

**IMPACT
REPORT
2014 TO 2020**



Contents

Page 2	Preface
Page 3	Acknowledgements
Page 4	Founders Message
Page 5	About Us
Page 6	Outcomes
Page 9	Leadership Projects
Page 11	Events
Page 12	Nature Visits
Page 13	Consultation Projects
Page 14	Community Groups
Page 15	Sector Organisations
Page 16	Nature Sites
Page 17	Demographics: Participants
Page 18	Demographics: Community Engagement
Page 19	Our Future
Page 20	Conclusion
Page 21	Quotes

Preface

The COVID pandemic and the Black Lives Matter (BLM) movement has forced many of us into reflection and contemplation. The impact has been felt across the global community. Backbone CiC has grasped the moment to sharpen our focus on the work we have done and the work we have yet to commence. This report aims to capture the impact of our activities between 2014 to 2020 and steer us into our future direction.

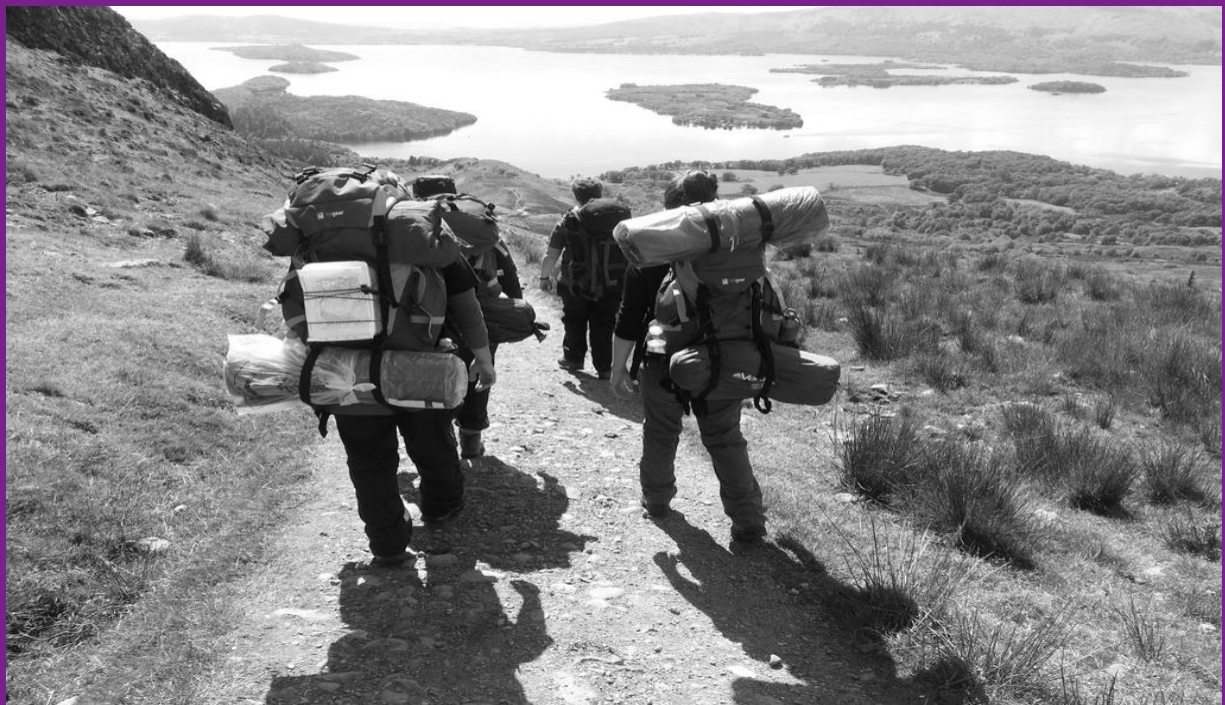
Evidence for the report was collated through:

- Participant questionnaires, group work, progress reports, feedback and 1:1 interviews.
- Each community initiative, event and residential were seen as stand-alone projects. A project usually involved a number of sessions. Only numbers for each project, event and residential were used for this report, not each session.
- Demographics were collated from monitoring forms and participant interviews. On some of the big events participants submitted estimated numbers and demographic breakdown. On these occasions we used the lowest estimate.
- *Note: Collated numbers are totals for each project/event/residential. Some community members may be involved in more than one project.*

Backbone: Backbone CiC

BAME: Black & Minority Ethnic

The Sector: Environmental and Outdoor Education Organisations



Acknowledgements

A sincere thank you to our funders for their support.

