

DORSET FOREST SCHOOL



GREENWOOD CLUB dorsetforestschool.org

What is the Greenwood club?

Dorset Forest School started the Greenwood Club as part of the Dorset AONB (Area for Outstanding Natural Beauty) project 'Stepping into Nature'.

The Greenwood Club aims to provide positive shared experiences/memories for those individuals living with dementia and their amazing carers. The group learn green woodworking techniques, rural crafts and cooking outdoors in a relaxing woodland environment.

The Greenwood Club is run in Holton Heath (near Wareham).

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What do attendees think of the club?

It makes me feel human and I feel anything is possible! (a person living with Dementia)

I like being out in outside with lovely people. (a person living with Dementia)

My partner can go to the woods and handle tools or potter around doing things in a safe, non-threatening environment which makes him feel useful and valued again and I can happily leave him to do that without the need to be constantly vigilant in case he touches or moves things he shouldn't or that he isn't wandering off.

So it is win win for both of us. (carer)