



Welcome to Wild Soul Woods CIC

We know how hard it can be to find the right space for a young person whose needs aren't being met by school or mainstream activities. Wild Soul Woods CIC is here to provide **safe, creative, nature-connected spaces** where neurodivergent teens can build confidence, friendships, and skills – at their own pace.

Our groups are:

- **Small and supportive** – designed for young people with anxiety, PDA profiles, sensory differences, or social communication challenges.
- **Therapeutically informed** – run by experienced practitioners who understand autism, ADHD, and trauma-aware practice.
- **Nature-based and creative** – we use woodland skills, crafts, and outdoor activities to build connection, confidence, and wellbeing.
- **Flexible and low-demand** – every activity is an invitation, never a requirement. Young people can take part in ways that feel right for them.

Our team brings not only professional training but also **lived experience of neurodivergence** – as parents, carers, and neurodivergent adults ourselves. We understand the challenges families face because we've walked the same path. That insight shapes every group we run and ensures families feel understood and supported.

"It makes such a difference that the staff really understand – they know what it's like for us."

(Parent)

What We Offer

Group	Description	When & Where
Teen Hub @ Dormans	A larger, low-intensity hub (10–20 teens) with flexible spaces, crafts, games, cooking and allotment gardening. Suitable for teens ready to try group settings, with practitioner and parent/carer support. Choice of structured sessions ('Project Power Hour' & 'Woodcraft for Wellbeing' alternating fortnightly) or free flow.	Tuesdays 12–3 pm Dormans Youth Arts Centre, Crawley
D&D @ Dormans	Very small groups (average 4) using Dungeons & Dragons roleplay to build confidence, communication, and imagination. Parent/carer stays in the building but not in the session.	Tuesdays (fortnightly) 10 am–1 pm Dormans Youth Arts Centre, Crawley
Full Day @ Dormans	A consistent 5-hour day combining D&D in the morning with Teen Hub in the afternoon. Provides a bridge between small groups and larger peer settings. Parent/carer attends at first, then progresses to drop-off when ready.	Tuesdays (fortnightly) 10 am–3 pm Dormans Youth Arts Centre, Crawley
Sisterwood	Female-only small group (3–5 and parent / carers) in a calm community garden. Activities include fire-making, cooking, gardening, and crafts. Parent/carer joins alongside throughout.	Thursdays 5:30–7:30 pm Charis Centre Community Garden, Crawley
Pioneer Project	Inclusive, mixed, small group (3–5 and parent / carers) with nature-based and creative activities such as gardening, outdoor cooking, crafts, and woodwork. Parent/carer joins alongside throughout.	Thursdays 2:30–4:30 pm Charis Centre Community Garden, Crawley

Teen Hub @ Dormans

Teen Hub runs at Dormans Youth Arts Centre in Crawley, offering a **safe, welcoming space** for young people looking for an alternative to school or mainstream groups. It's a place to meet friends, explore interests, and feel part of a community.

Young people can move freely between the hub spaces – craft, games, cooking, sports, quiet rooms, and the allotment. Alongside this, those who prefer structure can join in with **Project Power Hour** – a chance to plan and develop their own projects and ideas with staff support – and **Woodcraft for Wellbeing**, which takes place in the allotment with nature-based crafts and tool use. Sometimes the biggest step is simply being there, soaking up the sense of community, even without joining in.

There's no pressure to take part – young people choose what feels right for them. The free-flow hub spaces are open and unsupervised in style, with adults present but not directing. Structured offers, like Project Power Hour and Woodcraft for Wellbeing, are actively facilitated by practitioners. Parents and carers usually stay, with drop-off only once families are very familiar with the staff.



94% of parents told us their child experienced emotional improvement or meaningful benefit from attending.

Project Power Hour (alternates fortnightly)

Project Power Hour gives young people the chance to develop their own ideas, with staff and CIC resources supporting the executive function skills needed to make them happen.

This might be an individual or group project such as starting a music or art group, organising a bake sale, planning a sponsored walk, preparing for a Duke of Edinburgh award, working towards an Arts Award, arranging a swimming session, forming a GCSE study group, or planning a one-off social event.

Staff guide teens through a simple workflow – from brainstorming to planning and sharing – so their ideas can grow into something meaningful and confidence-building. Young people don't have to work with others if they're not ready, and parents/carers can support them to join when needed.