Our partnerships are based on our core values that are embedded in all aspects of our work:

- Genuine intention and integrity
- Trust and respect
- For the direct benefit of All communities



Founders Message

I continue to be proud of the relationships Backbone has developed with Sector organisations and BAME communities, together we are striking out and offering life changing experiences to those who most need it, the isolated and marginalised groups across Scotland. Now more than ever, we must continue our work, supporting a nature-based healing process to recover from this devastating period.

The impact of our work continues to be recognised in the media; showcasing our message of the need for BAME role models and improved access to the power of nature for everyone.

Like a ripple in a loch or in our case a tsunami! Our leadership alumni continue to do an outstanding job delivering a diverse range of sustainable initiatives to their own communities. Community role models and environmental ambassadors.

Grab yourself a coffee and find out more:

- <https://www.backbone.uk.net/media-tv-radio/>
- <https://www.backbone.uk.net/articles/>
- <https://www.backbone.uk.net/leadership/>
- <https://www.backbone.uk.net/alumni-projects/>

Where are we now? We will step up to action change in the Sector's approach to BAME inclusion at all levels of our institution; from participation, volunteering, employment and senior/Board level. I have been addressing this since the 70's and the reason I founded Backbone. The very fact that we are still *talking* about this issue, disturbs me. We were shouting about this in our BBC Countryfile appearances in 2000 and 2010 followed by another decade of media coverage on this issue. It's time to ACTION CHANGE. We are delighted to announce the launch of our Symposium: **Changing Landscapes - Actioning Change**. Funded by our partners Nature Scot, Cairngorms National Park Authority and Lochlomond & Trossachs National Park Authority

A symposium with a difference, a process rather than a moment, a gathering of Sector and BAME influencers and leaders to action real change. This will be challenging, exciting and consuming, but in true Backbone style, we are not alone with many Sector and BAME organisations already signed up. Watch this space!

This year has given us a renewed clarity of purpose that has informed our future plans. This impact report is part of the process, a celebration of our work since 2014 and an opportunity to identify gaps that require our attention. I feel privileged to have Dexter du Boulay and Jenny Isherwood by my side with their fresh perspective, objectivity, honesty and integrity keeping Backbone on track. We hope you can join us as we move into the next era of our journey!

Pammy Johal.
Founder & Operations Director

About Us

Backbone is a leading BAME outdoor environmental education organisation acknowledged on a global platform for successfully addressing diversity and inclusion in the sector. The key to our success is partnership working based on our values integrated in all aspects of our work:

- Genuine intention and integrity
- Trust and respect
- For the direct benefit of all communities

We aim to entice and excite people of all backgrounds and abilities to experience the magic of our natural world. In doing so we form a bond with nature and find a desire to protect it.

We address the barriers that prevent BAME and marginalised communities to access and benefit from experiencing the great outdoors.

We provide tailored nature-based activities to marginalised communities, those that are excluded and who cannot access mainstream opportunities due to any of and not limited to: religious, cultural, racial, social or economic reasons and for those who lack confidence.

We provide a 'safe space' both physically and psychologically allowing participants to BE themselves without having to compromise values, needs and faith. For example, we offer:

- Dietary requests to include Halal, vegetarian and vegan
- Exclusive use sessions, accommodation and gender specific staff
- Freedom to wear traditional clothing
- Language considerations
- Personal and prayer time
- Timing of events recognising cultural/religious observances.

Backbone CiC is a Community Interest Company Ltd By Guarantee. We have 3 Directors:

Pammy Johal Founder: 2011 to present

Dexter Duboulay: 2011 to present

Jenny Isherwood: 2019 to present

Consultations with community and Sector organisations inform our operations, meeting specific needs and cultural considerations of our service-users and supporting the equality and diversity objectives of our partners.

We operate on a project specific, full-cost basis and outsource all aspects of delivery to our approved providers.

Visit our website for further information: www.backbone.uk.net

Outcomes

Our projects have met the **Scottish Government Key Objectives 2014-2020**.

- More people experiencing, enjoying and valuing nature and landscapes.
- We value and enjoy our built and natural environment and protect it and enhance it for future generations.
- We live longer, healthier and active lives.
- We have a stronger, fairer and inclusive national identity.
- We are creative and our vibrant and diverse cultures are expressed and enjoyed widely.
- We respect, protect and fulfil human rights and live free from discrimination.
- We grow up loved, safe and respected so that we realise our full potential.
- We are well educated, skilled and able to contribute to society
- Volunteering for All: A Scotland where everyone can volunteer, more often, and throughout their lives.

