

Whitlingham Country Park  
My Work as an  
Assistant Countryside Ranger  
May 2009



## Overview

WCP has a manager and 2 Countryside Rangers,  
and on most days, at least 2 volunteers  
known as ACRs - Assistant Countryside Rangers

ACRs are trained and certified in safe performance of useful tasks -

- Meeting the public – who visit for recreation
  - Supervising children and youngsters who may be attending for educational reasons
  - Installation – paths, steps, handrails, fences, benches, signage
  - Maintenance – repairs to these and litter picking
- 
- Induction explains organisation and the place of volunteers within it
  - First Aid
  - Brush Cutter Training
  - Many ACRs also train as Forest Schools Assistants – Level 1 OCN

## **Educational Use Of Country Park**

Pupils, whose ages range from 3 to 19 years, visit for “Forest Schools”

### **“What is that?”**

- Child-centred learning
- Building self esteem, knowledge and understanding of environment
- Literacy and numeracy skills
- Support and develop learning
- Set up to achieve

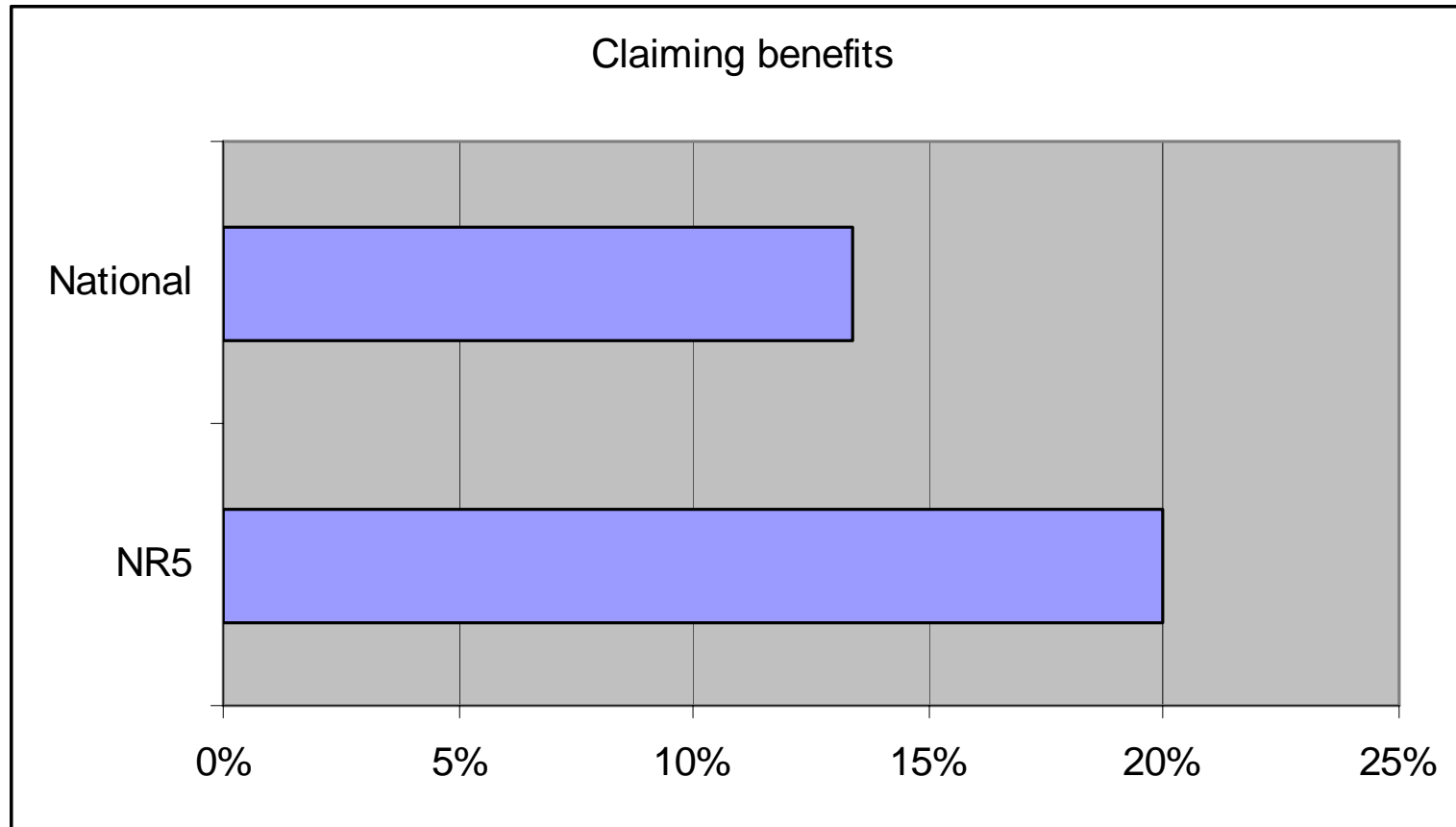


## Where do the learners come from?

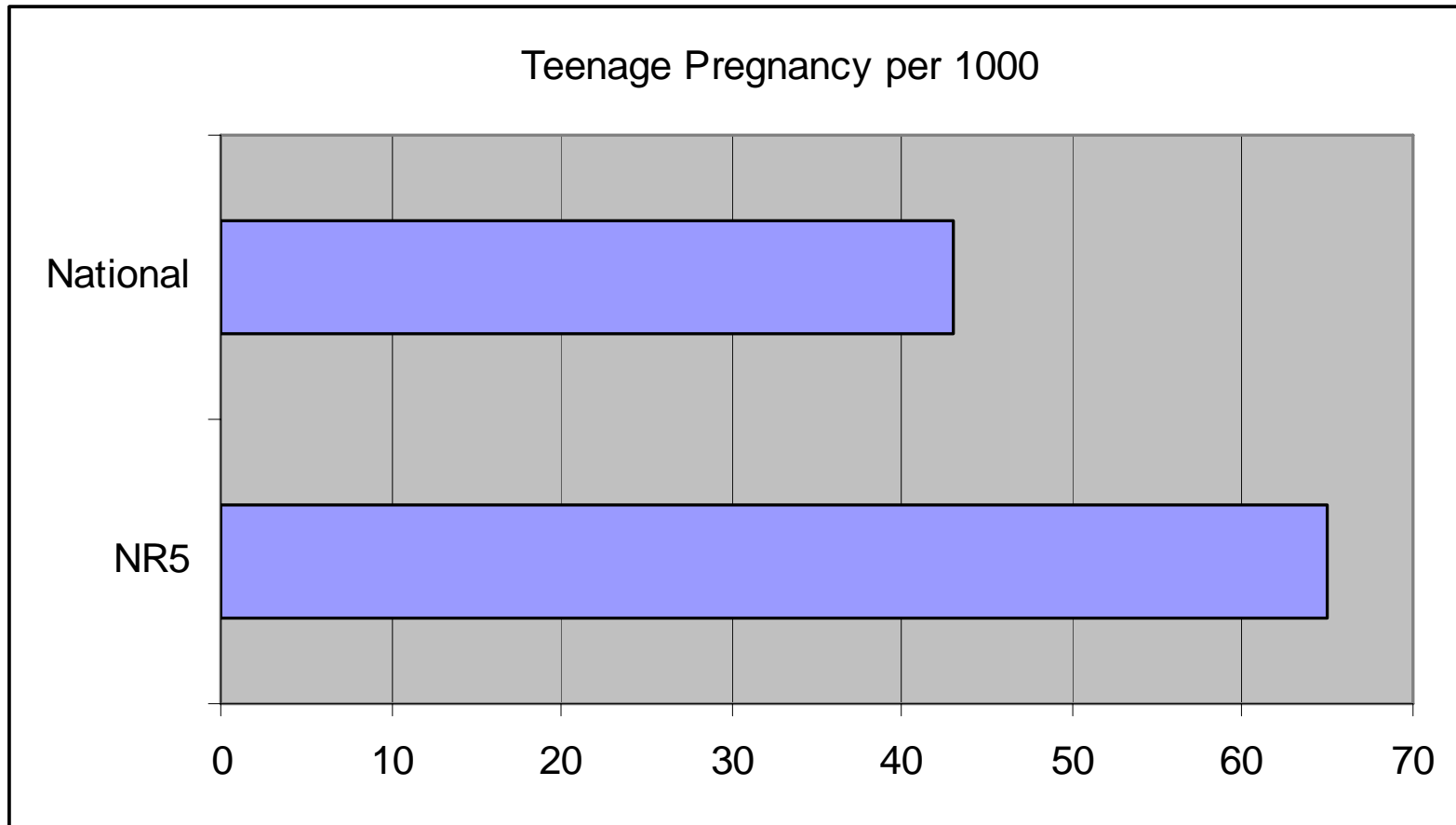
- Areas of social deprivation, such as
- NR5 – postcode zone of Norwich



