



Forestry Commission Scotland
Coimisean na Coilltearachd Alba



Woodland Rambling & Brambling

Report

Contact dates: 1st Oct 2016 Venue: Newhailes House, Musselburgh

Date: 21st December 2016

Woodland Rambling & Brambling

Completion Report

	page
1. Introduction	2
2. Aims and objectives	3
3. Participating organisations	4
4. Project Delivery	5
5. Event Activities	6
6. Promotion, Community Engagement and Capacity Building	8
7. Image Gallery	10
8. Fit to FCS Engagement Strategy	12
9. Participant Feedback	14
10. Participant Monitoring	17
11. Recommendations	18
12. Appendices	20



1. Introduction

Woodland Rambling and Brambling 2016 was an inter-generational event held over one day at Newhailes House, Musselburgh.

Nature Engagement Activities including woodland Inspired Arts and Crafts activities took place next to the old Curling Pond area in the Newhailes Estate and were complemented by FCS, NTS, Changeworks, Beach Wheelchairs and TCV Ranger-led activities in the grounds.

The event was organised by Creative Art Works CIC and formed part of The Luminate Festival.

“Luminate is an annual festival that takes place across the length and breadth of Scotland each October, offering the chance to celebrate creativity, share stories and to explore what ageing means to all of us.”

www.luminatescotland.org

The event was aimed at the “Over 50s, and their parents” but was open to all ages and abilities.

A central “activity arena” was formed by erecting gazebos around an accessible green space area. A natural backdrop of trees and bramble bushes created a green courtyard area.

Although we were blessed with welcome autumn sunshine, the shelter of the gazebos and access to the cosy café and warm shop between 11am and 4pm allowed our visitors to participate whatever the weather.

Much of the event site and activities were made wheel chair accessible. The walk were a combination of surfaces, access paths and informal paths suitable for buggies/push chairs and wheelchairs. The walks were aimed at all ages and abilities.

Accessibility was enhanced this year by the involvement of Beach Wheelchairs which helped those less able to access more of the site. Toilet facilities were easy access and were available throughout the day.

The weather was excellent and various community groups were able to dine “al fresco” in the picnic area. Visitors were also encouraged to make use of the cafe, which again recorded one of its best trading days of the year.

This **2016 Woodland Rambling and Brambling Day** followed an event of the same name in 2015. Whereas in the previous year the festivities had run successfully as a two-day event, this year limited funding restricted it to one day only.

2. Aims and objectives

- Encourage the Over 50s, and their families to experience and enjoy outdoor spaces.
- Provide an event that would feature as part of the Luminate Festival programme of events.
- Bring together groups of Over 50s, from differing social and ethnic backgrounds in shared activities.
- Explore the natural environment in and around Newhailes House Estate.
- Investigate the medicinal, culinary, literary cultural and symbolic nature of the humble bramble.
- Explore the architecture and history of Newhailes House.
- Investigate the wildlife living in Scotland’s woodlands and hedgerows.
- Provide a relaxed social space to meet, picnic and relax.
- Encourage visitors to forage for edible berries.
- Help participants to engage/re-engage with the woodlands.
- Build confidence across generations regarding exploring woodland areas.
- Prompt reminiscence and ignite conversation across the generations about simple timeless outdoor pleasures such as blackberrying,





I never thought being in woods and nature would be such a tonic. I will ask my family to bring me back here

Today's outing brought me back life. I usually stay home all day and have nothing to do. I managed to walk in the forest, look at the berries being picked and saw tea being prepared and enjoyed drinking it

woodland strolls, nature trails, tree ID, wild cooking and picnicking.

- Encourage links between service providers and local communities with view to repeat group visits to woodland.
- To inspire groups, families and individuals to return to the estate and other woodlands.

3. Participating Organisations and Individuals

The event was devised, created and delivered by Creative Art Works CIC (see Appendix 3). The core team included:

Joanna Boyce Creative director, community liaison, capacity building and artistic delivery.

Fay Purves Administrative director, project development, promotion and on-site management.

Lindsay Snedden Project development, on-site management, promotion and Photography.

Additional help and support was provided on the day by:

Sunil Sharma Art workshops through out the day.

Josephine Morton and her Chinese Knotting Group.

Stuart England Technical and artistic support and delivery.

Lyver Chavez Art Assistant.

Monica Wilde Ethnobotanist, bramble recipes and food preparation.