Our projects have met our **key partner objectives for 2014-2020**.

- Forestry Scotland: Increase the use of Scotland's forest and woodland resources to enable more people to improve their health, well-being and life chances.
- Lochlomond & Trossachs NPA: Visitor Experience. There is a high quality, authentic experience for people from all backgrounds. There are many opportunities to enjoy recreation activities and appreciate the area's outstanding natural and cultural heritage of the Lochlomond and Trossachs National Park.
- Cairngorms NPA: Priority 6 Learning & Inclusion. Creating a 'Park for All' by reducing barriers and inspiring a diversity of people to engage with and care for their National Park through lifelong learning.
- Nature Scot: Connecting People and Nature

Backbone is a key partnership in the sector as they deliver **Strategic Plans** and provide consultation services for their equality remit:

- Lochlomond & Trossachs National Park Partnership Plan 2018-23
- Cairngorms National Park Partnership Plan 2017-22
- Nature Scot Business Plan Connecting People and Nature 2019-22
- Scotland's Forestry Implementation Plan 2020-22
- Mountain Training Scotland Strategic Plan 2017-21



Outcomes

Backbone has delivered an unprecedented number of BAME sessions for the Sector. Our experience tells us that:

- Sector staff lack the knowledge and confidence to access and work with BAME groups
- BAME members lack the knowledge and confidence to access nature sites

Our approach has improved the **knowledge and confidence** in both the Sector and BAME members resulting in an increase in BAME members engaging with the Sector. Building sustainable relationships with each other independently of Backbone.

Key Outcomes for **Sector Organisations**.

- New and sustainable relationships with a variety of BAME groups.
- BAME targets have been met, and in many cases exceeded.
- Improved and increased access to BAME members for recruitment purposes; volunteering, staffing etc.
- Increased number of BAME group visits, many multiple times and in large numbers.
- Cost effective and practical approach to Diversity & Inclusion.
- Staff have increased confidence through formal and informal cultural awareness sessions through direct experience with BAME members. There may no longer be a need for costly 'board room' style training; cultural awareness, diversity & inclusion etc.
- Improved and increased access to funding streams. BAME specific and more.
- Improved marketing platforms to attract BAME members.
- Improved and increased access to BAME groups for consultations and events.
- Access to consultations to review internal policies, practices and procedures.
- Acknowledged for their BAME engagement work through a variety of platform, Awards, Certification etc.



Outcomes

Key Outcomes for **BAME Groups**

- New and sustainable relationships with a variety of nature sites and their people (Ranger Service).
- Increased and improved sense of physical, emotional and mental well-being.
- Increased and improved sense of belonging, particularly those who are making Scotland their new home.
- Improved and increased relationship with nature and a desire to protect it.
- Re-connecting with global homelands through connecting with the global environment.
- Improved and Increased knowledge and confidence to access new places, both locally and further afield.
- Improved and increased access to new experiences and opportunities to learn about nature, conservation and sustainable living.
- Recognise Sector organisations will respect and work with cultural values.
- Developed a robust infrastructure to confidently and safely lead outdoor activities.
- Prioritised and introduced environmental purposes to their constitutional aims.
- Improved and increased access to funding; both for core and project specific purposes.
- Improved and increased access to employment and training opportunities.
- A wider perspective and awareness of personal and organisational aspirations.



Leadership Projects

Our Leadership Projects are the heart of our work where we develop BAME role models and environmental ambassadors. There are 5 strands to our integrated leadership model:

1. Skills and National Governing Body Awards
2. Leadership experience
3. Personal leadership Journey
4. Organisational development, including networking with Sector organisations.
5. Volunteering

During 2014 to 2020 we delivered 6 leadership projects:

1yr Community Leadership Project 2014
1yr Women's Learn to Ride Project 2014
3yr Community Leadership Project 2015-2019
2yr Women's Exploring Natural Heritage Project 2015-17
Cycle Leadership Residential 2015
Cycle Maintenance Training 2018

Our 114 qualified and experienced leaders are fully equipped and confident role models with 221 qualifications and skills training. 11 leadership participants gained employment. They continue to have a significant impact on both their communities and the Sector.