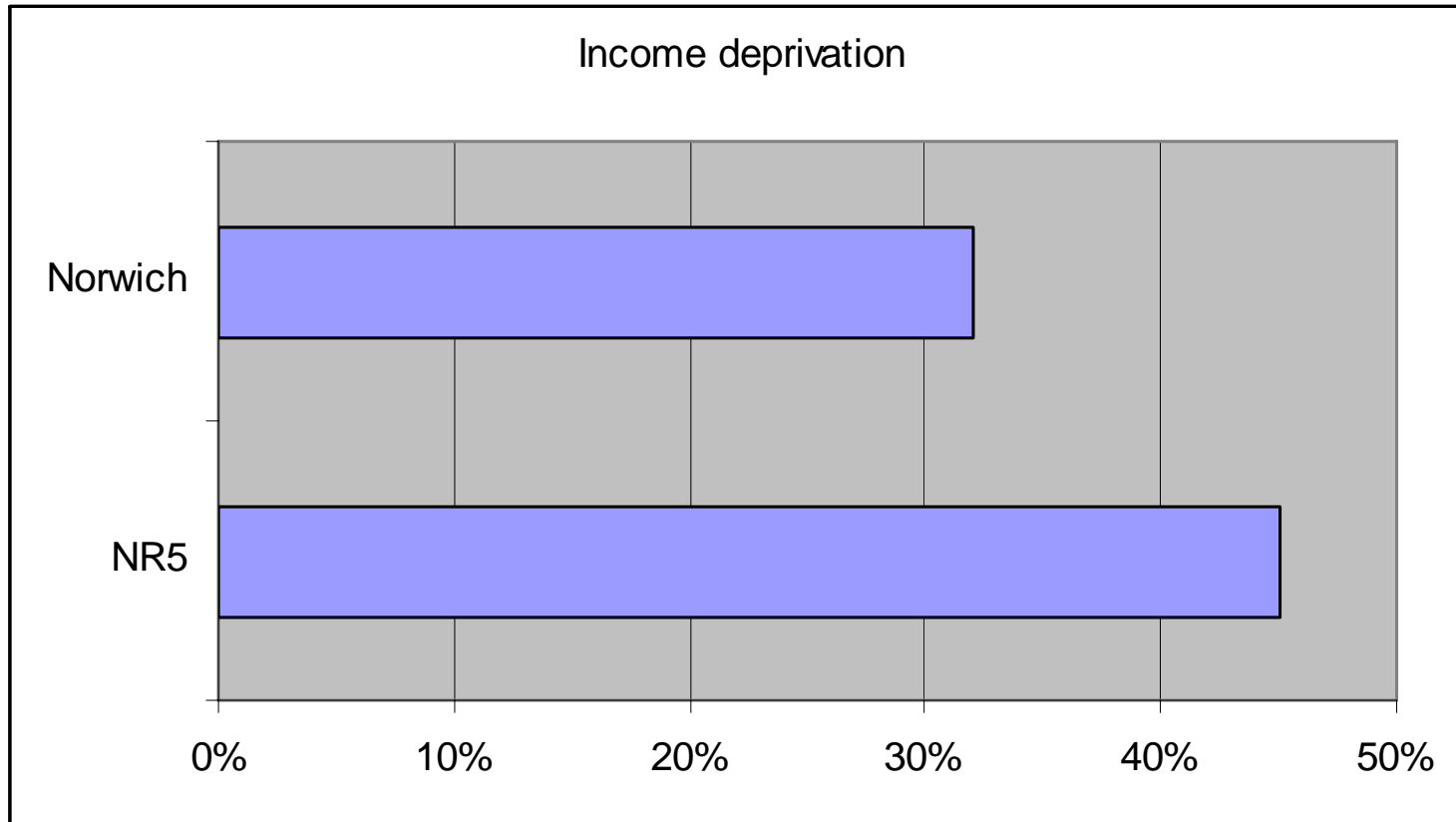
# Examples of Deprivation



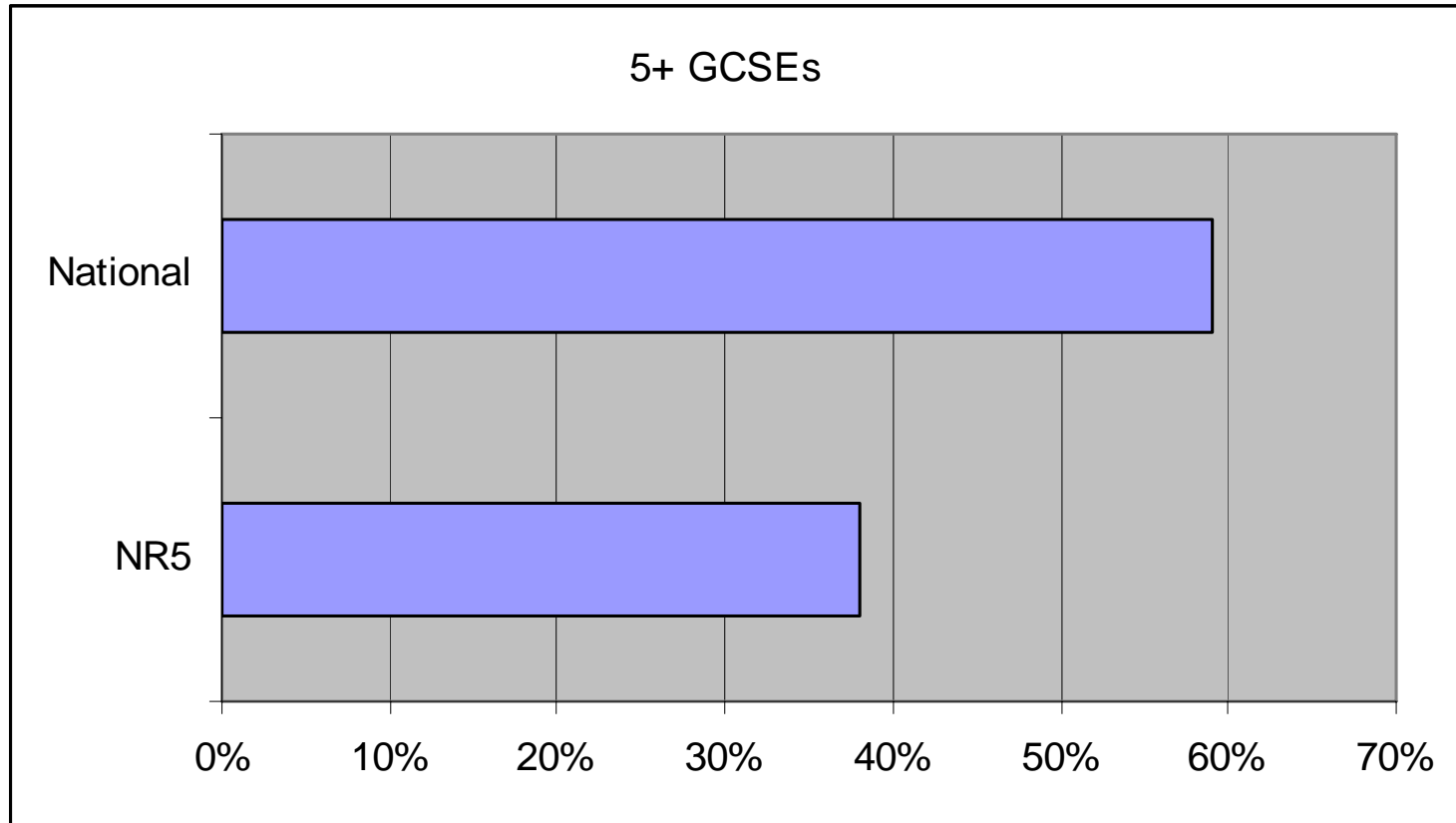
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## **YMCA Project**

