

Nature Vibezzz's

Families Overnight Camping

at Tivoli Park

For second year Nature Vibezzz held a one night camping at Tivoli Park for local families from neighbouring Fern Lodge and Portobello Estates, families of Community Group Natural Childhood, some families of Windmill Cluster of Schools and other families who have participated in outdoor activities with Nature Vibezzz and helped maintain Tivoli Park and neighbouring Knight's Hill Woods.



This camping experience aims to connect families to their neighbours and to nature using local green spaces, rising awareness and looking after nature.

From setting up their own tents to participating in workshops that included a range of Forest School skills and bushcraft activities participants came into contact with the natural urban world in a unique positive experience, full of challenges designed to revalue our use of natural resources, inspire appreciation for wildlife, promoting healthier life and habits and building confidence.



ARRIVING AND SETTING UP: during registration families were briefed on health and safety procedures and activities and helped by volunteers, if needed, to choose a spot and set up. All ages were involved in preparations, neighbours assisted each other and a sense of community was built.



"Teamwork: Allowed [my daughter] and I to work as a team setting up the tent and equipment. We had a wonderful moment of "power" as we did it all by ourselves with no help! Such a great sense of achievement. [My daughter] was so proud of herself and of me too, her mummy! Was really wonderful for us to bond in this way."



INSPIRING WORKSHOPS AND HEALTHY MEALS: workshops included using tools and fire lighting. Although families were asked to bring own dinner and snacks plenty fruit was provided, fresh water available and a healthy hot meal was cooked over the fire and shared.



Young volunteers preparing a camp video

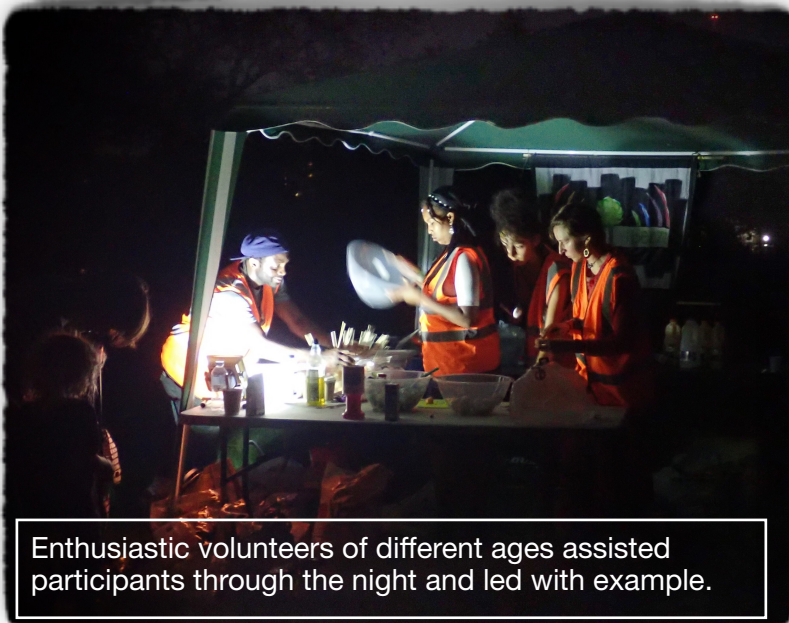
"Nature Vibezz ability to engage and inspire children with the natural world around them here in London was really inspiring."

"Built confidence: all the skills - chopping wood, making food, setting up tent, etc all built confidence and gave [my daughter] self belief in herself. She did things she wouldn't normally get to do in our busy schedule of life. we will certainly strive to do more activities like this."



"Sense of belonging. When [my daughter] saw the other children [from her school] and [her headteacher], she felt a strong sense of pride and was able to build relationships further. She also was able to meet new people and build her confidence approaching new people and making new friendships."

IN NATURE AT NIGHT: As part of the workshops a safe campfire was enjoyed, perfect opportunity for storytelling, roasted snacks and families bonding time.

