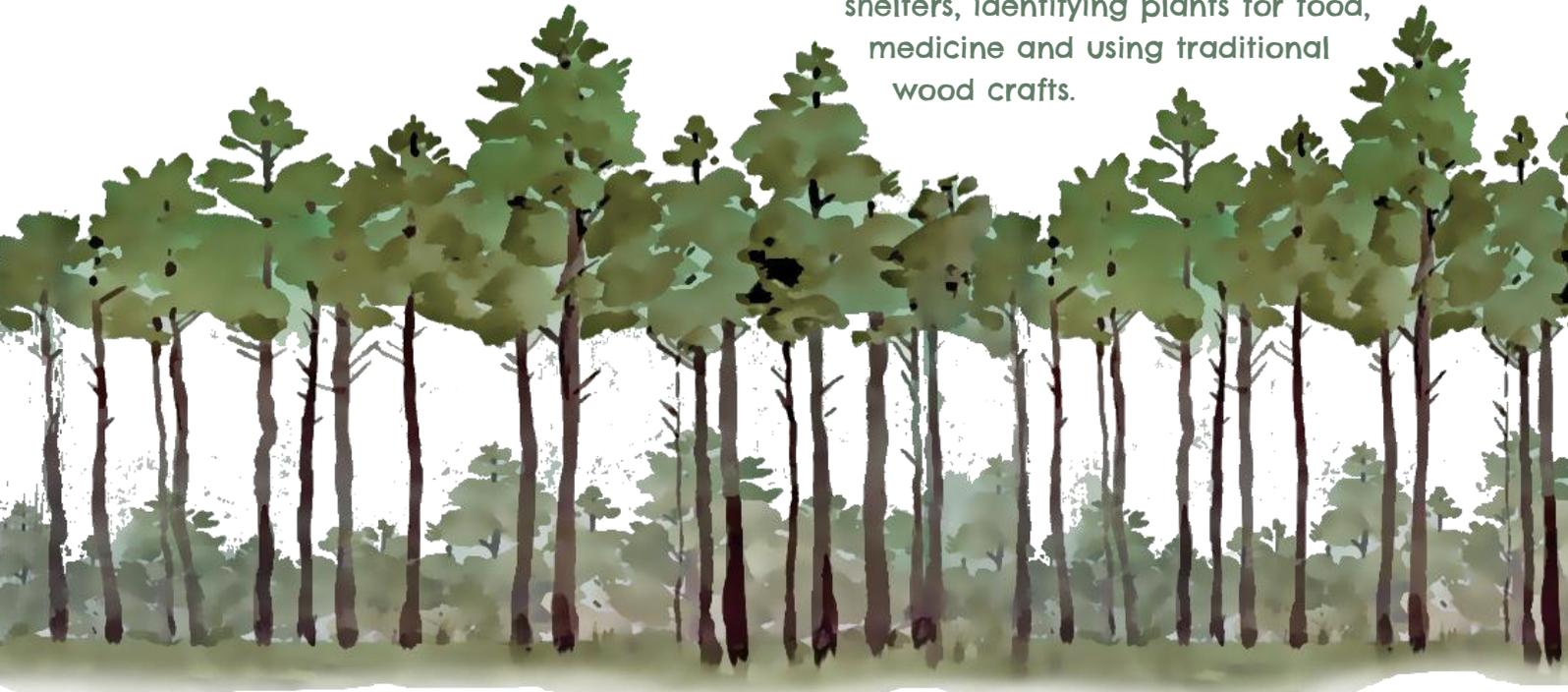
# Family Summer Workshops

Discover,  
Explore,  
Conserve  
& Share

This summer bring your family to an exciting wilderness experience at The Sustainability Centre in the South Downs.

Our survival and nature exploration is inspired by John Muir, the adventurer, survival expert and botanist. He climbed mountains and glaciers with just an axe and

washing line. He survived by creating natural shelters, identifying plants for food, medicine and using traditional wood crafts.