Although not part of the core team Monica Wilde played an important role in the event. Monica created the "bramble recipes" and prepared, cooked and served various bramble dishes throughout the day. The following organisations also participated in the event delivery:

Forestry Commission Scotland (FCS)

National Trust for Scotland (NTS)

National Trust for Scotland Ranger Service (NTSR)

The Conservation Volunteers (TCV)

Beach Wheelchairs (BW)

Changeworks Resources for Life (CW)

4. Project Delivery

There were two main strands to the event. These were designed to compliment each other, with the aim of combining gentle physical exercise with creative, educational and social activities.

The two main strands were:

a. Walks and foraging

The event was designed to provide visitors with structured "rambles" through the Newhailes Estate. Although visitors were free to explore the grounds by themselves there were two suggested routes provided, one of approx 1.5km (0.9 miles) and a slighter longer route of 2km (1.5 miles). Both routes were relatively flat and easily accessible and led through mature woodland, open pasture and past buildings and other features of historical interest. A treasure hunt quiz on the shorter walk, encouraged participants to explore the site.

Guided walks were provided by TCV and the NTS Rangers.

Visitors were encouraged to "forage" for brambles from the numerous bramble patches around the site. Information and bramble recipes were provided by Monica Wilde and artwork projects using brambles were provided by the Creative Art Works artists, associate artists and art/craft groups.

Full risk assessments were undertaken with regard to the proposed routes, the foraging and any subsequent creative and culinary activities.

b. Woodland Activity stations

In addition to the designated rambles there were eight main activity and information areas, staffed by Creative Art Works, Monica Wilde, The Chinese Knotting Group, Changeworks, Beach Wheelchairs, FCS, NTS Rangers and TCV respectively.

To help create a festival feel we concentrated all the activities in one area with the various "stations" arranged in and around the main picnic area. This focused the day's events and allowed easy access to the cafe and toilets in the courtyard adjacent to the site.

Focusing on this one area allowed for easier site management, mutual support between the various participating groups and easier interaction with the public. It also made it easier for TCV and NTS Rangers to organise to deliver their guided walks.

Whilst tasters of the various bramble recipes were provided, visitors were encouraged to bring a picnic. The guided walks by TCV and NTS Ranger Service were repeated several times during the day and were well attended. Both TCV and NTS Ranger Service proved to be very flexible in their approach, delivering both the agreed timetabled tours and pop up tours to meet any additional demand.



I felt so happy today out in the greenery and the beautiful sunshine. All the stalls had different activities. I was able to bring my father who is unwell and seeing him happy made me happy as well



5. Event Activities

All the activities were run on a drop-in basis, with sessions repeated throughout each day. Activities included:

- **Bramble Art**
Creating greetings cards and small framed works using organic material such as leaves, berries and seeds gathered from the woodland floor and decorated with bramble prints and homemade blackberry paint.
- **Bramble Craft**
Working with older members of the Edinburgh Chinese/Malaysian communities to make blackberry fairies and purple dragonflies using traditional Chinese silk flat knotting techniques.
- **Blackberry foraging and Bramble culinary demonstrations**
Bramble picking, tastings and hands-on creation of foods, drinks e.g. bramble jam, jelly and cordial, blackberry leaf tea and blackberry vinegar and other Bramble recipes. Samples to try and recipes to take home.
- **Exploration**
Brambling and Ranger-led tours through the woodlands that surround Newhailes House, explaining bramble facts and folklore. This included a Nature Detective trail for the youngest participants, designed to invite participation from their more experienced, older family members. Also bat tours in the woodlands led by a bat expert.

Ranger stands and activities

1. FCS Outreach Rangers

FCS were present to meet and greet and encourage woodland engagement through workshops which included:

- Art/craft activities such as the FCS wooden 'cookie' animals.
- Finding out more about the forests and woodlands all across Scotland.
- Providing containers for collecting brambles.
- Supplying maps to help visitors find their way around the site.
- There were also additional activities, information and activity sheets for the younger members of the family, which parents and grandparents were able to enjoy too.
- Handing out the quiz sheets required for participation in the Bramble Treasure Hunt.

