



CAMBRIDGE ACORN PROJECT

Environmental Enrichment Training Programme:

Aim: To create groups to enrich the lives and communities of disadvantaged families, to provide training to ensure a therapeutic framework to such groups informed by attachment theory. There will be a particular focus on Early Years provision, as well as provision for primary-age children through this project. Our aim is that these groups will be mainly run by Cambridge Acorn Project volunteers, with support and supervision from a therapeutic practitioner who will oversee all of the work. It may also provide opportunities and experience for trainees/practitioners in Early Years and Youth Work, as well as social work, psychology and related professions. It is informed by the idea of therapeutic aspiration – the notion that all individuals can achieve and can experience an enriched life even in the face of adversity, trauma and significant distress.

Training will typically be run over 5 weeks and will cover:

- 1. Environmental Enrichment: What it is and Why it is Important. CAP Model of the Kingdom of Freedom and Equality**
- 2. Therapeutic Enrichment**
- 3. Group Design #1**
- 4. Group Design #2**
- 5. Safeguarding and risk assessments**

We are interested in recruiting volunteers to lead groups in the following areas (this list is only meant to serve as a guide, it is not exhaustive):

- Music
- Photography
- Drama
- Art
- Design
- Play (for example, a lunchtime 'ball-in-the cup club'; Lego club)
- Knitting/weaving
- Software
- Engineering – “taking things apart and putting them back together”
- Gardening

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- Birdwatching
- Den-building
- Sports
- History
- Dance
- Whittling
- Weaving
- Creative writing

