



VENTURE
OUTDOORS
 Creating Healthy Communities



Training Calendar 2011 / 2012

Tailored for those providing outdoor recreation opportunities for people with disabilities and from minority ethnic and disadvantaged communities

Foreword



As Chairperson of the Venture Outdoors Steering Group, I am pleased to announce details of the 2011/2012 training calendar. In 2 years the project has developed and reached more communities than initially expected, engaging them in outdoor recreation. 186 outdoor activity taster sessions have been enjoyed by 31 communities comprising of 415 participants and 75 carers, from disability groups, those from areas of disadvantage and minority ethnic communities. In addition, since August 2009 there have been 11 training sessions delivered to 324 delegates including outdoor activity providers, countryside officers, park rangers and community organisations.

The Venture Outdoors team has meticulously planned this training calendar to inspire those delivering outdoor recreation to further increase opportunities for these communities. I look forward to the continued success of the Venture Outdoors project, leading to many more people from all walks of life having a lifetime of fun, challenge and healthy physical activity in the outdoors.

Dr Olive Brown, Chair, Venture Outdoors Steering Group

Introduction

Venture Outdoors has worked with a range of experts to pull together an exciting and informative calendar of training events for all those with an interest in the development, delivery and promotion of inclusive outdoor recreation to everyone living in Northern Ireland regardless of age, background or ability.

The 'Venture Outdoors - Creating Healthy Communities' project evolved from the 'Barriers to Participation' research report which identified the following groups as underrepresented in their use of the outdoors in Northern Ireland: people with disabilities, minority ethnic and disadvantaged communities. Following a review of past training workshops and feedback from delegates, this training calendar aims to promote learning and breaking down the barriers that limit participation within these 3 targeted groups.

Taking into consideration the issues and problems outdoor providers and community groups face these workshops will provide you with resources, ideas and strategies that you can apply to your everyday work environment. The training calendar has been designed to develop and maintain relationships and partnerships between providers of outdoor recreation and community groups. It is envisaged that this will be of particular interest to activity providers, countryside officers, park wardens, scout and guide activity leaders, community sector, voluntary organisations and public land managers.

The 'Venture Outdoors - Creating Healthy Communities' project is a 3 year initiative of the Countryside Access and Activities Network (CAAN) and has been funded by the Big Lottery Fund's Reaching Communities Programme and Ulster Garden Villages.

Page Overview

3

25 October 2011, Practical Skills for Diversity Inclusion

Hosted by Action for Hearing Loss (formerly RNID) and Diversity in Action NI. This workshop will provide you with effective techniques for engaging those with hearing impairments and those from minority ethnic communities.

4

1 December 2011, Tool & Techniques for Disability Inclusion

This workshop will provide you with the knowledge and skills for working with those with disabilities in an outdoor environment.

5

14 March 2012, Writing Successful Funding Applications

Facilitated by the Northern Ireland Council for Voluntary Action (NICVA). This workshop will focus on how to develop and submit a successful funding application.

6

15 May 2012, Creating Inspiring Walks

Facilitated by The Adventure Team and Treasure Trails. This interactive and informative day will provide you with the knowledge and skills to create and develop inspiring walks.

7

Introduction to Community Group Leadership Training

Training programme designed to aid community group leaders to achieve basic qualifications in outdoor activities.

8

October 2011, Cycling - Wheels for All Leadership Course

Facilitated by the cycling project 'Wheels for All', this training will provide community leaders with the qualification to organise cycling sessions for people with disabilities and help sustain participation at a local level.

9

26 - 30 March 2012, Level 1 Certificate in Coaching Course

Facilitated by Kilmore Archery Centre, this training will cover all the relevant technical and coaching skills required to be a qualified archery leader.

10

Venture Outdoors Connecting Communities Event

These events will provide a unique networking opportunity for community groups and outdoor activity providers to meet face-to-face and build positive relationships with each other.

This guide is available on request in alternative formats.

For training courses, events and leadership programmes visit www.countrysiderecreation.com/venture-outdoors.

Contact Claire Overend, Venture Outdoors Development Officer E: c.overend@countrysiderecreation.com T: 028 9030 3930.

Practical Skills for Diversity Inclusion

25 October 2011

An essential workshop for all those working in the provision of outdoor recreation. This workshop will be facilitated by Action for Hearing Loss (formerly RNID) - www.rnib.org.uk and Diversity in Action NI - www.ncb.org.uk/diani. Each organisation will deliver workshops that will inform and provide guidance to participants on appropriate engagement techniques for people with hearing impairments and from minority ethnic communities. Members of these communities will be in attendance, providing excellent opportunities for practical learning.

Cultural Awareness

Working, meeting, negotiating and corresponding with visitors from different cultures can be a minefield. This training will help you understand and appreciate intercultural differences and provide you with the skills to communicate effectively, break down barriers, build trust and strengthen relationships.