2. NTS Outreach Rangers (NTS)

Offered the following workshops over the day:

- **Natural Dyed Bracelets**
Creating a natural fibre bracelets made colourful using natural dyes.
- **Mini beasts**
Discovering the wonder of mini beasts in the woodlands around Newhailes. Learn to use microscopes and convert your mobile phone into a macro camera to see detailed images of bugs or items as simple as the grass or the fibres in clothing.
- **Historical photo booth**
An opportunity to get dressed up and have a photo taken in the NTS's historical photo booth.
- **Wild Walks**
Community Outreach Ranger-led wild walks around this historical landscape, taking in the views and the tranquillity. A chance to learn about the local wildlife and family history of the Dalrymple Dynasty.
- **Going Batty**
Walks with the Lothian Area Ranger to learn about bats, where they live and some weird and wonderful facts. This included a chance to see live bats in our bat boxes by helping the ranger carry out a survey.

3. The Conservation Volunteers

TCV offered workshops which included:

- Bush skill activities
- Orchid beating
- Planter making

I'd like to thank
all the organisers
for giving us such
an wonderful
opportunity to
explore the nature
and meet others
and share food



6. Promotion, Community Engagement and Capacity Building

Community engagement

Prior to the event Fay Purves and Joanna Boyce (of Creative Art Works), Emily Sanderson (NTS) and Fulmaya Lama from the Nepalese community approached the leaders of several local communities to gauge interest and then to co-ordinate and organise group visits to the event. These groups included (but were not restricted to):

- **The Edinburgh Gurdwara**
- **The Nepal Scotland Association (NSA)**
- **Ghurka Association Scotland**
- **NSA Women's Group**
- **Blackhall Mosque**
- **Positive Future Lunch Club**
- **Edinburgh Inter-faith Group**
- **Milan** (Senior Welfare Organization) Ltd
- **The Minority Ethnic Health inclusion Service** (Mehis)
- Members of Edinburgh, **Bangladeshi, Indian** and **African** communities
- **University of the Third Age** (Edinburgh U3A)

In addition Fay Purves (of Creative Art Works) canvassed interest from retirement homes in and around the local Musselburgh and East Edinburgh area.

Community Transport

An important aspect of engaging with some of the "hard to reach" groups was the provision of suitable transport for both individuals and community groups and a key part of the community engagement was sourcing and co-ordinating mini buses and/or group taxis.

Transport was provided for groups of visitors from some of the hard to reach/BME communities in Edinburgh. These are communities that Forestry Commission Scotland (FCS) has been working with to build relationships and to encourage in them the confidence to engage with, and enjoy, Scotland's outdoor spaces and woodlands.

Promotion

Woodland Rambling and Brambling was promoted to a range of targeted organisations in the run up to the event but was also open to the general public. As the event was part of The Luminare Festival it was publicised via their website www.luminarefestival.org.

Submitting our application to Luminare before the 29th June secured our inclusion within the printed Luminare Brochure and also on their website. It also allowed time to print and distribute flyers. The Outreach Rangers placed these in their network of leaflet racks as well as putting up posters and banners at the site. It was also included in the 'What's On' section of the NTS, FCS and TCV websites.

Additional promotional activity included a listing on the Luminare Festival website, leaflet distribution to major shopping centres and local community groups plus posters placed around Newhailes Estate prior to the event.

Newhailes Estate is a popular walk for many locals and we anticipated that the event would attract some "passing trade". This proved to be the case.

Capacity Building

Building from the ties forged with NTS last year we were able to work closely with the NTS Outreach Ranger (Emily Sanderson) to plan the requirements for the 2016 event. As well as the infrastructure, NTS Rangers were able to provide a number of activities, assistance with traffic management on the day, publicity for the event and general support and advice.

TCV were approached again and keen to come back for a second year. Their activities were discussed to ensure they did not overlap with those of our other participants, providing as wide a range of activities as possible.

We approached Changeworks Resources for Life (a registered charity) to provide an information and activity stall from their waste prevention and warm homes team. Like FCS they particularly seek to engage with hard to reach groups and it was felt that their ethos and messages fitted well with this event and broadened the amount of information available to the target group.

Beach Wheelchairs, also a registered charity, was an invaluable addition for those with reduced mobility, providing large-wheeled chairs that cope easily with grass and rough terrain. This greatly enhanced the experiences of those with poor mobility and of those accompanying them.



Enjoy a gentle ramble amongst the brambles, woodland, open fields and hedgerows. Discover the culinary, therapeutic and creative possibilities of the good old Blackberry.

