



Growing with People and the DALES

Many of the groups coming out with People and the DALES have the opportunity to learn new skills through conservation skills and practical work. Growing with Grace, an organic fruit and vegetable farm in Clapham has provided a range of groups with opportunities to try their hand at gardening and growing. Groups have included people with disabilities, people experiencing mental health problems, homeless people as well as refugee and asylum seeker groups. Providing the space and opportunity to try out new skills and often taste organic produce helps individuals grow as people too!

New walk leaders learn the ropes

Training of Community Group leaders to gain the skills and confidence to bring groups out to the Dales independently is all part of the project. Two FREE three day training events have already been run at Malham Tarn Field Centre. In all 26

Community leaders have been trained in navigation, planning a trip to the Dales and places to visit.

Our next training event on March 11-13th 2011 will be at Scargill House near Kettlewell. We will be offering a new series of walks, further work developing navigation skills, route planning and geo-caching. The 3 day course will also provide opportunities to discover archaeology in the Dales landscape and try out some woodland based activities.

For more information please contact the PaD team at YDMT.

People and the DALES

Yorkshire Dales Millennium Trust, Old Post Office, Main St, Clapham, LA2 8DP

Telephone:
015242 51002

Email:
judy.rogers@ydmtd.org
gail.smith@ydmtd.org



Taking it Back Home

Once you've been out on a visit or two with the People and the DALES you might like to think about things you can do in the outdoors back home. This could be anything from getting out into your local park, a walk with a walking group in a green space near you, to getting involved in some conservation or environmental work with a local group - helping to make your local area a better place for everyone.

To help you find contacts we have put together a leaflet called 'Taking it back home' which gives you a few ideas of where to start and groups to get in touch with. The first leaflet has focused on Bradford and District, leaflets for Leeds and NE Lancashire will follow in the next year. There are two versions of the Bradford leaflet for you to download in the Resources section of our website, www.ydmtd.org You

can read one version online and another you can print off, alternatively contact us for a paper copy.

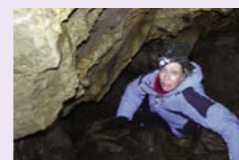
We would love to hear your stories and see pictures of any work or trips you are involved in.



Meet the People and the DALES team



People & the DALES TEAM
Dave Tayler
Project Manager
david.tayler@ydmtd.org



Judy Rogers
Community Worker
judy.rogers@ydmtd.org



Gail Smith
Community Worker
gail.smith@ydmtd.org

Contacts

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gail.smith@ydmtd.org

www.ydmtd.org

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People & the DALES

Diversity Access Learning Environment Sustainability
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newsletter



Welcome to the first newsletter from the People and the DALES team

In this newsletter we want to introduce you to the project, give you a taste of activities that have already taken place and encourage more groups to take part.

People and the DALES (PaD) has worked with over 2000 people from 70 disadvantaged groups and has given them the opportunity to experience the Yorkshire Dales, to enjoy the great outdoors, take part in exercise and most of all have fun. PaD is aimed at people living in urban centres in West Yorkshire and East Lancashire who are not connected with the Dales. Groups are from ethnic minority communities, disability projects, youth groups or are disadvantaged in some way. The aim of the project is to overcome barriers limiting participation and to enable groups to have enjoyable activities in the Dales, which improve general well being and inspire people to be more active in their home local environment.

PaD began in May 2009 thanks to a £197 000 award from Natural England as part of its Access to Nature programme which is funded from the Big Lottery Fund's Changing Spaces programme. It is run through a partnership with Yorkshire Dales Millennium Trust, Natural England, the Field Studies Council at Malham Tarn, Yorkshire Dales National Park Authority and Bradford Metropolitan District Council, and runs until October 2012. There are three workers on the PaD team, Gail Smith, Judy Rogers and Dave Tayler.