Deaf Awareness

The second part of the day will be spent learning the finer details of hearing impairments, enhancing your approach to the provision of activities for this group therefore heightening their sense of involvement whilst taking part in an event or activity.

So you're asking yourself why should I attend?

This workshop will provide:

- An opportunity to dispel the myths and stereotypes around hearing loss
- Practical tips on how to make activities more accessible for people with hearing loss
- A greater understanding of the etiquette and protocol to use when working with minority ethnic communities
- An understanding of the importance of making communication more accessible for people from minority ethnic communities
- A course certificate from Action on Hearing Loss (formerly RNID)



Where?

Time: 9.30am - 4.30pm
Venue: Greenmount Campus, Co Antrim
Cost: £25pp including lunch

Download programme and booking form from www.countrysiderecreation.com/venture-outdoors

Tool & Techniques for Disability Inclusion

1 December 2011



This practical workshop will provide participants with the knowledge and skills for working successfully with a wide range of disabilities. It will not only provide a greater understanding of disability etiquette and protocol but also focus on appropriate methods for safe transfers.

Practical guidance on transfers will be provided for harnesses, rope courses, climbing walls and vehicles. Practical tips will also be provided to encourage participation in archery, team games and zip lines. The course will conclude by outlining effective techniques when working with challenging behaviour from people with disabilities in an outdoor environment.

This workshop will be facilitated by Disability Sport Northern Ireland (DSNI) - www.dsni.co.uk, Belfast Activity Centre - www.belfastactivitycentre.com, Mencap - www.mencap.org.uk and Autism NI - www.autismni.org

So you're asking yourself why should I attend?

This workshop will provide:

- Increased knowledge and experience of working with people with disabilities and adapting activities to encourage participation
- An interactive practical session of transfers with volunteers with a range of disabilities
- A greater understanding of the etiquette and protocol to use when working with people with disabilities
- Practical tips and techniques when working with challenging behaviours from people with disabilities

Where?

Time: 9.30am - 4.30pm
Venue: Todds Leap, Ballygawley, Co Tyrone
Cost: £25pp including lunch

Download programme and booking form from www.countrysiderecreation.com/venture-outdoors



Writing Successful Funding Applications 14 March 2012

Developing successful funding applications is a key way to encourage participation in outdoor recreation, especially amongst the voluntary and community sector. This workshop will provide guidance on the fundamentals of a strong application including the importance of highlighting relevant statistics.

Guidance will also be provided on fundraising ideas and techniques for partnership working within the outdoor industry to sustain funding. In turn this will encourage participation in outdoor recreation amongst the voluntary and community sector.

This workshop will be facilitated by the Northern Ireland Council for Voluntary Action (NICVA) – www.nicva.org who represent and promote the voluntary and community sector in Northern Ireland. NICVA is the leading representative of the voluntary and community sector in Northern Ireland providing current and relevant training within the sector.

So you're asking yourself why should I attend?

This workshop will provide:

- Enhanced understanding and skills to complete a successful funding application
- Practical techniques on what to include when completing a funding application
- An increased knowledge of how to measure the impacts of your work
- The opportunity to discover new fundraising ideas and how to build sustainable relationships between the outdoor industry and the voluntary and community sector



Where?

Time: 10.00am - 3.30pm
Venue: Visitor Centre, Crawfordsburn
Country Park, Co Down
Cost: £15pp including lunch

Download programme and booking form from
www.countrysiderecreation.com/venture-outdoors

Creating Inspiring Walks 15 May 2012

This workshop is designed to support walk organisers to enhance participant interaction by providing innovative and inspiring ideas to make walks more interesting, fun and exciting. The training will provide techniques on how to incorporate a range of activities within a walk such as teambuilding, orienteering, art, treasure hunts and geo-caching.

This workshop will be facilitated by The Adventure Team - www.theadventureteam.co.uk, one of Ireland's most dynamic and energetic adventure companies and Treasure Trails - www.treasuretrails.co.uk, who develop walking trails with the aim of getting people out and about exploring, learning and having fun in Northern Ireland.

So you're asking yourself why should I attend?

This workshop will provide:

- The knowledge and skills to create and develop inspiring walks
- Effective tools and techniques to create a more enjoyable sensory walk experience especially for people with disabilities
- Innovative and inspiring ideas to encourage and motivate sustained participation

Where?

Time: 9.30am - 2.00pm
Venue: Lurgan Park, Co Armagh
Cost: £15pp including lunch

Download programme and booking form from
www.countrysiderecreation.com/venture-outdoors





Community Group Leadership Training Courses

Venture Outdoors community leadership training is designed to aid community group leaders to achieve basic qualifications in outdoor activities. It is envisaged this training will build community leaders' confidence to deliver activities to groups within their locality and increase participation. Venture Outdoors is committed to increasing the capacities of community groups to be self sufficient and deliver outdoor activities within their local environment.