11 - 4pm Admission Free

For the over 50s and their Mums and Dads (and their children, grandchildren and great grandchildren).

www.creative-art-works.org/brambling



7. Image Gallery





8. Fit to FCS Engagement Strategy

“Assist community participation; Enhance opportunities for health, well-being and enjoyment. Contribute to growth in learning and skills.”

a) Assisting in community participation:

The **Woodland Rambling and Brambling** event gave the Over 50s, particularly those from several BME communities, an opportunity to meet and enjoy activities together in the woods.

Many participants had communication needs and/or came from hard to reach communities.

Woodland Rambling and Brambling provided a meaningful reason for some Over 50s and often-isolated members of BME communities to engage with and be active in their local woodlands.

Connections were made with the FCS Engagement Officer, National Trust for Scotland, National Trust for Scotland Ranger Service the Conservation Volunteers.

This type of active participation should lead to greater understanding, participation and responsibility in such activities in the foreseeable future engendering stewardship of the woodlands and caring for the environment.

b) Enhancing opportunities for health and enjoyment:

There were several health and well-being benefits for participatory groups and individuals who came to the **Woodland Rambling and Brambling** event:

Many participants had enjoyable first experiences of Scottish woodland.

The venue within a woodland, the guided walks and the rambling and foraging activities meant that participants, who included many elderly men and women, were encouraged to take a healthy walk through the wooded pathways in and around the Newhailes Estate.

FCS and TCV staff, along with local artists and other facilitators, engaged the public in nature inspired activities and directed participants in the enjoyment of woodland relatively close to Edinburgh city.

The public were shown how to access their woodlands and given ideas of activities to enjoy there.

The positive feedback verifies that participating in the Woodland Rambles and Brambles contributed to a sense of well being, confidence, joy and solidarity.

c) Contribute to growth in learning and skills:

Through the involvement in **Woodland Rambling and Brambling** participants were able to gain knowledge and understanding of how to access and enjoy their local woodland.

The passing public and local Edinburgh and Midlothian communities were able to learn about and Bramble recipes, folklore and traditions.

Through participation in the day, both facilitators and participants could practise communication, leadership, interpersonal and social skills.

The cross-cultural element encouraged inter-cultural dialogue and understanding.

d) Woods for health:

Woodland Rambling and Brambling motivated many individuals, groups and families to visit the woodlands and take exercise.

The community picnic atmosphere created opportunities for participants to socialise, laugh, joke and relax among trees.

The inter-generational engagement encouraged young and old to enjoy the great outdoors together.

Facilitators encouraged the interpretation of the local woodlands and group ownership and personal stewardship of the woodland.

Several under-represented groups were involved. Follow-up work with FCS engagement strategy could provide opportunities for future participation in woodland enjoyment, conservation and volunteering.

e) WIAT programme:

Woodland Rambling and Brambling encouraged local woodland use through the creative arts and community celebration.

Transport support meant isolated groups were able to visit and enjoy Scottish woodlands not far from the City.

Participants could be inspired to return to accessible urban woodlands.

Communities and individuals were invited to continue to use and enjoy their local urban woodlands, thereby improving the quality of their lives and potential for outdoor learning giving equal opportunities for enjoyment through outdoor activities.





f) FCS Engagement Strategy:

The **Woodland Rambling and Brambling** event meant that individuals from various different community and faith groups were visiting the woods often for the first time.

Many participants expressed an interest in FCS hosting other community based events relevant to their particular community group.

All opportunities were taken to encourage discussion and example of how we can become responsible, active citizens who respect wildlife and take responsibility for the stewardship of local woodlands.

9. Participant feedback

At the main exit from the event a 'How's it Bean?' stand was set up. Dried beans were left in a tub beside jars marked with a sad face, straight face and happy face respectively and visitors leaving **Woodland Rambling and Brambling** were encouraged to place a bean (or more) in the appropriate jar to reflect their experience of the day. Whilst not a scientific measure (as people could place as many beans as they wished in a jar), it did give a very positive reflection of the event as a whole, with an overwhelming 'happy' response. The final counts across were:

- **Sad face: 6 beans**
- **Straight face: 52 beans**
- **Happy face: 404 beans**

After all this rain we find ourselves with a great sunny day. Many adults and the children are having a lovely time. The oldies are well-catered for and seem a cohesive and happy community. In particular, the Nepalese. Everyone has brought and contributed ethnic food which they are sharing amongst themselves in the spirit of a day of autumn sunshine.

Mrs Saha

The children have access to all sorts of educational opportunities and love being out in the fresh air, enjoying the great outdoors.

