

72 Seasons Evaluation Report 2022



The Evaluator
We'll figure it out for you

INTRODUCTION

This is the second time the 72 Seasons project has been explored within Pendle. The first time was a collaborative research project, which took place during the height of the pandemic and saw 310 'Seekers', experiencing the natural world, working together to notice more of nature by rewriting and adapting an ancient Japanese calendar to better fit our northern countryside.

Previous research had identified that exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing by reducing blood pressure, heart rate, muscle tension, as well as the production of stress hormones.¹

The results from the original project found that with a centralised co-ordinator (The Evaluator), who sent emails, blog posts and hosted a Facebook group, people really engaged with the project. They saw improvements in their wellbeing and felt more connected to nature as well as other people.

The 2022 project hoped to achieve the same goals as before, primarily to help people improve their mental and physical wellbeing, however this version focussed around two groups of people who had not participated originally.

We wanted to explore how the project can be translated into a much more independent and self-directed manner, primarily focussed on delivery offline. We chose this to try and reach participants who would be unlikely to take part in online projects. This took place in the form of a workbook called 'Seeking the 72 Seasons'. This was designed and printed by The Evaluator and given freely to willing participants to work through independently over twelve weeks. We approached several local walking groups, and gave speeches at three different Women's Institutes to see if they would want to take part.

The second aim was to reach a wider demographic of people, specifically people of minority ethnic backgrounds who were largely absent from the 2020 version. Children from



The Raspberries Turn Red



Figure 1 Booklets out in the wild

¹ <https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing>

Black, Asian and Minority Ethnic (identification used in original research) backgrounds are half as likely to visit the countryside than White children². For this reason, we worked with a facilitator who allowed us to expand the project out to the following groups:

- A local girl's school with teenagers who are from a minority ethnic background
- A local community group for women from minority ethnic backgrounds; this group allowed children to attend, and welcomed women who were grieving friends and relatives lost during the height of the COVID-19 pandemic
- A group of teenage boys from a minority ethnic background.



Figure 2 Participants completing booklets

For the second iteration of the project, we worked with a freelance facilitator to run a series of nature and wellbeing workshops connecting 72 Seasons with the Muslim faith and exploring spirituality and nature.



Figure 3 Source <https://www.facebook.com/thedeencentre/photos>

² https://www.cpre.org.uk/wp-content/uploads/2021/08/August-2021_Access-to-nature-in-the-English-countryside_research-overview.pdf

We wanted to run the project alongside the right person, so when we found Farrah, we were delighted. She was the perfect person for the role as she has a passion for being in nature which shines through in every interaction. She works with the community, in particular the DEEN Centre which is a faith-based organisation for women and children who are creating a ' Safe space for women of Faith'. Farrah is so enthusiastic about being outside and interacting with nature that her nickname is Flower!

Working together provided many benefits as The Evaluator was able to provide mentoring to Farrah to further her career as a Cultural Connector, in the form of:

- Project planning
- Sourcing and costing materials
- Creating invoices
- Keeping financial records
- Keeping monitoring records
- Budgeting for a project
- Writing funding applications
- Signposting where to find opportunities

In return, Farrah provided an unparalleled enthusiasm to deliver a creative and exciting programme, connecting faith and nature together for people from black and Asian minority backgrounds. Moving on from 72 Seasons Farrah is doing more positive work in the community and can be contacted at farrah.imtiaz@hotmail.com.

During the project we also attracted match funding from curious minds and a Community Renewal Fund small grant to develop 72 seasons into a product which is ongoing work

We separated the groups who partook in the 2022 version of 72 Seasons into five different categories:

1. A number of individuals found through the Women's Institute (WI) - Women's institute and walkers, these were individuals who had the concept explained to them and were given workbooks with the intention to complete them independently. A number of these individuals took two booklets and agreed to pass one onto a friend or neighbour who might be feeling low or isolated
2. Group of ladies from the DEEN centre (DEEN) – these were women of minority ethnic backgrounds who met weekly with our facilitator who supported them with accompanying nature-related workshops. Women could bring their children to the sessions and it should be noted that this group of DEEN ladies originally formed as a bereavement support group.
3. A chosen group of schoolgirls from Edenfield (EDEN) – these were teenage girls of minority ethnic backgrounds, they also met weekly with our facilitator for accompanying nature-related workshops. The girls were all aged 12-14 years old and had been chosen to take part with the school identifying girls who were feeling low or who lacked confidence.
4. The Boys (Boys) were a group of teenage boys who had outdoor sessions with the facilitator who supported them with nature related activities. Some of these boys were relatives of the Deen centre ladies taking part, and some were found through support from a local gym,

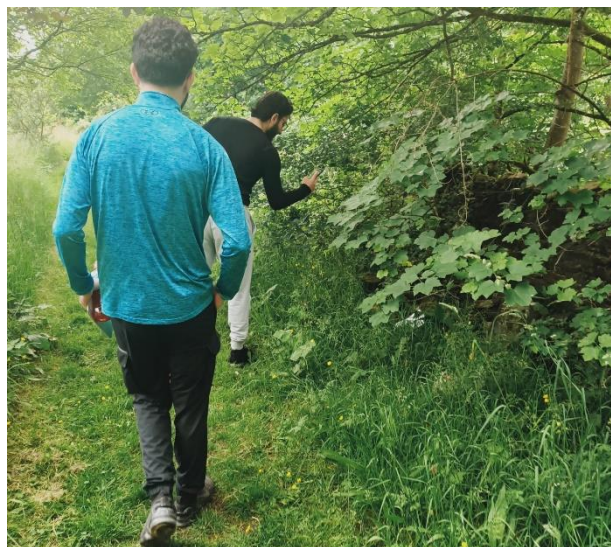


Figure 4 Participants out in the wild

Bodies in Motion in Brierfield (where Shahid was very helpful in identifying participants).

5. In addition, a few of the 2020 Seekers original (2020 Seekers)- participants who had taken part in the original 72 seasons during 2020 were involved again. They already had an interest in nature and understood the premise in detail. They were self-directed. We had not originally planned to use this group, but we had additional booklets which we sent to original volunteers without necessarily expecting them to come back. This group was small but served as a benchmark for nature lovers, and additionally gave us chance to see if connection scores had remained high or had waned over time.



Cow Parsley Lines The Hedgerows

Figure 5 One of the seasonal illustrations by Cath Ford

PART ONE: THE PROJECT

We created a booklet for 16 of the 72 seasons which started in May and took people through to the end of July. Each season contained an original piece of artwork by Cath Ford from the original Pendle iteration, as well as a short-written description around each design designed to inform, entertain, or inspire.

We asked beneath each season whether participants noticed the natural event and left a blank space at the bottom of each page for participants to make notes. Many made notes regarding variances or comments about the seasons they had noticed.



Figure 6 - Deen Centre Ladies on a nature walk

For the 'supported groups' we offered a range of workshops, walks and activities to support and promote the idea of finding better wellbeing within nature. The workshops included, clay making, tasbeeh making and painting inspired by Rumi poetry. We also undertook several walks to local nature including Victoria Park and Pendle Hill. These participants used the booklets and also took part in activities.