Our leadership alumni are impacting their community organisations by:

- Reviewing constitutions to prioritise and include an environmental focus.
- Raising £826,565 in funds:
 - £683,000 core funding to support outdoor projects
 - £143,565 project specific
- Developing a robust infrastructure to safely deliver outdoor activities

Our leadership alumni are influencing strategic change in The Sector through consultations:

- Cairngorms National Park Partnership Plan 2017-2022
- Cycling Scotland Engagement Plan 2016
- Great Trossachs Woodland Trust Engagement Plan
- Loch Lomond and The Trossachs National Park Partnership Plan 2017-2022
- National Nature Reserve Management 10year Plan
- RSPB 10year Engagement Plan



Leadership Projects

Our leadership alumni have added value to their Communities through:

- Delivering 295 local initiatives, events and residentials of which 40% are sustainable projects elements of which are still being delivered and developed today.
- Delivering 3 Outdoor Festival For All Events
- Engaging 9363 community members, the total number of community members who registered for local initiatives, events, residentials and Outdoor Festival for All Events.
- Supported 48 community members to qualify as Cycle Ride Leaders, Cycle Trainers, Bike Maintenance and Outdoor 1st Aid.
- Delivered 4772 volunteer days given by 172 community members and participants.



Events

Outdoor Festival for All Events have become our signature community events. An opportunity for our leadership alumni to showcase their skills by leading a festival that celebrates diversity of people and landscapes. Key elements of the festival:

1. Take place in a special place in nature.
2. Fun and uplifting day out for everyone.
3. Offer a wide variety of outdoor activities that are:
 - a. Jointly led by our leadership alumni and outdoor organisations.
 - b. Accessible for all abilities and ages
 - c. Learn about nature through fun.
4. Bring together BAME community groups from across Scotland and local residents.

A total of 603 from 26 community groups attended 3 Outdoor Festival for All Events:

Outdoor Festival for All 2014 at Blair Castle and Atholl Estate

Outdoor Festival for All 2017 at Blair Castle and Atholl Estate

Outdoor Festival for All 2018 at Balmaha

The festivals together with our nature visit projects provide us with a platform to gather information from attendees. Key findings:

- 80% did not know about National Parks.
- 100% did not know about National Nature Reserves.
- 80% lacked knowledge of and how to access nature sites.
- 100% wanted to do more in nature.
- 100% wanted to see more BAME members represented in The Sector.
- The main barriers identified are access to transport, language, cultural considerations and lack of confidence.



Nature Visit Projects

Nature visit based projects are for the purpose of introducing community groups to nature. We have found that the initial visit gives community members the confidence to repeat visits unaccompanied. Key elements of our nature visit projects are:

1. They primarily focus on visits to local nature sites; however, some are further afield.
2. Introduce the community to the local ranger service so they have a contact person/s.
3. No special equipment or clothing is required.
4. Support transport costs.
5. Fun and interactive day out where we learn about nature and how to access it.

During 2014 to 2020 a total of 376 community members enjoyed nature visits through the following projects:

FCS Grampian Woodland Residentials 2018. 4 residential woodland experiences

FCS Woodland Engagement Project 2018-19. An introduction to local woodlands

Nature Exploration 2019. An introduction to special places in nature

Community Volunteering Project 2019. An introduction to conservation volunteering



Sector Consultation Projects

We use an experiential approach to consultations exploring engagement issues through connections and experiences. Key elements to our consultation process:

1. Direct contact with groups.
2. Introduce groups to services offered by the Sector.
3. Gather facts rather than assumptions or perceptions.

During 2014 to 2020 we delivered 5 consultations. *Note they are linked with nature visits.*

Nature Scot Community Volunteering Project 2019. To educate BAME members about conservation volunteering and explore the barriers:

- 101 members from 6 community groups experienced volunteering.
- 75 hours of conservation volunteering.
- Connections with 6 new groups and over 500 BAME community members.

FCS Grampian Woodland Project 2018-19. To introduce BAME communities to local woodlands and explore the barriers:

- 57 members from 3 groups learnt about woodlands through ranger led activities.
- 20 community leaders learnt how to safely lead visits to local woodlands.
- Connections with 3 new groups and over 400 BAME community members.

Lochlomond and Trossachs NPA BAME Engagement 2019. Introduce staff to BAME groups living in and around the park and research:

What do they know about the Park?

How to access the Park?

What activities they can do in the Park?

How they can volunteer in the Park?

- Connections with 9 organisations and over 500 BAME community members.
- Identified barriers and solutions to accessing park services.

Nature Scot Nature Exploration 2019. Introduce BAME communities to special places in nature and explore the barriers:

- Connections with 6 new group and over 350 BAME community members. 5 Refugee and Asylum Seeker groups. Highlands, Grampian and Edinburgh.
- Identified barriers and solutions to accessing services.

Cairngorms National Park Authority BAME Engagement 2019. BAME research:

What do they know about the Park?