Mrs Biswas

Being out and meeting everybody has been fun. Being outdoors, we are able to see the greenery on this beautiful day. I didn't think that I can stay this long was worried I will manage but being out in the nature with other people made me happy.

Mrs Habiz

This is like a Mela. I know a lot of people here, many Bengalis, and I have the opportunity to speak in my own language.

Mr Rahman

So good to be out in nature and feel the sun on my face. This is the best day in a long time. I never thought being in woods and nature would be such a tonic. I will ask my family to bring me back here.

Edna

I really appreciate the community and I really appreciate the nature. I think this is a great way to help the community to get to know the people from all over the world.

Thomas Pinto Crichton

I'm having a very nice time. I enjoyed looking at the mushrooms and the black brambles. The sun shone and everyone seems to be very happy.

Dawa

Today is very interesting. There are lots of things to do and people from all different communities.

Mr Pradhan

Today's outing brought me back life. I usually stay home all day and have nothing to do. I managed to walk in the forest, look at the berries being picked and saw tea being prepared and enjoyed drinking it.

Mr Uddin

I felt so happy today out in the greenery and the beautiful sunshine. All the stalls had different activities. I was able to bring my father who is unwell and seeing him happy made me happy as well.

Mrs Nessa

This is like Dasai, our annual festival. It's brought back memories of home. I felt as if I am back home meeting people from the same community and neighbouring communities.

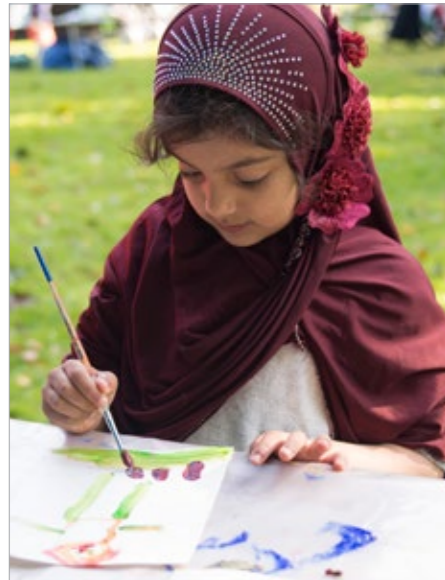
Sita

Please let us know in future. I'd like to thank all the organisers for giving us such an wonderful opportunity to explore the nature and meet others and share food.

Tanjila

**Amazing and
mind-blowing.
Everything is
awesome.**

**I love the trees.
I like everyone
together in the
sun, Today is
happy.**



Super nice! no other words to describe the event. Our children don't want to leave. Although I had other arrangements I had to cancel and stay until the end. Please let us know in future if you have any such programmes. The children enjoyed taking part in the different activities, making pencil holders, etc.

Mrs Basu

Amazing and mind-blowing. Everything is awesome. I've made a bracelet and a dragonfly leaf painting. Bet if I wasn't here I'd be at home doing nothing or on the X Box.

Yaseem, 12 yrs

I've liked today very much because this is amazing. I made a cord bracelet and I painted a dragonfly and I've had an exciting day.

Naimur, 8 yrs



I liked making the bands.

Tawsif, 6 yrs

I used leaves to make prints and I made a butterfly picture using leaf and Grandpa helped me. I like working with leaf and seeds and brambles. I love the trees. I like everyone together in the sun. Today is happy. Especially appreciated this opportunity to get out into the wild outdoors, explore the countryside and to gather together under the trees to pick brambles, chat and share the day.

Yatra, 9yrs

Really enjoyed the Newhailes bramble event. Lots to see and get involved with. The brambles were there for the picking too.

Malcolm Allan



Once again we gave enjoyed our visit to Newhailes. Once again a lovely sunny day .

We enjoyed every moment of it. We had been looking forward to this day for a year!!!

