



## Swainswick Explorers

[www.PlayingOutdoors.org](http://www.PlayingOutdoors.org)

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### Who We Are – For Schools

Located on the edge of Bath, Swainswick Explorers are specialists in providing stimulating and adventurous outdoor play and learning opportunities for children. Established in 2003 by husband and wife team Edward and Rachel Leigh-Wood, they have extensive experience of outdoor education, outdoor play and training both children and adults. They have worked with children and young people of all ages from numerous schools across Bath delivering tailor-made engaging, stimulating and adventurous programmes, as well as projects with the local council, Play England and 5x5x5.

Edward and Rachel have Diplomas in Playwork (CACHE Diploma level 3), and are qualified in Basic Expedition Leaders Training and as John Muir Trek Leaders (from the Institute of Outdoor Education). They have organised and led training conferences on behalf of Bath and North East Somerset Council as well as leading numerous workshops at national conferences on outdoor play and green woodworking. Edward is a qualified secondary school teacher and is Forest School trained. Rachel has a background in business and the arts, and grew up in the Swainswick valley. Both are trained in Paediatric First Aid.

Work with schools has, to date, combined team building activities with the opportunity to learn hands-on skills such as fire making, shelter building, outdoor cooking, staff making, green woodworking, and African dance. Sessions are structured such that discussions develop naturally as the children and young people interact with their surroundings and each other. Swainswick Explorers have experience working with teachers to develop and deliver subject-specific as well as cross-curricular programmes.

At the heart of Swainswick Explorers is a love for play, people and the environment. By hosting experienced volunteers from overseas and through the network of playworkers developed since 2003, the Explorers team is made up of practitioners with diverse knowledge, skills and interests.

Swainswick Explorers take children and young people out of their everyday experience, encouraging them to explore and engage with the world around them.

#### Swainswick Explorers' Seven Learning and Play Objectives

- We extend the choice and control that children have over their time in the countryside, the freedom they enjoy and the satisfaction they gain from it.
- We recognise the child's need to test boundaries and responds positively to that need.
- We manage the balance between the need to offer risk and the need to keep children safe from harm.
- We maximise the range of opportunities.

- We foster independence and self-esteem.
- We foster children's respect for others and offer opportunities for social interaction.
- We foster the child's well-being, healthy growth and development, knowledge and understanding, creativity and capacity to learn.