An example of one of the workshops for the Deen centres ladies is as follows:

In this week we conduct a Scarf/ shawl Printing activity. The printing on plain white viscose scarfs through would be created using natural materials, petals of flowers, leaves, arts, and craft materials shapes and use stencils to create patterns. The student's task would be to create a scarf or a shawl for themselves to wear (optional) on a walk which represent nature. The concept for them to create imagery on the scarf using natural prints of natural materials and leaving them to dry for an outdoor walk.

When asked about the workshops, one of the participants told us: "Makes me feel like I'm in touch with my spirituality, and it makes me think of the people in my family that I've lost and it gives me the ability to sort of on a deeper level think of them and think of my attachment to Allah and how that can support and help me through this whole period of grieving as well that I go through"

Another participant told us, “Connected to my surroundings and feel like I’m close to god, close to Allah”. The workshops were interspersed with natural walks, exploring local areas such as Victoria Park, Pendle Hill and Ogden Reservoir. These visits to local areas are empowering for these women who may have never been before, as it showed them the routes and gave them the confidence to see that they could complete the walk. We hope to see them going on more walks which is beneficial for their mental wellbeing as well as physical.

To find the more independent participants we approached three different Women’s Institutes where The Evaluator carried out three presentations on 72 Seasons. The women attending were able to sign up to receive a booklet, and were encouraged to pass one on to a friend or relative who did not use the internet and might be feeling a bit isolated. We also contacted several local walking groups including Barnoldswick Walk and Talk and Rossendale Ramblers. These groups had previously been approached for the first iteration of 72 Seasons, but due to the pandemic, even this solution was unable to go ahead and many walks were cancelled, so they were unable to experience the project as we originally had intended in 2020 and we were keen to rectify this in 2022.

We anticipated sending out more booklets than we would get back. In total we distributed around 120 booklets. In terms of using the booklet to notice nature, we saw the following from the 63 participants who returned booklets:

- 20 participants completed something for all seasons.
- 22 participants completed over half the seasons.
- 21 participants did not complete any seasons.

The participants who did not complete any seasons were primarily the Edenfield girls and the boys. This was likely due to the nature of the project with them, where the focus was more on the content of the workshops with the booklets as a supplement to the activities.



Figure 7 - Source the Deen Centre Facebook

KEY TARGETS AND ACHIEVEMENTS

Original targets	Was this achieved?
36 Health and wellbeing sessions held	In total 39 health and wellbeing workshops were held
18 people will attend groups in person	In total the project worked with 19 adults, 6 young adults and 11 teenage participants and a further 10 children took part but did not complete booklets as they were under 10 years. This equates to 36 participants taking part in person through a supported group
9 groups in total	In total the project worked with less groups than originally planned, 3 groups of larger sizes took part in workshops, 3 groups had a presentation/ lecture and only one group allowed The Evaluator to attend a walk. Sadly the other group who had taken booklets were hit by illness and temporarily disbanded during the period we worked together.
8 events in total, 48 people attending	Although we struggled to get to events, attending only one walk, the three presentations we gave to WI members meant we hit the targets anyway, presenting to 88 people, and walking with a further 10. Of the 88 people we presented to; 51 agreed to take part. Of the 10 walkers, 7 agreed to take part.
Evaluation sample: Supported groups	In total 33 booklets were received back from the 36 participants in supported groups, a rate of return of 92%. This is very high and is down to Farrah who collected booklets from individuals and looked after them in between sessions.
Evaluation sample: Low-support groups	30 booklets were returned from low-support groups out of 58 participants, a rate of return of 52%. It should be noted that although we tried to make it easy to return booklets by visiting the WI meetings again to collect and attending a walk again to collect, around 10% of returns were made by post which created an additional barrier to returning completed forms.

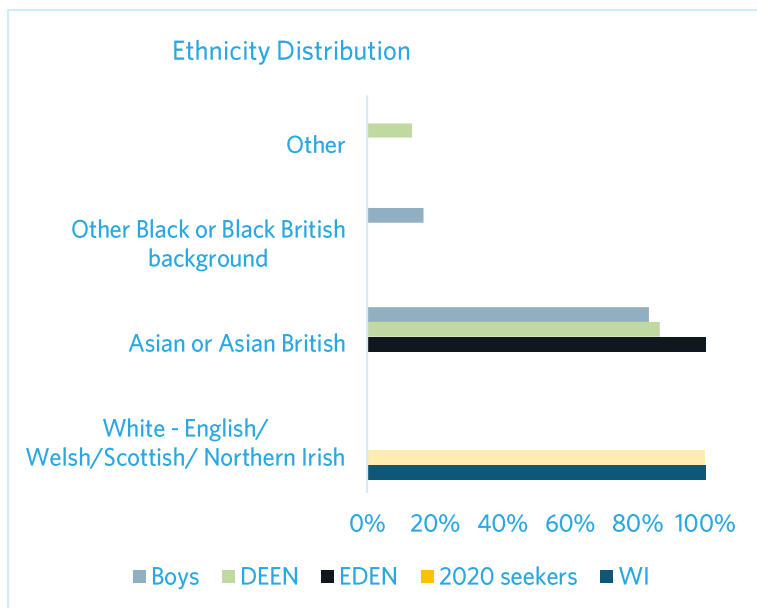
In total the project in-person workshops with our cultural connector Farrah had 941 participatory hours, and a further 126.5 volunteer hours. That's an average of almost 30 hours per participant. A full breakdown on supported sessions and attendance is shown in the appendix.

In total of the 120 booklets distributed through various means, 30 were returned and we estimate each of those 30 individuals spent 2 hours taking part in the project, adding another 60 hours in total. 28 of these were returned in time to be included in the following analysis, 2 arrived after that work was completed. Each WI participant had given a phone number and we called them all halfway through the project to see how they were getting on. The response was good, and people we spoke to were very keen to make sure we received the booklets back. Many had kept the booklets nearby, in kitchens and near front doors and usage seemed genuine and enthusiastic.

In total, 72 Seasons Seekers volunteered a further 1127.5 hours in 2022.

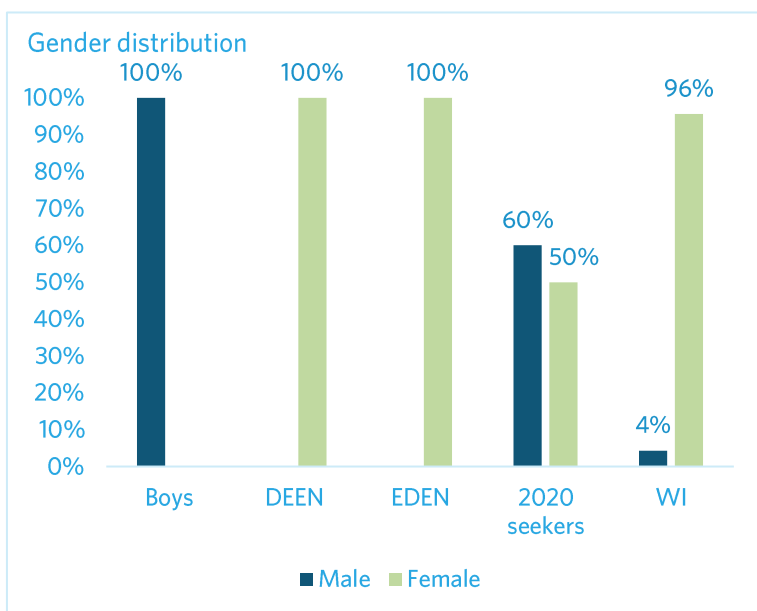
PART TWO: WHO TOOK PART?

