

What Benefits Do We Hope To See

There are many articles which list the benefits of outdoor play. For us we hope that this project will help children to

- Engage in the outdoors and have fun
- Have improved Health & Wellbeing
- Take part in exercise
- Being inquisitive, discover and explore

Being outdoors increases the attention span and helps improve children's senses. It helps them to take risks & challenge themselves. Having these skills in the early years is essential to ensure children are successful learners



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We also hope that this project will benefit parents in all the same ways.

Being outdoors can improve your wellbeing both physical and mentally and by engaging with your child in fun outdoor activities we hope that you can see the benefits of accessing the outdoors regularly.

Being a parent is stressful and sometimes parents are alone and have no support.

We hope that by having the opportunity to get together and enjoy spending time with your child and other mums and dads without the stress of the cost or transport issues that we will all have a worthwhile experience and most importantly FUN outdoors!!!

Wellpark Welly Wanderers



What is the Project All About

Wellpark Welly Wanderers came about through conversation and consultation with parents last year regarding outdoor play. Parents commented in a questionnaire that lack of money contributed to them not being able to access outdoor facilities with their children.

The staff decided to apply for lottery funding to enable us to run a project which would allow children and their parents the opportunity to visit leisure parks and places locally for FREE!

As part of the proposal the nursery will purchase waterproof clothing for the children and adults to enable them to take part in outings in all weathers. Living in Scotland this is essential!! We will also provide a healthy snack on every trip.

Parents & Children will take part in nature walks, mini-beast hunts, pond dipping and get an opportunity to enjoy the great outdoors



How can You Become Involved



We want all parents and their children to have the opportunity to take part in our outings.

We understand that parents work or may have other commitments so throughout the year we will run events on different days of the week. Grannys, grandas or even aunts can come instead if a parent cannot make it.

Sign Up sheets will be displayed in the hall and all you have to do is sign up for you and your child on that day.

Schedule of Outings

In total we plan to run 30 trips throughout the year to various places including Finlaystone Country Park, Cornalees & Lunderston Bay.

22.9.15	Finalystone 12.30– 2pm
29.9.15	Cornalees 9.30—11am
6.10.15	Cornalees 12.30– 2pm
20.10.15	Finlaystone 9.30—11am
27.10.15	Finlaystone 12.30– 2pm
3.11.15	Battery Park 9.30—11am
10.11.15	Battery Park 12.30– 2pm
17.11.15	Finlaystone 9.30—11am
24.11.15	Finlaystone 12.30– 2pm
30.11.15	Finlaystone 9.30—11am

PLEASE NOTE BUSES LEAVE SHARP AT TIMES SHOWN