



**EAST COAST
ADVENTURES**

Private | Education | Corporate

**ALTERNATIVE
PROVISION
EDUCATION
—
ENRICHMENT
PROGRAMMES**

www.ecadventures.co.uk





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Barriers to Attendance

"In the UK, 19% of children were classed as 'persistently absent' from school in autumn/spring 2023/24" (Department for Education, 2024).

Narrowing this down further to the East of England, table 1 shows nearly a fifth of pupils were classed as persistent absentees.

PUPILS ABSENT FROM SCHOOL IN EAST OF ENGLAND	Autumn/Spring Terms 2023/2024
Number of persistent absentees (10% or more sessions missed)	155,955
Number of severe absentees (50% or more sessions missed)	17,444
Percentage of persistent absentees (10% or more sessions missed)	18.6%
Percentage of severe absentees (50% or more sessions missed)	2.1%

Table 1. Absence by geographic level - autumn and spring terms combined' in East of England for 2023/24 Autumn and spring term

The Centre for Social Justice (CSJ) 2023 report entitled 'Lost and Not Found' highlighted that **over 1 in 6 young people aged between 7 and 16 years have a diagnosis of a mental health condition**, and this appears to be steadily increasing over time. These findings are compounded by research by the NHS (2022) who suggest that 1 in 4 children of the same age have a 'probable' mental health condition.

The study concludes in a recommendation for the Government to recognise the value of relational work. Whilst **COVID was highlighted as a factor** relating to a reduction in class numbers upon initial post pandemic school return, the following graphic from the Education Policy Institute (2024) highlights how **absences continue to increase beyond pre pandemic levels**

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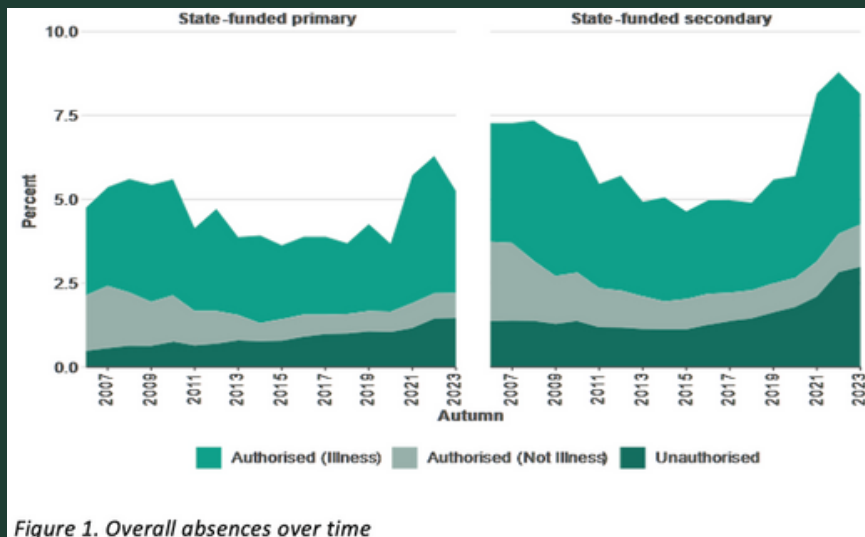


Figure 1. Overall absences over time

We are acutely aware of the impact of nature connectedness on subjective wellbeing. A three-month research study introduced CYP to nature for two hours each week. Teachers reported the biggest changes in behaviour occurred with children previously experiencing stress, anxiety, depression, aggressivity and impulsivity or social problems relating to their peers. After the three months, these students presented as more 'calm, relaxed and attentive' in class.

This is where East Coast Adventures can help in implementing the CSJ's recommendations to work alongside schools in reducing absenteeism. Over the last few years we have worked alongside young people such as those mentioned above and have received fantastic feedback on the impact this has made to the health and wellbeing of those who have attended. We have worked closely with AP Academies on a weekly basis, as well as being a provider for the Department for Education's Friends and Networks programme within Suffolk County Council.

We have seen how this can work and would like to offer our services to your students.





Welcome Message



RECONNECT. RECHARGE. REDISCOVER.

Step away from the screens, escape the noise, and immerse yourself in the beauty of the great outdoors. Our outdoor activity programs are designed to inspire, challenge, and empower your students

Our activity days foster essential life skills like communication, teamwork, trust, and resilience. Students will reconnect with nature, build confidence, and discover the mental health benefits of fresh air, adventure, and shared challenges in the wilderness.

Let us take your students beyond the classroom and into a world where growth happens naturally, and memories last a lifetime.



Mission and Values

“ We exist to provide joy,
inspiration and education for all,
through positive, quality, safe and
fun outdoor adventures in nature. ”



POSITIVE

Optimism fuels outdoor adventures! We inspire a love for learning, growth, and enjoyment in every experience.

QUALITY

Expert instructors and top-tier gear ensure premium adventures with real value.

