



# Generation Green

**Newsletter #5**  
**Inspiring resources**  
November 2021

*Generation Green is a 16-month funded project that aims to connect young people to nature, create and save jobs, and build an aspirant workforce for a green recovery.*



Alison Stevens,  
Programme Director

## Welcome

**Although it only feels like a matter of weeks since we launched, we are almost three quarters of the way through the 16-month Generation Green project.**

Since securing funding for the project and launching in March 2021, it has been full steam ahead for everyone involved to ensure we reach our target of connecting more than 100,000 young people to nature.

With autumn upon us the temperature has become notably cooler and with that comes the risk that people want to hide away and hibernate until the warmer months. It's so important that connection to nature is accessible 365-days a year and regardless of weather conditions for young people's mental health.

I heard recently about a school that chooses to take its pupils on a winter residential, and always incorporates a 'whatever-the-weather walk'. What a wonderful idea.

According to the World Health Organisation, 75% of all mental health problems are established by the time someone is 18 and one in 10 school children have a diagnosable mental health condition. However, spending time outdoors and in nature enhances a young person's short and long-term wellbeing, reducing anger, stress and anxiety.

To enable year-round access Generation Green partners have developed a fantastic range of resources and activities that get young people outside regardless of weather conditions. I am delighted to share some of these resources with you in this issue of the Generation Green newsletter.

*Continued on next page*



Although only a snapshot of what we have all achieved in a relatively short time, the resources are truly inspiring and testament to the great work that is taking place amongst the Generation Green partners.

Together we will continue to plan, take action and make progress to ensure we reach at least 100,000 young people.

Here's to the next four months.

Alison Stevens, Programme Director (based at YHA)



## Scouts launch more than 30 free digital resources

**More than 30 digital resources to support young people to connect with nature have been created by Scouts, and they're proving a hit.**

The resources, which form part of the content delivered on the Scouts' day-visit programme, have already been accessed more than 14,000 times through the Generation Green website.

The online resources focus on Scouts' Green Champions programme, providing all the details needed for someone to lead a group of young people through the five-step programme; understanding why an issue is important, planning and then taking practical action, learning more and more, and finally telling the world about the difference they've made.

Additionally, Scouts has also created Green Young Leader resources to give young people the skills to lead a Green Champion or community impact project. These cover topics like programme planning, managing a group outdoors, and managing behaviour and inclusion. Scouts is using these resources to train over 100 14-to-18-year-olds in how to run their own Green Champions projects with young people.

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**You can access Scouts' free resources on the [Generation Green website](#)**

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# Rishi Sunak experiences Generation Green

**Chancellor Rishi Sunak got to see Generation Green in action in his Richmond (Yorks) constituency recently.**

Mr Sunak visited YHA Grinton Lodge, meeting with a group of Year 5 and 6 pupils from Wibsey Primary School in Bradford who were enjoying a Generation Green-funded two-night residential at the youth hostel in the Yorkshire Dales.

During his visit Mr Sunak spent time chatting to the pupils and also met Up Skill, Down Dale Generation Green volunteers Laura Day and Lydia Gill.

Up Skill, Down Dale is just one of the programmes Yorkshire Dales National Park Authority (YDNPA) offers as part of the Generation Green project.

The programme is aimed at young people, aged 14 to 30, who would like to 'make their mark on the Park' and develop their knowledge and confidence by getting involved in skilled volunteer placements.

Laura is a Youth Representative on the National Park Management Plan Steering Group and volunteer at Dales Countryside Museum, while Lydia volunteers with YDNPA Education and Access teams.

Mr Sunak said: "It was great to meet the children getting a taste of Dales life learning about the environment and the way the countryside works. The Government is pleased to be funding this excellent programme."

The Chancellor also spent time with representatives from the Access Unlimited coalition - YHA (England & Wales)'s CEO James Blake and Chair Margaret Hart, and YDNPA's Chair Neil Heseltine and Board Member Derek Twine.

James Blake commented: "It was an excellent opportunity to showcase the work of Generation Green and all the partners involved at YHA Grinton Lodge. Spending time with Mr Sunak gave us the opportunity to impress on him the importance of young people spending time in the outdoors and connecting with nature.

"This is more important than ever in the wake of the pandemic where hundreds of thousands of young people missed out on the opportunity to have a school residential. For some of those children, it would be their first time in the countryside. We cannot overlook these young people.



