

# People and the DALES

Diversity, Access, Learning,  
Environment and Sustainability

taking it back home to...

## Bradford & District



City of Bradford MDC  
[www.bradford.gov.uk](http://www.bradford.gov.uk)

People and the DALES  
Yorkshire Dales Millennium Trust  
Old Post Office, Main St  
Clapham, LA2 8DP 015242 51002



You've had a visit to the Yorkshire Dales but what can you do back home?

There are lots of groups on your doorstep that you can get involved in.  
So why not join one and...

**improve your health,**

**meet people**

**help make your local environment a better place for everyone to enjoy.**

Or organise your own day out to the Dales for how to get there information go to  
[www.wymetro.com/HowToGetTo/TheDales](http://www.wymetro.com/HowToGetTo/TheDales)  
Metroline - 0113 245 7676

People and the DALES is a project run by YDMT that helps disadvantaged groups get out into the Yorkshire Dales. YDMT is a charity that works on a range of projects that support the environmental, social and economic well-being of this special area. To find out more about our work or how you can help visit  
[www.ydmt.org](http://www.ydmt.org)



**Helping to look after our environment...**

There are some simple things you can do to help look after the environment and the outdoors to make it a great place for everyone to enjoy.

- Use buses, trains, or even better walk or cycle places. Walking and cycling are also great ways to get some exercise while you're going somewhere!
- Protect plants and animals, don't leave or drop litter - take your rubbish home with you and put it in the bin.
- Be safe plan ahead and follow any signs.
- Leave gates and property as you find them.
- Consider other people
- Leave a place as you would like to find it - leave only footprints and take only photographs!



## Environment

### **BEES - Bradford Environmental Education Services (part of Bradford YMCA)**

Tel 01274 513102

[www.bees-ymca.org.uk](http://www.bees-ymca.org.uk)

Manages local nature reserves and orchards.

Run weekly volunteers conservation days usually on a Friday. Can organise practical taster sessions for groups and educational visits.

### **BCEP - Bradford Community Environment Project**

Tel 01274 223236

[www.bcep.org.uk](http://www.bcep.org.uk)

Runs a range of environmental projects including gardening and growing your own fruit and veg. Opportunities for volunteering and getting a project started in your area.

### **Bradford Apple Group**

Contact through BEES or BCEP above.

Help promote development of local orchards and locally grown fruit. Organise Bradford Apple Day and a range of events through out the year.

### **Forest of Bradford**

Tel 01274 253440

[www.beat.org.uk](http://www.beat.org.uk)

Runs tree planting days in and around Bradford District.

### **BEF - Bradford Environment Forum**

[www.bradfordenvironment.org.uk](http://www.bradfordenvironment.org.uk)

A website with details of a range of environmental groups, projects and events happening in and around Bradford.

## Health

### **Walking for Health**

Tel 01274 322587

Join a local walking group near you, get out and about in your local area, meet new people and improve your health through walking!

For more information of a group near to you

### **Cycle Champions**

Tel 01274 223236

Get on a bike with CTC's local cycling project.

### **Keighley Healthy Living Network**

Tel 01535 677177

[www.khln.co.uk](http://www.khln.co.uk)

Offers a range of health related activities to people living in and around Keighley including exercising and healthy eating.

### **Sport Keighley**

[www.sportkeighley.com](http://www.sportkeighley.com)

Have details of a range of sporting activities in Keighley including walking groups and walk routes around the area.



## General

There are lots of great parks, museums and galleries that are free for you to enjoy in an around the Bradford District, with lots of events happening throughout the year.

### **Why not try...**

**Lister Park** in Manningham,

Lister Park tel 01274 433828

Cartwright Hall tel 01274 431212

A wonderful park to walk round with a botanical gardens, Mughal water gardens, boating lake and Cartwright Hall Gallery.

**Cliffe Castle Museum**, Keighley

Tel 01535 618231

Home to a range of displays about the natural environment and history of the local area. Look out for their great community events too.

**Bracken Hall Countryside Centre**

Tel 01274 584140

Based at Shipley Glen in Bradford Bracken Hall lots of activities and displays exploring local wildlife, they run activities for young people during the holidays and walks at weekends.

Find out more or a park near you...

[www.bradforddistrictparks.org](http://www.bradforddistrictparks.org)

[www.bradfordmuseums.org](http://www.bradfordmuseums.org)

[www.bradford.gov.uk](http://www.bradford.gov.uk)