How to access the Park?

What activities they can do in the Park?

How they can volunteer in the Park?

- Connections with 6 new groups and over 450 community members.
- Identified barriers and solutions to accessing services.

Community Groups

We have worked with over 50 Community organisations and grass-root community groups. The following are some of them.

Arab Women's Group Edinburgh
Al-Meezan Edinburgh
AMINA Muslim Women's Resource
Ansar Glasgow - Muslim Sports Group
Andalus Glasgow
Ancrum Outdoor Centre
Active Schools Highland
African Elders Group
African Church Group
Bearsden Women's Group
C-Change- Dates N Mates
Chinese Family Group Perth
Connect Easterhouse Glasgow
Crobenich Centre for People with Disabilities
Cairngorms Health Walk Project
Community Learning & Development
Council of Ethnic Minority Voluntary Sector
Drake Music School
Dundee Carer's Centre
Dundee International Women's Centre
Engage Project Dundee
Edinburgh & Lothians Regional Equality Council
Edinburgh University Well-Being Society
Green Horizons
Hindu Mandir Elders Group Edinburgh
Health Walks: Mum's & Buggies Edinburgh
Highland Migrant & Refugee Advocacy
Highlife Scotland

Lanarkshire Mosque
Middle East & North Africa Association of Scotland
Multi Ethnic Advice & Development Perth
Multi-Cultural Centre Aberdeen
Nepalese Himalayan Association of Scotland
Nepal Scotland Friendship Forum
Nari Kallyan Shangho Edinburgh
Polish Informal Community
Poolewe Primary Parent Council
Punjabi Junction
Rainbow Women & Children's Group Falkirk
Ross Community Mental Health
Rafika African Women's Group
Rannoch Community Centre
Refugee Council of Scotland
Stepping into Diversity Glasgow
Scorescotland
Sikh Sanjog
Scottish Arabic Women's Association
Shakti Women's Aid
Telugu Association of Scotland
Young Muslim Sisters
Young Carer's Project
The Welcoming Project Edinburgh
Transition Black Isle
Young Muslim Sisters
Yusaf Youth Initiative



Sector Organisations

We have worked with over 30 Sector organisations. The following are some of them.

Aberdeenshire Council Ranger Service
Abriachan Forest Trust
Atholl Estate
Balmoral Estate Ranger Service
Blair Castle
British Cycling
Backcountry Survival
Cairngorms National Park Authority
Cairngorm Mountain Ranger Service
Cycling Scotland
Element Community Arts
Equal Adventures Ltd
Eden's Garden
Environment & Forestry Outdoor Learning
Fife Council Outdoor Education Centre
Forestry and Land Scotland

Glen Tanar Ranger Service
Glenmore Lodge
Gecko Ventures
Highland Cycle Ability Centre
Highland Perthshire Cycling
Historic Environment Scotland
Heritage Lottery Fund Scotland
John Muir Trust
Lochlomond and Trossachs NPA
Mountaineering Scotland
Nature Scot
National Trust for Scotland
OWL Scotland
RSPB Scotland
Water of Leith Trust