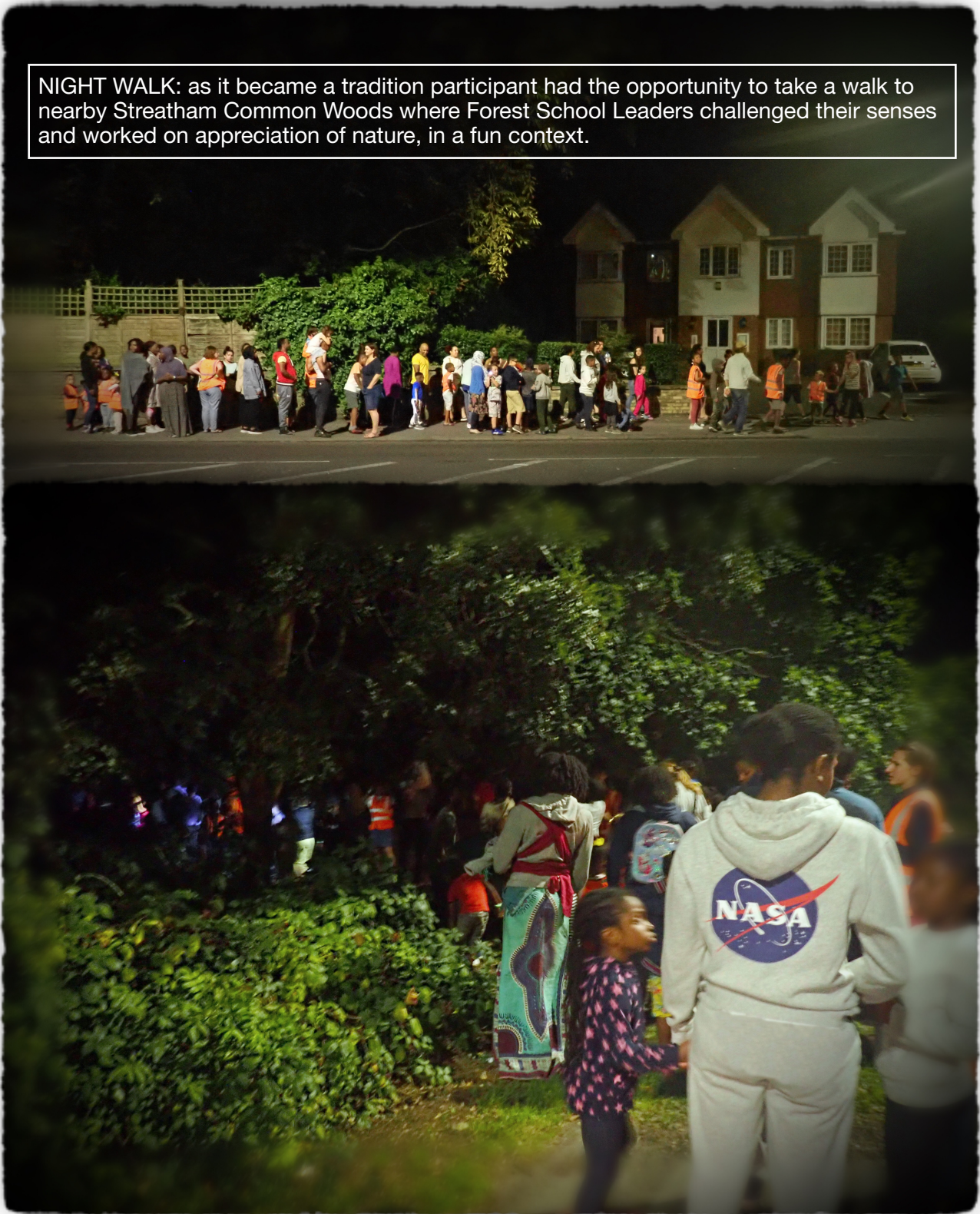


Enthusiastic volunteers of different ages assisted participants through the night and led with example.



"What we enjoyed the most was sleeping outside, setting up, enjoying the park at unusual hours, the people we met, the healthy food cooked outdoors, the activities and also doing something we have never done before, and it was fun!"

NIGHT WALK: as it became a tradition participant had the opportunity to take a walk to nearby Streatham Common Woods where Forest School Leaders challenged their senses and worked on appreciation of nature, in a fun context.



"Going out of one's comfort zone: the midnight, moonlight walk through the forest/rookery was (Hilarious in many ways) but absolutely brilliant. It took [my daughter] so far out of her comfort zone that once she shed a few tears she became such a strong and determined little moonlight trooper....she felt such a sense of achievement having walked in pitch black (!) through the forest...and admired nature in its night time glory! We both felt really liberated by this activity."

**WAKING UP IN NATURE**

"Connecting with nature. It was a perfect way to connect with nature on our doorstep! No need to travel out of the city to appreciate nature at its best. This for me, as someone who grew up in the countryside but now living in London, was so enlightening. We were given a chance to really connect with nature in its full Glory right here in London."





NATURE VIBEZZZ

Expand your Mind, Connect with Nature

UK Registered Charity

info@naturevibezzz.org

www.naturevibezzz.org

Nature Vibezzz's FAMILIES OVERNIGHT CAMPING 2019 at Tivoli Park, proudly hosted 34 families who occupied 38 tents, with age ranges from 0 to 76 years old, with 65 children and 54 adults.



August 2019 ~ Rastawoman Creations© ~ elisabriscioli@gmail.com ~ 0792 220 0239 ~ www.sankofatonature.com/shop ~

Photography: Sophie Ogunbiyi and Sky Caesar.

Special thanks to parents who provided the quoted testimonials, the Windmill Cluster of Schools, the Friends of Tivoli Park, Lambeth Parks and Events team and volunteers for supporting the initiative.