We measured the demographics of people who took part and found that 72 Seasons has reached a wide range of people.



We can see from the graph that the original volunteers and Women's Institute were 100% white background, whereas the Deen centre, Edenfield and Boys groups were all 100% minority ethnic background.

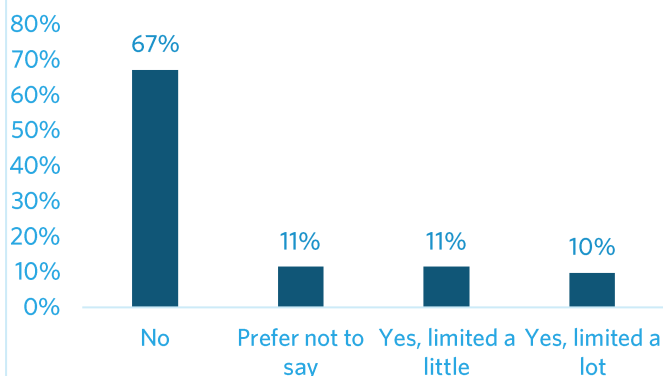
Regarding ages, the WI and 2020 seekers are on the older spectrum (mostly retired), whereas the Edenfield girls and the boys are all teenagers and the Deen centre ladies fall somewhere in the middle, with ages ranging from 27 to 46.



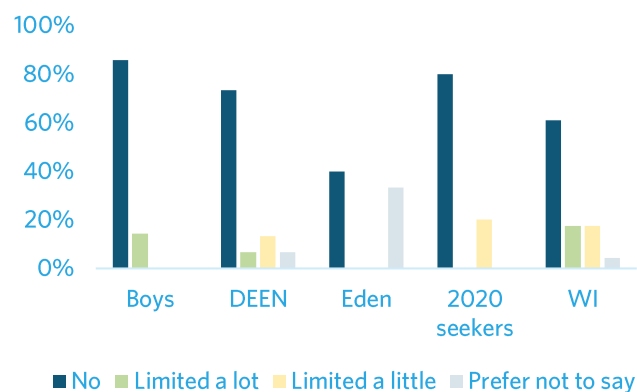
The overall gender distribution of the participants was 75% female and 25% male. The breakdown of this is again rather segregated, the Deen Centre and Edenfield School are women only, which is what prompted us to try and have a male only group to try to balance out the group reach. The Women's Institute is again primarily women, however the 2020 seekers did have a nice balance of men and women.

Although listed as options on the survey, no participants selected non-binary or other.

Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months? (All 2022 respondents)



Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months? (Segmented by groups)



22% of participants answered that they were limited a little or a lot by a health problem or disability. This is exactly in line with UK averages which estimate that 22% of people have a disability or health problem³. 72 Seasons has evidently been accessible enough to reach people with disabilities. The group with the most prevalence of disabilities or health problems were the WI group which is understandable considering they are mostly comprised of retired individuals, and we would expect the frequency of health problems to increase as people get older.

We asked about participants' current status with regards to employment/learning.

- Women's Institute group was comprised of 87% retired, 4% working part time, 9% working full time
- The 2020 seekers were 100% retired
- 100% of the Edenfield group were students
- The Boys group was comprised of 86% working part time and 14% unemployed and not looking for work
- The Deen Centre ladies' group was comprised of 67% unemployed and not looking for work, 20% unemployed and looking for work, 7% students and 7% working part time

The status of the groups is vastly different from one another. The Edenfield girls are 100% students, the 2020 seekers and WI groups are primarily retired, and the boys and Deen centre groups are a combination of employed, seeking employment, or not seeking employment. This is not unexpected as the groups were highly targeted and do not represent a cross section of society.

³ <https://commonslibrary.parliament.uk/research-briefings/cbp-9602/>

PART THREE: IMPACT

Each workbook had a before and after survey, allowing us to measure a range of changes in the participants. These results have been divided by group to let us compare how the different groups were affected. People were asked to complete the first survey before starting the booklet, and to complete the second survey after noticing their 12 seasons. We have trusted that people followed these directions. The 'end' survey was behind a blank page, shown on the right.

One thing to consider is that the groups sizes for second cohort completing 72 seasons were smaller, so some of the results are not statistically significant, specifically the Boys group and the original volunteers. We also ran this version for only 12 weeks instead of a whole year so we would expect that changes would not be as significant as the original results.

In total, of the returned and analysed booklets - the Boys groups had 7 participants, the DEEN centre had 15 responses, Edenfield had 11, WI numbered 23 and 2020 seekers numbered 5. We had phone numbers for all the WI group and called them halfway through to ask how they were getting on. We think this helped with a high return rate.

