

It's Personal

What do we all have in common?



We love the outdoors



We want to preserve nature



We are involved with our local communities



Interested exploring new places with our communities, families and friends

Why choose the Women Exploring Natural Heritage Project?



- Gives us the tools to exploring nature and the natural environment
- Helps us give back to the community
- Gain outdoor skills
- Opportunity to spend more time outdoors with like minded people

What skills did we get?



Outdoor First Aid



Improved knowledge on
The Countryside Code



Leadership



Map Reading/
Navigation Skills

Sports Leaders UK Award



Midas Minibus qualification

What were the best moments?

- Opportunity to visit places never been before and then go on to share with family and friends
- Gaining Midas training enabling me to support local charities
- Getting to spend more time outdoors and encouraging friends and family to do the same
- Learning from my peers

What have we learnt?

- The WENHP course was very enjoyable and an eye opener
- The course has given me the confidence to go out and lead walks
- The knowledge and skills I have learnt are lifetime skills which I will pass on and benefit so many people
- Looking forward to discover, share and enjoy more walks
- Backbone is simply doing superb work to our community!