Everyone

FSC includes those who have less easy access to nature, but where doing so has a big personal impact.

Visual impairment projects

Since 2005, FSC has worked with other charities to support young people with sight loss and visual impairment.

Using the environment as a vehicle for learning, participants report improvements in their independent living skills levels, especially self-confidence.

FSC created a tactile model for young people to locate where they were in relation to panic, stretch and comfort zones before and then after taking on an outdoor activity. They then celebrated their increased confidence.

City of Sanctuary hosting weekend

FSC Malham Tarn hosts families from the Maternity Stream, an outreach project for asylum seeking and refugee women in Leeds. The weekend away provides community, friendship, support, and relaxation.

"I will definitely say that I will be giving everything a go because I pushed myself... and I persevered."

"When I come to Malham I forget all the bad things... this is my first holiday since I have lived in the UK, and I have been here five years."

"The women and children had a fantastic time and many of them said it is the only holiday they get in a year and their children look forward to it all year."