We really appreciate everything that Joanna and Forestry Commission have done for our community - Thankyou for helping us re-connect to the forest .
Kalwant Singh Rohde

10. Participant Monitoring

Age and Gender of those involved		
	Male	Female
0 - 4 years	15	20
5 - 10 years	23	18
11 - 15 years	16	5
16 - 24 years	13	22
25 - 55 years	37	80
56 - 65 years	15	12
65 + years	30	47
Unclassified	29	9
Total male/female	178	213
Overall total	391	

Numbers of those who are registered disabled		
	Male	Female
Physical disability	16	14
Visual disability	3	2
Hearing disability	5	3
Mental disability	3	2
Learning disability	2	1
Other disability	1	0
Total male/female	30	22
Overall total	52	

Participants ethnic background	
White British	129
White European	0
Mixed Race	17
Asian/British Asian	159
Black	7
Nepalese	79
Other	0
Overall total	391

The Gurdwara would like to get even more involved next year. Maybe we could run a stall ourselves ! We would like to share our food and customs. J.S

Here's an idea for Bramble day 2017: Do you think it would be possible to dye cloth with brambles and then do Turban-tying ? We could cook food at the same time. Simon

11. Recommendations

As was the case last year, a personal approach, engaging with key individuals, secured the attendance of people from targeted community groups. Flexibility with travel and providing coaches where possible and minibus/ taxi options for smaller groups allowed those with limited mobility, anxiety about travelling without their family/ peers the ability to participate and benefit from all the day had to offer.

Earlier planning and engagement helped increase opportunities to publicise the event, increasing inclusion.

Using the existing site and team (including the NTS Rangers) allowed the budget to be focused more on delivery than on development and set-up. The ability to 'recycle' events by tweaking the content but keeping the basics in place allows FCS to make the most of the budget available.

The Beach Wheelchairs made a huge difference to the accessibility of the site, and being able to publicise their participation in advance meant that individuals knew they would be able to get around (so increasing attendance and participation). We would encourage FCS to build on the links made here and consider inviting them to contribute to future events, or consider investing in such all-terrain chairs themselves for specific permanent sites.

The NTS Rangers at Newhailes are hugely enthusiastic about the Brambles event, seeing it as the launch of their Autumn/ Winter season. This showed in the level of engagement, support and advice given, particularly by Emily Sanderson.

The revised stall layout worked really well, with the activity hub surrounded by easily accessible woodland. The 'treasure hunt' walk was successful, with FCS providing rewards for completed quizzes, re-enforcing their sponsorship of the event. The shorter route allowed maximum accessibility for visitors. In addition the Ranger-led walks were very popular. We would recommend this set up again, with a central hub and specific activities set up to encourage people into the woodlands in a friendly and engaging way.

This year we more than doubled the number of participants overall. This included an increase in the target age groups for Luminate (55+). Also, we

were delighted to welcome to the event over 50 individuals with some form of disability. At 13%, whilst this is still below the Scottish population average (around 20%) it showed a marked increase on our 2015 figures. Targeted activity in promoting the event to groups and individuals (particularly if we can again secure support from Beach Wheelchairs) could be an additional area to focus on in future.

FCS presence: A increased FCS presence to make clearer their sponsorship of the event would be valuable. We would suggest more branded gazebos around the site, more FCS flags and banners, including more FCS volunteers and encouraging them to run activities beyond the confines of the base gazebo, provision of FCS t-shirts for CAW personnel for the event, and similar actions to make it clear that FCS is the owner of the event, rather than just a participant.



- 1 Information & Event Hub
- 2 Picnic area
- 3 Cabinet Garden
- 4 Stables Café
- 5 Toilets
- 6 Newhailes House
- 7 Car park
- 8 Overflow car park



www.creative-art-works.org

12. Appendices

Appendix 1. Site Map

Appendix 2.

Creative Art Works Mission Statement

Creative Art Works offers a unique combination of creative, professional and organisational skills with experience that ranges across the commercial, financial, artistic and not for profit sectors.

Our aims are to:

- Use art and drama to facilitate creativity and expression in others, using artistic engagement as a tool for analysis, discovery and learning.
- Help corporate and third sector organisations make informed decisions through a creative use of market research, concept development and project management.
- Plan, create and deliver projects, programmes and events that engage with all sections of society including hard to reach and minority groups.
- Promote, record and report using the written word, the visual arts, print, photography, design and the web.

We work with public, private and third sector organisations and strive to provide everyone with access to our services. Whilst we offer cost effective solutions to all our clients we are committed to directing any profit we generate towards supporting our work with groups engaged in social and educational projects.

Creative Art Works has particular interest in projects which promote sustainability, maximise social capital and engage with hard to reach and out of reach social groups. We believe in creating benefit beyond the immediate project remit and, when possible and appropriate, we will offer work and development opportunities to people looking for employment.

www.creative-art-works.org

CREATIVE
Art
WORKS

www.creative-art-works.org