

Bradbourne Re-bourne Rejuvenate Programme brief

What can young people expect from Rejuvenate Bradbourne?

Rejuvenate is a chance to spend time outdoors at Bradbourne Lakes, try something different, and get involved in hands-on activities inspired by archaeology and local history. It is an opportunity to have a go at lots of different hands-on skills that help archaeologists learn about the past.

You don't need to know anything about archaeology or history to take part. This is about **having a go**, learning new skills, and taking part in activities in a relaxed, supportive group.

We hope you'll enjoy:

- Being outdoors in a calm, interesting setting
- Trying practical, creative activities
- Learning new things without pressure
- Meeting new people and working together
- Having time to check in with staff and feel supported

Who is it for?

- **Group is up to 10 young people, aged 13–16**
- Supported by a **small, friendly staff team**:
 - Archaeologists leading the activities
 - Wellbeing staff from **West Kent Mind** (safeguarding, wellbeing, art practitioner)

This means there is plenty of support, and staff have time to get to know everyone.

When does it happen?

- July–August, during school holidays
- Two days a week, 4-hour sessions

- For 5 weeks
- 2 sessions off site visiting local Sevenoaks heritage

Sessions are planned to be structured but relaxed.

What will you be doing?

- Spending time at **Bradbourne Lakes in Sevenoaks**
- Mostly **outdoors**, with access to an indoor space and toilets if needed
- Taking part in **hands-on, active and creative / art activities**
- Exploring themes around **history and archaeology**
- Visiting **other historic places** (2 sessions off site visiting local Sevenoaks heritage sites)
- Using real tools and materials – all **safety equipment is provided**
- Having regular opportunities to:
 - Take breaks
 - Talk to staff
 - Check in about how things are going

There's no pressure to "get it right" – the activities are about exploring, trying things out, and learning together.

What we ask from you

To help keep everyone safe and make sure the group runs smoothly, we ask that participants:

- Stay with the group
- Listen to and follow staff instructions
- Behave in a way that keeps themselves and others safe

You **don't need to be interested in history or archaeology** to join. The most important thing is being willing to **have a go** and take part as best you can.

Please contact lina.madsen@sevenoaks.gov.uk, 07976 451 827 if you have any questions