Community Leadership Courses:

October 2011 (Date TBC) - Cycling - Wheels for All Leadership Course

Facilitated by the cycling project 'Wheels for All', this training will provide community leaders with the qualification to organise cycling sessions for people with disabilities and help sustain participation at a local level.

26 - 30 March 2012 - Level 1 Certificate in Coaching Archery

Facilitated by Kilmore Archery Centre - www.kilmore-archery.co.uk, this training will cover all the relevant technical and coaching skills required to be a qualified archery leader.



Cycling - Wheels for All Leadership Course October 2011 - (Date TBC)

Venture Outdoors in partnership with Bike Club have organised a cycling course which will be facilitated by the cycling project 'Wheels for All'. This will provide community leaders with the qualification to organise cycling sessions for people with disabilities and help sustain participation at a local level. The training will consist of a fully interactive practical session followed by a theory based session, with an emphasis placed on developing practical skills.

So you're asking yourself why should I attend?

This training qualification will provide:

- A package that is designed to assist and develop volunteers, support workers and health coaching professionals to become qualified 'Wheels for All' leaders
- An increased knowledge of the various types of all inclusive bicycles available in the market, including the wide range of adaptations that can be added to bicycles to accommodate individual requirements
- Practical experience on how to deliver a safe and enjoyable 'Wheels for All' activity

Requirements for course participation

- Participants must be the age of 18 or over
- Knowledge of cycling or working with people with disabilities would be beneficial
- Participants should be an active volunteer, member or leader of a community group

Where?

Time: 2 day course 9.00am - 5.00pm
 Venue: Ormeau Park, Belfast
 Cost: Free of charge to community groups and subsidised transport costs

Download programme and booking form from www.countrysiderecreation.com/venture-outdoors





Level 1 Certificate in Coaching Archery Course 26 - 30 March 2012

Kilmore Archery Centre will facilitate a Level 1 Certificate in Coaching Archery Course. This is designed to provide novices and beginners with all the skills, experience and resources that you need to deliver archery sessions and offer individual coaching. The training will also cover all the relevant technical and coaching skills, history and etiquette required to be a qualified archery leader.

So you're asking yourself why should I attend?

This training qualification will provide:

- The skills and knowledge to teach beginners to safely practice archery, mainly in sports centres, educational establishments and youth organisations
- A qualification which is valid for a 2 year period
- The knowledge and experience on how to deliver an archery activity session to groups of people who have disabilities

Requirements for course participation

- Participants must be the age of 18 or over
- Participants should be an active volunteer, member or leader of a community group

Where?

Times:	9.00am - 5.00pm
Venue:	Kilmore Archery Centre, Co Armagh
Cost:	Free of charge to community groups and subsidised transport costs

Download programme and booking form from
www.countrysiderecreation.com/venture-outdoors

Venture Outdoors Connecting Communities Events

Venture Outdoors will be facilitating a series of 3 Connecting Communities Events that will take place throughout Northern Ireland. These events will provide a unique networking opportunity for community groups and outdoor activity providers to meet face-to-face and build positive relationships with each other.

Why Community Groups should attend?

The events will offer:

- A unique opportunity to meet local outdoor activity providers and discover the full range of outdoor recreation opportunities available in your locality
- Information on the range of activities that can be tailored to your group's requirements
- Information and networking opportunities at a local level to increase sustainability
- The potential to apply for partnership funding opportunities

Why Activity Providers should attend?

The events will offer:

- An opportunity to showcase your product and services to underrepresented groups within your region
- A unique networking and information gathering opportunity with community groups
- A chance to create future business opportunities
- Ideas on sustainability for your business with the community and voluntary sector
- The potential for underrepresented groups to participate more in outdoor activities



Venture Outdoors Connecting Communities Event - South East

Date:	23 February 2012
Time:	11.00am - 1.00pm
Venue:	Wellington Park, Belfast
Cost:	Free of charge

Venture Outdoors Connecting Communities Event - North East

Date:	22 March 2012
Time:	11.00am - 1.00pm
Venue:	The Braid, Ballymena
Cost:	Free of charge

Venture Outdoors Connecting Communities Event - North West

Date:	26 April 2012
Time:	11.00am - 1.00pm
Venue:	City Hotel, Londonderry
Cost:	Free of charge



For more information contact Venture Outdoors - Creating Healthy Communities team:

Countryside Access and Activities Network
The Stableyard, Barnett's Demesne, Malone Road, Belfast BT9 5PB
Tel: +44 (0)28 9030 3930 Fax: +44 (0)28 9062 6248
Email: c.overend@countrysiderecreation.com

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