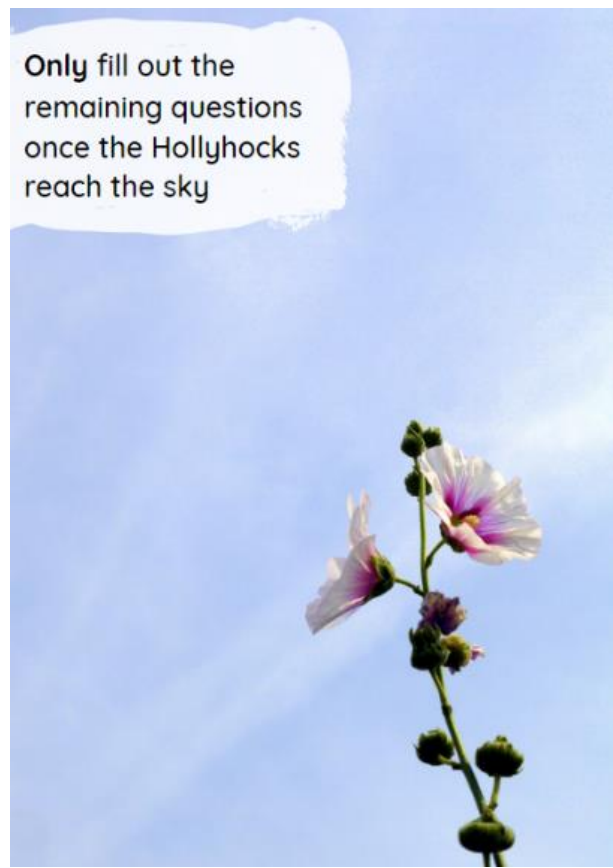


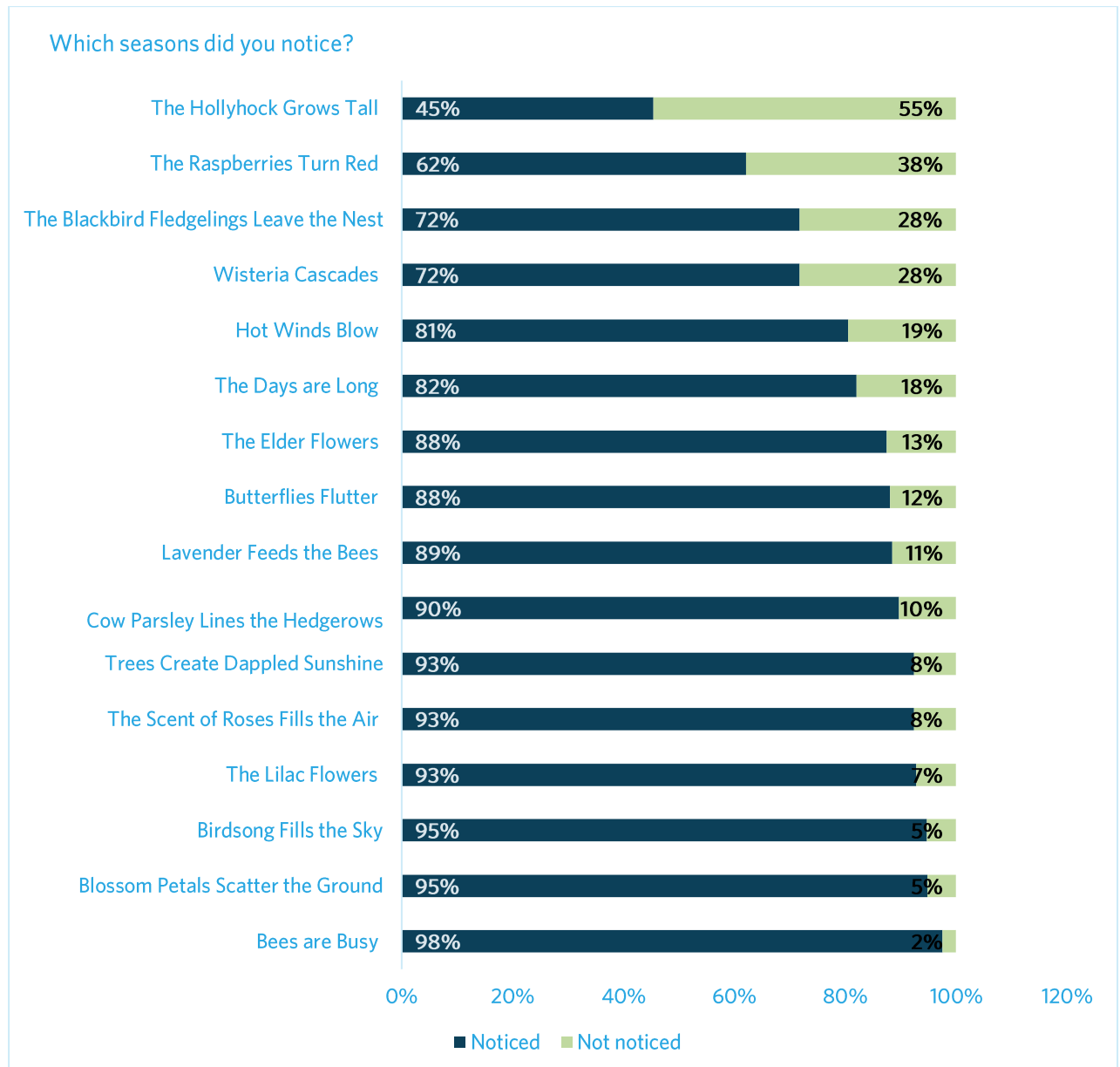
Figure 8 Blank page before end survey in booklet



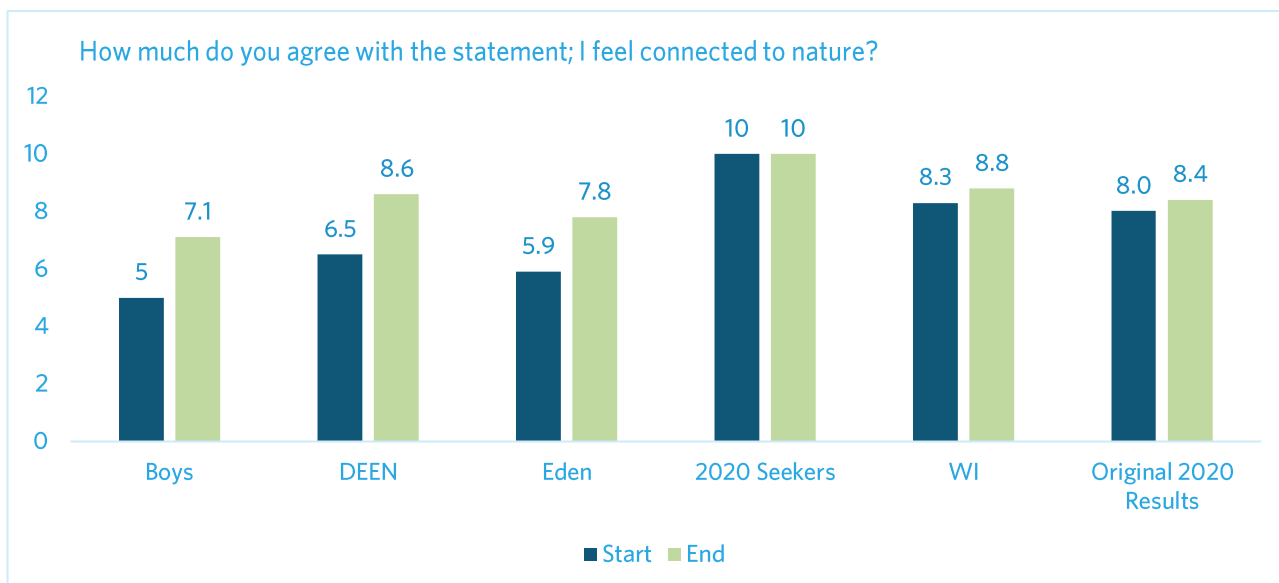
Figure 9 Boys filling out their booklets

CONNECTION TO NATURE

All the seasons were noticed by more than half of the participants. This lends credence to the original project where the seasons were discussed and decided on. We can agree that most of the seasons that had been chosen for the set dates were the correct ones. The least noticed season, 'Hollyhock grows tall', this could be the case due to Hollyhocks not being a native plant, so they are only visible when planted in gardens or parks. Or possibly people struggled to recognise the plant. This might have caused participants to 'miss out' on viewing them. The season's most noticed were the "Bees are busy" and "Blossom petals scatter the ground".

