



## Naturebytes Eco-Active Important Information for Parents and Carers

**IMPORTANT: Please read all the information below and contact us if you have any concerns.**

We are delighted to offer young people in East Sussex the opportunity to take part in our Eco-Active club. Please read all the important information below.

Sessions are led by conservation and education specialists. Participants will use trail cameras, acoustic recorders and simple field apps to explore wildlife and contribute to real projects. Thanks to funding from Sport England, we are offering these places for free to all local young people aged 12-16 years old. [Confirm and book places here.](#)

We will introduce new themes and youth-led campaigns throughout the year including species surveys, camera-trap deployments, sound mapping, alongside hikes that build navigation and fieldcraft. Attendees are welcome to join for as many days as they can. Each session builds on the activities and skills of the last.

Please forward and share the [Eco-Active link](#) with friends who might be interested. We depend on the community to help spread the word and keep the project alive. Looking forward to seeing you there and thanks for your support!

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### Student Requirements

#### Essential Abilities

- Able to walk on uneven ground for up to 60–90 minutes at a time.
- Able to work in teams or be comfortable in a group environment.
- Able to follow instructions outdoors without regular one-to-one support..

#### Essential Equipment

- Healthy packed lunch - we do not provide lunch for this club.
- Weather-ready clothing - waterproof jackets, warm clothes, sturdy trainers or walking boots, sun protection (be prepared for rain, mud, cold weather and sun)
- Water bottle
- Backpack / drawstring bag

#### Preferable (not essential):

- Smart phone - FULLY CHARGED - if the student has a smartphone, please ensure they bring it fully charged for use with nature and outdoor apps. If a smartphone is not available we will provide alternatives.

**Be prepared to be outdoors and physically active** - this programme involves hiking and outdoor activities, so we will be active outside in all weathers. Please ensure your child is prepared to be active outside for up to **4 hours** with suitable clothing and footwear.

WIN a trail camera! Sign up and attend a session before 12 October for your chance to win. Refer a friend and get an extra entry for each one who books and attend. Just add their name in the "message for your mentor" section when registering on [Eegu](#).



## Special Educational Needs

If you feel your child might have difficulty following instructions in an outdoor environment, working in a group or your child requires additional support please contact us ASAP to discuss any concerns. We happily host students with SEND and we are as inclusive and accommodating as possible. Unfortunately, we do not have the capacity to provide specialist SEND one to one support to individuals during these activities.

## Programme Plan and Logistics

### The programme will include:

- Exploration(hiking / physical challenge)
- Wildlife tech (cameras, audio, apps)
- Skills for independence (navigation)
- Youth-led impact (climate action, surveys, campaigns)
- Social connection (team challenges, friendship building)

### Programme Details:

Every Saturday: all year, alternating between Hastings and The Seven Sisters.

Programme Dates: Check this [link](#) for latest dates

Session duration: 4 hrs per day

Time: 10am-2pm each day

Drop-off / Pick-up: Sessions start promptly and are for young people only.

### Location and getting there:

1. **Hastings Country Park** - The location is at Bale House Visitor Centre & Education Building  
**\*note**, we will be in the small black building on the **opposite side of the road to the main Visitor Centre\***  
- Access by car or local Bus route '101 Wave'
2. **Seven Sisters** - The Turkey Barn, Seven Sisters Visitor Centre, Seven Sisters Country Park, Exceat, Seaford BN25 4AD. [Seven Sisters 'getting here' page](#)

### Project Lead and contact

Stephen Mowat - safeguarding lead, enhanced DBS certificate and first-aid qualified.

mobile: 07725050061 email: [steve@naturebytes.org](mailto:steve@naturebytes.org)

**About naturebytes** - naturebytes is an award-winning international conservation and education non-profit organisation. Our goal is to reconnect everyone with nature in exciting new ways. Find out more at [www.naturebytes.org](http://www.naturebytes.org) or contact course leader Stephen Mowat at [steve@naturebytes.org](mailto:steve@naturebytes.org)

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