Previous offers such as the D&D group, accredited First Aid training, and the Sisterwood programme all began as young people's ideas – showing that, with the right support, the only limit is your imagination.



Woodcraft for Wellbeing (alternates fortnightly)

Woodcraft for Wellbeing is a calm, low-demand space where young people can use tools and natural materials in their own way. Sessions take place in our community allotment and garden, removing the sensory barriers of wilder spaces while still offering the benefits of being outdoors.

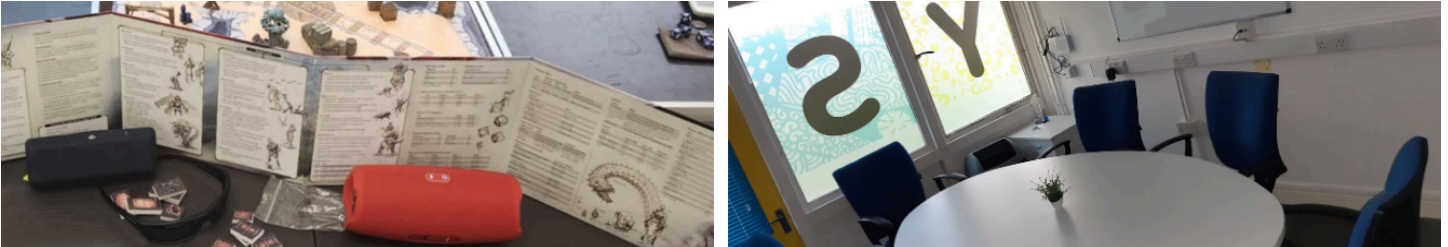
There are no fixed instructions – just the freedom to whittle, craft, or create with foraged materials, or to grow food that can later be cooked and shared in the Teen Hub kitchen or at home.

This gentle approach helps young people to regulate, build confidence, and connect with others at a pace that feels safe for them. Parents and carers can join alongside where needed.

Rooted in our Therapeutic Forest CIC accreditation and Forest School leadership, Woodcraft for Wellbeing reflects Wild Soul Woods' belief in the healing power of nature to foster belonging and connection.

- **When:** Tuesdays, 12:00 – 3:00 pm (term time)
- **Where:** Dormans Youth Arts Centre, Crawley
- **Who it's for:** Teens ready to try a slightly larger group, with support from practitioners and parents/carers as needed.
- **How it feels:** Choice-led and flexible. Young people can join in with structured activities (like woodcraft or group projects) or simply spend time in the hub spaces with friends.

“Roleplay has been a breakthrough – my child finally talks in a group setting.” (Parent)



D&D @ Dormans

A safe, nurturing space for young people to enjoy Dungeons & Dragons, build confidence, and feel part of a small peer group.

Sessions are led by a Games Master with decades of experience, supported by a therapeutic practitioner focused on wellbeing. There is always a second adult on site, so young people and families can feel secure.

Together, the team creates an atmosphere of encouragement, inclusion, and confidence, helping each young person find their place in the game at their own pace.

We meet on alternate Tuesdays, 10:00–1:00 at Dormans Youth Centre, Crawley, with just four players per group. Families are invited to contribute what they can (around £30 per session if possible) to help cover running costs – but no one is turned away if cost is a barrier.

All dice, books, and D&D resources are provided. Parents are welcome to stay on site, where free tea, coffee, and squash are available while sessions run.

- **When:** Tuesdays, 10:00 am – 1:00 pm (fortnightly)
- **Where:** Dormans Youth Arts Centre, Crawley
- **Who it's for:** Teens who need **very small group interaction**, with a parent/carer nearby in the building.
- **How it feels:** Safe, creative, and fun. A therapeutic lead is always present to provide emotional support if needed.

Full Day @ Dormans

A combination of **D&D in the morning and Teen Hub in the afternoon**, creating a **5-hour structured day**. This gives young people a mix of intensive small-group support and wider community engagement.

- **When:** Tuesdays, 10:00 am – 3:00 pm (fortnightly)
- **Where:** Dormans Youth Arts Centre, Crawley
- **Who it's for:** Teens who benefit from both small group structure and larger community access, with parents/carers attending at first and gradually moving to drop-off when ready.
- **How it feels:** Consistent and supportive. A whole day reduces transitions and helps young people build trust.