- NEET
- Entry To Employment
- 16 – 19 year olds
- Construction and Conservation
- Set up to succeed
- Developing new skills

## **NR5 Project**

- 14 – 16 Year Olds
- Excluded from mainstream education
- Teenage pregnancy, medication, history of social problems, ADHD
- Seen as failures
- By society and educational system

Last year we were not very happy ...



(Photos, author)

But we lit fires, made food, drinks and shelters,



and even started some real work ...



From this in Autumn 2007



*(Photo, author)*



To this in Autumn 2008

*(Photo, author)*



and from this in Autumn 2008



*(Photo, author)*



to this in Spring 2009



*(Photos, author)*

*(Photo, author)*

John Muir Discovery Awards for NR5 were presented at Whitlingham in December 2008



Recently at the NR5 Project,  
the group has started work  
making a new garden.

*(Photo, author)*



## Thanks from the Bosses,

Dear Jim

### Volunteering at Whitlingham Country Park

We want to thank you and all our volunteers for your dedication to the Park, for your enthusiasm and for the time you donate to Whitlingham. We look forward to your continue input and hope that the time you spend at the Park is fulfilling and enjoyable.

Next time you are at the Park look around you. What you see is the best possible tribute to your generosity to Whitlingham Country Park.

Thank you for all your hard work.

Yours sincerely



David Adler  
Chair, Whitlingham Charitable Trust



Russell Wilson  
Manager, Whitlingham Country Park



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and thanks from the Bosses' Boss,



*(Photo, Broads Authority)*

Hilary Benn, the Environment Minister,  
at the headquarters of the Broads Authority,  
16<sup>th</sup> March 2009



*(Photo, Broads Authority)*

NR5 learners with ASDAN Gold Awards from the Environment Minister.

My thanks are moments like this



*(Photo, author)*

## Eureka Moments

- *"It's my best day of the week."*
- *"I Love coming to Whitlingham"*
- *"Can I show my mum what I've done?" (Wilson, R., pers.comm.)*



## **What have been the benefits to Whitlingham Country Park?**

- Cleared and built new footpaths
- Cleared woodland
- Planted new trees and coppiced old ones
- Created new steps and fences
- Worked with Norwich Fringe Project

## **How it works**

- Contract with children
- Good behaviour rewarded
- Carrot not stick

Results are

- Improved behaviour in class
- Number of exclusions reduced



Everyone pulling in the same direction





## References

<http://www.statistics.gov.uk/hub/index.html>

[www.maps.google.com](http://www.maps.google.com)

[www.jimfroud.co.uk/NR5](http://www.jimfroud.co.uk/NR5)

Thank you for listening,

any questions?