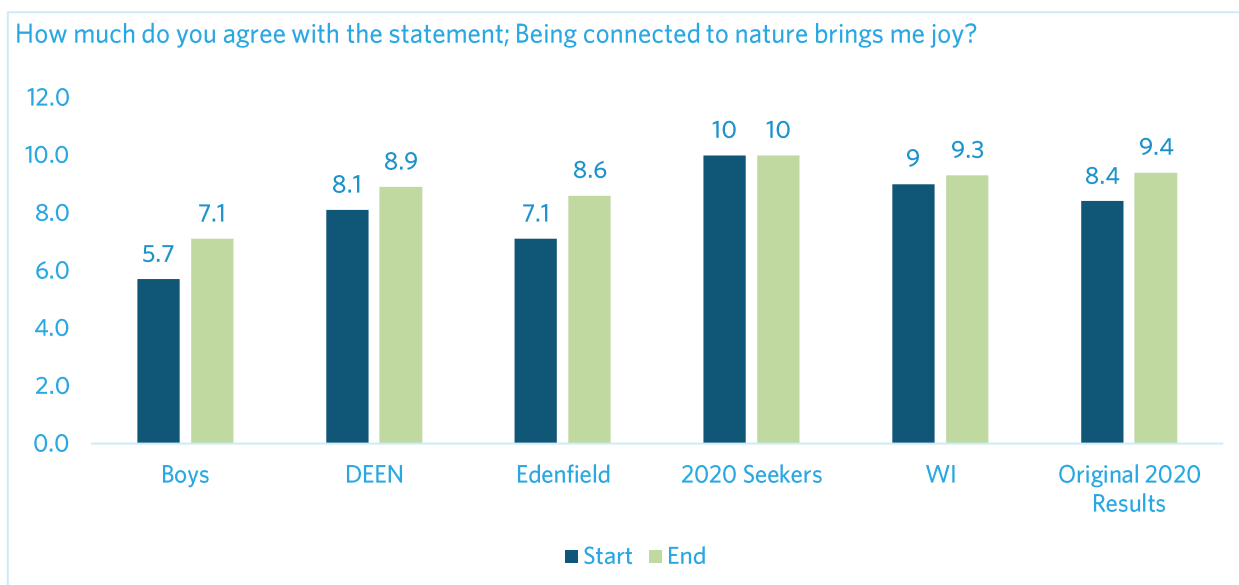


For the workshop groups, Farrah decided early on to focus more on the first steps to getting out into nature and re-connecting with nature in general rather than the specifics of noticing the seasons, as they had interest in nature but had been rather disconnected from it. We hoped that by giving them the confidence and experience of being out in nature they would naturally then move onto becoming 'season spotters' as a next step.



All participants saw an increase in their connection to nature apart from the original volunteers who started at the maximum and stayed there (and who we like to think couldn't feel more connected). The biggest increase was the boy's group, who saw a 42% increase in their connection to nature, but they also had the lowest starting point. Whether self-directed or supported, the 72 Seasons workbooks helped everyone feel more connected to nature, even those who previously felt disconnected.

It is worth noting that despite a much shorter project, changes are not hugely dissimilar to the original cohort in 2020.



The starting values for feeling connected to nature as a way to bring joy were already very positive and all the groups saw these scores increase. The group with the lowest starting score (Boys) saw a significant increase, indicating that 72 Seasons suits a wide range of interests, even helping those who were disconnected from nature to discover the joy in it.

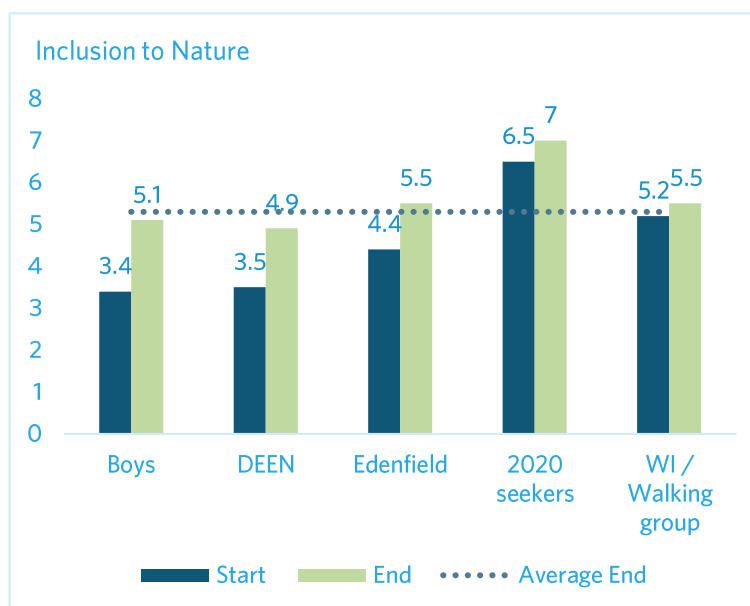
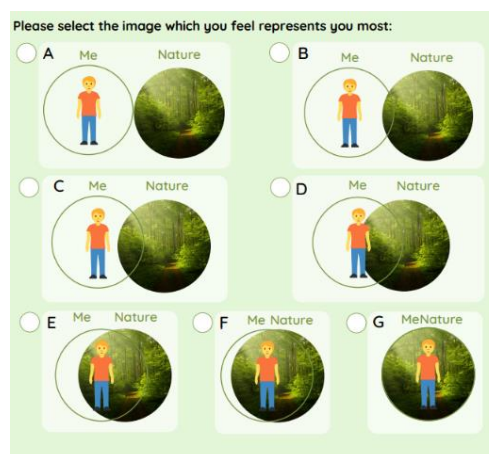
How did people connect to nature?

We wanted to measure if people felt an increase in their connection to nature, so we used the Inclusion to Nature Scale (INS)⁴.

This is an established scale comprised of seven images where a person and a representation of nature move closer together, as overlapping circles of nature and self. The participant is asked to select the image that closest represents their own connection to nature. The pictures selected were assigned a point value, where closer connections to nature were given a higher point value A=1, B=2 and so on.

We found that for most participants, they felt more connected to nature after taking part, with the greatest increase being the boys, who saw their average response change from C/D to an E. The 2020 seekers who already had a high connection to nature saw it increase even further!

Note - we did not include the INS on the 2020 version of the project which is why we are unable to provide a comparison for this.



WELLBEING

We measured wellbeing using a tool called the Warwick Edinburgh Mental Wellbeing Scale. This is composed of a series of 14 positively worded statements regarding participants feelings over the previous two weeks.

Some of the statements include: I've been feeling interested in other people, I've had energy to spare, I've been dealing with problems well and I've been thinking clearly. People who agree with these feelings more often in the last two weeks score higher. These statements are assigned a point value where more positive responses score higher out of a possible 14-70.

According to Warwick Edinburgh University, these scores can be interpreted to mean the following:

- A score of 41-44 is indicative of possible/ mild depression
- A score of <41 is indicative of probable clinical depression.
- A change in score of 3 points or more is recognisable in an individual
- The UK average score is 52

⁴ <https://www.mdpi.com/2071-1050/13/4/1761>

To work out the following we have only considered wellbeing scores of participants where we have a before and after for the same person. This keeps the percentages consistent.

Of all participants at the start:

- 33% of participants have a score lower than 41 which is indicative of poor mental wellbeing or possible depression.
- 8% of participants have a score in between 41 and 44 which is indicate of possible mild depression
- 25% of participants have a score greater than 52 which is the current UK average.

In layman's terms; three quarters of everyone taking part had wellbeing below the UK average and a third had probably clinical depression. It has been a tough few years and this is reflected in how people are feeling. In particular, the ladies at the DEEN centre originally came together as they had all experienced bereavement in some way through Covid-19,



Figure 10 Clay activities at the DEEN centre



Figure 11 Bead making activities with Edenfield



The three groups with the lowest start scores were all from an ethnic minority background, and they also were the three groups with the largest change in wellbeing. This suggests that working with a facilitator to explore the 72 Seasons leads to more wellbeing improvements than those who are self-directed, or it could possibly mean that those with the lowest wellbeing scores at the start see the most improvements.

When compared against the original 2020 results of the project, we can see that the supported groups have had a greater impact on participants, particularly those who had a lower starting point. The booklets have shown a similar level of improvement to the original results. It should be noted that external influences saw the UK level of wellbeing to be lower overall in 2022 than at the start of 2020 and in the 2020 report we looked at how 72 Seasons had protected wellbeing.

