

People & the DALES

Diversity Access Learning Environment Sustainability

Winter 2016/17

newsletter

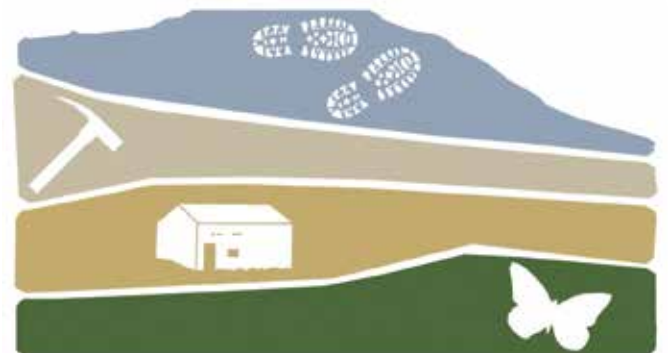


People and the DALES continues another year...

Welcome to the latest newsletter of the People and the DALES (PaD) project. Now in its seventh year the project encourages people from disadvantaged and urban backgrounds to experience the Dales through a variety of fun and thought provoking activities. We have been awarded a grant of £32,515 from the Heritage Lottery Fund to run the 'Ingleborough for All' initiative. This is part of the 4 year Stories in Stone programme of community and heritage projects run by Yorkshire Dales Millennium Trust which has been developed by the Ingleborough Dales Landscape Partnership. The project is run by staff at Yorkshire Dales Millennium Trust and is supported by Yorkshire Dales National Park Authority, Natural England, Malham Tarn Field Study Centre, local farmers, communities and community groups. Activities through this initiative will take place in the Ingleborough triangle.

The 'Access to Nature' funding ran from 2009 – 2013 and enabled a raft of activities, events, and publications including the development of a website and Facebook pages. Since then various charitable trusts have contributed to the ongoing work of PaD including the Yorkshire Dales Society, Sovereign Healthcare Trust, David Brooke Charity, Sir George Martin Trust, the City of Sanctuary Guardian Christmas appeal and the Morrisons Foundation. Many thanks go to each of these funders who have enabled work to continue throughout the southern Yorkshire Dales.

Since the project began there have been over 8,500 day visitors taking part in over 637 events. This newsletter highlights some of the great events that have taken place over the last year. We are proud to have been recognised nationally for our work enabling



Stories in Stone

History Nature Discovery Skills

people from black and minority ethnic communities to access and get involved with the countryside, and have more recently been awarded a Project of Sanctuary award for our work supporting mental health amongst refugees and asylum seekers.

What we can offer

- Day visits – nature walks, environmental activities, kite flying, quarry and farm visits
- Conservation work – tree planting, woodland management and path laying
- Training – to provide skills for individuals wanting to organise their own events
- Help with transport costs
- Outdoor gear – walking boots and waterproofs for our typical English weather!!

Highlights of 2016



Refugee Football

A visit to St Augustine's Centre in Halifax led to the development of a new initiative with Settle College. St Augustine's works with some of the most vulnerable people living in Halifax and has a group of young asylum seekers that love to play football. Thanks to the donation of a football kit they are now able to play in local leagues. The team visited the Dales to play a match against Settle College sixth formers and staff and a well-deserved 1 – 1 draw was achieved. The CEO of St Augustine's delivered workshops to over 150 pupils at Settle College about the current refugee crisis.

Rodney's 10th anniversary of lambing

This year saw the 10th anniversary of the hands-on lambing days run by Rodney Beresford on his farm each spring. Around 1,000 people have now experienced lambing first hand and these are some of the most exciting days in our annual programme. Participants help Rodney with herding, tagging and marking new-born lambs. To mark this milestone Rodney was presented with a certificate by pupils from The Burley Park Centre Pupil Referral Unit in Leeds in recognition of his dedication and generosity over the past decade.



"Everybody enjoys handling the lambs, watching Rodney at work and learning all about farming. Being in the countryside lifts everyone's mood and, at the same time, we can lend a hand." Richard Hollis Burley Park PRU

Skipton hosting weekend

In March, 27 refugees or asylum seekers currently living in Bradford spent the weekend with host families in Skipton. The event was run with the newly formed Craven Refugee Support Group, a group of concerned individuals who want to do something about the current refugee situation. It was felt that refugees living in Bradford would appreciate time away from the city, an opportunity to meet new people and feel welcome. The weekend was action packed full of Fun, Friendship and Food, and included people from Sudan, Syria, Eritrea, the Gambia, Iran and Iraq. They met the Mayor, visited the Castle and museum, enjoyed walks, took part in a ceilidh and had lots of

wonderful meals. A huge thank you to the Rotary Club of Skipton, the Wharfedale Foundation, Soroptimists, Skipton Castle and various churches for their support.



