

**Attention All Bushcrafters...**

## **“Would You Like To Take Part In A Unique University Research Project To Discover If Nature Awareness Can Be Used As A Recovery Tool For People With An Addiction?”**

**A Unique University Research Project Is Looking For Serious Volunteers From The Bushcraft Community To Take Part In A study Into ‘Nature Awareness’... And Also Develop Two NEW Nature Awareness Games For Children**

**Here’s Your Chance To Join Us For 2-3 Days And Bag Yourself A FREE, Never-To-Be-Repeated, Signed First-Edition Copy Of A New Children’s Book... AND The Opportunity To Camp Out In One Of The Most Idyllic Locations In North Devon -- Complete With A Fast Flowing River, Buzzards, Dippers, Otter And Other Wildlife Galore!**

From Geoffrey M<sup>c</sup>Mullan BEM:

Dear Friend,

In mid February 2008, in a secluded location in North Devon, I’m running a ground breaking University research project that aims to achieve TWO goals:

- 1) Provide evidence that Nature Awareness could possibly be used as a unique tool to help people with a variety of addictions to overcome their problems.
- 2) Test out two NEW Nature Awareness Games for a soon to be published children’s book.

Over 2-3 days in this very exclusive, privately owned, wooded river valley, my aim is to obtain data on the experiences people have with ‘Nature Awareness’ - to see if this could be a potential recovery treatment for people with addictions - in order to help them turn their lives around.

I also want to test out two NEW Nature Awareness games for a children’s book I’m writing.

**And YOU Can Be Part Of Both Projects...**

And this is where I need your help...

You see, the evidence I need to collect and present to the University requires two groups of people:

- 1) A group of up to 10 men or women who openly admit they are NOT addicted to anything like Alcohol or Chemical Substances etc.
- 2) A group of up to 10 who DO have an addiction of some kind. To take part in the research project, you MUST fall into the first group: That is, you do NOT have an addiction.

The second group will be people from a Rehabilitation Centre close to where the project is taking place.

### **OK, here's what you'll be doing on Day One:**

- 1) Those of you who have NO experience of my 'Nature Awareness' teachings at Natural Pathways - are required to take the main role in the partner assisted exercise. Don't worry about this. It's easy to accomplish and you'll have a partner with you at all times. After the activity - I'll be tape recording your experiences and taking research notes. That's it!
- 2) Those of you who HAVE had experience of my Nature Awareness teachings - will be asked to support the people taking the main role in the partner assisted exercise. Once again, do not worry about this as it's all very simple.

Now this is IMPORTANT: if you bring your partner or friend along, please do NOT tell them about your past experiences of Nature Awareness with me, because it's vitally important that they know very little - or preferably nothing - about the Nature Awareness activities I teach. That way they will not unknowingly influence the results of the activities. So whoever you bring, try to make it someone who does not know anything about what I do... Thanks.

- 3) At the end of the activities, I'll be carrying out taped interviews about people's experiences during the activities.

### **On Day Two:**

We'll meet up with the members of the Rehabilitation Centre and assist them to carry out the same roles as you did the day before. This will give us two sets of results from two groups for analysis. We have to do it this way because the research evidence has to be as impartial as possible - or the data will NOT stand up to academic scrutiny. Once again, I'll carry out taped interviews with the Rehabilitation Centre group - and this will be a perfect opportunity for you to venture around the grounds and do Bushcrafty things.

### **On Day Three:**

If you can stay until then, you'll be assisting me to develop and test TWO brand new Nature Awareness Games I've devised for children. And as a special thank-you for doing this, you'll receive a signed copy of the children's book when it's published – absolutely FREE! You'll also get an individual mention in the book. Now there's something to show your friends and family!

And that's not all...

You'll receive a copy of the completed Nature Awareness research after it's been submitted, studied and hopefully passed by the examination board.

### **So what will the research results be used for?**

They'll be put into a research report as part of my final year Masters Degree Course at South Bank University in London. The data will be analysed by leading academics that specialise in this area of research and study. If the project findings stand up to their scrutiny, then they may form the starting point for further detailed research.

Here's something else you should bear in mind: This is an interesting and fun exercise that I'm sure you'll enjoy and get a lot out of (in fact - a lot of people in the past who've taken part have said that it's one of the most amazing things they've ever done), however, while taking part if you feel that you no longer wish to continue YOU HAVE THE RIGHT to pull out at any time, no questions asked and no hard feelings. And I GUARANTEE that any private discussions we have will be treated in the strictest confidence. You have my word on that, I take your privacy very seriously and I will treat everything with the strictest confidence.

There's absolutely NO pressure on you to do anything you don't want to do. Now having said that, it would be great if you could complete the exercise, as the more people we have taking part, the better quality the results.

OK, that's the main gist of what'll be happening over the three research days in Devon.