"The Generation Green project aims to reach 100,000 young people and connect them to nature and create employment opportunities for them as well as instil a lifelong love and appreciation for the outside environment. Already, the Access Unlimited coalition has reached thousands of young people and we want to reach many more by continuing to work together."



# Helping schools save with a self-led residential

Choosing a self-led residential or day visit, where schools plan and deliver their own activities during their stay, can help make vital outdoor learning experiences affordable for schools.



Available to everyone to use and developed by the Scouts, 20 resources have been created for teachers based on the five pathways to connectedness with nature – contact, emotion, beauty, meaning and compassion.

From short 10-minute tasks to more in-depth two-hour activities, the resources provide simple ideas and activities focussing on the five pathways, that anyone can use to help connect young people with nature.

**The free resources are available [here](#)**



## Providing teachers and educators with information and tools for the National Parks

**An exciting new teaching resource has been developed by educational consultant David Weatherly and the Education Teams of the UK's National Parks.**

The free-to-download 'Teaching Resource Exploring the UK's National Parks' is designed to provide teachers with the background knowledge, materials and learning and teaching ideas to enable pupils to understand the importance of National Parks in their lives now and in the future.

At a time when many school pupils will live to see the next century, it's never been more important for them to understand the value to everyone's lives of our National Parks. The scheme, consisting of eleven enquiries, traces the history of Britain's National Parks and explores their purpose and defining qualities.

The resources will be used as part of a series of Generation Green-funded teacher training sessions. Although focused on upper Key Stage 2, the resource can be used and adapted for other teaching stages.

**The Teaching Resource Exploring the UK's National Parks can be downloaded using the download links on the [National Parks website](#).**



# Wildlife guides help more young people connect with nature

## The results are in, and they are looking good.

Earlier this year Field Studies Council sent out 5,000 free wildlife ID guides to young people to help them connect with nature – and it worked!

In a recent survey\*, the number of recipients who felt they had a connection with nature increased from 47 per cent to 66 per cent as a result of receiving the guides. Moreover, more than half (54 per cent) of the recipients said they would now

be very likely to volunteer to protect or care for the natural environment, up from 38 per cent before receiving the guides.

The guides were designed to encourage people having their first go at identifying plant or animal species to get started.

Recipients of the guides praised them, saying:

“Very useful. Have helped me identify lots of butterflies, something I knew very little about prior to receiving the guide.”

“The guides themselves are easy to use and well designed to get started in various topics and does encourage us to stop and learn a little.”

And it seems it’s ignited a long-term connection to nature for many of the respondents, as more than a third of them (35 per cent) have since gone on to buy more nature guides or take a course to develop their knowledge of the natural world further.

\*298 responses to survey October 2021

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**Great! They’ve really helped to improve my love of wildlife and further encourage me to go outdoors!**



## Girlguiding resources raise awareness and inspire confidence in the outdoors

Girlguiding has been busy creating a library of useful video resources to support its volunteers across a range of outdoor and adventure opportunities.

Aimed at helping less experienced or less confident volunteers, resources include a number of 'how to videos' with topics covered including how to set up a tent or campfire. There are also videos to raise awareness of Girlguiding's outdoor qualifications such as climbing, and top tips for taking members to their activity centres.

Girlguiding hopes the resources will encourage volunteers to undertake activities in the great outdoors by giving them more support to run camping trips, residentials and activity days for their young members.



**The Generation Green-funded resources are available via [Girlguiding's website](#)**

## Digital detox camp puts mental health under the spotlight

**The power of the outdoors on young people's mental health was put under the spotlight at National Park's Digital Detox Camp earlier this year.**

The pilot camp, which took place in the North York Moors National Park in August, was designed to address the growing issue of the time young people spend indoors in a virtual world through digital technology. The issue was further escalated by the Covid-19 pandemic, which saw heavy reliance on digital technology through increased time indoors and the delivery of school lessons online.

Young people from National Park's Young Ranger provision attended the camp, taking part in activities such as mindfulness walks, seashore safaris, an emotion mapping walk and exploring a woodland in the dark



with minimal sight. The activities enabled the Young Rangers to truly see nature and immerse themselves within it using their senses to connect, offering a restorative effect for mental health and wellbeing.