"I was privileged to host a wonderful mother from Syria, and three of her children. The refugee crisis feels so overwhelming, it felt good to do something positive." Fiona Protheroe

Down on the Farm

For the second time the PaD team helped organise Reading University's 1st year field trip to the Yorkshire Dales. Forty-five Agriculture students from across the world – including Malaysia, Russia, India, Pakistan, Egypt, Botswana, Spain, Finland and the UK – joined us to learn about farming techniques in the Dales. They spent time with Rodney and his flock of sheep in the foothills of Ingleborough, met Colin Newlands of Natural England and learnt about the challenges of managing the Ingleborough National Nature Reserve. Finally, they visited Keasden Head farm to find out about the embryo transfer programme that Sheila runs.

"It has been fantastic – one of the best visits of the year as the students can get stuck in and actually do something practical." Lecturer Yiorgos Gadanakis



MIND - Up and Away!!

Bradford MIND visited Lower Winskill Farm where they took part in a kite flying workshop. Expert kite flyer Alan Poxon showed us his collection of kites and explained their origins before

helping us make our own kites. We took these to the hay meadows on the farm overlooking Ribblesdale where we flew them. Thanks to Alan for a fantastic relaxing day.

Our Emily in play about asylum seekers

Tanja, a new play from Strawberry Blonde Curls Theatre Company, was staged at Skipton Town Hall. The play is about an asylum seeker who flees to England and is held at Yarl's Wood Immigration Removal Centre. Emily Ntshangase-Wood who plays Tanja was herself a Yarl's Wood detainee. Emily is no stranger to the Yorkshire Dales as she has visited several times with PaD and took part in the Hillskills Training course last year.

Malhamdale hosting weekend

This year saw the second 'hosting weekend' in Malhamdale when 35 women and children from the City of Sanctuary's 'Maternity Stream' in Leeds stayed with host families. The group have visited Malham on previous occasions and enjoyed themselves so much they asked if they could spend a weekend. Among the group was Olympic athlete Muna, who represented Sudan in Beijing in 2008 as a 400 m hurdler. There was also a lawyer, doctor, midwife and other amazing women from Eritrea, Iran, Pakistan, Albania, South Africa and Bolivia. The weekend was a huge success thanks to the support of the local community.



"I'm an asylum seeker which makes me feel tired, and divorced from the world, but this weekend has filled me with hope. I am very happy because people I don't know have opened their home and this makes me feel like I am at home." Mirander from Albania

"If only this project could be replicated in many more places we would live in a society where there is greater tolerance and understanding of asylum seekers and refugees." Malhamdale host

Health and Wellbeing



Fun and games at Malham Tarn

Autumn is such a wonderful time to play out in the woods. This autumn, families from central Bradford came out to Malham Tarn to enjoy a day of fun activities exploring the

woods. The children loved making and floating rafts on the Tarn, throwing leaves around the forest floor and designed some wonderful clay faces on the tree trunks.



We have always believed that spending time outdoors offers health and well-being benefits. Over the years our projects have repeatedly shown that people feel better after spending time in the Yorkshire Dales countryside. Recently we have been working in partnership to develop this area of our work.

Bevan Healthcare CIC partnership

The PaD team have been working with Bevan Healthcare CIC to deliver a series of visits to the Dales tailored to meet the specific needs of patient groups. Bevan Healthcare is a Bradford city centre GP practice and a social enterprise working with some of the most vulnerable people in the city, including people who are homeless or living in unstable accommodation and those who have come to Bradford as refugees and asylum seekers.

With support from Bradford City Clinical Commissioning Group's Quality Premium Funding PaD have delivered days in the Dales for diabetes sufferers, those experiencing mental ill health, people recovering from substance abuse and addiction and a group of Syrian refugee children.