Of all participants at the end; 8% of participants have a score lower than 41 which is indicative of poor mental wellbeing or possible depression, 10% of participants have a score in between 41 and 44 which is indicate of possible mild depression and 41% of participants have a score greater than 52 which is the current UK average.

This means that:

- We have taken 25% of all those participating out from a place of poor mental wellbeing to a healthier state.
- 69% of participants saw an increase in their wellbeing scores
- 13% maintained their current level of wellbeing.

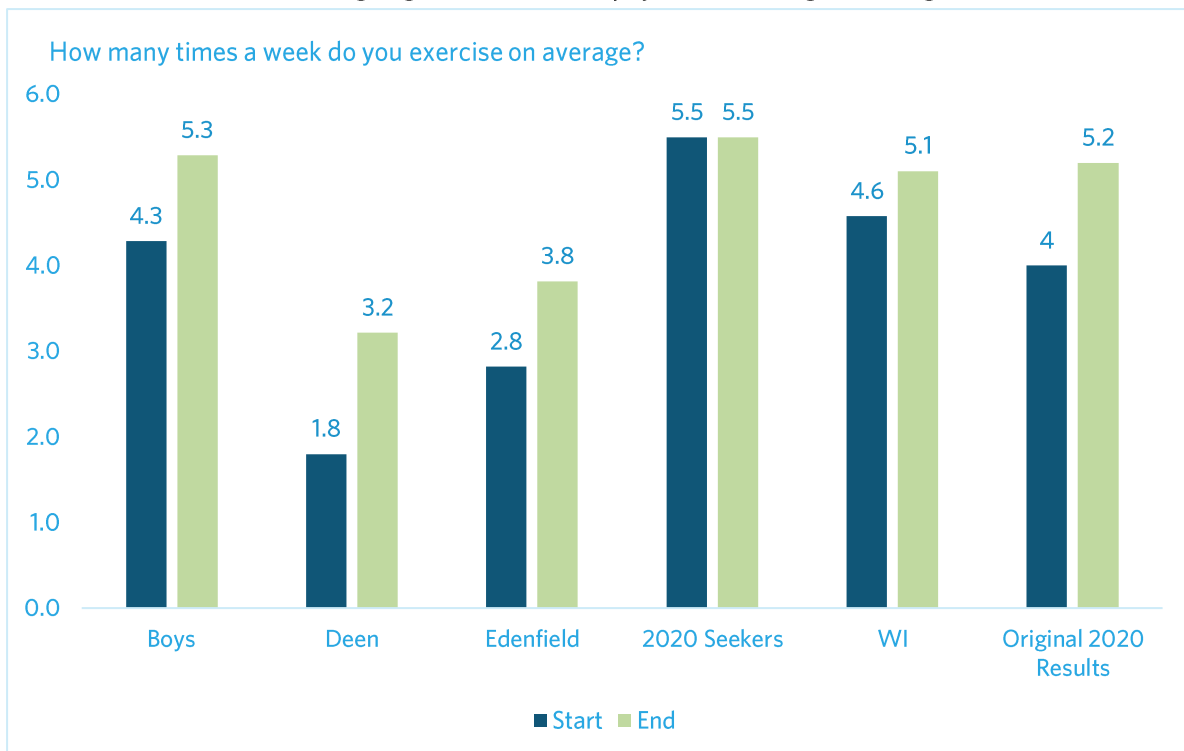
72 Seasons is a tool which improves wellbeing, even in just 12 weeks. This means 72 Seasons is a tool for increasing wellbeing which can work with everyone and have a bigger impact on people who start with lower wellbeing.



Figure 10 Den making with the boys

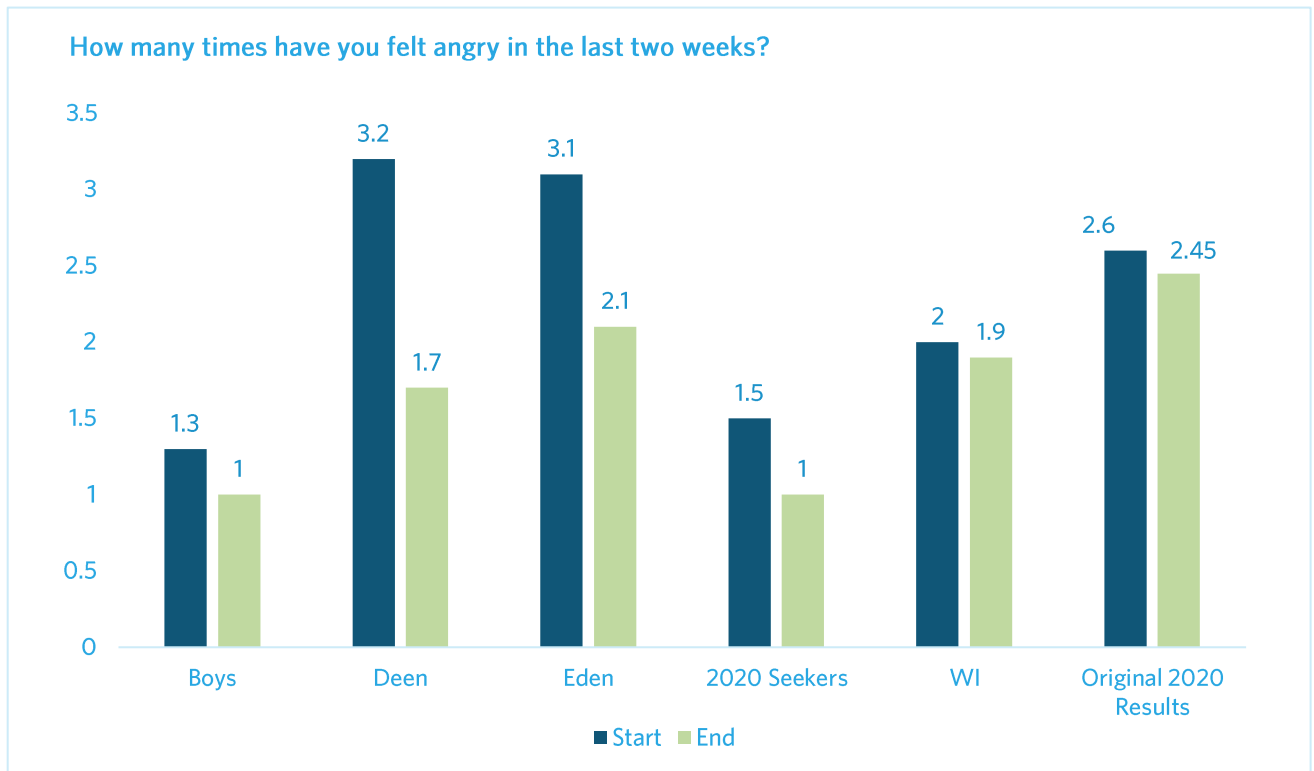
PHYSICAL HEALTH

We also measured the following to get an idea of how physical wellbeing has changed:



