

Wild Explorers at Fife Zoo

Breakfasts, Buses, Beasts & Brave Hearts!

Thanks to generous funding from The 7 Stars Foundation, Nourish Support Centre delivered a joyful and inclusive day out for young carers and their families at Fife Zoo. The event was designed to offer respite, connection, and celebration for children who often carry significant responsibilities at home.

Families were welcomed with breakfast options and gentle activities to ease into the experience. This calm start helped set the tone for an emotionally safe and engaging day.

Group transport ensured accessibility, and each attendee received a tailored activity pack to support curiosity, reflection, and sensory needs throughout the visit.



THE STATS & FEEDBACK

- 28 children and young people
- 22 parents/family members
- 4 practitioners, facilitators and volunteers
- *"my son said he really liked to visit the zoo and he said he would like to come back. Especially he enjoyed seeing the monkeys. He had a lot of laughs, he also enjoyed talking to one of the girls attending" – Jamie's Mum*
- *"I didn't think I'd enjoy it as much as I did. It was nice to just be together without drama."*

A shared buffet lunch in the zoo café brought everyone together, offering nourishment and connection. To mark the occasion, each young carer received a Certificate of Participation, recognising their strength and celebrating their role.



"Just a little note to say thank you for the opportunity to come to the zoo today. The kids had a great time. It was nice and accessible for us for a nice afternoon activity. Having the park to ourselves and it not being busy meant that we were able to let our guard down a little bit which made the whole experience easier and more enjoyable for our family". – Emma, Parent



Having exclusive access to the zoo created a calm and inclusive atmosphere where families could truly relax and be themselves. With breakfast and the bus journey already shared, attendees arrived feeling connected and at ease. The activity sheets helped children engage meaningfully with the experience, sparking curiosity and learning that many were excited to share. Feedback was overwhelmingly positive, with new friendships formed and lasting memories made a day that celebrated joy, discovery, and togetherness.