



## **New mentoring and nature club for Bristol-based Daisies aged 13-17**

Our Freedom Club is for neurodivergent 13-17 year old young people who have been socialised as girls (includes those who identify as non-binary / gender non-conforming / genderqueer).

It's a combination of gentle mentoring from an autistic adult plus time hanging out in the woods with other young people, mentors and forest workers to just 'be'. Community group NeonDaisy is running it in partnership with our wonderful forest friends at [Mud Pie Explorers](#).

**The deadline for applying is Monday 13<sup>th</sup> November, so please either:**

- **Share this information with parents of any young people you think would benefit so they can refer their child**
- **OR if you're an education professional you can make a referral on behalf of parents/carers, with consent**

### **About the Freedom Club**

We're aiming to re-build the wellbeing of neurodivergent young people who want to spend more time outside their home but find it difficult because of anxiety.

The club starts with some gentle, low-pressure relationship and trust building between mentors and young people on a remote basis (eg online messaging, letters and crafty packs). This will happen throughout November and December.

That's followed by 12 weekly woodland sessions in January, February and March, with their mentor and other young people, including:

- Familiarisation session in the woods with parents
- 12 x two-hour woodland sessions in Lincombe Barn Wood, at 3.45pm on Saturdays in term-time (Jan-March 2024).
- Total group size: up to 8 young people plus 2 specialist forest leaders + 2 autistic mentors
- Young person-led, sensory-first nature activities, eg sensory and craft activities with mud and natural materials, whittling, making fires, swings, hammocks, climbing trees, and more.

### **Who is the Freedom Club for?**

Young people who've been socialised as girls (includes those who identify as non-binary / gender non-conforming / genderqueer) who:

- Are aged 13 to 17
- Live in Bristol
- Are very likely to be autistic although may not necessarily have a diagnosis.
- Feel socially isolated and find it hard to get out and about - but would really like this to change.
- Are unable to attend school full time because of anxiety (ie attendance is lower than 95%).
- Know they are/may be autistic so everyone in the group is comfortable discussing it, if they want to.
- Enjoy being out in nature over the winter, even when it's chilly and damp! We make the space nice and cosy but sessions run in most weather.



The Club is free of charge. It's funded by the Department for Education with Bristol City Council, so please note that the Freedom Club is **only for young people who are unable to attend school full time** due to anxiety, ie their attendance will be **lower than 95%**. Please keep this in mind when completing the school attendance section of the referral form.

- **More info here - the referral link is at the bottom of this page:** <https://www.neondaisy.org.uk/freedom-club>

Any queries please contact [amber@neondaisy.org.uk](mailto:amber@neondaisy.org.uk)

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Please note my working days are **Tuesdays, Wednesdays** and **Thursdays**, so my replies may be delayed until within my working hours.

[www.neondaisy.org.uk](http://www.neondaisy.org.uk)

Parents/carers in the south west: [join our community](#)

