



Dear Planning Officer,

Use of Markfield Site

Connecting to nature is a low-cost resource that has many benefits. Research shows that connection with nature even for a short period can support concentration, emotional regulation, reduce stress, anxiety and burnout. As such the site at Markfield is critical to our education provision for Wolfdale School.

Many of our students were born during the pandemic, a time where being outside was seen as dangerous, meaning they have lost touch of this important resource. I find in therapy sessions those with trauma or bereavement find the therapy room often overwhelming needing an outdoor space to widen their containment frame. Nature is less threatening and nurturing playing with all the senses. Being outside can enrich their learning environment but also improve their mental and social wellbeing.

I propose that the Markfield site is used not only for students' outdoor learning opportunities and potentially eco therapy sessions but also to give a space for staff members to reflect. Working onsite can sometimes disrupt the ability for creative flow and reflection on practise. Having access to a forest area can support further development of the school as there will be an alternative space to work.

Yours sincerely

Lucy – Therapist at Wolfdale School