One of the participants, Daniel (13) said: "I thoroughly enjoyed the digital detox camp. It allowed me to really connect with nature and connect, appreciate and enjoy the outdoors more. I enjoyed the emotions walk as we were able to use our senses to get a feel for nature and I also had fun doing the activities. The detox allowed us to get off our phones and technology and relate with nature and the natural world rather than the digital. My favourite activity was the boat trip as we were able to see sea creatures such as dolphins and seals and also birds, like gannets and seagulls. Overall, the experience made me feel very calm and grew my bond with nature."



# Taking a wander for a wonder

**Proving that outdoor activities aren't just for the spring and summer months, the South Downs National Park Authority partnered with YHA South Downs and Sussex Clubs for Young People to deliver a Youth Ambassador residential training weekend in October.**

The weekend was one of 20 Youth Action Days which have been funded by Generation Green and are designed for 16-25-year-olds who want to make a difference for the environment.

Staying at the youth hostel, the residential weekend saw five young people aged 18-25 years old, spend a Sunday morning trialling nature connection activities in the National Park.

'I Wonder Why' was one of the activities trialled by the group as they walked along the South Downs Way to nearby Itford Hill. The activity was designed to enable the group to understand the environment they were in and to look again at the landscape with fresh interest. It was also a great distraction to a hard uphill climb early on a Sunday morning!

I Wonder Why and more activities will be delivered in the Generation Green-funded Explore, Appreciate and Learn in Nature Day Visit or Residential at South Downs National Park for groups of young people aged 3 to 18 years old.



## Share the love for Generation Green with a social sticker

If you want to help share the Generation Green message, why don't you use a GIF on your Instagram story?

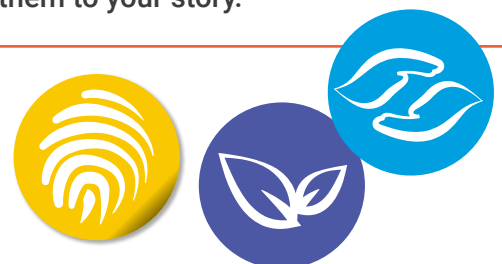
YHA (England & Wales) has created a series of five fun GIFs illustrating the five pathways to connecting with nature.

If you've participated in Generation Green activity or experience, please spread the word by adding one of the GIFs to your Instagram story.



You can access the YHA GIFs via the Instagram story feature in these five simple steps:

- 1 Open your Instagram account and click on the + sign in the top right corner. Find the 'Story' option and tap on it.**
- 2 Choose a photo you would like to share.**
- 3 Scroll over to the GIFs button (it's a cute square icon with a smiley face).**
- 4 Enter the word/s YHA or Generation Green.**
- 5 From there, you can get creative and add as many GIFs to your photos as you'd like and share them to your story.**



# Women in Leadership course inspires YHA's Project Manager

YHA's Project Manager Cressida Allwood had the opportunity to try out The Outward Bound Trust's Generation Green-funded Women in Leadership course on a rainy autumnal day, and it didn't disappoint.

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**I was left in no doubt that inspiring and engaging natural connections are ideal for boosting confidence, promoting wellbeing and for forming supportive communities.**



Cressida was part of a single-sex group that took part in the Connecting to Nature Day which was led by Nick Austin, a senior leader and an advocate and expert in environmental awareness.

Held at the Outward Bound Trust's site in Ullswater, the day involved small group and individual activities which addressed the five nature connectedness pathways. Activities included creating tiny sculptures and inspired art from natural resources, to creating music and solo listening to the silence.

Cressida added: "Thanks to Nick and all those involved, in continual rain I was transported emotionally, physically and mentally, experiencing first-hand the power of the project, delivered by a partner. A rare treat to be cherished."

Generation Green is funded by the government's Green Recovery Challenge Fund. The fund is being delivered by The National Lottery Heritage Fund in partnership with Natural England and the Environment Agency.

## Green Recovery Challenge Fund



## Join the conversation

Follow us on Twitter using  
**#generationgreen**

Share your Generation Green  
project stories through  
**generationgreen@yha.org.uk**

Generation Green is the first project to be delivered by the Access Unlimited coalition. The project capitalises on the coalition partners' combined reach of more than two million young people. Learn more at [www.yha.org.uk/generationgreen](http://www.yha.org.uk/generationgreen)

