

# OUTDOOR LEARNING PROGRAMME

April 2019 – March 2020

## Walks & Workshops In Ironbridge Gorge

Severn Gorge Countryside Trust is a registered charity.  
The Trust's aim is to promote, protect and conserve the living landscape of  
the Ironbridge Gorge World Heritage Site.  
REG CHARITY No. 1004508

**Saturday 30th  
November,  
10-1pm**

### Christmas Wreaths

Tutor: Craig Baker  
Make your own  
traditional Christmas  
wreath with wire,  
moss, greenery



gathered from our local woods and ribbons. Foliage will be provided but you are welcome to bring your own decorations to personalise your wreath. **Cost:** £20  
**Meet:** SGCT, Darby Road, Coalbrookdale, TF8 7EP

2020

### Friday 17th January, 10-1pm Sutton Woods

Tutor: Cadi Price  
Kick start your new year with a 3 mile ramble around Sutton Woods a little explored woodland near Coalport, followed by a warming soup lunch.

**Cost:** £5 • **Meet:** Shakespeare Inn, Coalport, TF7 8NT  
**NB:** Sturdy footwear



### Wednesday 19th February, 10-12noon Spring Detective

Tutor: Cadi Price

Be a BIG Explorer on our scavenger hunt along Severn Valley Way and riverside walk on the Tile Trail  
**Cost:** £2 • **Meet:** Maws Craft Centre, Ferry Road, Jackfield, TF8 7LS • **NB:** Suitable for pushchairs

### Wednesday 18th March, 10-4pm Workshop: Lino printing

Tutor: Amanda Hillier [www.amandahillier.co.uk](http://www.amandahillier.co.uk)

Create a series of lino prints using inspiration from the local woodland setting. After a short walk along Ropewalk footpath to find your inspiration, you will hand carve lino blocks to create your own unique two colour prints.

**Cost:** £35  
**Meet:** SGCT, Darby Road, Coalbrookdale, TF8 7EP  
**NB:** Sturdy footwear, old clothes/apron, packed lunch



### Bookings

Your place is reserved once payment is received. There are concessions for people in receipt of certain benefits.  
**Cancellation:** If you need to cancel your place, please contact us as soon as possible. Cancellation more than four weeks before the course date we will retain 50% to cover administration costs. Cancellations within four weeks of the course date are chargeable in full unless we fill the place. If you book and we have to cancel, then you receive a full refund.


**Workshops:** You will be outside for all or part of the day. Tea and coffee are available. See 'NB' for extras.  
**Ages:** All courses are suitable for participants 16+. Family walks from 2+


#### Contact Information:

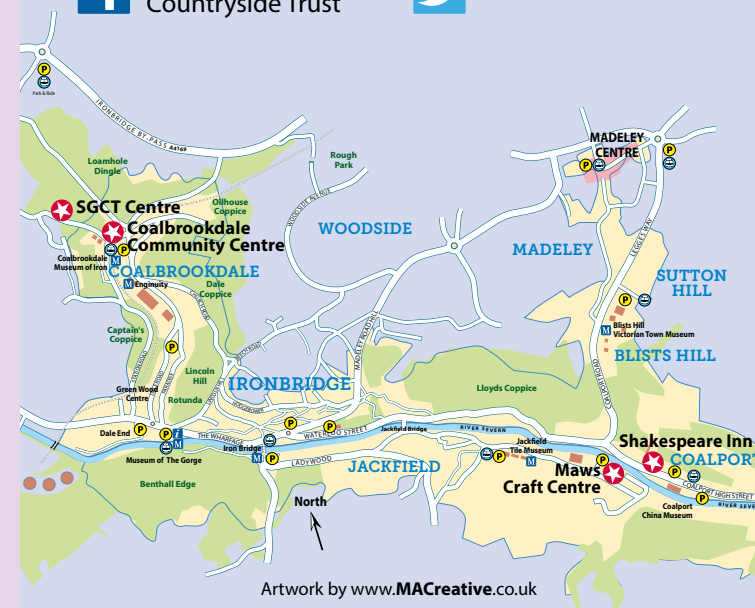
bookings@severngorge.org.uk  
Severn Gorge Countryside Trust, Darby Road, Coalbrookdale, Telford, TF8 7EP  
01952 433880 • [www.severngorge.org.uk](http://www.severngorge.org.uk)

#### Payment details: Cash

Cheque (*Severn Gorge Countryside Trust*)  
Online banking reference: **YOUR NAME**  
Sort code: **08-90-01** • Account no: **65014772**

