Cody Coppice Therapeutic Outdoor Curriculum Centre

"The greatest gifts we can give young people are roots to ground them, wings to grow and the confidence to find their own path through the woods."

Reconnecting Young People Through Nature

At Cody Coppice, we believe that nature is not simply a place to visit; it is a powerful teacher, healer and source of connection.

In an increasingly fast-paced and technology-driven world, many young people are spending less time outdoors than ever before. Opportunities to explore, take risks, solve problems, build relationships and develop a connection with the natural world can often be limited. We believe that this disconnection can impact not only physical wellbeing, but also emotional health, confidence, resilience and a child's sense of belonging.

Our vision is to provide a place where young people can reconnect with nature, reconnect with others and ultimately reconnect with themselves.

Through a therapeutic outdoor curriculum rooted in Forest School principals, trauma informed practice and experiential learning, we create opportunities for children and young people to grow naturally through meaningful experiences in the outdoors. We recognise that positive development happens not through pressure, but through relationships, trust, curiosity and a sense of belonging.

Growing Through Nature

Nature has an extraordinary ability to meet young people exactly where they are.

The woodland asks for no qualifications, no labels and no expectations. It provides space to think, space to breathe and space to simply be. Within the natural world, young people can experience success in authentic ways, whether that is lighting a fire for the first time, climbing a hill, caring for wildlife, cooking a meal outdoors or simply finding the confidence to sit around a campfire and feel part of a group.

The rhythms of the seasons, the changing landscape and the sensory experiences of the outdoors create opportunities for reflection, regulation and growth. Through regular time spent in nature, young people begin to develop a deeper awareness of themselves, their environment and their place within it.

At Cody Coppice, we see nature not as an intervention but as a relationship. One that can inspire confidence, reduce anxiety, develop resilience and create lasting positive change.

Our Ethos

Everything we do is guided by a simple belief:

Children thrive when they feel safe, connected and valued.

Our approach is built upon five core principles:

Relationships Before Results

Positive relationships sit at the heart of our practice. Trust, consistency and genuine connection provide the foundations from which confidence, independence and learning can grow.

The Whole Child Matters

We look beyond academic outcomes and recognise the importance of emotional wellbeing, personal development, physical health and social connection. Success looks different for every young person.

Growth Takes Time

Just as an acorn does not become an oak overnight, personal growth cannot be rushed. We provide the time, patience and support needed for every individual to develop at their own pace.

Risk Builds Resilience

We believe young people need opportunities to challenge themselves, explore uncertainty and experience managed risk. Whether through bushcraft, mountain biking, navigation or outdoor adventures, these experiences help develop confidence, perseverance and self-belief.

Everyone Belongs

Every young person deserves to feel part of something meaningful. Cody Coppice is a community where difference is valued, strengths are celebrated and everyone has a place.

Learning Through Real Experiences

Learning at Cody Coppice is practical, purposeful and meaningful.

Through woodland activities, bushcraft, conservation work, campfire cooking, mountain biking, environmental projects, creative arts, wellbeing walks and outdoor exploration, young people learn not only new skills but also more about themselves.

They learn how to solve problems, support others, overcome setbacks and take pride in their achievements. They discover that they are capable, resourceful and resilient.

Being based within a woodland environment also allows us to enrich our programme through opportunities to access a range of adventurous activities, further broadening experiences and enabling young people to challenge themselves in new and exciting ways.

A Place to Belong

At the heart of Cody Coppice is our woodland base, situated within the beautiful grounds of Runway's End Activity Centre. Nestled amongst the trees, our cabin provides a welcoming and secure space where young people can gather, reflect, learn and build relationships. Alongside our campfire circle and surrounding woodland, it offers a sense of stability and belonging, creating a calm environment where students can feel safe enough to challenge themselves, explore new experiences and develop confidence in their own abilities.

The woodland itself is our classroom. Whether sitting around the fire, building shelters, exploring trails, caring for the natural environment or simply taking time to notice the changing seasons, young people are encouraged to develop a meaningful connection with the world around them. Here, learning is not confined to walls or timetables but grows naturally through experience, curiosity and discovery.

Being located within the activity centre also provides opportunities to enrich our programme with activities such as mountain biking, kayaking, climbing and archery. These experiences are carefully integrated into our therapeutic approach, helping young people develop courage, self-belief, teamwork and resilience whilst discovering just how much they are capable of achieving.

Supporting Young People to Flourish

Our programme supports a wide range of young people, including those experiencing anxiety, Emotional Based School Avoidance (EBSA), difficulties with school engagement, transitions into education, or periods where life simply feels challenging.

Many of the young people we work with may have lost confidence in themselves, lost trust in education or become disconnected from their peers and community. Through the consistency of trusted adults, the calming influence of the natural world and meaningful outdoor experiences, we help young people rebuild those connections.

However, Cody Coppice is not defined by what young people struggle with.

Instead, we focus on what young people can become.

By providing time in nature, nurturing relationships and opportunities for success, we help young people discover strengths that may have been hidden, rebuild confidence that may have been lost and develop a stronger sense of identity, purpose and belonging.

Safe Challenge and Positive Risk-Taking

At Cody Coppice, we believe that challenge is essential for growth.

Through carefully managed opportunities for adventure and exploration, young people learn that they are capable of more than they often believe. Whether lighting a fire, navigating a woodland trail, riding a bike for the first time, paddling a kayak, climbing a tree or speaking confidently within a group, every challenge creates an opportunity for achievement.

Our experienced staff carefully balance support, encouragement and safety, allowing students to experience genuine success whilst developing resilience, independence and self-confidence.

Recognising Growth and Achievement

Whilst personal development, wellbeing and connection remain at the heart of everything we do, we also recognise the importance of celebrating each young person's achievements along their journey.

Students have opportunities to work towards recognised awards and qualifications including:

- AQA Unit Awards
- John Muir Award
- King's Trust Achieve Awards
- Forest School and Bushcraft Awards
- Personal Development Awards

We view these qualifications not as an end goal, but as a reflection of a young person's growth, commitment and experiences. For many students, achieving a certificate represents far more than the award itself. It may reflect overcoming anxiety, building resilience, developing independence or finding the confidence to try something new.

Every achievement, no matter how big or small, is celebrated as part of each individual's unique journey.

Our Vision

We envision a generation of young people who feel connected to the natural world, confident in themselves and able to navigate life's challenges with resilience, curiosity and optimism.

A generation who understand that they are part of something larger than themselves.

A generation who have experienced the restorative power of nature, the value of community and the satisfaction that comes from challenge, achievement and growth.

At Cody Coppice, we are not simply taking learning outdoors.

We are creating opportunities for young people to slow down, build meaningful relationships, discover their strengths and develop a lifelong connection with the natural world.

By combining the restorative power of nature with therapeutic practice, Forest School principals and authentic outdoor experiences, we support young people to reconnect with themselves, rediscover their potential and flourish.