



FOREST SCHOOL

Nurturing the well-being of families through sessions incorporating crafts, bushcraft, yoga & mindfulness

harecic.co.uk
Forest of Dean, Gloucestershire

07761 164352
info@harecic.co.uk



Aims, Ethos & Mission Statement

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Written By (Name & Role):	Charlotte Berrow, Personnel Director	Next Review Date:	06/02/2027
Version:	AE002	Reasons for update:	Align with membership scheme & Full policy audit & update across organisation

Revision History

Revision No	Effective Date	Notes
1.0	06/02/2026	Updated to bring structure in line with other policies. Introduction added with additional information. Mission statement amalgamated into this document to create a more cohesive policy.

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1 - Introduction

HARE is a nature-centric community co-operative of nature-loving practitioners, who collaborate to bring their services to our local community. We are open to any individual or organisation offering any service that is in line with our aims and values, as outlined below.

Based in Hazel Woods, near Mitcheldean, Gloucestershire, our purpose is to nurture the well-being of people in the Forest of Dean, through mindful connection with the natural world, creativity, community and spirituality.

2 - Mission Statement

The objectives of the company in our constitution are to carry on activities which benefit the community and in particular (without limitation) to improve the overall well-being of participants.

Aims:

- Build confidence, self-esteem, emotional resilience and re-energise the spirit.
- Strengthen social skills, relationships, community and connectedness with each other and nature.
- To enable individuals, families, and communities to thrive now and in the future.

We achieve this through:

- Creating safe, nurturing spaces for individuals, families and communities.
- Meaningful connection to the natural world, mindfulness and restorative yoga practices.
- Learning crafts, traditions, celebrations, storytelling and music.
- Learning practical skills in Forest School and edible gardens.
- Exploring and understanding the restorative nature of soil, plants and trees.

3 – Ethos

Our ethics align with Permaculture Principles - Earth Care, People Care, Fair Share. We work collaboratively, supporting each other, because we need nurture, so that we can nurture our community. We believe that disconnection from nature, our creativity, community and our spirituality are huge driving factors in the mental health issues suffered throughout modern society. So all our offerings include these restorative elements and are structured around the seasons and sabbats of the wheel of the year.

HARE stands for Holistic. Accessible. Regenerative. Education. In our day-to-day practice, HARE aims to create a culture based on:

- ❖ Mutual respect, empathy, kindness and collaboration.
- ❖ Clear, calm and open communication.
- ❖ Viewing people **holistically**, including emotional well-being and spiritually.
- ❖ Viewing child development **holistically**, when working with children. Understanding that learning experiences don't only support one area of development, they often support several at once.
- ❖ Offering an inclusive service, which is as **accessible** to all in our community as it can be. Including neurodiverse, LGBTQIA+ and other minority participants.
- ❖ Building and **regenerate** community, not just with our participants, but by connecting with other local organisations and the wider community.
- ❖ Offering an outdoor **education** environment focused on connecting participants with the natural world.
- ❖ Creating an environment which promotes well-being, safety and security, allowing participants to regulate their nervous system.
- ❖ Providing workshops and events which support the emotional regulation, well-being and mental health of participants.
- ❖ Review and evaluate our services to ensure that we continue to meet the needs of the families we work with.
- ❖ Recruiting experienced, well-trained team members and offering them appropriate, ongoing support in a nurturing, cooperative work environment.

And when working with children:

- ❖ Providing a Forest School environment which fosters resilience, confidence, independence and creativity. Allowing children to learn and develop freely in a play centred environment.
- ❖ Encouraging children to take responsibility for themselves and their actions, building self-confidence and self-autonomy.
- ❖ Encouraging children to develop positive attitudes and respect for themselves and others, in an environment free from bullying and discrimination.
- ❖ Providing a wide range of outdoor activities, crafts, tools, resources and equipment which can be used under safe and supervised conditions.
- ❖ Offering a programme of activities which meets the needs of each child, promoting their physical, intellectual, emotional, spiritual and social development, enabling them to become confident, independent and co-operative individuals.
- ❖ Working in partnership with parents to provide high quality play, development and well-being experiences for children.
- ❖ Communicating effectively with parents and carers, and to discuss experiences, feedback and any difficulties that may arise and to listen and respond to their views and concerns.
- ❖ Nurturing the individuality of each child with care and respect.
- ❖ Complying with all relevant legislation, including the Children Act 1989, the Health and Safety at Work Act 1974 (HASAWA), employment laws, The Equality Act 2010, where relevant the Childcare Act 2006, and any other which is relevant.

This policy was adopted by HARE Forest School CIC board of Directors on date:	17/02/2026
Signed - Board Member(s)	C. Berrow, Director G. Chadwick, Director H. Mitchell, Director
To be reviewed:	17/02/2027