1<sup>st</sup> June

AM Share Wilderness Skills  
PM Conserve A wild Area and Build Shelter

2<sup>nd</sup> June

AM Discover Wild Food and Medicine  
PM Explore Tree Folklore and Wild Crafts

4<sup>th</sup> June

AM Discover Survival Skills  
PM Explore Camp Cooking

12<sup>th</sup> June

AM Share a Nature Connection  
PM Conserve Plants

3<sup>rd</sup> July

AM Discover Wild Food and Medicine  
PM Explore Tree Folklore and Wild Crafts

28<sup>th</sup> July

AM Share a Nature Connection  
PM Conserve Plants

30<sup>th</sup> July

AM Share Wilderness Skills  
PM Conserve A wild Area and Build Shelter

£10  
Per Workshop  
Per Family



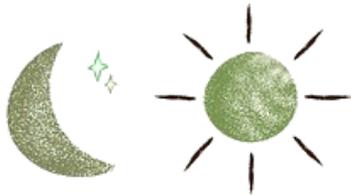
The Sustainability Centre  
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www.sustainability-centre.org

Thank you to  
**SOUTH DOWNS**  
**NATIONAL PARK**  
CELEBRATING 10 YEARS

	Tutor	Morning Workshop 10.30am to 12.30pm	Afternoon Workshop 1.30pm to 3.30pm
1 <sup>st</sup> Jun	<p><b>Sean Reeves</b></p> <p><b>JOHN MUIR Fact</b> John Muir would live in the outdoors for weeks at a time cooking his own bread and brewing teas.</p> <p><b>JOHN MUIR Quote</b> 'Just bread and water and delightful toil is all I need-not unreasonably much, yet one ought to be trained and tempered to enjoy life in these brave wilds in full independence of any particular kind of nourishment.'</p> 	<p><b>Share Wilderness Skills</b></p> <p><b>Primitive Fire, Stoves and Cooking</b></p> <p>Learn fire-lighting skills with our experienced instructor and discover many ways to cook food on an open fire and use an exciting array of stoves.</p> <p><b>Share Outdoor Sustainable Living Using MINIMUM resources.</b></p> 	<p><b>CONSERVE A wild Area and Build Shelter</b></p> <p>Create your own wild area learning how to build a survival shelter so you can live outdoors just like John Muir did in the great wilderness. Make a camp fire and hone your fire-lighting skills.</p>  <p><b>CONSERVE important Habitats &amp; Food chains Like invertebrates in dead Wood.</b></p>
2 <sup>nd</sup> Jun	<p><b>Jonathon Huet</b></p> <p><b>JOHN MUIR Fact</b> John Muir walked a 1000-mile trek cataloguing all the plants he found for he realised after temporarily losing his sight how vital it was to enjoy nature.</p> <p><b>JOHN MUIR Quote</b> 'So extravagant is nature with her choicest treasures, spending plant beauty as spends sunshine, pouring it forth into land and sea, garden and desert. And so the beauty of lilies falls on angels and men, bears and squirrels, wolves and sheep, birds and bees...'</p>	<p><b>Discover Wild Food and Medicine</b></p> <p>A truly back to nature experience. Enhance the wellbeing of your whole family by discovering nature's medicines and make wild potions for good health.</p> <p>Return to wild ways with a walk to discover tree and plant uses.</p> <p><b>Discover plants AND the LOCAL countryside.</b></p> 	<p><b>EXPLORE Tree Folklore and Wild Crafts</b></p> <p>During this nature connection workshop, you will discover the stories and folklore of the woodlands sat around the fire.</p> <p>By the making of engaging simple crafts, you will enhance a connection to nature.</p> <p>You will make your own braids and beads to create memories to weave into a magical wand.</p>  <p><b>EXPLORE the Importance of Woods, ideas For crafts.</b></p>

We are very excited to be able to offer these workshops at a minimal cost due to the supporting grant we have received from the [South Downs National Park Authority](#). If you would like to visit but cannot afford the travel you can apply for an additional bursary for the cost of travel by contacting us.

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4 <sup>th</sup> Jun	<p><b>Sean Reeves</b></p> <p><b>JOHN MUIR Fact</b> John Muir survived outdoors with just his tweed jacket, axe and washing line for climbing in some of the most dangerous terrains in the world.</p> <p><b>JOHN MUIR Quote</b> 'Drinking this champagne water is pure pleasure, so is breathing the living air, and every movement of the limbs is pleasure, while the whole body seems to feel beauty when exposed to it...'</p>	<p><b>DiScoveR Survival Skills on the Trail</b></p> <p>Learn to put up a hammock and shelter to survive outdoors. You will learn a variety of knots to empower you to be confident at setting up your own man-made shelters and travel light weight.</p>  <p><b>DiScoveR youR oWN abilities and SELF-SUFFiciency.</b></p>	<p><b>EXpLoRe Camp cooking</b></p> <p>In this workshop learn the art of simple tasty food cooked on a camp fire. This will help you feel more confident at managing a fire and cooking your own camp food.</p> <p><b>EXpLoRe tasty Food For the outdoors.</b></p> 
12 <sup>th</sup> Jun	<p><b>Jonathon Huet</b></p> <p><b>JOHN MUIR Quote</b> 'Were trees mere mechanical sculptures what noble objects they would be! How much more throbbing, thrilling, overflowing, full of life in every fibre and cell, grand glowing silver rods- the very Gods of the plant kingdom, living their sublime centaury in sight of heaven, watched and loved and admired from generation to generation.'</p>	<p><b>SHare a Nature Connection</b></p> <p>Spend some time in a wild area in harmony with your surroundings bringing together many of the skills you have learnt so far. In this session we will be creating our own wild area and fire as well as observing nature, we will have some quiet time and enable nature to top us up for the year.</p>  <p><b>SHare LiViNG outdoors in HARMONY With Nature.</b></p>	<p><b>CONSeRve Plants</b></p> <p>Join us on a walk to explore the joy of plants further, make a nature book, identify flowers, discover the trees, learn songs and poems and spend a couple of hours soaking in the beauty of our chalk meadows.</p> <p><b>CONSeRve the iMPORTance OF PLANTS and their role in CLiMATE CHAnGE.</b></p> 