What we can offer

- Day visits - such as nature walks, environmental activities, kite flying and lambing
- Conservation work - dry stone walling, path laying and woodland management
- Residentials - for those that would benefit from a night away from home
- Opportunities - to develop links between rural and urban communities
- Training - to provide skills for individuals to organise your own visits
- Help with transport costs - up to £150 for the hire of a minibus
- Outdoor gear - walking boots and waterproofs for our typical English weather



From Burma to Malham

A group of Burmese women who originally lived in refugee camps in Bangladesh and now live in Bradford were given their first experience of the Yorkshire Dales. Many spoke little English and were shy and nervous, but the great outdoors does wonders! After walking from Malham to the cove, up the 412 steps, over the limestone pavement and back down into the village, the elation of being out in the Dales was evident.

"The women seemed to have really thrived from the experience. It was a huge success." Francesca Archer- Todd, Horton Housing.

Darwen group lend a friendly hand

Richard is the bodger working in the woods on the Bolton Abbey estate. During winter he fells trees to open up the forest floor so that wild flowers can flourish. Because of the severe winter he was unable to move the cut timber before the trees began to bud, so a group of refugees now living in Darwen came along to lend a hand.

"It was hard work lifting huge logs from the steep slopes but everybody got stuck in. We collected two trailer loads of timber which would have taken Richard two weeks to move by himself." says Judy Rogers (YDMT)



Tree planting in Wharfedale

Eleven women from the Saheli group in Bradford joined Gail and National Park Rangers for a day's tree planting on the banks of the River Wharfe near Burnsall. The planting will help to minimise erosion of the bank adjacent to the Dales Way footpath. The women planted 250 trees during the day and then had time for a short walk along the river.

"Our group enjoyed yesterday's tree planting, Thank you for giving us the opportunity to experience this environmentally friendly exercise which I am sure helped us to relax and enjoy the countryside." Rubina Burhan, Girlington Community Centre



VIPs step into the meadow



A group of visually impaired people from the Holmewood Community Group in Bradford had a chance in July to explore the flower-rich hay meadows at Winskill Farm Visitor Centre near Settle. Tom Lord welcomes people to his farm and this year had a grant from Natural England to create a graded track into the meadows. Some of the group were wheelchair users and the first to try the new track. The group did sensory activities; listening to birdsong, the wind in the trees,

feeling the dry stone walls and coming up with words to describe the sensations.

Ian Garside from Holmewood said *'This surface is ideal as everyone was able to safely get into the meadows and enjoy the flowers'*.

Tom said, *'It is very moving for me seeing people get into the meadows and enjoy the smells and sounds which I am lucky to have every day. It is wonderful seeing the new track being used, it is something I have been planning for years'*



Lambing a first - POSTCODE LOTTERY

A group of homeless women from Bradford and a disability group from Settle were two of six groups that braved the cold this spring to help farmer Rodney Beresford during lambing. This is the busiest time of year for a hill sheep farmer and the groups helped to round up, tag, mark and castrate the lambs before setting them free onto the slopes of Ingleborough. One group was even filmed for the postcode lottery and their film can be seen at:

www.postcodelottery.com/Charities/News



Linking Communities



Meeting people from new places and other communities is often difficult for a range of reasons. YDMT's People and the DALES has helped break down some of these barriers through setting

up a link between a group of young people from Girlington Community Centre in Bradford and a youth group for young people from Stainforth, Langcliffe and Horton in Ribblesdale in the Yorkshire Dales.

During the summer holidays 30 young people and their adult leaders from these two groups met up for a day of environmental activities led by People and the DALES community worker Gail Smith.

"The day up at Malham Tarn was a great success. The young people and their leaders enjoyed getting to know each other whilst also learning about the environment and our

natural world through a range of games, sensory activities and environmental art. The natural setting provided a safe space for them to both play and learn whilst also getting to know one another, something that's not often easy with people from very different backgrounds."

The two groups are planning to meet up again in the Autumn this time in Bradford for a return visit.



Have your say!

On 1st December at Cartwright Hall, Bradford there will be a Community event for the project. This will be an opportunity to reflect on what has happened during the first two years of the project, meet with other community groups that have been involved and plan for future activities.

All community groups that have been involved in the project are welcome to take part. There will be activities in the afternoon looking around the botanical gardens in Lister Park and then making books using the trees as inspiration.

**For information contact Judy or Gail.
Details on back page.**