

Alt Outdoors Ltd – Outcomes & Evidence

Nature & Environment

Outcomes Supported: Improved emotional regulation, reduced anxiety, and increased engagement through exposure to natural environments.

Evidence Base: Natural England; NHS Mental Wellbeing and Nature; Public Health England.

Adventure & Physical Challenges

Outcomes Supported: Improved confidence, resilience, and willingness to engage with challenge and physical activity.

Evidence Base: Sport England; Youth Sport Trust; NICE Physical Activity Guidance.

Bushcraft & Survival Skills

Outcomes Supported: Development of independence, problem-solving skills, focus, and practical competence.

Evidence Base: Institute for Outdoor Learning; Forest School Association; Education Endowment Foundation.

Wellbeing & Life Skills

Outcomes Supported: Improved emotional literacy, communication skills, and coping strategies.

Evidence Base: Anna Freud Centre; Young Minds; NHS England CYP Mental Health.

Outdoor Education

Outcomes Supported: Re-engagement with learning through practical and project-based approaches.

Evidence Base: Education Endowment Foundation; Ofsted; Department for Education.

Community Engagement & Independent Living

Outcomes Supported: Improved confidence in community settings and preparation for adulthood.

Evidence Base: NHS England Preparing for Adulthood; NICE; Department for Education.