



"Nature-based wellbeing and digital detox for neurodivergent young people."

MIDWEEK FISHING CAMPS

Nature-Based Empowerment for SEN & Homeschooled Young People

Building on the momentum of our 2025 Rural Fishing & #DigitalDetox Empowerment Retreats, expanding partnerships and multi-award-winning initiatives, Underdog Crew Studios is now entering its most ambitious and impactful phase to date.

Introducing *'The Still Waters Project'* - a nature-based empowerment initiative bringing together wellbeing, social reconnection, futures mentorship and fishing therapy in a calm, offline rural environment.

Designed specifically for young people who face the greatest barriers to confidence, independence and positive futures, this programme represents a bold next step in Underdog Crew's mission:

Removing obstacles. Restoring belief. Creating life-changing opportunities where they are needed most.

Set in the peaceful surroundings of Bobby George Lakes, within the stunning grounds of George Hall, Ardleigh, these weekly midweek sessions provide a structured but relaxed environment where young people can reset, reconnect and rediscover their potential.

Why This Matters

SEN teens are increasingly being left behind.

Recent national data highlights the growing mental health crisis facing neurodivergent young people:

- 83% of SEN teens report chronic anxiety in social settings
- Over 50% spend more than 8 hours per day on screens
- Isolation, exclusion and bullying remain widespread for young people with additional needs
- Meaningful employment prospects remain significantly lower than their neurotypical peers

For many, the traditional systems designed to support them simply aren't working.

'The Still Waters Project' – A Different Approach

The 'The Still Waters project' flips the script. Participants step away from digital noise, academic pressure and social anxiety and enter a calm, accepting natural environment where they can:

- reconnect with themselves
- develop confidence through achievable challenges
- build friendships in a low-pressure setting
- receive gentle mentorship focused on future pathways and self-belief

Fishing becomes the anchor activity — a therapeutic, skill-based experience that encourages patience, focus, and quiet confidence.

Most importantly, participants are treated as capable individuals with potential, not problems to be managed.

The Still Waters Reset

Each session provides a critical emotional reset. Young people are removed from daily pressures and placed in a peaceful, supportive and structured environment designed to help them:

- decompress and regulate emotionally
- build resilience and independence
- reconnect socially in a safe way
- begin imagining positive futures beyond education

The aim is simple but powerful: helping young people move forward with belief in themselves and their place in the world.

Programme Details

Location:
Bobby George Lakes
George Hall, Ardleigh

Start Date:

Weekly sessions from Tuesday 24th March

Who It's For:

- SEN teenagers
- Home educated young people
- In-school students with EHCPs

Participation Options

£45 per session – Home educated participants

£75 per session – In-school EHCP students

£125 per session – Specialist 1-to-1 supported participation

The Bigger Mission

'The Still Waters project' forms part of Underdog Crew's wider commitment to creating real pathways for young people who are too often overlooked.

Through nature, mentorship, creativity and community, we are building environments where young people can reset, grow and rediscover their future potential.

This is not just an activity.

It's a reset point for the next chapter of their lives.