 Severn Gorge Countryside Trust

 @IronbridgeSGCT



Artwork by [www.MACreative.co.uk](http://www.MACreative.co.uk)

FAMILY WALKS

GUIDED WALKS

WORKSHOPS

**Wednesday 3rd April, 10-1pm**

## Forest Bathing

**Tutor:** Jan Cafearo  
Forest Bathing is catching on. No swimming is involved! The 'bathing' part simply means using all of our senses to soak up the special atmosphere of the woodland. Research shows it to be very good for our health and lots of fun!  
**Cost:** £10 • **Meet:** Coalbrookdale Community Centre, Wellington Road, Coalbrookdale, TF8 7DX  
**NB:** sturdy footwear



**Tuesday 7th May, 10-1pm**

## Mini Meadow Medicine

**Tutor:** Hannah Charman [www.physichealth.uk](http://www.physichealth.uk)  
Be introduced to the fascinating tradition of western herbal medicine. After learning some basic theory, we'll be getting 'hands-on' with harvesting some plants and trying simple remedies. You'll be invited to ask about how herbs can help with specific conditions.  
**Cost:** £20  
**Meet:** SGCT, Darby Road, Coalbrookdale, TF8 7EP  
**NB:** sturdy footwear



## Monday 10th June, 10-4pm Knitting and weaving using local yarns

**Tutor:** Ewe & Ply [www.eweandply.co.uk](http://www.eweandply.co.uk)  
British sheep are woven into the structure of the British countryside. Join Teri and Becca to learn a little of the history of wool production and textiles and visit our Soay sheep. We'll weave a coaster with a Welsh motif and knit a mug hug using local yarn. **Cost:** £35 • **Meet:** SGCT, Darby Road, Coalbrookdale, TF8 7EP • **NB:** sturdy footwear, packed lunch. Basic knitting knowledge required.

**Friday 5th July, 10-4pm**

## Plein Air landscape drawing

**Tutor:** Nigel Glaze <https://nigelglaze.myportfolio.com>  
Walking and experiencing the landscape allows a personal refinement of feeling the sense of a place. We will focus on the medium of charcoal sketching to develop your own drawing sensitivity. Nigel will teach aspects of drawing techniques, such as expressive mark making, interlocking shapes, tonal value and landscape perspective. **Cost:** £35  
**Meet:** SGCT, Darby Road, Coalbrookdale, TF8 7EP  
**NB:** Sturdy footwear, packed lunch. List of materials will be provided



## Summer family woodland adventures

**With Sarah Bates**  
Get your little ones out in the summer exploring local woodlands and meadows with Sarah to keep them entertained! **Cost:** £2 • **Meet:** Coalbrookdale Community Centre 10-12noon  
**7th August: Marvellous beasts and where to find them**  
**14th August: Den Building**  
**21st August: The Gruffalo**  
**28th August: Teddy Bear's Picnic**  
**NB:** Bring a snack and wellingtons to explore local woodlands



## Wednesday 1 1st September, 10-4pm Ink Painting

**Tutor:** Sam Brett-Atkin [www.sambrettatkin.co.uk](http://www.sambrettatkin.co.uk)  
Sam will introduce the extensive and exciting potential of painting with drawing inks. We will explore simple yet effective methods to create unique and striking art, inspired by natural forms, collected during a peaceful woodland walk. **Cost:** £35 • **Meet:** SGCT, Darby Road, Coalbrookdale, TF8 7EP • **NB:** Materials and tools provided but attendees may bring additional watercolour paper and brushes. Extra paper will be available to purchase. Wear old clothes/apron as inks may stain. Sturdy footwear and packed lunch.



## Wednesday 4th October, 10-1pm Creative Writing with Nature

**Tutor:** Jen Edwards  
Using inspiration from nature and a multi-sensory approach, this workshop looks at how nature can influence and form the basis of creative writing. All abilities welcome. **Cost:** £20  
**Meet:** SGCT, Darby Road, Coalbrookdale, TF8 7EP  
**NB:** Sturdy footwear, notebook and pen/pencil



## Friday 8th November, 10-4pm Hedgerow basket

**Tutor:** Cathy Preston [www.morethanwillow.co.uk](http://www.morethanwillow.co.uk)  
Use natural materials to make a simple hedgerow or gathering basket. After exploring local woods to gather all sorts of pliable material, we will use our gathered materials, and willow provided, to weave a small frame basket. **Cost:** £35  
**Meet:** SGCT, Darby Road, Coalbrookdale, TF8 7EP  
**NB:** Sturdy footwear



**FAMILY WALKS**  
**GUIDED WALKS**  
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