Nature Sites

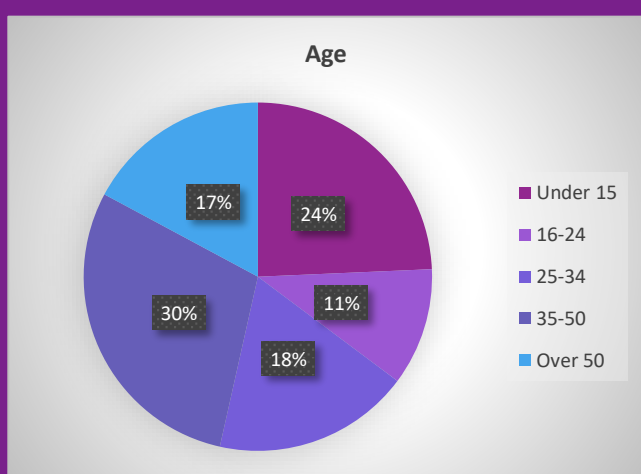
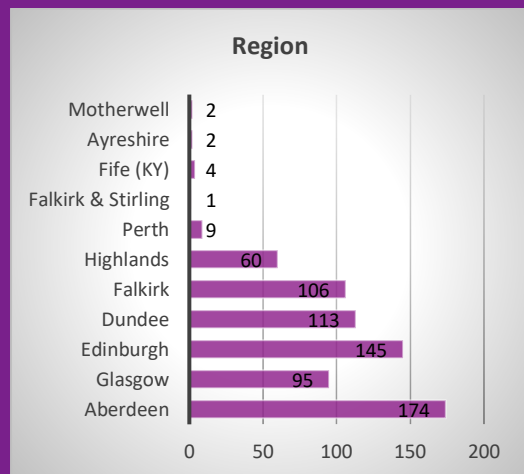
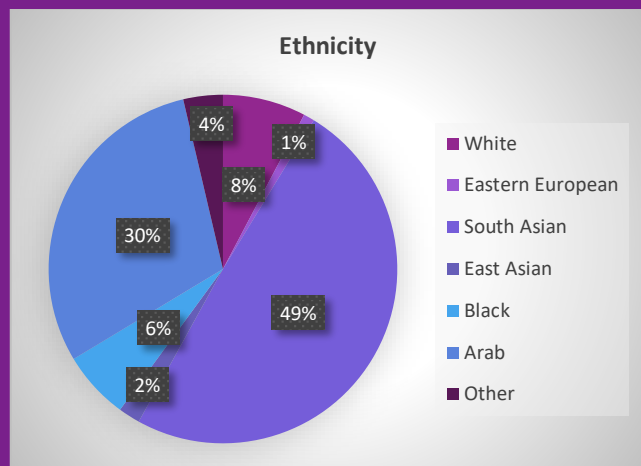
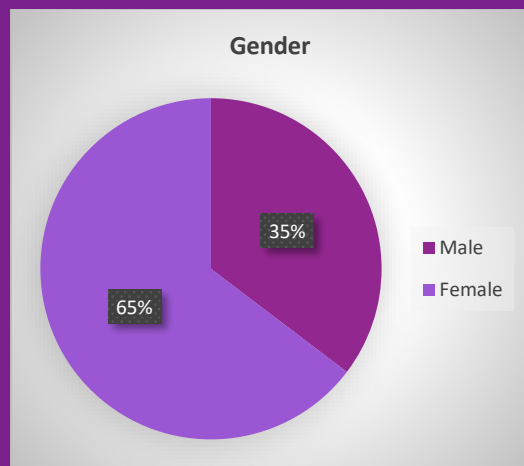
We have introduced participants and their communities to over 150 diverse range of nature sites, including those in remote places and lesser known. For Example:

Abernethy RSPB/NNR	Glen Tanar NNR
Alltcaillieach forest	Glen Feshie Forest
Angus Glens	Glen Clova
Arthurs Seat Holyrood	Glenmore Forest
Auchenshuggle Woods	Garmaddie Woods
Bergie Wood	Inchcailloch NNR
Beinn Eighe NNR	Heldon Woods
Ben Vrackie	Hermitage NTS
Balloch Castle	Invereshie & Inshriach NNR
Ben Lomond	Inverewe NTS
Baxter Country Park	Kirkconnelflow NNR
Bucht Park Inverness	Kintail Forest
Cape Wrath	Kelvin Walkway
Cairngorms National Park	Lochlomond & Trossachs NP
Culbin forest	Loch Leven NNR
Caerlaverock NNR	Lochore Meadows
Cambus O'May woodlands	Loch Morlich
Craigellachie NNR	Loch Katrine
Craigvinean Forest	Loch Lubnaig
Conic Hill	Lomond Hills
Corstorphine Hill NNR	Loch Maree NNR
Clermiston Park	Mar Lodge Estate
Cramond Beach	Mabie Forest Park
Camilty Woodlands	Mugdock Country Park
Chatelherault Country Park	Muir of Dinnet NNR
Castlemilk Country Park	Monaughty Woods
Callander Woods	Malls Mire Woods NNR
Cuningar Woods	Monikie Woods
Camperdown Country Park	People's Palace Glasgow
Cademuir Forest	Pentland Hills
Comrie Croft Woodlands	Pollock Country Park
Dighty Valley Mill O Mains Woods	Rob Roy's Prison NTS
Denfind Bird Sanctuary & Conservation Area	Rowardennan Forest
Dawsholm Woods	Rutherglen Woods
Drumbrae Park	Sandwood Bay NNR and JMT
Darnaway Forest	St Cyrus NNR
Forvie NNR	Templeton Woods
Falkirk Wheel	Tentsmuir NNR
Fisherfield Forest	Uath Lochans NNR
Glasgow Green	Queen Elizabeth Country Park
Glentress Forest	Water of Leith
	Yair Forest

Demographics: Participants

The following information is based on 839 participants of our leadership and nature visit projects plus outdoor festival for all events 2017 and 2018.