SAFE

Safety is our priority. We maintain a professional environment through regular checks, training, and risk assessments.

FUN

Fun drives everything we do! Every session is a chance to learn, grow, and enjoy to the fullest.



How it works

You take a look through our brochure and find out what we can offer you and your students.

Get in touch.

We can then design you an outdoor education programme to suit your students needs and goals – be that a weekly programme or a few sporadic sessions as a treat or incentive!

You can come along to our site at **Sutton Hoo Farm, Woodbridge** – or we can look to come to you, at your school or a third party site



05. ...



Build your adventure – on the LAND



ARCHERY

ARCHERY TAG



***AXE
THROWING***



Build your adventure – on the LAND



TEAMBUILDING CHALLENGES

MOUNTAIN BIKING



GUIDED NATURE WALKING

...

Build your adventure – in the WOODS



BUSHCRAFT

***CAMPFIRE
COOKING***



GEOTAGGING

...



Build your adventure - on the WATER



PADDLEBOARDING

KAYAKING



***RAFT
BUILDING***



Which Activities Will Suit Your Students?



Communication and teamwork

Activities like Bushcraft, Teamwork Challenges, and Guided Nature Walks challenge students to communicate, collaborate and solve problems creatively, strengthening teamwork and decision-making skills.



Trust and accountability

Trust building activities such as Paddleboarding, Kayaking, and Geotagging encourage children to rely on each other, fostering a sense of accountability and mutual support.



Resilience and adaptability

Engaging in new experiences like Kayaking, Firelighting or Archery Tag teach young people resilience and adaptability, valuable traits for navigating the uncertainties and pressures of changing environments.



Wellbeing and connection with nature

Immersive outdoor experiences promote positive mental well-being, reduce stress, and encourage mindfulness, allowing pupils to recharge and return to school with renewed focus.



Leadership and confidence

Skill-based tasks such as our Teamwork Challenges, Mountain Biking and Geotagging empower young people to take on leadership roles, and challenge themselves, boosting confidence and initiative among team members.



Why Choose Us?

Over 170



Reviews

From a multi-day booking to a half-day OAA session, or a longer term Outdoor Ed Programme, we can help.

We're immensely proud to have worked in many educational settings across the region.

From Higher Education to Comprehensive and Independent Schools, but with a main focus on AP provision.



Where we work

Our home is at **Sutton Hoo Farm, Woodbridge**, in the Suffolk Coastal AONB.

For our AP Education Programmes we use various locations to keep the sessions fresh, fun and exciting, showing off what our beautiful county has to offer!

Paddleboarding on the Deben, Cycling the Viking Trail or Thetford, or walking/navigation on the Suffolk Heaths are all in!



Customer Testimonials

Farlingaye High School, Woodbridge

East Coast Adventures led a 4 day activities week for Farlingaye High School. It was simply fantastic! The site is so perfect and our students thoroughly enjoyed the variety that the team offered.

The students were all so positive and we can't wait to come back again!

Olive Academies

From the initial correspondence organising the dates alongside a bespoke package to the days - all aspects are first class. Led by enthusiastic, experienced, knowledgeable and passionate leaders dedicated to providing an all round outstanding educational outdoor experience. Highly recommended!

Suffolk County Council, Friends & Network Project

My Son and I have attended a few sessions with ECA through an SCC project .. the sessions were always very good, Ricky and the team are really knowledgeable, fun and make you feel at ease doing the activities!

Paddle boarding and kayaking a definite highlight! Would recommend ECA to anyone!

Super impressed!



Case Study

We have been fortunate enough to work with and positively change the lives of many young people in Suffolk through the medium of the great outdoors.

Below is a case study

Jake Tanks, 13, Lowestoft



Referral & Arrival

Upon receiving Jake's referral the East Coast Adventures team assessed Jake's needs and what he hoped to achieve in his time with us. Following an assessment and courtesy call to Jake's home, he arrived with us a little nervous, but the instructors made Jake feel at ease and explained all of the great activities we would be able to do with Jake.



16-Week Session Plan

Jake started on our session in a small 2:1 setting and really enjoyed being in the outdoors, he enjoyed speaking with instructors and meeting other students as he joined our group sessions (up to 6 students) and tried many new activities. Jake's initial placement with us was 12-weeks, but was then extended to 16-weeks as he continued to benefit from the placement with us.



Placement Outcomes

Through our weekly feedback on our Student Progress Tracker, we could see that over the placement duration Jake had seen increases in all metrics; Confidence, Engagement, Socialising and Enjoyment of the sessions. All whilst picking up new skills such as; map reading, paddleboarding, bushcraft, mountain biking, archery & kayaking. One particular highlight for Jake was him gaining the confidence to get in his taxi from Lowestoft to Woodbridge on his own towards the end of his placement.



Contact Information



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NSPCC
Learning'

NNAS
a step in the right direction
APPROVED PROVIDER



PADDLE^{UK}



NCFE
**CUSTOMISED
QUALIFICATION**