Elizabeth Fewkes, Patient and Volunteer co-ordinator at Bevan Healthcare said

'Bevan have loved working with People & the DALES and most importantly, seeing the impact on our patients. It is clear that providing opportunities for our patients to access the countryside has a wide range of benefits both physically & mentally. The mood of many of our patients has significantly improved when offered these trips. Many do not have access to clean green space & are therefore less motivated to take physical exercise. Enabling physical activity through visits to the countryside & bringing people together to address social isolation can harness the well-being of our patients.'

We hope other GPs will begin to recognise the benefits of the outdoors to people's health and well-being and that 'natural prescriptions' will become more widespread.

Dementia Outdoors

PaD have linked with Ilkley U3A to get people with dementia and their carers out into the countryside, and research the barriers and difficulties of people with dementia getting out into the countryside. The research culminated in a pilot event over the summer where a group from Ilkley visited Clapham for the day. It is hoped to find further funding to run a wider programme of events for people living with dementia and their carers next year.

North Yorkshire Natural Health Service

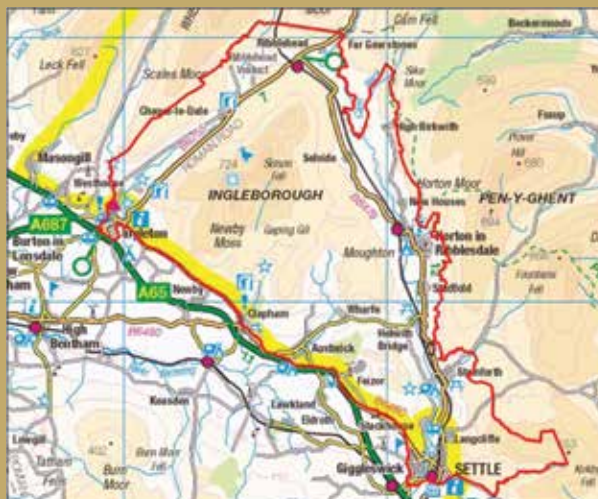
Over the last few years the PaD team have explored the idea of a 'Natural Health Service' for the area. This has looked at how people can access the natural environment for health and well-being. Along with the North Yorkshire and York Local Nature Partnership PaD have produced a range of reports, run pilot events and a training course for community groups working around Catterick. We presented our findings to Public Health England National Director for Health and Wellbeing on his visit to the Yorkshire Dales National Park.

If you are interested in the health and well-being benefits of being outdoors, or how this work might benefit your groups do get in touch.

Stories in Stone

Ingleborough for all

Ingleborough for ALL has been supported by a grant from the Heritage Lottery Fund. Thanks to National Lottery players, we have been able to provide opportunities for groups that are currently under-represented in the countryside and will provide fun, thought-provoking activities, inspiring people about and connecting them to the heritage and landscape of the Ingleborough Dales. This project will run from 2016-2020.



Quarry visits

Within the Ingleborough triangle there are currently four working quarries. Dry Rigg near Helwithh Bridge quarries high quality gritstone which is used as aggregate for road and runway surfaces. Guided visits to see the quarry in action are available by prior arrangement. There have been five visits to quarries through 'Ingleborough for All' so far and everyone has really enjoyed the experience. Thanks again Mik and Carl for showing us around.

Together Skipton

A newly formed group in Skipton called 'Together Skipton' visited Mearbeck Farm near Settle to find out from Anthony Bradley how farmers look after the land and raise sheep, cows and pigs. After watching Andrew, his brother, making sausages we then each had a go at making, and ultimately eating, our very own sausages.



Felting

Making felt is a traditional countryside craft which is dying out. However, women from the Bangladeshi Community in Keighley took part in a workshop where they watched as hanks of wool were turned into brooches and bowls through felting. The women then had the opportunity to turn their hand to felting their own objects.



Red Squirrel Sanctuary

The red squirrel is the only native species of squirrel in the UK and it is in danger of disappearing from our countryside. There are 17 red squirrel refuges in the North of England, including one at Snaizeholme near Hawes. Blackburn and Darwen ARC visited the sanctuary with Rangers from the National Park and enjoyed seeing these delightful creatures before giving a helping hand maintaining newly planted trees.

Group Leaders Training Weekend

Improve your skills in map reading and leading groups in the outdoors.

3rd – 5th March 2017

at Broadrake bunk house, Ribbleshead

Places are limited so contact Judy on 015242 51002 to book your place.



Meet the People and the DALES team:



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