29 participants stated a disability.



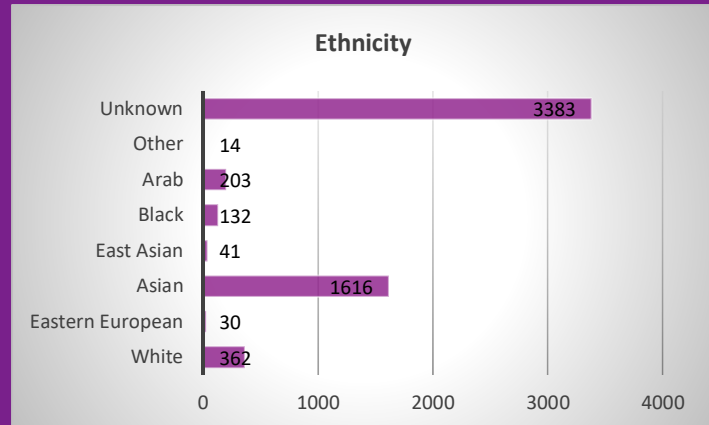
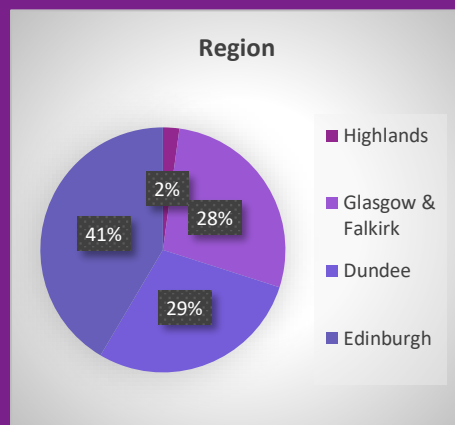
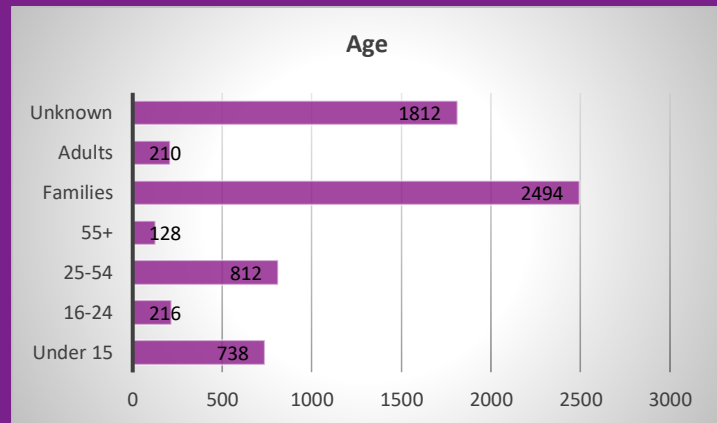
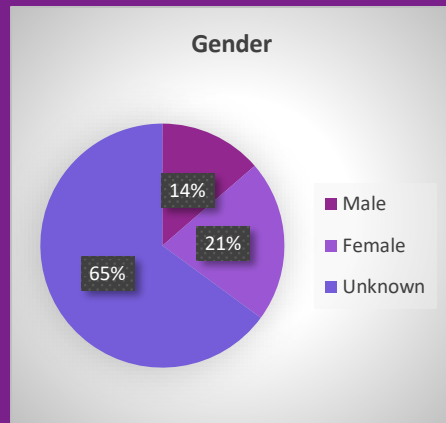
Demographics: Community Engagement Initiatives

The following information is based on the following leadership projects:

3year Community Leadership Project 2015-19

Women's Learn To Ride Project 2014-15

We were able to collect data from 6954 community members who participated in community initiatives delivered by our leadership alumni.



Future: Strategic Plan 2020- 2025

Our plan for the future will continue to embrace our core values of partnership working with a shared focus to:

1. To maintain our value-based operations and widen our sphere of influence with policy makers to improve BAME engagement across all levels of The Sector; participation, volunteering, employment, board/senior level.
2. To target new groups in new regions.
3. To encourage and increase conservation volunteering.
4. To continue delivering what we know works and what we excel at:
 - Nature visits
 - Leadership
 - Women specific projects
 - Qualifications and skills training
 - Sector consultations

We have successfully started this journey in 2020 with **Our Natural Heritage Project** introducing new groups to nature and developing local environmental leaders in the north of Scotland. We have targeted Immigrant and Refugee communities making Scotland their new home (New Scots). Like many, operations in 2020 was limited due to the COVID pandemic. However, with the support of our funders Heritage Lottery Fund Scotland, Nature Scot, Cairngorms National Park Authority we are able to continue with Our Natural Heritage Project with an extension to 2022.