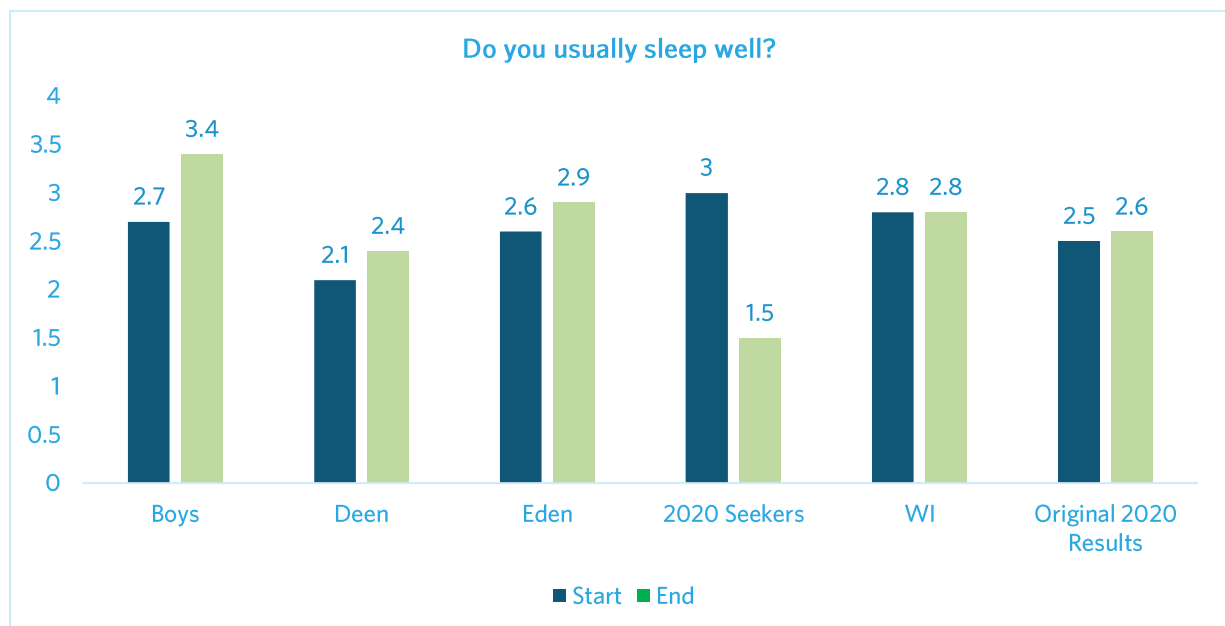
On the chart (left) each number indicates how many times a week participants exercise. We can see that most groups have seen an increase with the frequency of exercise. This matches the results found in the initial project, where average days of exercise increased by 30%.

Although they are a small sample, we can see that the original volunteers have maintained their level of exercise, which is already quite high.

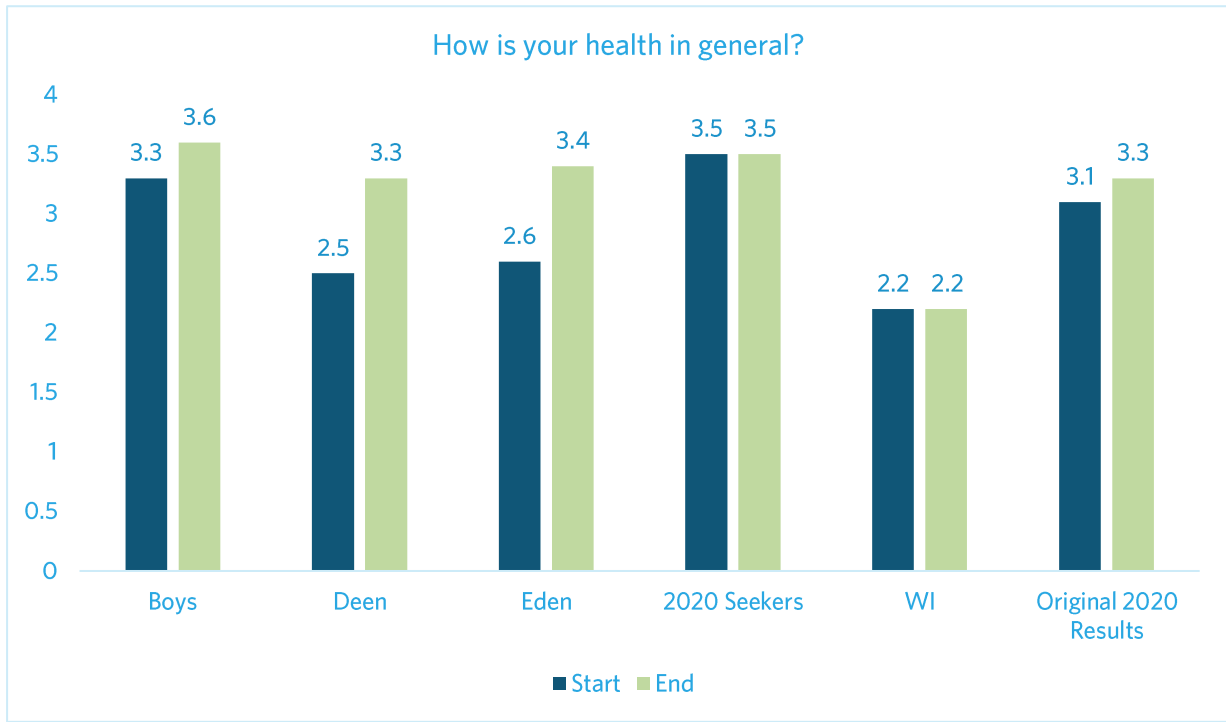


We also asked about frequency of anger in participants. We would want to see a decrease in score, to indicate that participants have felt less angry. We can see this in all groups. Taking part in 72 Seasons has had a positive impact on mental wellbeing and participants have been able to manage their emotions better. We were surprised to note that the Deen centre ladies and the Edenfield had a higher-than-average frequency of anger, but it is heartening to see that after twelve weeks of participation with 72 Seasons, their anger levels have been lowered to be more in line with the other groups.

This is similar to the original 2020 results, where participants also saw a reduction of their frequency of anger.



We asked participants if they slept well and scored their results. A higher score indicates a better experience of sleeping. We can see that there has been an improvement in sleep for most of the groups, with the greatest improvement being seen in the boys. (25% increase). There were only minor changes for the WI and the 2020 seekers have not seen an improvement in their sleep, but this is possibly due to the increased age of these groups as sleep tends to become more disturbed as people get older⁵.



We also asked about participant's health in general, where a higher value indicates a better feeling of health. We can see that participants either maintained or improved their health through taking part in 72 Seasons. The highest changes were seen in the Deen centre ladies and Edenfield girls.

⁵ <https://pubmed.ncbi.nlm.nih.gov/29412976/>

We have found that the 72 Seasons project is versatile and adaptable to a wide audience, helping a range of people from different demographics and abilities to experience the natural world and improve their physical and mental wellbeing.

We have tested 72 Seasons as a 12-week programme and found it works. The new people we have worked with saw their connection to nature increase, their wellbeing improve, they exercised more and we saw a reduction in anger. Having four (maybe more) possible start dates for the project will increase its usability in future.

The groups worked with included some children and young people and young adults, and 72 Seasons can work with and adapt to a number of different ages and experiences in nature.

We acknowledge that the people we worked with from an Asian British background were less connected to nature and had lower wellbeing, than the people we worked with from a White British background – but that they also saw large benefits to connecting with nature in this way. This indicates that 72 Seasons has the potential to work with a wide range of people.