"They now feel confident enough to look at going to college – something we never thought possible before." (Parent)

Parents consistently report improvements in confidence, social participation, and happiness.

Sisterwood @ Charis

100% of parents saw improved confidence and self-esteem.

Sisterwood is a small, supportive group for girls aged 12–16 who may find larger or mixed settings overwhelming. We meet in a private, semi-wild community garden in Crawley, with access to indoor toilets.

The sessions are relaxed and low-pressure. Around the fire, in the garden, or through creative projects, girls can try things like outdoor cooking, whittling, gardening, and crafts. They are free to join in at their own pace, with no pressure to take part.

Sisterwood is a safe space for those who may find other social groups difficult or impossible. Here, girls have the option to be part of the community without being forced to be social — able to spend time alongside others, with the freedom to step in or out of activities as they choose. Adults and teens share the space together, building safety, belonging, and connection in ways that feel right for each person.

Families often describe Sisterwood as a reset. It offers a calm space to pause and find balance, where girls grow in confidence and adults also discover companionship and breathing space.



- **When:** Thursdays, 5:30 – 7:30 pm
- **Where:** Charis Centre community garden, Crawley
- **Who it's for:** Neurodivergent girls aged 12–16 who need a gentle, supported first step into groups.
- **How it feels:** Safe, calm, and nurturing. Sessions include fire-making, outdoor cooking, gardening, crafts, and creative projects.

Pioneer Project @ Charis

"Pioneer has given us the bridge we needed – small enough to feel safe, but with room to grow." (Parent)

The Pioneer Project is a small, inclusive group for young people aged 12–16, welcoming all genders and those exploring identity. Sessions run in a private, semi-wild community garden in Crawley, with access to indoor toilets.

Activities focus on tool use, woodwork, and big builds with foraged materials, alongside gardening, outdoor cooking, and creative projects. The tone of the group shifts with the people who attend – sometimes lively and practical, other times quieter and more reflective. What stays constant is that Pioneer is a safe space for those who find it difficult or impossible to join other social spaces.

Here, young people have permission to be by themselves if they choose – part of the community, but never forced to be social. Adults and teens share the space together, balancing independence with connection.



- **When:** Thursdays, 2:30 – 4:30 pm
- **Where:** Charis Centre community garden, Crawley
- **Who it's for:** Neurodivergent teens who aren't ready for bigger groups, but benefit from gentle peer connection.
- **How it feels:** Calm, low-demand, and supportive. Teens engage at their own pace, with therapeutic practitioners alongside.

Cost & Contributions

The True Cost

The **true cost of running each session is between £65 and £115 per young person**, depending on the group.

These costs include:

- **Staffing** (practitioners, support staff, admin)
- **Venue hire and outdoor space maintenance**
- **Insurance and compliance** (public liability, safeguarding, data protection)
- **Safeguarding** (DSL, DBS checks, reporting systems)
- **Training and supervision** (CPD, clinical supervision, reflective practice)
- **Resources and equipment** (tools, craft materials, games, kitchen supplies)

Suggested Contribution

A small number of young people currently attend with **EHCP funding**, which covers the **full cost of their place**. For families outside this route, we suggest a **voluntary donation of around £15–£40 per session** to help cover some of these costs.

Sustainability and Balance

We rely on donations, occasional grants, and the generosity of professionals who volunteer their time and expertise to help keep these offers sustainable. Our aim is to grow towards a balance where **half of places are fully funded through EHCPs, and half are subsidised for families who need support**.

Grateful for Support

We are deeply grateful for support from:

- The **High Weald Fund**
- Local companies including **Resolve Financial Solutions** and **DJ Electrical**
- The many **volunteer hours given by our fantastic team of professionals and parent carers**

This combined support helps us to keep our small, therapeutic spaces open and accessible to the young people who need them most.

How to Join

If you'd like to find out more or see if one of our groups might be a good fit, just start by filling in our **enquiry form**.

<https://forms.gle/9SXcmxJYBaAFqDsT7>

We'll get in touch for a quick chat and can arrange a **taster visit** so you and your young person can see how it feels.

We expect high demand for some of our smaller groups, so we will keep a waiting list on a first come, first served basis.

"It's a lifeline..." (Parent)