With funding from Nature Scot, Cairngorms National Park Authority and Lochlomond & Trossachs National Park Authority we have launched a **Symposium: Changing Landscapes - Actioning Change**. A symposium with a difference, a process rather than a moment, a gathering of Sector and BAME influencers and leaders to action real change. An innovative approach exploring behavioural change within an institution: THE SECTOR. Currently there is a real energy around BAME inclusivity issues, and we are optimistic of change, this is reflected by the positive uptake from both BAME members and sector organisations.

Innovation and creativity are at the heart of our future operations. Think big and impactful! A potential outcome of the **Symposium: Changing Landscapes - Actioning Change**. A vision of a **Training Academy** offering a menu of qualifications and skills training to BAME members in a fully inclusive environment. Delivered by committed Sector organisations to encourage BAME representation at all levels of the Sector through employment.

A huge thank you to everyone who has shared our journey and we look forward to re-connecting with old friends and picking new ones along the way.

Conclusion

Backbone continues to make waves in the communities we serve and across the sector.

In this period alone we have increased the number BAME and marginalised community members visiting, learning about and benefiting from nature experiences. We saw more than 8000 enrolments on initiatives delivered by our leadership alumni.

Who came with us? Over 50 grass root community groups, over 30 Sector organisations whose rangers have supported visits to over 150 nature sites.

We have worked pre-dominantly in the Central Belt of Scotland and Dundee. Increasingly we are reaching out to new groups in Northern Scotland, Grampian, Highlands, Perth & Kinross and Moray.

This is the result of genuine partnership working.

Our next era will see the making of a significant partnership with a wider impact. This journey has begun as we recruit for the Symposium: **Changing Landscapes – Actioning Change**. A movement that wants to see and feel our institution move forward as we get to the heart of BAME engagement.... through the next generation of BAME leaders of the great outdoors.



Quotes

A few words from our leadership alumni and community members.

The ripple effect. I now have the training, qualifications, skills and experience. We are now passing this on by training and skilling up our volunteers to lead their own communities: Polish, Chinese, Indian, African etc. They understand their communities better than we do.

Self-autonomy and growth – I as a leader and role model, I am self-reliant and independent. I make things happen; I take ownership. I've been out of my comfort zone and pass that experience to others. I work with young Asian boys who have had everything done for them. I facilitate their drive to get away on expedition, they have to take care of themselves, put up the tent, cook, clean up etc. I am changing the cycle and making them more self-reliant. This is very powerful in the Asian community.

would not be doing what I do now if it wasn't for Backbone; this programme has given me the confidence, competence and network for life. I am making a huge difference here in Poolewe, the kids go biking, jogging, exploring! I'm part of mountain rescue team, look after a bothy, I've set up projects for isolated women and now going for a job as an ambulance technician! Thanks for the opportunity for me to get out of my comfort zone and into life!

I have lots of volunteering opportunities and even gained sessional employment.

As a person it has taught me many transferable skills as well as building my own confidence in what I can do and offer others.

I now have a relationship with Scotland, it moves me and its deep felt. Green

I have realized that the first step before having environmental concerns is to KNOW our environment and BE in our environment. This is crucial. Appreciating all the benefits that our environment provides is a stepping-stone in effectively understanding the necessity of protecting the environment. In brief, going outdoor and enjoying the outdoors is great as it naturally leads to environmental protection.

One woman said to me today that she really liked this event and she preferred going with us rather than her family because we had people who knew where to go and what to look at. But she did also say that now she would be more confident to come on a trip herself with her family to explore the Aberfoyle area.

This experience has changed my life and my perspective. I've lived in Glasgow all my life (40+yrs) and never been north of Perth and didn't know this (Glenfeshie) existed. The kids have not missed their technology/wifi, they loved being outdoors and learning about nature.

I definitely see improvement in my health. I feel lighter and fit. I know what to eat and what to wear outdoors. It has increased my confidence.

Backbone volunteers brought expertise I don't have in leading outdoor trips – we would not have attempted to deliver an event of this kind without this help. The volunteers also provided a wealth of ideas and enthusiasm as well as practical support.

I've loved being away; it's been very spiritual. I now know we don't incorporate nature into our everyday lives, and we should!



Report Compiled By
Pammy Johal
1st March 2021