Hiring a cultural connector to support our groups from an Asian British background was VITAL to the success of the project, as this helped to bridge understanding, translate (literally in some cases into Urdu) nature and inspire members of the Asian British community that they were as welcome in nature as anyone.

We have found that 72 Seasons can work offline with a booklet, an introduction to the project and a call halfway through. This is a cost effective way to improve wellbeing.



The Scent Of Roses Fills The Air

We again are reassured that 72 Seasons are the correct seasons, at least for Lancashire.



Figure 11 Completed clay nature based talismans/ keyrings



Figure 12 Den-pondering by one of the boys

Ultimately, the 72 Seasons project is as flexible as we hoped it would be, and filling the gaps has helped us feel confident that this is a project and concept which has legs and is ripe for scaling and sharing more widely. We look forward to exploring future ways to share 72 Seasons with many more people.

ABOUT THE EVALUATOR

The Evaluator is a creative evaluation company who specialises in visual evaluation, and is committed to making evaluation enjoyable for participants, easy for staff and professionals to take part in. All of the work of The Evaluator is underpinned by easy to read, visual reports. The Evaluator says, 'We'll figure it out for you!'

This report was written by Kirsty Rose Parker, Founder and Director, and Laura Poon, Project Officer at the Evaluator

The Evaluator was founded by Kirsty, an experienced project manager and evaluator, who previously specialised in arts, regeneration, and wellbeing projects. Kirsty has an educational background in Maths and Economics, which covered many statistical topics, leading to an MA Hons in Economics from the University of Edinburgh.

Kirsty has 16 years of charitable project management experience including working with artists and audiences, and 9 years' experience of arts development. She is trained in negotiation, motivational interviewing and 'social return on investment' and is passionate about helping organisations to run the most effective programmes they can.

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Evaluator**
We'll figure it out for you

APPENDIX ONE

WORKSHOP ATTENDANCE

Hours Spent	
Deen centre	Adults - 781 hours (142 x 5.5 workshops)
Edenfield	12.5 hours per person (6 x 75 minute workshops, plus long session 4 and a half hours, plus 30 minute evaluation) – total of 114 hours
Boys	12 hours (6 x 2 hour workshops) – total of 46 hours
Total participants	941 participatory hours (not including children)
Volunteering	23 volunteers x 5.5 hours = 126.5 volunteer hours

ACTIVITY AND ATTENDANCE

DEEN Centre						
Session	Date	Time of session	Activity	Venue	Numbers attending	Age of children
1 - The Lilac Flowers	23/05/22	9.30-3pm	Find the seasonal images hidden in the park introductory activity in teams	Victoria Park, Nelson	17 adults + 6 children + 2 volunteers	Younger than 3
2 - Cow Parsley Lines the Hedgerows	30/05/22	9.30-3pm	Clay workshops exploring objects which represent seasons	St Luke's Brierfield	8 adults + 5 children + 1 volunteer	8 months - 10 years
3 - The Elder Flowers	06/06/22	9.30-3pm	Decorating the clay pieces made in week two	St Luke's Brierfield	7 adults + 5 children + 1 volunteer	3 - 10 year olds
4 - Butterflies Flutter	13/06/22	9.30-3pm	Visit and photography tasks while out	Ogden reservoir/ Barley	15 adults + 2 children + 2 volunteers	3 year olds
5 - Bees are Busy	20/06/22	9.30-3pm	Tasbih (Rosary Bead) making workshop	St Luke's Brierfield	14 adults + 3 children + 2 volunteers	8 months - 3 year olds
6 - The Scent of Roses Fill the Air	27/06/22	9.30-3pm	Scarf and shawl printing activity	St Luke's Brierfield	13 adults + 2 children + 3 volunteers	1 - 3 year olds

7 - Trees Create Dappled Sunshine	04/07/22	9.30-3pm	Walk to Pendle hill where the scarfs/ shawls created cold be optionally work to celebrate a hijab day	Pendle Hill	12 adults + 2 volunteers	No children
8 - Hot Winds Blow	11/07/22	9.30-3pm	Recreating photographs taken on week four in watercolours	St Luke's Brierfield	9 adults + 11 children + 1 volunteer	3 - 7 year olds
9 - Lavender Feeds the Bees	17/07/22	9.30-3pm	Visit to nature reserve, taking Tasbih on a walk	Lomeshaye Nature Reserve	9 adults + 2 volunteers	No children
10 - The Hollyhock Grows Tall	25/07/22	9.30-3pm	Creating poetry prayer mats inspired by the Persian poet Maulana Jalaluddin Rumi	St Luke's Brierfield	11 adults + 9 children + 3 volunteers	3 - 9 year olds
11 - Wellbeing	01/08/22	9.30-3pm	Decorating plant pots, planting and discussing the five ways to wellbeing while visiting a local allotment	Allotment	10 adults + 13 children + 1 volunteer	3 - 9 year olds
12 - Celebration	08/08/22	9.30-3pm	Party/ Celebration to display work and celebrate the successes	St Luke's Brierfield	17 adults + 10 children + 3 volunteers	1 - 9 year olds

Edenfield						
Session	Date	Time of session	Activity	Venue	Numbers attending All aged 13-14 years	
1	19/05/22	3.15 - 4.30pm	Clay workshops exploring objects which represent seasons	Edenfield High	11	

				School Premises	
2	09/06/22	3.15 - 4.30pm	Decorating the clay pieces made in week two	Edenfield High School Premises	10
3	16/06/22	3.15 - 4.30pm	Tasbih (Rosary Bead) making workshop	Edenfield High School Premises	9
4	30/06/22	3.15 - 4.30pm	Creating poetry fabric work inspired by the Persian poet Maulana Jalaluddin Rumi	Edenfield High School Premises	10
5	07/07/22	3.15 - 4.30pm	Catch up week to finish up the clay printing or beads as needed	Edenfield High School Premises	8
6	14/07/22	3.15 - 4.30pm	Scarf and shawl printing activity	Edenfield High School Premises	8
7/8/9/10	20/07/22	Long session - 12-4.30pm	Poetry canvas and watercolour paintings	Edenfield High School Premises	10
11	20/07/22	Short 12:30-13:00	Group evaluation session with the girls	Edenfield High School Premises	10
12	n/a	n/a	Pendle Hill Walk rescheduled to canoeing had to be postponed due to a school last minute clash	Edenfield High School Premises	0

The Boys					
Session	Date	Time of session	Activity	Venue	Numbers attending All aged 16-19 yrs
1	16/06/22	6-8pm	Find the seasonal images hidden in the park introductory activity in teams	Victoria Park, Nelson	3

2	23/06/22	6-8pm	Cycle through nature challenge working in teams	Seedhill Athletic Centre	6
3	30/06/22	6-8pm	Bushcraft and Den building activity with the PHLP team	Wycollar Country Park	3
4	07/07/22	6-8pm	Playing sport outside while discussing how being outside contributes to feelings of health and wellbeing	Bradley Playing Field, Brierfield	6
5	14/07/22	6-8pm	Visit to nature reserve, taking photographs and telling a visual story of a place	Lomeshaye Nature Reserve	3
6	21/07/22	6-8pm	Celebration/ archery event - originally planned as canoeing, this event had to be rescheduled last minute and was changed to archery	Archery Outdoor Elements	2