

## FOREST SCHOOL @ FOLKEAST

With Charlotte from 'Charlotte's Wood' and Kim from 'Little Trees Forest School'

### Forest School Taster

For children aged 5-11 years  
2-hour drop-off session  
Friday 19th August, 2-4pm

A chance for your child to experience some woodland fun. Including climbing, den building, games, scavenger hunts and woodland crafts.

### Parent and Toddler Woodland Fun

For children aged 2-5 years together with a parent/carer  
Sunday 21st August 10.30am - 12pm

Experience the magic of the woodland with this Fairy and Elf themed session.

Both sessions will take place in the woodland area. Limited places available - book in advance by signing up in the information tent.



## About your Forest School Leaders



Charlotte Atkinson is an experienced headteacher, a qualified Forest School Leader and a Forest School Association Endorsed trainer of Forest School Leaders. Charlotte's Wood in Wilby is the base for her weekly parent and toddler sessions (Little Woodies), Wild Wood Holiday Club for children aged 4-11 years, seasonal woodland events for adults and children, Forest School training and CPD and Forest Bathing sessions. To find out more go to [www.charlotteswood.co.uk](http://www.charlotteswood.co.uk) or [eequ.org/charlotteswood](http://eequ.org/charlotteswood)

Kim Free is a local qualified Forest School Leader who worked in schools for 13 years before setting up Little Trees Forest School in Glevering. Kim offers Forest School sessions for babies and toddlers, drop-off sessions for children who are home educated and holiday club provision. To find out more go to: [www.littletreesforestschool.com](http://www.littletreesforestschool.com)

## Nordic Walking Taster Session

With British Nordic Walking Instructor  
Charlotte Atkinson

Saturday 20th August 10-11am

**"If you can walk, you can Nordic Walk!"**

Nordic Walking uses specially designed poles to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross-country skiing, Nordic Walking is a whole-body exercise that can be enjoyed at many levels, from walking for health to athletic Nordic running.

In this one-hour taster session, participants will be introduced to the history and benefits of Nordic Walking and will then get a chance to try out the technique. Poles will be provided. Limited spaces and pre-booking is essential - go to

[www.charlotteswood.co.uk/nordic-walking-suffolk/](http://www.charlotteswood.co.uk/nordic-walking-suffolk/)



Charlotte is a British Nordic Walking Instructor and a qualified member of the International Nordic Walking Federation (INWA). She uses the INWA 10 step method of Nordic Walking, an easy to follow progression, to help you master the technique.

Charlotte runs regular 'Learn to Nordic Walk' courses and weekly 'Fitness Walks' from Charlotte's Wood in Wilby. She also offers 1:1 tuition and monthly charitable 'Health Walks' at various locations in Suffolk. Her aim is to support people to improve their fitness whilst having fun and meeting new friends.

