



# Our River Our Water

## Home Education Information Pack

FREE river education sessions for home educated children, covering river wildlife and features and water saving activities.

Sessions are aimed at children under 12 years old.



**Wessex**  
Rivers Trust



from  
**Southern  
Water.**



## Why choose us?

### Fun and interactive sessions...

All our sessions offer hands on, immersive activities that engage children with the natural world. Whilst we offer set sessions, we may have the flexibility to adjust activities to fit with the group's needs, depending on the site and time available.

### Our sessions are FREE

Our River, Our Water sessions are a partnership between Southern Water (our funder) and the Rivers Trust South East. The aim of the sessions is to help spread the vital message that we all need to save water to protect our precious environment.

The Rivers Trust South East is a group of rivers trusts that work to ensure all life can thrive in and around our rivers.

### We come to you...

We come to a site local to you, to make the learning relevant to the children and to reduce travel costs. If we cannot find a suitable riverbank site for your learning, we can bring the river to life in an indoor setting.

Education sessions are available to groups in and around Romsey, Winchester, Eastleigh and Southampton. If your group is based outside of the project area, please contact us to discuss how we can help with your learning:

[education@wessexrt.org.uk](mailto:education@wessexrt.org.uk)





## Education Session Options

There are a number of education sessions for groups to choose from. The Source to Sea Journey can be delivered before the Riverbank Session, for maximum impact, or the sessions can standalone.

### Interactive Source to Sea Journey\*

- Covers river features, wildlife and heritage sites
- Includes how we can help our rivers, with a focus on saving water
- Provides a great introduction before the riverbank session
- Lasts approximately 45 minutes

\* Please note, this session requires a large indoor space. It is the group's responsibility to find, book and cover the cost of room hire. We may be able to help with suggestions on where to book, depending on the location.

### Riverbank Session

- Fun, interactive and engaging
- Sense of ownership of local river
- Includes a river feature and wildlife walk, river dipping for invertebrates and water use games
- Each family will receive a booklet containing worksheets to use during the session along with follow-up activities
- Each child will receive a take home leaflet with wildlife facts and water saving tips, and a river pledge card
- Lasts 2 hours

## What do other people think?

'It linked to the (non-school) group's ethos and provided lots of things that can be followed up on (biodiversity, aquifers, chalk streams etc.)'

Parent, Southampton Home Education Group

'Really good session, felt they went with the pace the kids wanted to go at, particularly spending lots of time on the river dipping which really engaged the kids.'

Parent, Southampton Home Education Group





# Making a Booking

## Completing the booking form

Wessex Rivers Trust staff will work with the group to arrange the most appropriate range of sessions to suit the group's needs. To start the booking process, please complete the booking form with as much information as possible and send it to Tracy Standish, Education Officer, via [tracy@wessexrt.org.uk](mailto:tracy@wessexrt.org.uk).

Once the booking form has been received, and Wessex Rivers Trust have assigned a tutor to the session(s), a confirmation email will be sent to you.

If access to a river is required, and you do not have local contacts, we can investigate possible sites for you once we have your location.

## Travelling to site

We try and educate children as close to their home as possible, to connect them with their local "blue space". We expect parents to walk or drive their children to site themselves.

We can arrange a pre-visit with the group lead beforehand, but this is not essential.





## Payment & Cancellations

All sessions are FREE, as they are funded by Southern Water.

Sessions will go ahead in light rain and cold conditions. If the weather forecast does not look safe for the booking date, the session will be cancelled, at least one day beforehand, and rearranged for another time.

## Supervision

Although Wessex Rivers Trust staff will lead the session, they are unable to be responsible for the supervision of the children.

The sessions are aimed at children 4-11 years old. If parents are attending the session with younger siblings, Wessex Rivers Trust asks that all children are provided with the supervision required. If parents need to provide younger siblings with more attention, we expect appropriate supervision to be provided by another parent to the older children taking part in the activity.

## Photo permission

Wessex Rivers Trust likes to take photos of some of the sessions for educational and promotional purposes. These include our website, social media, Wessex Rivers News magazine and press releases.

Due to the nature of the Our River, Our Water project, these photographs may be shared with project partners including Southern Water and the Rivers Trust South East, for use in relation to the project. They may also be used for promotional purposes by third parties, e.g. newspaper articles about project activities.

The session leader will check with parents and carers on the day with regards to permissions.







## What to wear to outdoor sessions?

Children AND adults should dress for the weather on the day and for the activity. Sessions will go ahead, except in extreme weather conditions.

For warm weather we recommend wellies, water shoes, crocs or old trainers (flip flops, sliders and bare feet are not suitable for river dipping), a sunhat, sun cream and lots of water to drink. To minimise stings and scratches, long sleeved t-shirts and long trousers are recommended.

For cold/wet weather we recommend wellies, warm hat, gloves, waterproof coat, waterproof trousers and lots of layers. We also recommend children having a snack, just before, during, or straight after the session. We will provide hand sanitiser for your use before eating or drinking anything.

We recommend parents bring a full set of spare clothing and shoes. If they enjoy their river dip, they are likely to get wet!!







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## Keeping you Safe

### Safeguarding

If a Wessex Rivers Trust staff member is concerned about the welfare of a child they will report this to the Trust's Designated Safeguarding Lead. Wessex Rivers Trust will record and report any concerns or disclosures in accordance with their Safeguarding Policy. For more information on our safeguarding policy please contact us.

### Medical conditions and additional needs

When booking a session please inform us (via the booking form) of any medical conditions or additional needs within the group. This will allow us to make any adjustments to the activities and keep everyone safe.

### Health and Safety

When learning in nature we need to be aware of the risks involved. When the booking is confirmed, Wessex Rivers Trust will send their activity risk assessments to the group lead. If you have any concerns about any of the risks highlighted, please get in touch.

## Contact Details

For any queries please contact Tracy Standish, Education Officer, via [tracy@wessexrt.org.uk](mailto:tracy@wessexrt.org.uk) or 07518 928814.

