



Milton Country Park is a country park and lakes just north of Cambridge. Managed by Cambridge Sport Lakes Trust this popular outdoor space is more than just a park.

Committed to providing opportunities for everyone to enjoy the physical and mental health benefits of the outdoors, the Trust supports a wide range of initiatives from nature-based learning to sports programmes and events and holds an AALA license for its water sports activity provision.

Wild Minds sessions have been created by **Cambridge Sport Lakes Trust, South Cambridgeshire District Council with support from Cambridgeshire County Council.**



For more information about Milton Country Park please visit our website:
www.miltoncountrypark.org

WHERE TO FIND US

Milton Country Park,
Cambridge Road,
Milton,
Cambs,
CB24 6AZ

01223 420060

mcp@cambridgesportlakes.org.uk



How to Apply

If you have been given this leaflet by your gp and would like to register your interest in this referral programme please visit the website below:

<https://www.scams.gov.uk/sport-health-and-wellbeing/health-and-wellbeing/wild-minds>

Wild Minds sessions are supported by:



WILD MINDS

everything is better outdoors



MILTON COUNTRY PARK

WILD MINDS

Referral Programme for teenagers
aged 14-17

nature | well-being | bushcraft | mindfulness

MANAGED BY CAMBRIDGE SPORT LAKES TRUST

REGISTERED CHARITY NO. 1040693

INTRODUCING WILD MINDS

We believe in the healing power of nature!

If you're aged 14-17 and feeling stressed, anxious or down, you will find only like-minds and a friendly welcome at Milton Country Park.

Our six week programmes are designed to give you an introduction to a wide variety of outdoor activities with a particular focus on nature, well-being, bushcraft and mindfulness.

From campfire cooking and survival skills to paddle boarding and yoga, we want to share our passion for the outdoors and help you slow down, tune in, and build confidence, so you can find your wild!

Sessions run on:

Wednesday 3-5pm

with experienced instructors, supported by a mental health practitioner.

See our website for holiday club dates

MEET THE TEAM

Wild Minds is a partnership between Cambridge Sport Lakes Trust and South Cambridgeshire District Council with input from Cambridge North Villages Primary Care Network. At Cambridge Sport Lakes Trust we are committed to providing outdoor activities that support and improve mental health. Our instructors are all experienced, with NGB qualifications and a shared interest in mental well-being. Instructors may vary. Our lead water and bushcraft instructors are introduced below.



Julie Davies

Julie Davies is a life-long nature enthusiast, a long-time yoga practitioner, and a supporter of year-round outdoor activities.

Qualified with Yoga Alliance & the British Stand Up Paddle Board Association she's also an experienced yoga instructor & paddleboard teacher who, in the summer, likes to combine the two!



Lindsay Rae

Lindsay has a teaching background in art & English and is now a qualified Forest School leader and Co Director of www.findyourwild.org

She leads sessions in outdoor art and craft, bushcraft and forest school, with mental health and wellbeing at the heart of her work. Survival training and working outdoors has given Lindsay a love of nature and a passion for sharing its secrets.

WHAT TO EXPECT

Sessions are based in Milton Country Park's two private outdoor spaces, **the Dell** and **the Wild Place**. Both have a cosy shelter and firepit which make them suitable for all weathers.

Activities are varied and led by the weather, the mood of the group and the time of year. When you sign up to the sessions you'll be given a timetable of what activities you'll be doing each week.. No experience is necessary and you don't need to bring anything for land based sessions, just dress appropriately for the weather.

If the session includes watersports (eg paddle boarding, canoeing, kayaking or similar) then it's advisable to wear the kind of clothing that dries quickly e.g gym wear or shorts and a t-shirt. Please also bring a towel and a change of clothing just in case.

If you would like to discuss this project in more detail please contact:
sarah@cambridgesportlakes.org.uk
or call 01223 420060

ACTIVITIES CAN INCLUDE:

BUSHCRAFT | MINDFULNESS

CAMPFIRE COOKING | YOGA

PADDLE BOARDING | DOWSING

FIRE LIGHTING | SHELTER BUILDING

NATURE WALKS | SURVIVAL SKILLS

& MORE




WILD MINDS
everything is better outdoors