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## Press Release

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**Date: 17 October 2018**

### **The Parks Trust Launches Adult Explorers Group**

The Parks Trust, the self-financing charity that looks after over 6,000 acres of green space across Milton Keynes, has launched a regular outdoor learning session for adults who are available during weekdays, such as retirees; Adult Explorers.

Held every other Tuesday, Adult Explorers provides an opportunity to learn new skills and experience the local environment, while meeting like-minded people.

Sessions are held at Elfield Nature Park, a site which is rich in flora and fauna and not normally open to the public. This provides the perfect location for Adult Explorers to try hands-on outdoor skills, whether that is learning how to light a fire using seven different methods, whittling a spoon out of wood, or building a compostable toilet.

Lynn Maddocks, Outdoor Learning Practitioner for The Parks Trust, said: "Adult Explorers is an excellent opportunity for those who are not working full-time to make new friends and learn new skills in a stimulating, interesting outdoor environment.

"We have been trialling Adult Explorers for a few months and it has been very successful, so we would like to encourage more people to come along. You don't need to have any previous experience with bushcraft and we offer a range of activities every time so you can choose what you would like to do. Spending time outdoors is proven to have a positive effect on wellbeing and mental health, so we hope many more people are able to join us!"

Tickets for Adult Explorers cost £5 per person per session and can be booked through The Parks Trust's website, or over the phone. Attendees are very welcome to come alone, or with a friend or partner if they prefer.

For more information please visit <https://www.theparkstrust.com/get-involved/outdoor-learning/adult-explorers-outdoor-learning-group/> or call 01908 233600

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For more information, images or interviews call Sarah Featley at The Parks Trust, T: 01908 255362

## **Notes to Editors**

### **About The Parks Trust**

The Parks Trust is an independent charity that cares for over 6,000 acres of parkland and green space in Milton Keynes. This includes the river valleys, ancient woodlands, lakesides, parks and landscaped areas alongside the main roads, all of which make the city such a great place to live, work and visit.

- About 25 percent of the new city area is parkland
- In addition to parkland, The Parks Trust takes care of the landscaping along the main grid roads – 80 miles of trees, shrubs and flowers

The Parks Trust is also committed to delivering environmental education for both children and adults, and providing exciting leisure and recreation facilities and events.