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3 <sup>rd</sup> Jul	<p><b>Jonathon Huet</b></p> <p><b>JOHN MUIR Fact</b> John Muir won first prize at the Madison state fair for his whittled wooden clocks.</p> <p><b>JOHN MUIR Quote</b> 'Always fond of flowers, attracted by their external beauty and purity. Now my eyes were opened to their inner beauty.'</p> 	<p><b>Discover Wild Food and Medicine</b></p> <p>A truly back to nature experience. Enhance the wellbeing of your whole family by discovering nature's medicines and make wild potions for good health.</p> <p>Return to wild ways with a walk to discover tree and plant uses.</p> <p><b>Discover plants AND the LOCAL countryside.</b></p> 	<p><b>Explore Tree Folklore and Wild Crafts</b></p> <p>During this nature connection workshop, you will discover the stories and folklore of the woodlands sat around the fire.</p> <p>By the making of engaging simple crafts, you will enhance a connection to nature.</p> <p>You will make your own braids and beads to create memories to weave into a magical wand.</p> <p><b>Explore the Importance of Woods, ideas For crafts.</b></p>
28 <sup>th</sup> Jul	<p><b>Jonathon Huet</b></p> <p><b>JOHN MUIR Quote</b> 'Indian people walk softly and hurt the landscape hardly more than the birds and squirrels, and their brush and bark huts last hardly longer than those of wood rats.'</p> 	<p><b>Share a Nature Connection</b></p> <p>Spend some time in a wild area in harmony with your surroundings bringing together many of the skills you have learnt so far. In this session we will be creating our own wild area and fire as well as observing nature, we will have some quiet time and enable nature to top us up for the year.</p> <p><b>Share Living outdoors in harmony With Nature.</b></p>	<p><b>Conserve Plants</b></p> <p>Join us on a walk to explore the joy of plants further, make a nature book, identify flowers, discover the trees, learn songs and poems and spend a couple of hours soaking in the beauty of our chalk meadows.</p>  <p><b>Conserve the importance of plants and their role in climate change.</b></p>

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30 <sup>th</sup> Jul	<p>Sean Reeves</p> <p><b>JOHN MUIR QUOTE</b>            'Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.'</p> 	<p><b>Share Wilderness Skills</b></p> <p><b>Primitive Fire, Stoves and Cooking</b></p> <p>Learn fire-lighting skills with our experienced instructor and discover many ways to cook food on an open fire and use an exciting array of stoves.</p> <p><b>Share Outdoor Sustainable Living Using MINIMUM resources.</b></p>	<p><b>CONSERVE A wild Area and Build Shelters</b></p> <p>Create your own wild area learning how to build a survival shelter so you can live outdoors just like John Muir did in the great wilderness. Make a camp fire and hone your fire-lighting skills.</p> <p><b>CONSERVE important Habitats &amp; Food chains Like invertebrates in dead Wood.</b></p>

Learn the value of preserving our wild places in an exciting and engaging way.

- We have designed our summer workshops to be COVID secure and socially distant, whilst still having plenty of fun. With two different workshops each day, families can have a full day out if they choose.
- Wild Ways Workshops are for family groups with adults and up to 3 siblings aged 6 and over.
- There are only three family groups per session.
- Each family ticket is only for those living together or in a family bubble.
- Meet 15 minutes before each workshop time outside reception.
- We will add extra workshops to match the demand, so you can ask for an extra session at a time that suits you and we will try to add it to the program.



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