### **But There's One Drawback To This - And It's Only Fair To Tell You What That Is...**

Due to my own time commitments and the programme schedule at the Rehabilitation Centre – the 2-3 days will more than likely be on a Thursday, Friday and Saturday in mid February – but I am hoping for the 14-15-16<sup>th</sup> Feb (to be confirmed). Now I know that may be inconvenient – but believe me, the benefits for coming along are amazingly good...

Here are just some of the things you can expect:

- **A River Runs Through It. Yes, there's a wonderful fast flowing river to explore! The location is in a wooded valley with a river at the bottom. There's hardly any restriction within the boundaries of the property to walk and explore the river banks. If the gurgle and tinkling of the water doesn't calm you – then quite frankly – nothing will. Believe me when I say that this is a fantastic place to camp out and practice your skills. Lots of people would pay good money to stay here – but you'll be getting use of it for FREE!**
- This is a perfect opportunity to go tracking along the river bank. With no-one else to bother you or the wildlife, there'll be hardly any 'foul tracks' to contend with. You can track wildlife knowing that what you find on the ground is the real deal. In fact, there are reports of Otters in the area, so perhaps you could be the one to confirm it!
- **Dippers are plentiful along the river, so if you still haven't seen one and want to add it to your list of birds, then what better opportunity will you get to tick this wonderful, charismatic bird off your list!**
- You'll be able to have an 'open' fire. You just need to respect the location and the virtually untouched environment around you - and you can practice your fire making and cooking skills all you want. And as a 'responsible' bushcrafter – that won't be a problem to you.
- **No cost to you at all. That's right – it will not cost anything to take part in the research at all. The only cost you will have to meet will be your own transport and food etc.**
- Buzzards galore! On a recent trip to the river valley, I saw at least three buzzards circling over-head all at the same time, gliding effortlessly on the thermals looking for prey. There's been a sighting of a possible GOSHAWK in the area as well. Now can you think of a better way to spend some quality time in the wilds than watching these magnificent birds going about their day? I certainly can't!
- **Try out your water collection and purification skills. Use the water from the river for a shed load of tasks and see what DOES work and what does NOT work. Remember, not everything you read in the survival manuals is true. So here's a chance to test it out for yourself!**
- The perfect opportunity to recharge your batteries in a new environment. And you'll see that the old saying, 'a change is as good as a rest' is very true in this location.

- **Because the location is on private land – no one else goes there. So just imagine how good that'll be with no-one else to interrupt your enjoyment.**
- You'll have a direct say in the development and improvement of the NEW Nature Awareness Games. When the book is published, you'll get a FREE signed copy to keep. You'll be named in the book as a contributor to the development of the games. Just imagine the feeling you'll have knowing that you've helped develop something that's fun for children to play in complete safety - and they'll be learning valuable life skills at the same time.

Now doesn't that sound like a great way to spend a couple of days? You bet it does.

So how can YOU get involved with this...?

### **Here's How You Can Take Part In This Unique Opportunity**

I just need to say again that this is SERIOUS University academic research and you'll only be helping me if you treat it as such. That's not to say that we won't have fun as well – because we will - it's just that this is your chance to have an input into making someone else's life better.

Think of it this way: If the valuable research data we collect over these few days is accepted, then you can feel proud that you've helped to promote the benefits of Bushcraft to a wider audience... and most importantly... helped someone less fortunate than yourself potentially turn their life around. And that has to be something to feel good about, right?

OK, it's quick and easy to take part in this exciting and rewarding piece of research. All you need to do is contact me right NOW and I'll send you full joining instructions:

E-mail: [pathfinder777@btinternet.com](mailto:pathfinder777@btinternet.com)

Mobile No: 07823691408

Phone: 01271 374456

So don't delay, contact me right away and I'll fill you in on any missing details or concerns you may have by sending you a detailed information sheet on what you can expect and if you decide to take part just fill in the consent form, return it to me in the SAE and I will send you joining instructions. See you there and remember. **Time is of the essence** and I really do want you to be in on this, so don't delay and get hold of me as soon as you can. I need to let the land owners know the number of Bushcrafters attending so they can make their arrangements.

Thank you for reading this letter and I hope to see you in the very near future on this exciting project.

## **Geoffrey McMullan**

Geoffrey M<sup>c</sup> Mullan BEM

**P.S. It's not everyday that you can get involved with a University research project that studies 'Nature Awareness' and its effects on people with an addiction. And also not everyday you can help test and refine TWO brand new Children's Nature Awareness games either. So now's the time to get in touch by email or phone - and become part of this worthy research study.**

**P.P.S. Last but not least - here's your chance to join us for 2-3 days and bag yourself a FREE, never-to-be-repeated, signed first-edition copy of a new children's book... and the opportunity to camp out in one of the most idyllic locations in North Devon -- complete with a fast flowing river, buzzards, dippers and other wildlife galore.**